



## 2018 Women's Rankings

Updated 01/30/2019 Ed Kutin

[Ed@enkutin.com](mailto:Ed@enkutin.com)

| 2018 Squat Rankings Female |      |       |                     |              |                               |                 |         |
|----------------------------|------|-------|---------------------|--------------|-------------------------------|-----------------|---------|
| Weight Class: 97           |      |       |                     | Squat Female |                               |                 |         |
| Rank                       | Lift | lbs   | Lifter              | Country      | Meet                          | Location        |         |
| 1                          | 82.5 | 181.8 | Catherine Beninger  | Canada       | Alberta Provincials           | Calgary         | Alberta |
| 2                          | 53   | 116.8 | Brooke Zak          | US-NC        | 2018 Worlds                   | Virginia Beach  | VA      |
| 3                          | 50.5 | 111.3 | Mackenzie Taylor    | US-NC        | NC State Championship         | Currituck       | NC      |
| 4                          | 50   | 110.2 | Karen Poyner        | US-VA        | Mid Atlantic Regionals        | Zion Crossroads | VA      |
| 5                          | 42.5 | 93.6  | Ella Tiller         | US-NC        | American Challenge - 2018 NC  |                 | NC      |
| 6                          | 37.5 | 82.6  | Rocky Luedeker      | US-AZ        | Southwest Regionals           | Prescott        | AZ      |
|                            | 37.5 | 82.6  | Ashley Christiansen | US-NC        | 2018 OBX Open                 | Currituck       | NC      |
| 8                          | 30   | 66.1  | Sofia Corridean     | US-NC        | 2018 World Youth Invitational | Virginia Beach  | VA      |

  

| Weight Class: 105 |       |       |                   |         |                              |                 |         |
|-------------------|-------|-------|-------------------|---------|------------------------------|-----------------|---------|
| Squat Female      |       |       |                   |         |                              |                 |         |
| Rank              | Lift  | lbs   | Lifter            | Country | Meet                         | Location        |         |
| 1                 | 102.5 | 225.9 | McKenna Kozina    | Canada  | Canadian Elite Championships | Calgary         | Alberta |
| 2                 | 100   | 220.4 | Jeanne Liu        | US-VA   | Potomac Open                 | Vienna          | VA      |
| 3                 | 92.5  | 203.9 | Kaitlyn Davis     | US-NE   | American Challenge - 2018 NE |                 | NE      |
| 4                 | 67.5  | 148.8 | Marrisa Ramirez   | US-MD   | KPC Halloween Havoc          | Silver Spring   | MD      |
| 5                 | 62.5  | 137.7 | Mira Pascuzzi     | Canada  | Calm like a Bomb             | Squamish        | BC      |
| 6                 | 60    | 132.2 | Alexandra Telatko | US-OH   | Ohio State Championship      | Bedford Heights | OH      |
| 7                 | 55    | 121.2 | Mackenzie Taylor  | US-NC   | Southern Open                | Currituck       | NC      |
|                   |       | 55    | Brooke Zak        | US-NC   | 2018 OBX Open                | Currituck       | NC      |
| 9                 | 48.5  | 106.9 | Rocky Luedeker    | US-AZ   | American Challenge - 2018 AZ |                 | AZ      |
| 10                | 47.5  | 104.7 | Ella Tiller       | US-NC   | 2018 OBX Open                | Currituck       | NC      |

  

| Weight Class: 114 |      |       |                  |         |                              |                |         |
|-------------------|------|-------|------------------|---------|------------------------------|----------------|---------|
| Squat Female      |      |       |                  |         |                              |                |         |
| Rank              | Lift | lbs   | Lifter           | Country | Meet                         | Location       |         |
| 1                 | 120  | 264.5 | Marie Joaquin    | Canada  | Canadian Elite Championships | Calgary        | Alberta |
| 2                 | 115  | 253.5 | Hannah Kaminski  | Canada  | 2018 Iron Challenge          | Medicine Hat   | Alberta |
| 3                 | 100  | 220.4 | Gloria Cheung    | Canada  | Grind-Canadian Nationals     | Medicine Hat   | AB      |
| 4                 | 97.5 | 214.9 | Keri Davis       | US-VA   | 2018 Worlds                  | Virginia Beach | VA      |
| 5                 | 95   | 209.4 | Caitlin Ruegg    | US-PA   | American Challenge - 2018 PA |                | PA      |
| 6                 | 92.5 | 203.9 | Erica Wang       | US-MD   | KPC Halloween Havoc          | Silver Spring  | MD      |
| 7                 | 90   | 198.4 | Eimear Byrne     | Ireland | IDFPA Full Power             | Galway         | Ireland |
| 8                 | 80   | 176.3 | Jennifer Waldron | US-KY   | Iron Warrior Classic         | Louisville     | KY      |
| 9                 | 78   | 171.9 | Marcella Cameron | Canada  | 2018 Winter Classic          | Calgary        | Alberta |
| 10                | 77.5 | 170.8 | Rachael Mirvish  | Canada  | Calm like a Bomb             | Squamish       | BC      |
|                   | 77.5 | 170.8 | Kim Roberts      | US-FL   | American Challenge - 2018 FL |                | FL      |
| 12                | 75   | 165.3 | Marni Frandson   | US-NE   | Midwest Open                 | Council Bluffs | IA      |
|                   | 75   | 165.3 | Libby Dollison   | US-VA   | Potomac Open                 | Vienna         | VA      |
|                   | 75   | 165.3 | Rylea Yanke      | Canada  | Alberta Provincials          | Calgary        | Alberta |
| 15                | 67.5 | 148.8 | Janet Huntley    | US-PA   | 2018 Worlds                  | Virginia Beach | VA      |
| 16                | 65   | 143.2 | Mary Grant       | Ireland | IDFPA Single Lift            |                | Ireland |
|                   | 65   | 143.2 | Hope Weaver      | US-PA   | Battlefield Open             | Fredericksburg | VA      |
| 18                | 60.5 | 133.3 | Mackenzie Taylor | US-NC   | 2018 OBX Open                | Currituck      | NC      |
| 19                | 60   | 132.2 | Hope Weaver      | US-PA   | 2018 Worlds                  | Virginia Beach | VA      |
| 20                | 55   | 121.2 | Bernie O'Mahony  | Ireland | IDFPA Full Power             | Galway         | Ireland |

