



2013 Final Women's Rankings

Updated by Hunter M. Claypatch: hclaypatch@hotmail.com

2013 Squat Rankings

Weight Class: 44kg / 97 lbs. (Squat)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	105	231.4	Naomi Kutin	USA, NJ	Central PA Open	Bigler	PA
2	77.5	170.8	Maribeth Lino	PHILIPPINES	North Carolina State Championships	Greenville	NC
3	70.7	156	Abigail Scudder	USA, CT	Massachusetts State Championships	Peabody	MA
4	52.5	115.7	Savannah Sparks	USA, AZ	American Challenge - AZ	Cottonwood	AZ
5	50	110.2	Samantha Brickhouse	USA, NC	OBX Open Championships	Jarvisburg	NC
6	37.5	82.6	Madison Trippett	USA, WV	2013 World Championships	Las Vegas	NV
7	25	55.1	Anna Zak	USA, NC	OBX Open Championships	Jarvisburg	NC
8	19.1	42.1	Ila Paladino	USA, NE	Christmas Classic/Omaha	Omaha	NE
9	9	19.8	Brooke Zak	USA, NC	OBX Open Championships	Jarvisburg	NC
Weight Class: 48kg / 105.8 lbs. (Squat)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	85	187.3	Karen Poyner	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	65	143.2	Nicole Dirienzo	USA, VA	American Challenge - VA	Zion Crossroads	VA
_	65	143.2	Crystal Grimsen	CANADA	2013 Western Canadian Nationals	Calgary	AB
Weight Class: 52kg / 114.6 lbs. (Squat)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	97.5	214.9	Miranda Chambers	USA, PA	2013 World Championships	Las Vegas	NV
2	95	209.4	Leah Gitterman	CANADA	3rd Annual Toronto Open	Scarborough	ON
3	92.5	203.9	Benita Steffan	USA, PA	The Great Lakes Championships	Erie	PA
4	82.5	181.8	Bianca Luedeker	USA, AZ	2013 World Championships	Las Vegas	NV
5	80	176.3	Kari Sakamoto	USA, NE	Christmas Classic/Omaha	Omaha	NE
6	75	165.3	Ginger Enderson	USA, NC	OBX Open Championships	Jarvisburg	NC
7	70	154.3	Gail McKenzie	USA, VT	2013 Masters Nationals	Williston	VT
8	65	143.2	Lizzette Magana	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
9	62.5	137.7	Sharon Jose	USA, VA	American Challenge - VA	Zion Crossroads	VA
10	60	132.2	Elizabeth Kelly	USA, MA	2013 Masters Nationals	Williston	VT
Weight Class: 56kg / 123.4 lbs. (Squat)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	115	253.5	Melissa Klein	USA, IL	2013 World Championships	Las Vegas	NV
2	112.5	248	Kristen Vidale	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
3	102.5	225.9	Diana Lugo	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
4	95	209.4	Jennie Newburn Turner	USA, NC	OBX Open Championships	Jarvisburg	NC
5	90	198.4	Rebecca Breden	USA, VA	American Challenge - VA	Zion Crossroads	VA
_	90	198.4	Camilla Jones	USA, NM	2013 New Mexico State Championships	Albuquerque	NM
7	87.5	192.9	Sandra Rensburg	S. AFRICA	South Africa Full Meet	Western Cape	RSA
8	80.7	178	Kim Battipaglia	USA, CT	Massachusetts State Championships	Peabody	MA
9	80	176.3	Genevieve Cohen	USA, PA	American Challenge - PA	Ft. Washington	PA
10	77.5	170.8	Rhonda Jones	USA, NM	American Challenge - CO	Durango	CO
_	77.5	170.8	Kelly Hennigan	USA, PA	American Challenge - PA	Ft. Washington	PA
_	77.5	170.8	Alexsey Bennington	USA, PA	2013 World Championships	Las Vegas	NV



