

365 Strong World Powerlifting Federation  
Current TOP TEN "Tested" Female World Ranking

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 - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs	13	86	132	<b>Alessandra Reis</b>	1/21/2023
48kg/105.7lbs	12	105.2	121	<b>Carmen Trivette</b>	10/16/2021
52kg/114.5lbs	46	112.3	259	<b>Missy Taylor</b>	4/24/2021
56kg/123.5lbs	48	122.4	314	<b>Missy Taylor</b>	5/6/2023
60kg/132.2lbs	25	132	319	<b>Kristin Kitlica</b>	7/10/2021
67.5kg/148.7lbs	43	147.5	359	<b>Emily Lilly</b>	5/6/2023
75kg/165.2lbs	44	159	380	<b>Emily Lilly</b>	10/21/2023

365 STRONG WORLD RANKINGS					
RAW BENCH PRESS					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs	15	97	83	<b>Bella-Grace Meadows</b>	4/1/2023
48kg/105.7lbs	55	98	132	<b>Nina Kiuru</b>	7/30/2022
52kg/114.5lbs	46	111.8	182	<b>Missy Taylor</b>	4/23/2022
56kg/123.5lbs	48	122.4	209	<b>Missy Taylor</b>	5/6/2023
60kg/132.2lbs	47	127.2	180	<b>Bela Ghosh</b>	6/11/2016
67.5kg/148.7lbs	43	147.1	231	<b>Emily Lilly</b>	3/4/2023
75kg/165.2lbs	44	159	242	<b>Emily Lilly</b>	10/21/2023

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) DEADLIFT					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs	13	86	204	<b>Alessandra Reis</b>	1/21/2023
48kg/105.7lbs	55	98	237	<b>Nina Kiuru</b>	7/30/2022
52kg/114.5lbs	24	114.2	303	<b>Amber Malchow</b>	10/28/2017
56kg/123.5lbs	48	122.4	331	<b>Missy Taylor</b>	5/6/2023
60kg/132.2lbs	26	126	369	<b>Barbara Morales</b>	12/9/2023
67.5kg/148.7lbs	29	146.8	402	<b>Alexandrea McClain</b>	8/24/2024
75kg/165.2lbs	34	163.4	424	<b>Kendra Danzer</b>	4/20/2018

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) TOTAL					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs	13	86	386	<b>Alessandra Reis</b>	1/21/2023
48kg/105.7lbs	55	98	369	<b>Nina Kiuru</b>	7/30/2022
52kg/114.5lbs	46	112.3	694	<b>Missy Taylor</b>	4/24/2021
56kg/123.5lbs	48	122.4	854	<b>Missy Taylor</b>	5/6/2023
60kg/132.2lbs	25	132	832	<b>Kristin Kitlica</b>	7/10/2021
67.5kg/148.7lbs	43	147.5	955	<b>Emily Lilly</b>	5/6/2023
75kg/165.2lbs	44	159	1003	<b>Emily Lilly</b>	10/21/2023







100kg/220.25lbs					
SP	33	217.6	243	Morgan Leddy	6/25/2022
110kg/242.5lb					
SP	33	217.6	243	Morgan Leddy	6/25/2022
110.1+kg/242.6+lbs					

100kg/220.25lbs					
SP	43	215.4	270	Anika Harper	7/22/2023
SP	33	217.6	132	Morgan Leddy	8/25/2022
110kg/242.5lb					
SP	43	215.4	270	Anika Harper	7/22/2023
110.1+kg/242.6+lbs					
SP	40	266.5	231	Ann McManus	9/7/2024

100kg/220.25lbs					
SP	41	209.7	369	Anika Harper	10/16/2021
SP	33	217.6	314	Morgan Leddy	6/25/2022
110kg/242.5lb					
SP	41	209.7	369	Anika Harper	10/16/2021
110.1+kg/242.6+lbs					

100kg/220.25lbs					
SP	33	217.6	689	Morgan Leddy	6/25/2022
110kg/242.5lb					
SP	33	217.6	689	Morgan Leddy	6/25/2022
110.1+kg/242.6+lbs					