  

| Weight Class: 123 |       |       |                  |           |                       |                |         |
|-------------------|-------|-------|------------------|-----------|-----------------------|----------------|---------|
| Squat Female      |       |       |                  |           |                       |                |         |
| Rank              | Lift  | lbs   | Lifter           | Country   | Meet                  | Location       |         |
| 1                 | 157   | 346.1 | Elizabeth Craven | Australia | 2018 Worlds           | Virginia Beach | VA      |
| 2                 | 135   | 297.6 | Febrose Tsiode   | Nauru     | 2018 Worlds           | Virginia Beach | VA      |
| 3                 | 115   | 253.5 | Skylar Yanke     | Canada    | 2018 Winter Classic   | Calgary        | Alberta |
| 4                 | 107.5 | 236.9 | Chelsea Sprigie  | US-MD     | AA County Classic     | Annapolis      | MD      |
|                   | 107.5 | 236.9 | Chelsea Sprigie  | US-MD     | Battle in the Capital | DC             | DC      |

|    |      |       |                 |         |  |                |         |
|----|------|-------|-----------------|---------|--|----------------|---------|
| 6  | 105  | 231.4 | Natasha Beasley | US-VA   | Southside Regional Classic             | Midlothian     | VA      |
| 7  | 100  | 220.4 | Maxine Ferris   | US-NC   | NC State Championship                  | Currituck      | NC      |
|    | 100  | 220.4 | Laura Siegle    | US-VA   | Holiday Open                           | Fredericksburg | VA      |
| 9  | 97.5 | 214.9 | Megan Kolnitz   | US-VA   | Virginia Open                          | Fredericksburg | VA      |
|    | 97.5 | 214.9 | Lisa Budau      | Canada  | 2018 Iron Challenge                    | Medicine Hat   | Alberta |
|    | 97.5 | 214.9 | Bianca Luedeker | US-AZ   | American Challenge - 2018 AZ           |                | AZ      |
| 12 | 95   | 209.4 | Kristyn Kocsis  | US-NE   | Midwest Open                           | Council Bluffs | IA      |
|    | 95   | 209.4 | Amanda Johner   | Canada  | Calm like a Bomb                       | Squamish       | BC      |
| 14 | 92.5 | 203.9 | Laura Scully    | Ireland | 2018 Worlds                            | Virginia Beach | VA      |
| 15 | 90   | 198.4 | Leah Newton     | US-KY   | American Challenge - 2018 KY           |                | KY      |
| 16 | 87.5 | 192.9 | Sarah Murray    | Canada  | Hub Power                              | High River     | Alberta |
|    | 87.5 | 192.9 | Tola Adebisi    | Ireland | IDFPA Full Power 2                     | Cork           | Ireland |
| 18 | 82.5 | 181.8 | Dawn Steacy     | Ireland | IDFPA Single Lift                      |                | Ireland |
|    | 82.5 | 181.8 | Kelly Griffith  | US-PA   | Great Lakes Powerlifting Championships | Erie           | PA      |
|    | 82.5 | 181.8 | Winnie Fong     | Canada  | Alberta Provincials                    | Calgary        | Alberta |
|    | 82.5 | 181.8 | Sarah Koenig    | Canada  | Calm like a Bomb                       | Squamish       | BC      |
|    | 82.5 | 181.8 | Jasmine McAdams | US-DC   | Battle in the Capital                  | DC             | DC      |