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Weight Class: 60kg / 132.2 lbs. (Squat)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	115	253.5	Sara Egbom	USA, NM	2013 New Mexico State Championships	Albuquerque	NM
2	113.5	250.2	Laura Clancy	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
3	102.5	225.9	Kayla Irwin	USA, PA	The Great Lakes Championships	Erie	PA
_	102.5	225.9	Jumana Akroush	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
5	100	220.4	Patricia Langan	USA, NM	American Challenge - CO	Durango	CO
6	95	209.4	Dicy Saylor	USA, GA	2013 Southwest Regionals	Cottonwood	AZ
_	95	209.4	Mary Lou Norris	USA, PA	Central PA Open	Bigler	PA
8	92.5	203.9	Jessica Culver	CANADA	3rd Annual Toronto Open	Scarborough	ON
_	92.5	203.9	Annemarie Kemmerer	USA, PA	New York/Ontario Powerlifting Cup	Manlius	NY
_	92.5	203.9	Lindsay Lichtsinn	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
Weight Class: 67.5kg / 148.8 lbs. (Squat)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	130	286.5	Victoria Tasher	USA, PA	2013 World Championships	Las Vegas	NV
2	127.5	281	Genevieve Betro	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
3	125	275.5	Andrea White	USA, NY	2013 World Championships	Las Vegas	NV
4	120	264.5	Stacey Jensen	CANADA	3rd Annual Toronto Open	Scarborough	ON
5	115	253.5	Jennifer Higgins	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
_	115	253.5	Katie McGeachy	CANADA	2013 World Championships	Las Vegas	NV
7	113	249.1	Suzanne LaForge	USA, MA	American Challenge - MA	Peabody	MA
8	112.5	248	Melika Hope	CANADA	3rd Annual Toronto Open	Scarborough	ON
_	112.5	248	Sammantha Perrine	USA, PA	New York/Ontario Powerlifting Cup	Manlius	NY
10	107.5	236.9	Aimee Anderson	USA, CA	2013 World Championships	Las Vegas	NV
Weight Class: 75kg / 165.3 lbs. (Squat)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	157.5	347.2	Ashley Szczepaniec	USA, VA	American Challenge - VA	Zion Crossroads	VA
2	137.5	303.1	Shannon St. Michael	CANADA	3rd Annual Toronto Open	Scarborough	ON
3	120	264.5	Kimberley Clark	USA, MA	American Challenge - MA	Peabody	MA
4	112.5	248	Sharaon Schwartz	USA, PA	Central PA Open	Bigler	PA
5	110	242.5	Janie Wilkinson	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
_	110	242.5	Rachel Hess	USA, PA	New York/Ontario Powerlifting Cup	Manlius	NY
7	103.5	228.1	MarryAnn Wieckowski	USA, PA	2013 World Championships	Las Vegas	NV
8	102.5	225.9	Ellie Hagopian	S. AFRICA	South Africa Full Meet	Western Cape	RSA
9	100	220.4	Kristen Walther	USA, MA	2013 Masters Nationals	Williston	VT
10	97.5	214.9	Catherine Innes	USA, NJ	American Challenge - PA	Ft. Washington	PA



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Weight Class: 82.5 kg / 181.8 lbs. (Squat)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	145	319.6	Jamie Jackson	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	122.5	270	Jodi Spivak	CANADA	3rd Annual Toronto Open	Scarborough	ON
_	122.5	270	Brooke Bonney	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
4	120	264.5	Heather Calandra	USA, AZ	American Challenge - AZ	Cottonwood	AZ
_	120	264.5	MahNylh Inglesla	USA, NC	OBX Open Championships	Jarvisburg	NC
5	117.5	259	Sequora Johnson	USA, PA	2013 World Championships	Las Vegas	NV
6	112.5	248	Sharon Schwartz	USA, PA	The Great Lakes Championships	Erie	PA
_	112.5	248	Mary Tillery	USA, NC	North Carolina State Championships	Greenville	NC
8	100	220.4	Taylor Meyers	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
9	97.5	214.9	Laura Verplaelse	USA, IL	American Challenge - IL	Bloomington	IL
10	95	209.4	Michelle Lawson	USA, PA	The Great Lakes Championships	Erie	PA
_	95	209.4	Amanda Wright	USA, PA	Central PA Open	Bigler	PA
Weight Class: 90kg / 198.4 lbs. (Squat)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	142.5	314.1	Rebecca Tucker	USA, NY	2013 World Championships	Las Vegas	NV
2	100	220.4	Chris Redmond	USA, PA	Central PA Open	Bigler	PA
3	92.5	203.9	Jaimee Nelsen	USA, NY	American Challenge - PA	Ft. Washington	PA
4	82.5	181.8	Kimberly Anaya	USA, NM	American Challenge - CO	Durango	CO
5	70	154.3	Amanda Verleni	USA, NY	The Great Lakes Championships	Erie	PA
Weight Class: 90+kg / 198.4+ lbs. (Squat)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	140	308.6	Catherine Toniatti Yanulavich	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
2	137.5	303.1	Alexis Dowling	USA, NM	2013 New Mexico State Championships	Albuquerque	NM
3	125.5	276.6	Lisa Quevedo	USA, CA	2013 World Championships	Las Vegas	NV
4	125	275.5	Shelia Paulin	CANADA	3rd Annual Toronto Open	Scarborough	ON
5	120	264.5	Gabriela Tortolano	USA, MA	American Challenge - MA	Peabody	MA
_	120	264.5	Susan Knight	CANADA	2013 Western Canadian Nationals	Calgary	AB
_	120	264.5	Stephanie Winchip	USA, NY	Keystone Ironman Challenge	Quakertown	PA
8	110	242.5	Cindy Stritzinger	USA, PA	Central PA Open	Bigler	PA
9	105	231.4	Michelle Zimmerman	USA, CA	2013 World Championships	Las Vegas	NV
10	102.5	225.9	Micky Buell Thorpe	USA, VA	American Challenge - VA	Zion Crossroads	VA
2013 Bench Press Rankings							
Weight Class: 44kg / 97 lbs. (Bench Press)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	45	99.2	Naomi Kutin	USA, NJ	Central PA Open	Bigler	PA
2	42.8	94.5	Abigail Scudder	USA, CT	Massachusetts State Championships	Peabody	MA
3	42.5	93.6	Maribeth Lino	PHILIPPINES	North Carolina State Championships	Greenville	NC
4	39	85.9	Samantha Brickhouse	USA, NC	OBX Open Championships	Jarvisburg	NC
5	33.5	73.8	Rocky Luedeker	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
6	30	66.1	Savannah Sparks	USA, AZ	American Challenge - AZ	Cottonwood	AZ
7	27.5	60.6	Madison Trippett	USA, WV	West Virginia State Championships	Parkersburg	WV
8	22.6	50	Silencia Algarin	USA, MN	Minnesota Single Lift State Championships	Pierz	MN
9	22.5	49.6	Chloe Eckard	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
10	20	44	Mary Medevielle	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ



