

**365 Strong World Powerlifting Federation**  
**CURRENT OVERALL FEMALE DIVISIONAL TOP TEN WORLD RANKINGS**

World Leaders in Yellow

RAW: Declared RAW (R) if lifter only wears knee sleeves or nothing  
 RAW CLASSIC: Declared RAW CLASSIC (RC) once lifter wears knee wraps

EQUIPPED: Competitors are Equipped (SP) once they use Single-Ply lifting attire  
 GEARED: Competitors are Unlimited Geared (MP) once they use Multi-Ply lifting attire

DATE: 11/27/2024

**FEMALE RAW OVERALL LEADERS**

365 STRONG WORLD RANKINGS				
RAW (Knee Sleeves) SQUAT				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Lbs	Name
44kg/97lbs	13	86	132	Alexandra Reis
48kg/105.7lbs	12	105.2	121	Carmen Trivette
52kg/114.5lbs	46	112.3	250	Missy Taylor
56kg/123.5lbs	48	122.4	314	Missy Taylor
60kg/132.2lbs	30	130.7	320	Morgan Long
67.5kg/148.7lbs	29	141.8	396	Morgan Long
75kg/165.2lbs	44	159	380	Emily Lilly

365 STRONG WORLD RANKINGS				
RAW BENCH PRESS				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Lbs	Name
44kg/97lbs	15	97	83	Bella-Grace Meadows
48kg/105.7lbs	55	98	132	Nina Kiuru
52kg/114.5lbs	46	111.8	182	Missy Taylor
56kg/123.5lbs	48	122.4	209	Missy Taylor
60kg/132.2lbs	28	132.2	242	Courtney Norris
67.5kg/148.7lbs	29	140.4	242	Morgan Long
75kg/165.2lbs	30	153	253	Morgan Long

365 STRONG WORLD RANKINGS				
RAW (Knee Sleeves) DEADLIFT				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Lbs	Name
44kg/97lbs	13	86	204	Alexandra Reis
48kg/105.7lbs	55	98	237	Nina Kiuru
52kg/114.5lbs	46	112.3	303	Amber Malchow
56kg/123.5lbs	48	122.4	331	Missy Taylor
60kg/132.2lbs	30	130.7	368	Morgan Long
67.5kg/148.7lbs	28	141.8	435	Morgan Long
75kg/165.2lbs	34	163.4	424	Kendra Danzer

365 STRONG WORLD RANKINGS				
RAW (Knee Sleeves) TOTAL				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Lbs	Name
44kg/97lbs	13	86	386	Alexandra Reis
48kg/105.7lbs	55	98	369	Nina Kiuru
52kg/114.5lbs	46	112.3	694	Missy Taylor
56kg/123.5lbs	48	122.4	854	Missy Taylor
60kg/132.2lbs	30	130.7	959	Morgan Long
67.5kg/148.7lbs	29	141.8	1064	Morgan Long
75kg/165.2lbs	44	159	1003	Emily Lilly



















<b>56kg/123.5lbs</b>	FP	RC	29	122	242	Amanda Isley	10/28/2017
<b>60kg/132.2lbs</b>							
<b>67.5kg/148.7lbs</b>							
<b>75kg/165.2lbs</b>							
<b>82.5kg/181.7lbs</b>							
<b>90-kg/198.2-lbs</b>							

<b>56kg/123.5lbs</b>	FP	RC	29	122	132	Amanda Isley	8/12/2017
<b>60kg/132.2lbs</b>	BP	MP	60	129.6	193	JoJo Brasseaux	10/19/2024
<b>67.5kg/148.7lbs</b>							
<b>75kg/165.2lbs</b>							
<b>82.5kg/181.7lbs</b>							
<b>90-kg/198.2-lbs</b>							

<b>56kg/123.5lbs</b>	FP	RC	29	122	303	Amanda Isley	10/28/2017
<b>60kg/132.2lbs</b>							
<b>67.5kg/148.7lbs</b>							
<b>75kg/165.2lbs</b>							
<b>82.5kg/181.7lbs</b>							
<b>90-kg/198.2-lbs</b>							

<b>56kg/123.5lbs</b>	FP	RC	29	122	676	Amanda Isley	10/28/2017
<b>60kg/132.2lbs</b>							
<b>67.5kg/148.7lbs</b>							
<b>75kg/165.2lbs</b>							
<b>82.5kg/181.7lbs</b>							
<b>90-kg/198.2-lbs</b>							