| Weight Class: 132 |       |       |                     |           |  |                 |                  |
|-------------------|-------|-------|---------------------|-----------|--|-----------------|------------------|
| Squat             |       |       |                     | Female    |  |                 |                  |
| Rank              | Lift  | lbs   | Lifter              | Country   | Meet                                   | Location        |                  |
| 1                 | 142.5 | 314.1 | Sherine Thoummarath | Canada    | Candian Elite Championships            | Calgary         | Alberta          |
|                   | 142.5 | 314.1 | Daniella Means      | Hong Kong | 2018 Worlds                            | Virginia Beach  | VA               |
| 3                 | 125.5 | 276.6 | Lauren Conrad       | US-PA     | Great Lakes Powerlifting Championships | Erie            | PA               |
| 4                 | 125   | 275.5 | Christine Trac      | Canada    | Alberta Provincials                    | Calgary         | Alberta          |
| 5                 | 120   | 264.5 | Sandi Burke         | Ireland   | IDFPA Full Power 2                     | Cork            | Ireland          |
| 6                 | 117.5 | 259   | Rebecca Pell        | US-PA     | Great Lakes Powerlifting Championships | Erie            | PA               |
| 7                 | 115   | 253.5 | Sandra Burke        | Ireland   | IDFPA Full Power                       | Galway          | Ireland          |
|                   | 115   | 253.5 | Terra MacKeigan     | Canada    | Grind-Candadian Nationals              | Medicine Hat    | AB               |
| 9                 | 112.5 | 248   | Taryn Haggerstone   | Canada    | Candian Elite Championships            | Calgary         | Alberta          |
|                   | 112.5 | 248   | Marthe Henry        | Canada    | 2018 War of the Waitlist               | Calgary         | Alberta          |
| 11                | 110   | 242.5 | Laura Campbell      | Ireland   | IDFPA Full Power                       | Galway          | Ireland          |
| 12                | 107.5 | 236.9 | Kiki Peterson       | US-NE     | Midwest Open                           | Council Bluffs  | IA               |
|                   | 107.5 | 236.9 | Kelsey Capecci      | US-OH     | Ohio State Championship                | Bedford Heights | OH               |
| 14                | 105   | 231.4 | Sarah Sickert       | US-PA     | 2018 Worlds                            | Virginia Beach  | VA               |
| 15                | 102.5 | 225.9 | Francesca Tocco     | Canada    | Alberta Provincials                    | Calgary         | Alberta          |
| 16                | 100.5 | 221.5 | Jacqueline Buchak   | US-AZ     | Southwest Regionals                    | Prescott        | AZ               |
| 17                | 100   | 220.4 | LaKeisha Kanen      | US-NC     | NC State Championship                  | Currituck       | NC               |
|                   | 100   | 220.4 | Jessica Sklar       | Canada    | Alberta Provincials                    | Calgary         | Alberta          |
|                   | 100   | 220.4 | Sarah Coyne         | Ireland   | IDFPA Full Power 2                     | Cork            | Ireland          |
|                   | 100   | 220.4 | Victoria Barry      | Canada    | 2018 Vernon Classic                    | Vernon          | British Columbia |

| Weight Class: 148 |       |       |                   |         |                              |                |                  |
|-------------------|-------|-------|-------------------|---------|------------------------------|----------------|------------------|
| Squat             |       |       |                   | Female  |                              |                |                  |
| Rank              | Lift  | lbs   | Lifter            | Country | Meet                         | Location       |                  |
| 1                 | 153.5 | 338.4 | Hai Di            | US-MD   | AA County Classic            | Annapolis      | MD               |
| 2                 | 146   | 321.8 | Leah Cameron      | Canada  | 2018 Winter Classic          | Calgary        | Alberta          |
| 3                 | 145.5 | 320.7 | Andrea Melito     | Canada  | 2018 Worlds                  | Virginia Beach | VA               |
| 4                 | 140   | 308.6 | Sarah Cowley      | Canada  | Hub Power                    | High River     | Alberta          |
| 5                 | 137.5 | 303.1 | Naomi Kutin       | US-NJ   | American Challenge - 2018 DE |                | DE               |
| 6                 | 130   | 286.5 | Teresa Lei        | Canada  | Alberta Provincials          | Calgary        | Alberta          |
|                   | 130   | 286.5 | Rebecca Stoddart  | Canada  | 2018 Vernon Classic          | Vernon         | British Columbia |
| 8                 | 127.5 | 281   | Kay Humpherys     | US-WA   | Southwest Regionals          | Prescott       | AZ               |
|                   | 127.5 | 281   | Amaal Zaki        | Ireland | IDFPA Full Power 2           | Cork           | Ireland          |
| 10                | 122.5 | 270   | Elizabeth Flaming | Canada  | IX Open                      | Edmonton       | Alberta          |
|                   | 122.5 | 270   | Ashley Enns       | Canada  | Alberta Provincials          | Calgary        | Alberta          |
|                   | 122.5 | 270   | Erin Matheson     | Canada  | Grind-Candadian Nationals    | Medicine Hat   | AB               |
|                   | 122.5 | 270   | Anna Quijada      | Canada  | 2018 Winter Classic          | Calgary        | Alberta          |
|                   | 122.5 | 270   | Trista Hutching   | US-NE   | Omaha Christmas Clasic       | Omaha          | NE               |
| 15                | 120   | 264.5 | Lyn Pendley       | US-VA   | Potomac Open                 | Vienna         | VA               |
|                   | 120   | 264.5 | Katie McGeachy    | Canada  | 2018 Vernon Classic          | Vernon         | British Columbia |
| 17                | 117.5 | 259   | Tricia Floyd      | US-VA   | Potomac Open                 | Vienna         | VA               |
|                   | 117.5 | 259   | Angela Kalogeias  | US-AZ   | American Challenge - 2018 AZ |                | AZ               |
|                   | 117.5 | 259   | Amanda Watson     | Canada  | 2018 Vernon Classic          | Vernon         | British Columbia |
| 20                | 115   | 253.5 | Rachele Hicks     | Canada  | 2018 Vernon Classic          | Vernon         | British Columbia |

| Weight Class: 165 |       |       |               |           |                   |                |    |
|-------------------|-------|-------|---------------|-----------|-------------------|----------------|----|
| Squat             |       |       |               | Female    |                   |                |    |
| Rank              | Lift  | lbs   | Lifter        | Country   | Meet              | Location       |    |
| 1                 | 167.5 | 369.2 | Kelli Fagan   | Australia | 2018 Worlds       | Virginia Beach | VA |
| 2                 | 157.5 | 347.2 | Jesse Akister | Australia | 2018 Worlds       | Virginia Beach | VA |
| 3                 | 152.5 | 336.2 | Tierra Tucker | US-MD     | AA County Classic | Annapolis      | MD |