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Weight Class: 48kg / 105.8 lb. (Bench Press)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	58	127.8	Karen Poyner	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	55	121.2	Catherine Sableva	UKRAINE	Odessa Championships	Odessa	UKR
3	47.5	104.7	Lauren Rodriguez	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
_	47.5	104.7	Crystal Grimsen	CANADA	2013 Western Canadian Nationals	Calgary	AB
5	45	99.2	Kim Price	USA, VA	2013 Ironman Nationals	Zion Crossroads	VA
6	40	88.1	Meghan Merino	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
7	37.5	82.6	Nicole Dirienzo	USA, VA	American Challenge - VA	Zion Crossroads	VA
8	35	77.1	Sherlene Lerose	USA, NC	2013 Battle Of The Border	Currituck	NC
9	32.5	71.6	Inna Odincovo	UKRAINE	Odessa Championships	Odessa	UKR
10	30	66.1	Savannah Sparks	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
Weight Class: 52kg / 114.6 lbs. (Bench Press)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	73	160.9	Bianca Luedeker	USA, AZ	2013 World Championships	Las Vegas	NV
2	60	132.2	Jill Keilty	CANADA	2013 Western Canadian Nationals	Calgary	AB
3	57.5	126.7	Miranda Chambers	USA, PA	2013 World Championships	Las Vegas	NV
4	51	112.4	Benita Steffan	USA, PA	The Great Lakes Championships	Erie	PA
5	50	110.2	Sarah Lowder	USA, PA	2013 Power Day Classic	Bigler	PA
6	47.5	104.7	Leah Gitterman	CANADA	3rd Annual Toronto Open	Scarborough	ON
_	47.5	104.7	Lizzette Magana	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
_	47.5	104.7	Kari Sakamoto	USA, NE	Christmas Classic/Omaha	Omaha	NE
9	45	99.2	Ginger Enderson	USA, NC	American Challenge - NC	Currituck	NC
_	45	99.2	Ludmila Navrotskaya	UKRAINE	Odessa Championships	Odessa	UKR
_	45	99.2	Marcella Cameron	CANADA	2013 Western Canadian Nationals	Calgary	AB
Weight Class: 56kg / 123.4 lbs. (Bench Press)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	75	165.3	Bianca Luedeker	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
2	67.5	148.8	Susan Nyquist	USA, MT	American Challenge - MT	Dillon	MT
_	67.5	148.8	Sandra Rensburg	S. AFRICA	South Africa Full Meet	Western Cape	RSA
_	67.5	148.8	Melissa Klein	USA, IL	2013 World Championships	Las Vegas	NV
5	65	143.2	Suzanne Davis	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
6	62.5	137.7	Kristen Vidale	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
7	57.5	126.7	Araceli Real	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
_	57.5	126.7	Rebecca Breden	USA, VA	American Challenge - VA	Zion Crossroads	VA
9	55.3	122	Kim Battipaglia	USA, CT	Massachusetts State Championships	Peabody	MA
10	55	121.2	Alyssa Golding	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
_	55	121.2	Camilla Jones	USA, NM	American Challenge - CO	Durango	CO
_	55	121.2	Farrah Fong	USA, WV	American Challenge - NC	Currituck	NC
_	55	121.2	Jennie Newbern	USA, NC	American Challenge - NC	Currituck	NC