**FEMALE MASTERS (Gear Listed)**

365 STRONG WORLD RANKINGS					
SQUAT - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt.	Lbs.	Name	Date
48kg/105.7lbs					
52kg/114.5lbs					
56kg/123.5lbs					
60kg/132.2lbs					
67.5kg/148.7lbs					

365 STRONG WORLD RANKINGS					
BENCH - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt.	Lbs.	Name	Date
48kg/105.7lbs					
52kg/114.5lbs					
56kg/123.5lbs					
60kg/132.2lbs					
67.5kg/148.7lbs					

365 STRONG WORLD RANKINGS					
DEADLIFT - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt.	Lbs.	Name	Date
48kg/105.7lbs					
52kg/114.5lbs					
56kg/123.5lbs					
60kg/132.2lbs					
67.5kg/148.7lbs					

365 STRONG WORLD RANKINGS					
TOTAL - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt.	Lbs.	Name	Date
48kg/105.7lbs					
52kg/114.5lbs					
56kg/123.5lbs					
60kg/132.2lbs					
67.5kg/148.7lbs					



R 40-44	42	201.6	220	Christy Owens	12/18/2021	R 40-44	44	209.4	143	Anika Harper	4/13/2024	RC 40-44	42	209.2	303	Christina Lauffer	6/19/2021	R 40-44	42	201.6	590	Christy Owens	12/18/2021
RC 40-44	42	209.2	187	Christina Lauffer	6/19/2021	R 50-54	54	215.8	143	Janet Martin	10/21/2023	R 45-49	47	214.3	297	Barbara VanVliet	11/11/2023	R 40-44	41	204.2	408	Tiffany Meadows	6/17/2023
R 40-44	41	204.2	154	Tiffany Meadows	6/17/2023	R 55-59	55	217.6	135	Janet Martin	3/1/2024	RC 45-49	46	211	287	Renee Turner	6/17/2023						
						R 40-44	42	209.2	132	Christina Lauffer	6/18/2021	R 40-44	42	201.6	237	Christy Owens	12/18/2021						
						R 45-49	47	214.3	105	Barbara VanVliet	11/11/2023	R 40-44	41	204.2	182	Tiffany Meadows	6/17/2023						
<b>110kg/242.5lbs</b>						<b>110kg/242.5lbs</b>						<b>110kg/242.5lbs</b>						<b>110kg/242.5lbs</b>					
RC 40-44	42	240.3	408	Katy Silvers	7/22/2023	R 50-54	50	240	215	Ylander Ross	1/21/2017	R 40-44	44	229.3	402	Kimberly Dorton	10/21/2023	RC 40-44	42	240.3	987	Katy Silvers	7/22/2023
RC 50-54	50	240	340	Ylander Ross	1/21/2017	R 40-44	42	241.2	193	Katy Silvers	4/13/2024	RC 50-54	50	240	400	Ylander Ross	1/21/2017	RC 50-54	50	240	955	Ylander Ross	1/21/2017
R 45-49	45	219.1	330	Carla Akers	10/27/2018	R 40-44	44	229.3	154	Kimberly Dorton	10/21/2023	RC 40-44	42	240.3	397	Katy Silvers	7/22/2023	R 40-44	44	229.3	882	Kimberly Dorton	10/21/2023
R 40-44	44	229.3	325	Kimberly Dorton	10/21/2023	R 45-49	49	237.5	148	Janet Martin	10/27/2018	R 45-49	49	237.5	358	Janet Martin	10/27/2018						
<b>110+kg/242.6+lbs</b>						<b>110+kg/242.6+lbs</b>						<b>110+kg/242.6+lbs</b>						<b>110+kg/242.6+lbs</b>					
R 40-44	42	281.5	386	Hollie Sands	10/12/2019	R 40-44	42	281.6	270	Hollie Sands	10/12/2019	R 40-44	42	281.6	518	Hollie Sands	10/12/2019	R 40-44	42	281.6	1174	Hollie Sands	10/12/2019
RC 40-44	40	277.8	380	Katy Silvers	10/16/2021	SP 40-44	40	286.5	231	Ann McManus	9/7/2022	RC 40-44	40	277.6	380	Katy Silvers	10/16/2021	RC 40-44	40	272.3	883	Katy Silvers	7/24/2021
R 40-44	40	271	198	Ann McManus	12/9/2023	R 40-44	40	272.2	236	Andrea Willis	10/7/2023	R 50-54	53	251	370	Janet Martin	10/22/2022	R 40-44	40	271	612	Ann McManus	12/9/2023
						R 40-44	43	251.3	204	Katy Silvers	9/7/2024	R 40-44	40	272.2	358	Andrea Willis	6/18/2021	R 40-44	40	272.2	584	Andrea Willis	6/18/2021
						R 50-54	54	243.2	182	Shari Wolford	6/9/2018	R 45-49	49	245	325	Janet Martin	4/20/2018	R 50-54	53	251	541	Janet Martin	10/22/22
						R 50-54	53	251	171	Janet Martin	10/22/2022	R 40-44	40	271	281	Ann McManus	12/9/2023	R 45-49	49	245	474	Janet Martin	6/9/2018