### FEMALE RAW SUB-MASTERS (35-39)

365 STRONG WORLD RANKINGS					
SQUAT - RAW					
Female - Sub-Masters					
56kg/123.5lbs					
	36	123	176	Sally Lloyd	6/10/2017
	35	123	143	Alisha Zomes	3/21/2020
60kg/132.2lbs					
	36	129.4	204	Cara Jo	10/21/2023
67.5kg/148.7lbs					
	36	147.9	265	Jessica Loden	9/7/2024
	39	144.8	264	Amy Daugherty	5/22/2021
	37	144	237	Lorena Fernandez	9/18/2021
	35	148.2	226	Andrea Fox	3/10/2018
	35	148	225	Desiree Savarese	1/21/2017
	36	139.4	215	LaDetra Cole	10/29/2022
	38	141.4	215	Kelian Hagerty	4/22/2017
	37	146.1	215	Vanessa Westbrook	12/17/2022
	37	146.8	215	Kelly Brant	9/7/2019
75kg/165.2lbs					
	35	157	270	Jessica Loden	2/10/2024
	39	163.6	265	Reyhan Roybal	7/15/2017
	37	162.3	264	Lauren White	11/19/2022
	35	154.8	253	LaDetra Cole	3/5/2022
	39	165	143	Amber Jenkins	6/9/2018
82.5kg/181.7lbs					
	35	178.6	314	Charlee Marshall	11/23/2024
	38	175	303	Lay Kaahu	8/12/2017
	39	170	264	Ivana Smith	7/10/2021
	37	173.1	231	Vanessa Westbrook	6/25/2022
	39	178.2	220	Pamela Buskirk	3/5/2022
	38	168	204	Katie McMinn	1/22/2022
	36	174.6	149	Lydia Braspenning	6/9/2024
90kg/198.2lbs					
	35	197.5	209	Valerie Ryan	12/17/2022
100kg/220.25lbs					
	35	216.3	303	Crystal Prather	6/17/2023
110kg/242.5lbs					
	37	236.5	226	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	38	253.5	314	Allison Busby	10/21/2023

365 STRONG WORLD RANKINGS					
BENCH - RAW					
Female - Sub-Masters					
56kg/123.5lbs					
	36	123	99	Sally Lloyd	6/10/2017
60kg/132.2lbs					
	36	129.4	99	Cara Jo	10/21/2023
67.5kg/148.7lbs					
	37	146.1	160	Vanessa Westbrook	12/17/2022
	36	147.9	160	Jessica Loden	9/7/2024
	38	141.4	154	Kelian Hagerty	4/22/2017
	37	144	149	Lorena Fernandez	9/18/2021
	36	146.5	149	Krista Causey	2/20/2021
	37	146.8	149	Kelly Brant	9/7/2019
	35	148.2	149	Andrea Fox	3/10/2018
	35	148	140	Desiree Savarese	1/21/2017
	39	144.8	138	Amy Daugherty	5/22/2021
75kg/165.2lbs					
	39	164.4	237	Reyhan Roybal	4/20/2018
	35	157	170	Jessica Loden	2/10/2024
	36	165.1	165	Jennifer Broome	10/27/2018
	37	162.3	154	Lauren White	11/19/2022
	35	163.8	149	Vanessa Westbrook	7/10/2021
	35	154.8	138	LaDetra Cole	3/5/2022
	39	165	88	Amber Jenkins	6/9/2018
82.5kg/181.7lbs					
	38	175	182	Lay Kaahu	8/12/2017
	35	178.6	171	Charlee Marshall	11/23/2024
	38	181	165	Natalie Mayfield	11/19/2016
	39	170	160	Ivana Smith	7/10/2021
	36	181	154	Kelley Spohrer	8/12/2017
	37	173.1	149	Vanessa Westbrook	6/25/2022
	38	168	143	Katie McMinn	1/22/2022
	39	174.4	132	Pamela Buskirk	7/24/2021
	36	174.6	94	Lydia Braspenning	6/9/2024
	38	181.6	94	Amber Jenkins	6/10/2017
90kg/198.2lbs					
	37	198	248	Linsey Eudy	10/21/2023
	35	197.5	127	Valerie Ryan	12/17/2022
100kg/220.25lbs					
	37	211.4	154	Trisha Crisman	8/25/2018
	37	213.8	154	Brett Sexton	10/12/2019
	35	216.3	149	Crystal Prather	6/17/2023
110kg/242.5lbs					
	37	236.5	154	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	38	253.5	215	Allison Busby	10/21/2023
	39	268.8	160	Katy Silvers	12/19/2020
	36	263.7	127	Beth Mockbee	4/18/2022

365 STRONG WORLD RANKINGS					
DEADLIFT - RAW					
Female - Sub-Masters					
56kg/123.5lbs					
	36	123	248	Sally Lloyd	6/10/2017
60kg/132.2lbs					
	36	129.4	253	Cara Jo	10/21/2023
67.5kg/148.7lbs					
	36	139.4	336	LaDetra Cole	10/29/2022
	35	148.2	319	Andrea Fox	3/10/2018
	38	141.4	309	Kelian Hagerty	4/22/2017
	39	144.8	303	Amy Daugherty	5/22/2021
	37	146.8	303	Kelly Brant	9/7/2019
	35	148.4	303	Jessica Loden	5/18/2024
	35	148	290	Desiree Savarese	1/21/2017
	37	144	281	Lorena Fernandez	9/18/2021
	37	146.1	275	Vanessa Westbrook	12/17/2022
75kg/165.2lbs					
	35	154.8	380	LaDetra Cole	3/5/2022
	37	162.3	369	Lauren White	11/19/2022
	39	163.6	342	Reyhan Roybal	7/15/2017
	35	157	297	Jessica Loden	2/10/2024
	39	165	232	Amber Jenkins	6/9/2018
82.5kg/181.7lbs					
	38	175	419	Lay Kaahu	8/12/2017
	37	173.1	325	Vanessa Westbrook	6/25/2022
	35	178.6	320	Charlee Marshall	11/23/2024
	39	178.2	286	Pamela Buskirk	3/5/2022
	38	168	281	Katie McMinn	1/22/2022
	39	170	253	Ivana Smith	7/10/2021
	36	174.6	237	Lydia Braspenning	6/9/2024
90kg/198.2lbs					
	35	197.5	314	Valerie Ryan	12/17/2022
100kg/220.25lbs					
	35	216.3	364	Crystal Prather	6/17/2023
110kg/242.5lbs					
	37	236.5	253	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	38	253.5	375	Allison Busby	10/21/2023