|    |       |       |                        |           |                              |                |         |
|----|-------|-------|------------------------|-----------|------------------------------|----------------|---------|
| 4  | 150   | 330.6 | Lisa Szabon-Smith      | Canada    | Grind-Candadian Nationals    | Medicine Hat   | AB      |
|    | 150   | 330.6 | Leanne Knox            | Australia | 2018 Worlds                  | Virginia Beach | VA      |
| 6  | 142.5 | 314.1 | Melissa Buhler         | Canada    | Hub Power                    | High River     | Alberta |
| 7  | 140   | 308.6 | Patty Maizels          | US-MD     | Battle in the Capital        | DC             | DC      |
| 8  | 137.5 | 303.1 | Emily Karl             | US-MD     | 2018 Worlds                  | Virginia Beach | VA      |
|    | 137.5 | 303.1 | Maria Rojas            | US-VA     | 2018 Worlds                  | Virginia Beach | VA      |
| 10 | 130   | 286.5 | Kayla Meisner          | US-KY     | American Challenge - 2018 KY |                | KY      |
| 11 | 125   | 275.5 | Eileen Gorry           | Ireland   | IDFPA Full Power             | Galway         | Ireland |
|    | 125   | 275.5 | Michelle Etcho         | US-VA     | Battlefield Open             | Fredericksburg | VA      |
| 13 | 122.5 | 270   | Hayley Helland         | Canada    | 2018 Iron Challenge          | Medicine Hat   | Alberta |
| 14 | 120   | 264.5 | Jessica Hierons        | Canada    | 2018 War of the Waitlist     | Calgary        | Alberta |
| 15 | 117.5 | 259   | Tia Pascuzzi           | Canada    | Calm like a Bomb             | Squamish       | BC      |
|    | 117.5 | 259   | Chrystal Garcia        | US-AZ     | American Challenge - 2018 AZ |                | AZ      |
|    | 117.5 | 259   | Glenda MacDonald       | Canada    | 2018 Atlantic Lift Off       | Souris         | PEI     |
| 18 | 115   | 253.5 | Bethany Jaeckle        | US-VA     | Southside Regional Classic   | Midlothian     | VA      |
|    | 115   | 253.5 | Julia Bassett          | Canada    | 2018 Winter Classic          | Calgary        | Alberta |
| 20 | 112.5 | 248   | Bonni Rogers           | Canada    | 2018 Iron Challenge          | Medicine Hat   | Alberta |
|    | 112.5 | 248   | Yasmine Halat          | Canada    | Alberta Provincials          | Calgary        | Alberta |
|    | 112.5 | 248   | Lynne Courtnage-Coolen | Canada    | Grind-Candadian Nationals    | Medicine Hat   | AB      |

| Weight Class: 181 |       | Squat |                    | Female    |  |                |                  |
|-------------------|-------|-------|--------------------|-----------|--|----------------|------------------|
| Rank              | Lift  | lbs   | Lifter             | Country   | Meet                                   | Location       |                  |
| 1                 | 185   | 407.8 | Danielle Philibert | Canada    | Candian Elite Championships            | Calgary        | Alberta          |
| 2                 | 180   | 396.8 | Lisa Gervais       | Canada    | 2018 Winter Classic                    | Calgary        | Alberta          |
| 3                 | 157.5 | 347.2 | Darlene Phan       | Australia | 2018 Worlds                            | Virginia Beach | VA               |
| 4                 | 140   | 308.6 | Courtney Dill      | Canada    | 2018 Atlantic Lift Off                 | Souris         | PEI              |
| 5                 | 137.5 | 303.1 | Kristel Barber     | US-VA     | Battlefield Open                       | Fredericksburg | VA               |
|                   | 137.5 | 303.1 | Heather Juachon    | US-VA     | 2018 Worlds                            | Virginia Beach | VA               |
|                   | 137.5 | 303.1 | Jordan Keehn       | Canada    | 2018 Vernon Classic                    | Vernon         | British Columbia |
| 8                 | 132.5 | 292.1 | Kathleen MacDonald | Canada    | 2018 Winter Classic                    | Calgary        | Alberta          |
| 9                 | 130   | 286.5 | Linda Byrne        | Ireland   | IDFPA Single Lift                      |                | Ireland          |
|                   | 130   | 286.5 | Erin Kronstedt     | Canada    | Alberta Provincials                    | Calgary        | Alberta          |
| 11                | 122.5 | 270   | Vanessa Reed       | Canada    | Alberta Provincials                    | Calgary        | Alberta          |
|                   | 122.5 | 270   | Carmen Santiago    | US-FL     | Last Chance Qualifier                  | Mount Dora     | FL               |
| 13                | 120   | 264.5 | Sara Crews         | US-VA     | Potomac Open                           | Vienna         | VA               |
|                   | 120   | 264.5 | Lianne Marquis     | Canada    | 2018 Vernon Classic                    | Vernon         | British Columbia |
| 15                | 115   | 253.5 | Courtney Van Beers | Canada    | 2018 Iron Challenge                    | Medicine Hat   | Alberta          |
|                   | 115   | 253.5 | Elaine O'Shea      | Ireland   | IDFPA Full Power 2                     | Cork           | Ireland          |
|                   | 115   | 253.5 | Brittany Turner    | US-DC     | 2018 Worlds                            | Virginia Beach | VA               |
|                   | 115   | 253.5 | Cara MacKenzie     | Canada    | 2018 Atlantic Lift Off                 | Souris         | PEI              |
| 19                | 110   | 242.5 | Stephanie Cruz     | US-OH     | Great Lakes Powerlifting Championships | Erie           | PA               |
|                   | 110   | 242.5 | Nicole Wallace     | US-VA     | Battlefield Open                       | Fredericksburg | VA               |