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Weight Class: 60kg / 132.2 lbs. (Bench Press)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	72.5	160	Mighann Salafia	USA, MD	Potomac Open	Woodbridge	VA
2	70	154.3	Antonina Burbytko	UKRAINE	Odessa Championships	Odessa	UKR
3	67.5	148.8	Olga Dombrovska	UKRAINE	International Mediterranean Challenge		ISR
4	66.5	146.6	Laura Clancy	USA, VA	American Challenge - VA	Zion Crossroads	VA
5	65.7	145	Beth-el Algarin	USA, MN	Minnesota Single Lift State Championships	Pierz	MN
6	65	143.2	Lindsay Lichtsinn	USA, VA	American Challenge - VA	Zion Crossroads	VA
_	65	143.2	Jumana Akroush	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
8	60	132.2	Genevieve Anderson	CANADA	3rd Annual Toronto Open	Scarborough	ON
_	60	132.2	Annemarie Kemmerer	USA, PA	American Challenge - PA	Ft. Washington	PA
10	57.5	126.7	Pninit-Vered Kalmanzon	ISRAEL	Israeli Open Powerlifting Championships		ISR
_	57.5	126.7	Sara Egbom	USA, NM	American Challenge - CO	Durango	CO
_	57.5	126.7	Mary Lou Norris	USA, PA	Central PA Open	Bigler	PA
Weight Class: 67.5kg / 148.8 lbs. (Bench Press)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	91.5	201.7	Andrea White	USA, NY	2013 World Championships	Las Vegas	NV
2	86	189.5	Antonina Burbytko	UKRAINE	2013 Ukrainian Cup	Odessa	UKR
3	72.5	159.8	Stacey Jensen	CANADA	3rd Annual Toronto Open	Scarborough	ON
_	72.5	159.8	Mary Ann Wieckowski	USA, PA	New York/Ontario Powerlifting Cup	Manlius	NY
_	72.5	159.8	Genevieve Betro	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
_	72.5	159.8	Iris Shekhter	ISRAEL	International Mediterranean Challenge		ISR
7	71	156.5	Sammantha Perrine	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
8	67.5	148.8	Kelly Dessington	S. AFRICA	South Africa Full Meet	Western Cape	RSA
_	67.5	148.8	Suzanne LaForge	USA, MA	American Challenge - MA	Peabody	MA
10	65	143.2	Roshonda Ware	USA, VA	Christmas Classic	Zion Crossroads	VA
_	65	143.2	Aimee Anderson	USA, CA	2013 World Championships	Las Vegas	NV
Weight Class: 75kg / 165.3 lbs. (Bench Press)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	85	187.3	Ashley Szczepaniec	USA, VA	American Challenge - VA	Zion Crossroads	VA
2	82.5	181.8	Shannon St. Michael	CANADA	3rd Annual Toronto Open	Scarborough	ON
3	76	167.5	MarryAnn Wieckowski	USA, PA	American Challenge - PA	Ft. Washington	PA
4	75	165.3	Tina Griffith	USA, WV	2013 Ironman Nationals	Zion Crossroads	VA
5	70	154.3	Mary Tillery	USA, NC	2013 Battle Of The Border	Currituck	NC
6	65	143.2	Ellie Hagopian	S. AFRICA	South Africa Full Meet	Western Cape	RSA
_	65	143.2	Heather Lesh	USA, NC	American Challenge - NC	Currituck	NC
_	65	143.2	Renae Witzaney	CANADA	2013 Western Canadian Nationals	Calgary	AB
7	62.5	137.7	Lauren Green	USA, PA	Ohio State Championships	Salem	OH
10	60	132.2	Janie Wilkinson	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
_	60	132.2	Jordan Friede	USA, VT	2013 Masters Nationals	Williston	VT
_	60	132.2	Geneva Koutas	USA, VA	American Challenge - NC	Currituck	NC
_	60	132.2	Krista Sorra	USA, NM	2013 New Mexico State Championships	Albuquerque	NM
_	60	132.2	Kimberly Clark	USA, MA	2013 World Championships	Las Vegas	NV



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Weight Class: 82.5kg / 181.8 lbs. (Bench Press)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	92.5	203.9	Tara Maier	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
2	90	198.4	Jamie Jackson	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
3	77.5	170.8	Meg Ayers	USA, WV	2013 Ironman Nationals	Zion Crossroads	VA
_	77.5	170.8	Brooke Bonney	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
_	77.5	170.8	Hyacinth Joseph	USA, NC	2013 Battle Of The Border	Currituck	NC
6	75	165.3	Sophia Hussary	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
7	70	154.3	Heather Calandra	USA, AZ	American Challenge - AZ	Cottonwood	AZ
8	67.5	148.8	Jodi Spivak	CANADA	3rd Annual Toronto Open	Scarborough	ON
_	67.5	148.8	Mary Tillery	USA, NC	North Carolina State Championships	Greenville	NC
10	66.5	146.6	MahNylh Inglesla	USA, NC	OBX Open Championships	Jarvisburg	NC
Weight Class: 90kg / 198.4 lbs. (Bench Press)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	102.5	225.9	Nikki Creecy	USA, NC	2013 Battle Of The Border	Currituck	NC
2	97.5	214.9	Kim Hodges	USA, VA	2013 Battle Of The Border	Currituck	NC
3	92.5	203.9	Rebecca Tucker	USA, NY	Central PA Open	Bigler	PA
4	62.5	137.7	Jaimee Nelsen	USA, NY	American Challenge - PA	Ft. Washington	PA
5	55	121.2	Kimberly Anaya	USA, NM	American Challenge - CO	Durango	CO
_	55	121.2	Rachel Vincent	USA, NE	American Challenge - NE	Omaha	NE
_	55	121.2	Chris Redmond	USA, PA	Central PA Open	Bigler	PA
_	55	121.2	Brittney Russell	USA, PA	Ohio State Championships	Salem	OH
9	50	110.2	Margarita Kishinovskaya	UKRAINE	Odessa Championships	Odessa	UKR
10	47.5	104.7	Amanda Verleni	USA, NY	The Great Lakes Championships	Erie	PA
Weight Class: 90+kg / 198.4+ lbs. (Bench Press)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	125.5	276.6	Lisa Quevedo	USA, CA	2013 World Championships	Las Vegas	NV
2	82.5	181.8	Patricia McCauley	USA, VA	Eastern USA Open	Woodbridge	VA
3	77.5	170.8	Cindy Stritzinger	USA, PA	No Druggies Allowed	Erie	PA
4	67.5	148.8	Alexis Dowling	USA, NM	American Challenge - CO	Durango	CO
5	65	143.2	Shelia Paulin	CANADA	3rd Annual Toronto Open	Scarborough	ON
6	62.5	137.7	Catherine Toniatti Yanulavich	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
_	62.5	137.7	Ashley Petrinesc	USA, IL	American Challenge - IL	Bloomington	IL
8	60	132.2	Stephanie Winchip	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
_	60	132.2	Micky Buell Thorpe	USA, VA	American Challenge - VA	Zion Crossroads	VA
_	60	132.2	Laura McIntyre	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
2013 Deadlift Rankings							
Weight Class: 44kg / 97 lbs. (Deadlift)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	113	249.1	Naomi Kutin	USA, NJ	Central PA Open	Bigler	PA
2	105.1	231.8	Abigail Scudder	USA, CT	Massachusetts State Championships	Peabody	MA
3	92.5	203.9	Maribeth Lino	PHILIPPINES	North Carolina State Championships	Greenville	NC
4	87.5	192.9	Samantha Brickhouse	USA, NC	OBX Open Championships	Jarvisburg	NC
5	77.5	170.8	Savannah Sparks	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
6	62.5	137.7	Emma McIntyre	USA, VA	OBX Open Championships	Jarvisburg	NC
7	60	132.2	Madison Trippett	USA, WV	2013 World Championships	Las Vegas	NV
8	50	110.2	Ara Price	CANADA	2013 Western Canadian Nationals	Calgary	AB
_	50	110.2	Rocky Luedeker	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
10	42.5	93.6	Elizabeth Fleming	USA, NC	2013 Battle Of The Border	Currituck	NC