365 STRONG WORLD RANKINGS					
TOTAL - RAW					
Female - Sub-Masters					
56kg/123.5lbs					
	36	123	524	Sally Lloyd	6/10/2017
60kg/132.2lbs					
	36	129.4	551	Cara Jo	10/21/2023
67.5kg/148.7lbs					
	35	148.4	727	Jessica Loden	5/18/2024
	39	144.8	705	Amy Daugherty	5/22/2021
	35	148.2	694	Andrea Fox	3/10/2018
	38	141.4	678	Kelian Hagerty	4/22/2017
	36	139.4	667	LaDetra Cole	10/29/2022
	37	144	667	Lorena Fernandez	9/18/2021
	37	146.8	667	Kelly Brant	9/7/2019
	35	148	655	Desiree Savarese	1/21/2017
	37	146.1	650	Vanessa Westbrook	12/17/2022
75kg/165.2lbs					
	39	163.6	821	Reyhan Roybal	7/15/2017
	37	162.3	788	Lauren White	11/19/2022
	35	154.8	772	LaDetra Cole	3/5/2022
	35	157	738	Jessica Loden	2/10/2024
	39	165	463	Amber Jenkins	6/9/2018
82.5kg/181.7lbs					
	38	175	904	Lay Kaahu	8/12/2017
	35	178.6	805	Charlee Marshall	11/23/2024
	37	173.1	705	Vanessa Westbrook	6/25/2022
	39	170	678	Ivana Smith	7/10/2021
	38	168	628	Katie McMinn	1/22/2022
	36	174.6	479	Lydia Braspenning	6/9/2024
90kg/198.2lbs					
	35	197.5	628	Valerie Ryan	12/17/2022
100kg/220.25lbs					
	35	216.3	805	Crystal Prather	6/17/2023
110kg/242.5lbs					
	37	236.5	634	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	38	253.5	893	Allison Busby	10/21/2023

### FEMALE RAW CLASSIC SUB-MASTERS (35-39)

369 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
FEMALE - Sub-Masters					
52kg/114.5lbs					

369 STRONG WORLD RANKINGS					
RAW BENCH					
FEMALE - Sub-Masters					
52kg/114.5lbs					

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) DEADLIFT					
FEMALE - Sub-Masters					
52kg/114.5lbs					

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) TOTAL					
FEMALE - Sub-Masters					
52kg/114.5lbs					















**FEMALE PARALIFTER**

365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS					
SQUAT - EQUIPMENT NOTED						BENCH - EQUIPMENT NOTED						DEADLIFT - EQUIPMENT NOTED						TOTAL - EQUIPMENT NOTED					
FEMALE - PARALIFTER						FEMALE - PARALIFTER						FEMALE - PARALIFTER						FEMALE - PARALIFTER					
Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date
						44kg/97lbs																	
							15	97	83	Bella-Grace Meadows	4/1/2023												

**FEMALE STANDING CURLS**

365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS					
Standing Curl																	
FEMALE																	

DIV	RAW	AGE	WGT	LIFT	NAME	DATE	WGTC
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	52.5	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	JoJo Brasseaux	6/17/2023	132
MPF	R	59	129.6	60	JoJo Brasseaux	10/21/2023	132
Open	R	59	129.8	60	JoJo Brasseaux	10/21/2023	132
Open	R	28	132	45	Shannon Mitchell	5/18/2024	132
M2	R	46	137	50	Aiysha 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	Crystal Rhoades	10/21/2023	165
Open	R	32	162.5	77	Ashley Stacharowski	10/22/2022	165
M6	R	68	159.2	65	Maureen Clary	7/27/2024	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	179.8	75	Clearra Jackson-Griffin	10/21/2023	181
Open	R	65	180.6	85	Gloria Knight-NcNeil	11/9/2024	181
M5	R	63	179.5	95	Gloria Knight-NcNeil	10/22/2022	181
M6	R	65	180.6	85	Gloria Knight-NcNeil	11/9/2024	181
M2	R	45	173.8	91	Heather Streible	6/11/2022	181
M4	R	65	180.6	85	Gloria Knight-NcNeil	11/9/2024	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