| Weight Class: 198 |       | Squat |                    | Female  |  |                 |                  |
|-------------------|-------|-------|--------------------|---------|--|-----------------|------------------|
| Rank              | Lift  | lbs   | Lifter             | Country | Meet                                   | Location        |                  |
| 1                 | 167.5 | 369.2 | Aria DeSimini      | US-VA   | Battlefield Open                       | Fredericksburg  | VA               |
| 2                 | 160   | 352.7 | Riki Napiorkowski  | US-NY   | 2018 Worlds                            | Virginia Beach  | VA               |
| 3                 | 150   | 330.6 | Tara Steadman      | US-CO   | 2018 Worlds                            | Virginia Beach  | VA               |
| 4                 | 147.5 | 325.1 | Sara Burwash       | Canada  | 2018 Winter Classic                    | Calgary         | Alberta          |
| 5                 | 145   | 319.6 | Rebecca Tucker     | US-NY   | American Challenge - 2018 PA           |                 | PA               |
| 6                 | 142.5 | 314.1 | Marsha DiPeppe     | US-VA   | Battlefield Open                       | Fredericksburg  | VA               |
| 7                 | 125   | 275.5 | Sheryl Malinowski  | Canada  | 2018 Winter Classic                    | Calgary         | Alberta          |
| 8                 | 122.5 | 270   | Christina Dean     | US-PA   | Great Lakes Powerlifting Championships | Erie            | PA               |
| 9                 | 120   | 264.5 | Kathleen Carpenter | US-VA   | Battlefield Open                       | Fredericksburg  | VA               |
| 10                | 117.5 | 259   | Jontiasha Goode    | US-VA   | American Challenge - 2018 VA           |                 | VA               |
| 11                | 115   | 253.5 | Michelle Lawson    | US-PA   | Great Lakes Powerlifting Championships | Erie            | PA               |
|                   | 115   | 253.5 | Charlotte Baker    | US-VA   | Masters Nationals                      | Zion Crossroads | VA               |
|                   | 115   | 253.5 | Shauna Murphy      | Ireland | IDFPA Full Power 2                     | Cork            | Ireland          |
| 14                | 107.5 | 236.9 | Niina Järvenkari   | Ireland | IDFPA Single Lift                      |                 | Ireland          |
| 15                | 105   | 231.4 | Rhona Doherty      | Ireland | IDFPA Full Power                       | Galway          | Ireland          |
| 16                | 102.5 | 225.9 | Sharon Howland     | Canada  | Alberta Provincials                    | Calgary         | Alberta          |
| 17                | 95    | 209.4 | Erin Rayle         | US-VA   | 2018 Worlds                            | Virginia Beach  | VA               |
|                   | 95    | 209.4 | Ashley Proulx      | Canada  | 2018 Vernon Classic                    | Vernon          | British Columbia |
| 19                | 92.5  | 203.9 | Kimberly Cumbie    | US-VA   | Southside Regional Classic             | Midlothian      | VA               |
|                   | 92.5  | 203.9 | Laura O'Donnell    | US-VA   | Battlefield Open                       | Fredericksburg  | VA               |

| Weight Class: 198+ |       | Squat |              | Female  |             |                |    |
|--------------------|-------|-------|--------------|---------|-------------|----------------|----|
| Rank               | Lift  | lbs   | Lifter       | Country | Meet        | Location       |    |
| 1                  | 222.5 | 490.5 | Yurika Kepae | Nauru   | 2018 Worlds | Virginia Beach | VA |

|    |       |       |                     |         |  |                |                  |
|----|-------|-------|---------------------|---------|--|----------------|------------------|
| 2  | 187.5 | 413.3 | Marissa Wilson      | US-MD   | Potomac Open                           | Vienna         | VA               |
| 3  | 182.5 | 402.3 | Sharalee Bustamante | Canada  | 2018 Worlds                            | Virginia Beach | VA               |
|    | 182.5 | 402.3 | Sarah Heminger      | US-MA   | 2018 Worlds                            | Virginia Beach | VA               |
| 5  | 162.5 | 358.2 | Peri Evanoff        | US-VA   | Battle in the Capital                  | DC             | DC               |
| 6  | 160   | 352.7 | Shannon Scott       | US-NC   | American Challenge - 2018 NC           |                | NC               |
| 7  | 147.5 | 325.1 | Rebecca Tucker      | US-NY   | 2018 Worlds                            | Virginia Beach | VA               |
| 8  | 142.5 | 314.1 | Hope Lancaster      | US-MD   | Maryland State Championships           | White Plains   | MD               |
|    | 142.5 | 314.1 | Lindsay Field       | US-NY   | 2018 Worlds                            | Virginia Beach | VA               |
| 10 | 140   | 308.6 | Kirsten Ross        | US-VA   | American Challenge - 2018 VA           |                | VA               |
|    | 140   | 308.6 | Aislinn Kelly       | Ireland | 2018 Worlds                            | Virginia Beach | VA               |
| 12 | 130   | 286.5 | Cherisse Martineau  | Canada  | 2018 Winter Classic                    | Calgary        | Alberta          |
| 13 | 127.5 | 281   | Melanie Perron      | Canada  | Alberta Provincials                    | Calgary        | Alberta          |
|    | 127.5 | 281   | Alyssia DeWolfe     | Canada  | 2018 Winter Classic                    | Calgary        | Alberta          |
| 15 | 125   | 275.5 | Michelle Leslie     | Canada  | IX Open                                | Edmonton       | Alberta          |
|    | 125   | 275.5 | Autumn Weary        | US-PA   | Great Lakes Powerlifting Championships | Erie           | PA               |
|    | 125   | 275.5 | Katie Adams         | US-FL   | American Challenge - 2018 FL           |                | FL               |
|    | 125   | 275.5 | Colleen McCabe      | Canada  | 2018 Atlantic Lift Off                 | Souris         | PEI              |
| 19 | 122.5 | 270   | Jontiasha Goode     | US-VA   | Potomac Open                           | Vienna         | VA               |
|    | 122.5 | 270   | Karmen Doucette     | Canada  | 2018 Vernon Classic                    | Vernon         | British Columbia |