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Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	115	253.5	Karen Poyner	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	112.5	248	Kim Price	USA, VA	Christmas Classic	Zion Crossroads	VA
3	105	231.4	Meghan Merino	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
4	92.5	203.9	Nicole Dirienzo	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
5	82.5	181.8	Crystal Grimsen	CANADA	2013 Western Canadian Nationals	Calgary	AB
_	82.5	181.8	Savannah Sparks	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
7	70	154.3	Sherlene Lerose	USA, NC	2013 Battle Of The Border	Currituck	NC
8	62.5	137.7	Anna Marra	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
Weight Class: 52kg / 114.6 lbs. (Deadlift)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	137.5	303.1	Kari Sakamoto	USA, NE	Christmas Classic/Omaha	Omaha	NE
2	132.5	292.1	Leah Gitterman	CANADA	3rd Annual Toronto Open	Scarborough	ON
3	127.5	281	Benita Steffan	USA, PA	The Great Lakes Championships	Erie	PA
4	122.5	270	Miranda Chambers	USA, PA	American Challenge - PA	Ft. Washington	PA
5	117.5	259	Bianca Luedeker	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
6	100	220.4	Lizzette Magana	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
7	97.5	214.9	Ginger Enderson	USA, NC	OBX Open Championships	Jarvisburg	NC
8	95	209.4	Jill Keilty	CANADA	2013 Western Canadian Nationals	Calgary	AB
9	93.5	206.1	Elaine Audy	USA, VT	2013 Masters Nationals	Williston	VT
10	92.5	203.9	Gail McKenzie	USA, VT	2013 Masters Nationals	Williston	VT
Weight Class: 56kg / 123.4 lbs. (Deadlift)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	157.5	347.2	Suzanne Davis	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
2	140	308.6	Kristen Vidale	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
3	137.5	303.1	Melissa Klein	USA, IL	2013 World Championships	Las Vegas	NV
4	130.5	287.7	Rhonda Jones	USA, NM	American Challenge - CO	Durango	CO
5	127.8	281.8	Kim Battipaglia	USA, CT	Massachusetts State Championships	Peabody	MA
6	127.5	281	Rebecca Breden	USA, VA	American Challenge - VA	Zion Crossroads	VA
_	127.5	281	Emily Mwaja	USA, NE	2013 World Championships	Las Vegas	NV
8	125	275.5	Sandra Rensburg	S. AFRICA	South Africa Full Meet	Western Cape	RSA
9	122.5	270	Camilla Jones	USA, NM	American Challenge - CO	Durango	CO
10	120	264.5	Farah Fong	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
Weight Class: 60kg / 132.2 lbs. (Deadlift)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	145	319.6	Amanda Everhart	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
2	142.5	314.1	Sara Egborn	USA, NM	2013 New Mexico State Championships	Albuquerque	NM
3	135	297.6	Genevieve Anderson	CANADA	3rd Annual Toronto Open	Scarborough	ON
_	135	297.6	Annemarie Kemmerer	USA, PA	American Challenge - PA	Ft. Washington	PA
_	135	297.6	Lindsay Lichtsinn	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
6	132.5	292.1	Nina Melito	USA, PA	2013 World Championships	Las Vegas	NV
7	130	286.5	Jumana Akroush	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
8	127.5	281	Cristina Melito	USA, PA	American Challenge - PA	Ft. Washington	PA
9	125	275.5	Kayla Irwin	USA, PA	The Great Lakes Championships	Erie	PA
_	125	275.5	Kelesey Horton	USA, NM	2013 New Mexico State Championships	Albuquerque	NM