**FEMALE STANDING CURLS**

<b>365 STRONG WORLD RANKINGS</b>																																
<b>Standing Curl</b>																																
<b>FEMALE</b>																																

DIV	RAW	AGE	WGT	LIFT	NAME	DATE	WGTCL
M5	R	62	123	37.5	Nina Snipes	10/21/2023	123
Open	R	62	123	37.5	Nina Snipes	10/21/2023	123
T1	R	14	118.6	37.5	Elena Sannicandro	8/19/2023	123
M5	R	61	125	32.5	Nina Snipes	5/27/2023	132
T1	R	15	124.4	62.5	Elena Sannicandro	5/11/2024	132
T2	R	17	126.2	37.5	Antia Sannicandro	8/19/2023	132
T3	R	18	127.6	40	Sophia Drury	10/19/2024	132
M4	R	59	127.2	60	Jolo Brasseaux	6/17/2023	132
MPF	R	59	129.6	60	Jolo Brasseaux	10/21/2023	132
Open	R	59	129.8	60	Jolo Brasseaux	10/21/2023	132
Open	R	28	132	45	Shannon Mitchell	5/18/2024	132
M2	R	46	137	50	Alysha Hayes	6/5/2021	148
Open	R	n/a	140	80	Julie Johnson	10/17/2020	148
Open	R	31	147.3	65	MacKenzie Rideout	5/4/2024	148
Open	R	25	136.1	40	Isabella Tully	5/18/2024	148
T1	R	13	147.6	71.5	Haleigh Batchelor	10/22/2022	148
M5	R	62	156.9	88	Maureen Clary	9/19/2020	165
M5	R	60	162.9	40	Cystal Rhoades	10/21/2023	165
Open	R	32	162.5	77	Ashley Stacharowski	10/22/2022	165
M5	R	68	159.2	65	Maureen Clary	7/27/2021	165
JR	R	21	180.3	80	Sarah Oesch	4/28/2024	181
T3	R	19	175.3	55	Gabriella Drury	10/19/2024	181
Open	R	32	179.6	75	Cleora Jackson-Griffin	10/21/2023	181
Open	R	65	180.6	85	Gloria Knight-Neil	1/19/2024	181
M5	R	63	179.5	95	Gloria Knight-Neil	10/22/2022	181
M6	R	65	180.6	85	Gloria Knight-Neil	1/19/2024	181
M2	R	45	173.8	91	Heather Streible	6/11/2022	181
M4	R	65	180.6	85	Gloria Knight-Neil	1/19/2024	181
MPF	R	39	178	66	Pamela Buskirk	3/5/2022	181
M4	R	57	177.3	55	Shelly Moore	6/5/2021	181
M4	R	59	170.6	60	Nelda Newton	3/5/2022	181
M2	R	48	194.7	60	Mandy Self-Sparrow	2/10/2024	198
M4	R	58	191.8	65	Shelly Moore	1/22/2022	198
M1	R	40	187.2	85	Mona Espinosa	1/22/2022	198
M3	R	54	215.8	85	Janet Martin	10/21/2023	220
M4	R	55	215.4	80	Janet Martin	10/19/2024	220
M3	R	53	251	104.5	Janet Martin	10/22/2022	275
Open	R	29	294.9	115.7	Alex Wilson-McKenzie	10/22/2022	308

**FEMALE REP CHALLENGE**

Div	Gear	Age	Wgt	Name	Date	WgtL	Reps
M6	R	68	165	Maureen Clary			
				BENCH	10/19/2024	80	28
				DEADLIFT	10/19/2024	140	10
				STRICT CURL	10/19/2024	35	30
				CHEAT CURL	10/19/2024	65	20