## 2018 Bench Press Rankings Female

| Weight Class: 97 |      |     |        | Bench Press |      | Female   |  |
|------------------|------|-----|--------|-------------|------|----------|--|
| Rank             | Lift | lbs | Lifter | Country     | Meet | Location |  |

|    |      |       |                     |        |                               |                 |         |
|----|------|-------|---------------------|--------|-------------------------------|-----------------|---------|
| 1  | 54   | 119   | Karen Poyner        | US-VA  | Mid Atlantic Regionals        | Zion Crossroads | VA      |
| 2  | 50   | 110.2 | Catherine Beninger  | Canada | Alberta Provincials           | Calgary         | Alberta |
| 3  | 42.5 | 93.6  | Rocky Luedeker      | US-AZ  | Southwest Regionals           | Prescott        | AZ      |
|    | 42.5 | 93.6  | Ashley Christiansen | US-NC  | 2018 Worlds                   | Virginia Beach  | VA      |
| 5  | 35   | 77.1  | Elizabeth Parker    | US-FL  | Beasty Bash                   | Mount Dora      | FL      |
| 6  | 33.5 | 73.8  | Brooke Zak          | US-NC  | Southern Open                 | Currituck       | NC      |
| 7  | 32.5 | 71.6  | Tiffani Teeter      | US-PA  | American Challenge - 2018 NY  |                 | NY      |
| 8  | 27.5 | 60.6  | Mackenzie Taylor    | US-NC  | NC State Championship         | Currituck       | NC      |
| 9  | 18.5 | 40.7  | Avaya Berge         | US-NC  | Southern Open                 | Currituck       | NC      |
| 10 | 17.5 | 38.5  | Ella Tiller         | US-NC  | American Challenge - 2018 NC  |                 | NC      |
| 11 | 13.5 | 29.7  | Sofia Corridean     | US-NC  | 2018 World Youth Invitational | Virginia Beach  | VA      |

| Weight Class: 105 |      |     |        | Bench Press |      | Female   |  |
|-------------------|------|-----|--------|-------------|------|----------|--|
| Rank              | Lift | lbs | Lifter | Country     | Meet | Location |  |

|    |      |       |                     |        |                              |                 |         |
|----|------|-------|---------------------|--------|------------------------------|-----------------|---------|
| 1  | 60.5 | 133.3 | Amanda Lajeunsse    | US-AZ  | American Challenge - 2018 AZ |                 | AZ      |
| 2  | 60   | 132.2 | McKenna Kozina      | Canada | Canadian Elite Championships | Calgary         | Alberta |
| 3  | 55   | 121.2 | Kaitlyn Davis       | US-NE  | American Challenge - 2018 NE |                 | NE      |
| 4  | 52.5 | 115.7 | Ruth Snyder         | US-PA  | Central PA Open              | Bigler          | PA      |
| 5  | 42.5 | 93.6  | Heather Wayland     | US-PA  | Central PA Open              | Bigler          | PA      |
| 6  | 40.5 | 89.2  | Rocky Luedeker      | US-AZ  | American Challenge - 2018 AZ |                 | AZ      |
| 7  | 40   | 88.1  | Jeanne Liu          | US-VA  | Potomac Open                 | Vienna          | VA      |
|    | 40   | 88.1  | Marrisa Ramirez     | US-MD  | KPC Halloween Havoc          | Silver Spring   | MD      |
| 9  | 37.5 | 82.6  | Giulia Pia Schipani | Italy  | Italy Single Lift National   |                 | Italy   |
| 10 | 35   | 77.1  | Brooke Zak          | US-NC  | 2018 OBX Open                | Currituck       | NC      |
| 11 | 32.5 | 71.6  | Mira Pascuzzi       | Canada | Calm like a Bomb             | Squamish        | BC      |
|    | 32.5 | 71.6  | Mackenzie Taylor    | US-NC  | Southern Open                | Currituck       | NC      |
|    | 32.5 | 71.6  | Alexandra Telatko   | US-OH  | Ohio State Championship      | Bedford Heights | OH      |
| 14 | 30   | 66.1  | Francesca Passafaro | Italy  | Italy Single Lift National   |                 | Italy   |
| 15 | 25   | 55.1  | Ella Tiller         | US-NC  | 2018 OBX Open                | Currituck       | NC      |