2013 Final Women's Rankings

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Weight Class: 67.5kg / 148.8 lbs. (Deadlift)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	175	385.8	Andrea White	USA, NY	2013 World Championships	Las Vegas	NV
2	170	374.7	Sammantha Perrine	USA, PA	New York/Ontario Powerlifting Cup	Manlius	NY
3	160	352.7	Suzanne LaForge	USA, MA	American Challenge - MA	Peabody	MA
4	157.5	347.2	Aimee Anderson	USA, CA	2013 World Championships	Las Vegas	NV
5	152.5	336.2	Melika Hope	CANADA	3rd Annual Toronto Open	Scarborough	ON
6	150	330.6	Suzanne LaForge	USA, MA	2013 Masters Nationals	Williston	VT
7	147.5	325.1	Stacey Jensen	CANADA	3rd Annual Toronto Open	Scarborough	ON
8	145	319.6	Kelly Dessington	S. AFRICA	South Africa Full Meet	Western Cape	RSA
_	145	319.6	Victoria Tasher	USA, PA	2013 World Championships	Las Vegas	NV
10	143	315.2	Jennifer Higgins	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
Weight Class: 75kg / 165.3 lbs. (Deadlift)							
Rank	Lift	Lifter	Country	Meet	Site		
1	173	381.3	Kimberley Clark	USA, MA	2013 World Championships	Las Vegas	NV
2	162.5	358.2	Ashley Szczepaniec	USA, VA	American Challenge - VA	Zion Crossroads	VA
_	162.5	358.2	Lauren Green	USA, PA	Ohio State Championships	Salem	OH
4	152.5	336.2	Shannon St. Michael	CANADA	3rd Annual Toronto Open	Scarborough	ON
5	146	321.8	Heather Lesh	USA, NC	American Challenge - NC	Currituck	NC
6	141	310.8	Kristen Walther	USA, MA	2013 Masters Nationals	Williston	VT
7	140	308.6	Janie Wilkinson	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
8	135	297.6	Rachel Hess	USA, PA	New York/Ontario Powerlifting Cup	Manlius	NY
_	135	297.6	Ellie Hagopian	S. AFRICA	South Africa Full Meet	Western Cape	RSA
10	132.5	292.1	Tina Griffith	USA, WV	2013 Ironman Nationals	Zion Crossroads	VA
_	132.5	292.1	Vivienne Shockley	USA, MT	American Challenge - MT	Dillon	MT
Weight Class: 82.5kg / 181.8 lbs. (Deadlift)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	190	418.8	Jamie Jackson	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	175	385.7	Tara Maier	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
3	165	363.8	Sophia Hussary	USA, AZ	West Coast Single Lift Championships	Prescott	AZ
4	160	352.7	Meg Ayers	USA, WV	2013 Ironman Nationals	Zion Crossroads	VA
5	152.5	336.2	Jodi Spivak	CANADA	3rd Annual Toronto Open	Scarborough	ON
6	150	330.6	Brooke Bonney	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
7	147.5	325.1	Sharon Schwartz	USA, PA	The Great Lakes Championships	Erie	PA
8	145	319.6	Sequora Johnson	USA, PA	2013 World Championships	Las Vegas	NV
9	140	308.6	Abbey Kenny	USA, VA	Christmas Classic	Zion Crossroads	VA
10	137.5	303.1	MahNylh Inglesla	USA, NC	OBX Open Championships	Jarvisburg	NC
Weight Class: 90kg / 198.4 lbs. (Deadlift)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	177.5	391.3	Rebecca Tucker	USA, NY	2013 World Championships	Las Vegas	NV
2	150	330.6	Nikki Creecy	USA, NC	2013 Battle Of The Border	Currituck	NC
3	140	308.6	Brittney Russell	USA, PA	Ohio State Championships	Salem	OH
4	137.5	303.1	Christine Redmond	USA, PA	Central PA Open	Bigler	PA
5	135	297.6	Jaimee Nelsen	USA, NY	American Challenge - PA	Ft. Washington	PA
6	130	286.5	Kimberly Anaya	USA, NM	American Challenge - CO	Durango	CO
7	115	253.5	Jacee Cooper	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
8	112.5	248	Rachel Vincent	USA, NE	American Challenge - NE	Omaha	NE
9	110	242.5	Amanda Verleni	USA, NY	The Great Lakes Championships	Erie	PA



2013 Final Women's Rankings

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Weight Class: 90+kg / 198.4+ lbs. (Deadlift)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	170	374.7	Catherine Toniatti Yanulavich	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
2	160.2	353.3	Gabriela Tortolano	USA, MA	Massachusetts State Championships	Peabody	MA
3	160	352.7	Patricia McCauley	USA, VA	Eastern USA Open	Woodbridge	VA
4	155	341.7	Alexis Dowling	USA, NM	2013 New Mexico State Championships	Albuquerque	NM
_	155	341.7	Sarah Siegel	USA, VA	Christmas Classic	Zion Crossroads	VA
6	145	319.6	Shelia Paulin	CANADA	3rd Annual Toronto Open	Scarborough	ON
_	145	319.6	Stephanie Winchip	USA, NY	Keystone Ironman Challenge	Quakertown	PA
8	142.5	314.1	Cindy Stritzinger	USA, PA	No Druggies Allowed	Erie	PA
9	137.5	303.1	Christine Redmond	USA, PA	The Great Lakes Championships	Erie	PA
_	137.5	303.1	Micky Buell Thorpe	USA, VA	American Challenge - VA	Zion Crossroads	VA

2013 Total Rankings

Weight Class: 44kg / 97 lbs. (Total)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	257.5	567.6	Naomi Kutin	USA, NJ	Central PA Open	Bigler	PA
2	218.7	482.3	Abigail Scudder	USA, CT	Massachusetts State Championships	Peabody	MA
3	205	451.9	Maribeth Lino	PHILIPPINES	North Carolina State Championships	Greenville	NC
4	165	363.7	Samantha Brickhouse	USA, NC	OBX Open Championships	Jarvisburg	NC
5	157.5	347.2	Savannah Sparks	USA, AZ	American Challenge - AZ	Cottonwood	AZ
6	125	275.5	Madison Trippett	USA, WV	2013 World Championships	Las Vegas	NV
7	75	165.3	Anna Zak	USA, NC	OBX Open Championships	Jarvisburg	NC
8	68.1	150.1	Ila Paladino	USA, NE	Christmas Classic/Omaha	Omaha	NE
9	42.5	93.6	Brooke Zak	USA, NC	OBX Open Championships	Jarvisburg	NC



2013 Final Women's Rankings

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Weight Class: 48kg / 105.8 lbs. (Total)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	258	568.7	Karen Poyner	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	195	429.8	Crystal Grimsen	CANADA	2013 Western Canadian Nationals	Calgary	AB
3	190	418.8	Nicole Dirienzo	USA, VA	American Challenge - VA	Zion Crossroads	VA
Weight Class: 52kg / 114.6 lbs. (Total)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	272.5	600.7	Leah Gitterman	CANADA	3rd Annual Toronto Open	Scarborough	ON
2	271	597.4	Benita Steffan	USA, PA	The Great Lakes Championships	Erie	PA
3	270.5	596.3	Bianca Luedeker	USA, AZ	2013 World Championships	Las Vegas	NV
4	267.5	589.7	Miranda Chambers	USA, PA	2013 World Championships	Las Vegas	NV
5	260	573.1	Kari Sakamoto	USA, NE	Christmas Classic/Omaha	Omaha	NE
6	217.5	479.5	Ginger Enderson	USA, NC	OBX Open Championships	Jarvisburg	NC
7	212.5	468.5	Lizzette Magana	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
8	200	440.9	Gail McKenzie	USA, VT	2013 Masters Nationals	Williston	VT
9	191	421	Elaine Audy	USA, VT	2013 Masters Nationals	Williston	VT
10	190	418.8	Sharon Jose	USA, VA	American Challenge - VA	Zion Crossroads	VA
Weight Class: 56kg / 123.4 lbs. (Total)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	320	705.4	Kristen Vidale	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
–	320	705.4	Melissa Klein	USA, IL	2013 World Championships	Las Vegas	NV
3	280	617.2	Sandra Rensburg	S. AFRICA	South Africa Full Meet	Western Cape	RSA
4	275	606.2	Rebecca Breden	USA, VA	American Challenge - VA	Zion Crossroads	VA
5	267.5	589.7	Camilla Jones	USA, NM	2013 New Mexico State Championships	Albuquerque	NM
6	263.9	581.8	Kim Battipaglia	USA, CT	Massachusetts State Championships	Peabody	MA
7	260	573.2	Jennie Newburn Turner	USA, NC	OBX Open Championships	Jarvisburg	NC
8	257.5	567.6	Diana Lugo	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
9	255.5	563.3	Bianca Luedeker	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
10	247.5	545.6	Rhonda Jones	USA, NM	American Challenge - CO	Durango	CO