| Weight Class: 114 |      |     |        | Bench Press |      | Female   |  |
|-------------------|------|-----|--------|-------------|------|----------|--|
| Rank              | Lift | lbs | Lifter | Country     | Meet | Location |  |

|    |      |       |                  |        |                              |                |         |
|----|------|-------|------------------|--------|------------------------------|----------------|---------|
| 1  | 65   | 143.2 | Rylea Yanke      | Canada | Alberta Provincials          | Calgary        | Alberta |
| 2  | 62.5 | 137.7 | Marie Joaquin    | Canada | Canadian Elite Championships | Calgary        | Alberta |
| 3  | 57.5 | 126.7 | Hannah Kaminski  | Canada | 2018 Iron Challenge          | Medicine Hat   | Alberta |
| 4  | 55   | 121.2 | Caitlin Ruegg    | US-PA  | American Challenge - 2018 PA |                | PA      |
|    | 55   | 121.2 | Kim Roberts      | US-FL  | Last Chance Qualifier        | Mount Dora     | FL      |
| 6  | 52.5 | 115.7 | Keri Davis       | US-VA  | 2018 Worlds                  | Virginia Beach | VA      |
|    | 52.5 | 115.7 | Marcella Cameron | Canada | 2018 Winter Classic          | Calgary        | Alberta |
| 8  | 50   | 110.2 | Gloria Cheung    | Canada | IX Open                      | Edmonton       | Alberta |
|    | 50   | 110.2 | Libby Dollison   | US-VA  | Potomac Open                 | Vienna         | VA      |
|    | 50   | 110.2 | Hope Weaver      | US-PA  | Central PA Open              | Bigler         | PA      |
| 11 | 47.5 | 104.7 | Caroline Witter  | US-PA  | Power Day                    | Clearfield     | PA      |
|    | 47.5 | 104.7 | Rachael Mirvish  | Canada | Calm like a Bomb             | Squamish       | BC      |
|    | 47.5 | 104.7 | Jennifer Waldron | US-KY  | American Challenge - 2018 KY |                | KY      |

|    |      |       |                    |         |                            |                |         |
|----|------|-------|--------------------|---------|----------------------------|----------------|---------|
|    | 47.5 | 104.7 | Janet Huntley      | US-PA   | 2018 Worlds                | Virginia Beach | VA      |
|    | 47.5 | 104.7 | Annunziata Messina | Italy   | Italy Single Lift National |                | Italy   |
| 16 | 45   | 99.2  | Nicolle Lynskey    | Ireland | IDFPA Single Lift          |                | Ireland |
|    | 45   | 99.2  | Marni Frandson     | US-NE   | Midwest Open               | Council Bluffs | IA      |
|    | 45   | 99.2  | Eimear Byrne       | Ireland | IDFPA Full Power           | Galway         | Ireland |
|    | 45   | 99.2  | Hope Weaver        | US-PA   | Battlefield Open           | Fredericksburg | VA      |
|    | 45   | 99.2  | Mariela Olivares   | US-MD   | KPC Halloween Havoc        | Silver Spring  | MD      |

| Weight Class: 123 |      |       |                  |           |                              |                 |         |
|-------------------|------|-------|------------------|-----------|------------------------------|-----------------|---------|
| Bench Press       |      |       |                  | Female    |                              |                 |         |
| Rank              | Lift | lbs   | Lifter           | Country   | Meet                         | Location        |         |
| 1                 | 120  | 264.5 | Febrose Tsiode   | Nauru     | 2018 Worlds                  | Virginia Beach  | VA      |
| 2                 | 85   | 187.3 | Elizabeth Craven | Australia | 2018 Worlds                  | Virginia Beach  | VA      |
| 3                 | 82.5 | 181.8 | Natasha Beasley  | US-VA     | Shenandoah Open              | Woodstock       | VA      |
| 4                 | 75   | 165.3 | Skylar Yanke     | Canada    | 2018 Winter Classic          | Calgary         | Alberta |
| 5                 | 72   | 158.7 | Hazel Hu         | Ireland   | IDFPA Single Lift            |                 | Ireland |
| 6                 | 67.5 | 148.8 | Bianca Luedeker  | US-AZ     | American Challenge - 2018 AZ |                 | AZ      |
| 7                 | 66   | 145.5 | Shawna Kaminski  | Canada    | 2018 Iron Challenge          | Medicine Hat    | Alberta |
| 8                 | 65   | 143.2 | Chelsea Spriggue | US-MD     | Battle in the Capital        | DC              | DC      |
| 9                 | 62.5 | 137.7 | Maxine Ferris    | US-NC     | NC State Championship        | Currituck       | NC      |
|                   | 62.5 | 137.7 | Danette Lecuyer  | Canada    | 2018 Iron Challenge          | Medicine Hat    | Alberta |
|                   | 62.5 | 137.7 | Chelsea Sprigie  | US-MD     | AA County Classic            | Annapolis       | MD      |
|                   | 62.5 | 137.7 | Giusy Zaffino    | Italy     | Italy Single Lift National   |                 | Italy   |
| 13                | 60   | 132.2 | Megan Kolnitz    | US-VA     | Virginia Open                | Fredericksburg  | VA      |
|                   | 60   | 132.2 | Dawn Steacy      | Ireland   | IDFPA Single Lift            |                 | Ireland |
|                   | 60   | 132.2 | Lisa Budau       | Canada    | 2018 Iron Challenge          | Medicine Hat    | Alberta |
|                   | 60   | 132.2 | Amanda Johner    | Canada    | Calm like a Bomb             | Squamish        | BC      |
| 17                | 57.5 | 126.7 | Laura Scully     | Ireland   | 2018 Worlds                  | Virginia Beach  | VA      |
|                   | 57.5 | 126.7 | Jasmine McAdams  | US-DC     | Battle in the Capital        | DC              | DC      |
|                   | 57.5 | 126.7 | Laura Siegle     | US-VA     | Holiday Open                 | Fredericksburg  | VA      |
| 20                | 56   | 123.4 | Susan Drach      | US-VA     | Masters Nationals            | Zion Crossroads | VA      |