2013 Final Women's Rankings

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Weight Class: 60kg / 132.2 lbs. (Total)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	312.5	688.9	Sara Egbom	USA, NM	2013 New Mexico State Championships	Albuquerque	NM
2	299	659.1	Laura Clancy	USA, VA	American Challenge - VA	Zion Crossroads	VA
3	297.5	655.8	Jumana Akroush	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
4	292.5	644.8	Lindsay Lichtsinn	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
5	287.5	633.8	Annemarie Kemmerer	USA, PA	American Challenge - PA	Ft. Washington	PA
_	282.5	622.7	Kayla Irwin	USA, PA	The Great Lakes Championships	Erie	PA
7	272.5	600.7	Mary Lou Norris	USA, PA	Central PA Open	Bigler	PA
8	270	595.2	Genevieve Anderson	CANADA	3rd Annual Toronto Open	Scarborough	ON
_	270	595.2	Patricia Langan	USA, NM	2013 New Mexico State Championships	Albuquerque	NM
10	267.5	589.7	Dicy Saylor	USA, GA	2013 Southwest Regionals	Cottonwood	AZ
Weight Class: 67.5kg / 148.8 lbs. (Total)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	387.5	854.2	Andrea White	USA, NY	2013 World Championships	Las Vegas	NV
2	351.5	774.9	Sammantha Perrine	USA, PA	New York/Ontario Powerlifting Cup	Manlius	NY
3	340	749.5	Stacey Jensen	CANADA	3rd Annual Toronto Open	Scarborough	ON
4	337.5	744.1	Genevieve Betro	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
5	335	738.5	Victoria Tasher	USA, PA	2013 World Championships	Las Vegas	NV
6	330	727.5	Aimee Anderson	USA, CA	2013 World Championships	Las Vegas	NV
7	327.5	722	Suzanne LaForge	USA, MA	American Challenge - MA	Peabody	MA
8	315.5	695.6	Jennifer Higgins	USA, AZ	2013 Southwest Regionals	Cottonwood	AZ
9	312.5	688.9	Katie McGeachy	CANADA	3rd Annual Toronto Open	Scarborough	ON
_	312.5	688.9	Kelly Dessington	S. AFRICA	South Africa Full Meet	Western Cape	RSA
Weight Class: 75kg / 165.3 lbs. (Total)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	405	892.8	Ashley Szczepaniec	USA, VA	American Challenge - VA	Zion Crossroads	VA
2	372.5	821.2	Shannon St. Michael	CANADA	3rd Annual Toronto Open	Scarborough	ON
3	350.5	772.7	Kimberley Clark	USA, MA	2013 World Championships	Las Vegas	NV
4	310	683.4	Janie Wilkinson	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
5	303.5	669	Mary Ann Wieckowski	USA, PA	2013 World Championships	Las Vegas	NV
6	302.5	666.8	Ellie Hagopian	S. AFRICA	South Africa Full Meet	Western Cape	RSA
7	298.5	658	Kristen Walther	USA, MA	2013 Masters Nationals	Williston	VT
8	295	650.3	Rachel Hess	USA, PA	New York/Ontario Powerlifting Cup	Manlius	NY
_	295	650.3	Sharon Schwartz	USA, PA	Central PA Open	Bigler	PA
10	270	595.2	Krista Sorra	USA, NM	2013 New Mexico State Championships	Albuquerque	NM



2013 Final Women's Rankings

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Weight Class: 82.5kg / 181.8 lbs. (Total)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	425	936.9	Jamie Jackson	USA, VA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	350	771.6	Brooke Bonney	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
3	342.5	755	Jodi Spivak	CANADA	3rd Annual Toronto Open	Scarborough	ON
4	325	716.4	Heather Calandra	USA, AZ	American Challenge - AZ	Cottonwood	AZ
5	324	714.2	MahNylh Inglesla	USA, NC	OBX Open Championships	Jarvisburg	NC
6	322.5	710.9	Sequora Johnson	USA, PA	2013 World Championships	Las Vegas	NV
7	315	694.4	Mary Tillery	USA, NC	North Carolina State Championships	Greenville	NC
8	312.5	688.9	Sharon Schwartz	USA, PA	The Great Lakes Championships	Erie	PA
9	277.5	611.7	Amanda Wright	USA, PA	Central PA Open	Bigler	PA
10	272.5	600.7	Michelle Lawson	USA, PA	The Great Lakes Championships	Erie	PA
Weight Class: 90kg / 198.4 lbs. (Total)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	410	903.8	Rebecca Tucker	USA, NY	2013 World Championships	Las Vegas	NV
2	292.5	644.8	Chris Redmond	USA, PA	Central PA Open	Bigler	PA
3	290	639.3	Jaimee Nelsen	USA, NY	American Challenge - PA	Ft. Washington	PA
4	267.5	589.7	Kimberly Anaya	USA, NM	American Challenge - CO	Durango	CO
5	227.5	501.5	Amanda Verleni	USA, NY	The Great Lakes Championships	Erie	PA
Weight Class: 90+kg / 198.4+ lbs. (Total)							
Rank	kg	lbs.	Lifter	Country	Meet	Site	
1	420	925.9	Lisa Quevedo	USA, CA	2013 World Championships	Las Vegas	NV
2	372.5	821.2	Catherine Toniatti Yanulavich	USA, NY	New York/Ontario Powerlifting Cup	Manlius	NY
3	360	793.6	Alexis Dowling	USA, NM	2013 New Mexico State Championships	Albuquerque	NM
4	330	727.5	Shelia Paulin	CANADA	3rd Annual Toronto Open	Scarborough	ON
5	324.2	714.9	Gabriela Tortolano	USA, MA	Massachusetts State Championships	Peabody	MA
6	322.5	710.9	Stephanie Winchip	USA, NY	Keystone Ironman Challenge	Quakertown	PA
7	320	705.4	Cindy Stritzinger	USA, PA	The Great Lakes Championships	Erie	PA
8	300	661.3	Micky Buell Thorpe	USA, VA	American Challenge - VA	Zion Crossroads	VA
9	297.5	655.8	Ashley Petrinesc	USA, IL	American Challenge - IL	Bloomington	IL
_	297.5	655.8	Michelle Zimmerman	USA, CA	2013 World Championships	Las Vegas	NV