| Weight Class: 132 |      |       |                     |           |  |                 |                  |
|-------------------|------|-------|---------------------|-----------|--|-----------------|------------------|
| Bench Press       |      |       |                     | Female    |  |                 |                  |
| Rank              | Lift | lbs   | Lifter              | Country   | Meet                                   | Location        |                  |
| 1                 | 85   | 187.3 | Kerry Self          | US-VA     | Holiday Open                           | Fredericksburg  | VA               |
| 2                 | 80   | 176.3 | Daniella Means      | Hong Kong | 2018 Worlds                            | Virginia Beach  | VA               |
| 3                 | 77.5 | 170.8 | Taryn Haggerstone   | Canada    | Candian Elite Championships            | Calgary         | Alberta          |
| 4                 | 75.5 | 166.4 | Christine Trac      | Canada    | Alberta Provincials                    | Calgary         | Alberta          |
| 5                 | 75   | 165.3 | Catherine Reynolds  | US-VA     | 2018 Worlds                            | Virginia Beach  | VA               |
| 6                 | 71   | 156.5 | Katelyn Mah         | Canada    | Alberta Provincials                    | Calgary         | Alberta          |
| 7                 | 70   | 154.3 | Lauren Conrad       | US-PA     | Great Lakes Powerlifting Championships | Erie            | PA               |
| 8                 | 67.5 | 148.8 | Marthe Henry        | Canada    | 2018 War of the Waitlist               | Calgary         | Alberta          |
|                   | 67.5 | 148.8 | Carolyn Gersh       | Canada    | 2018 War of the Waitlist               | Calgary         | Alberta          |
| 10                | 65   | 143.2 | Heather Austin      | US-VA     | Virginia Open                          | Fredericksburg  | VA               |
|                   | 65   | 143.2 | Jessica Sklar       | Canada    | Alberta Provincials                    | Calgary         | Alberta          |
|                   | 65   | 143.2 | Sherine Thoummarath | Canada    | Candian Elite Championships            | Calgary         | Alberta          |
|                   | 65   | 143.2 | Sarah Sickert       | US-PA     | 2018 Worlds                            | Virginia Beach  | VA               |
|                   | 65   | 143.2 | Karen Ogilvie       | Canada    | 2018 Vernon Classic                    | Vernon          | British Columbia |
| 15                | 63.5 | 139.9 | Kimberly Capers     | US-MD     | KPC Halloween Havoc                    | Silver Spring   | MD               |
| 16                | 63   | 138.8 | LaKeisha Kanen      | US-NC     | Battle of the Border                   | Currituck       | NC               |
| 17                | 62.5 | 137.7 | Amy Filatoff        | Canada    | 2018 Iron Challenge                    | Medicine Hat    | Alberta          |
|                   | 62.5 | 137.7 | Katelyn Barry       | Canada    | 2018 Vernon Classic                    | Vernon          | British Columbia |
|                   | 62.5 | 137.7 | Sarah Harris        | US-VA     | Shenandoah Open                        | Woodstock       | VA               |
|                   | 62.5 | 137.7 | Angiolina Borgese   | Italy     | Italy Single Lift National             |                 | Italy            |
|                   | 62.5 | 137.7 | Kelsey Capecci      | US-OH     | Ohio State Championship                | Bedford Heights | OH               |

| Weight Class: 148 |      |       |                  |         |                           |                |                  |
|-------------------|------|-------|------------------|---------|---------------------------|----------------|------------------|
| Bench Press       |      |       |                  | Female  |                           |                |                  |
| Rank              | Lift | lbs   | Lifter           | Country | Meet                      | Location       |                  |
| 1                 | 82.5 | 181.8 | Lyn Pendley      | US-VA   | Potomac Open              | Vienna         | VA               |
|                   | 82.5 | 181.8 | Hai Di           | US-MD   | AA County Classic         | Annapolis      | MD               |
| 3                 | 80.5 | 177.4 | Leah Cameron     | Canada  | 2018 Winter Classic       | Calgary        | Alberta          |
| 4                 | 77.5 | 170.8 | Kay Humpherys    | US-WA   | Southwest Regionals       | Prescott       | AZ               |
| 5                 | 75   | 165.3 | Andrea Melito    | Canada  | 2018 Worlds               | Virginia Beach | VA               |
| 6                 | 72.5 | 159.8 | Lori Bailey      | US-NC   | NC State Championship     | Currituck      | NC               |
|                   | 72.5 | 159.8 | Elena Mishurina  | US-KY   | Iron Warrior Classic      | Louisville     | KY               |
|                   | 72.5 | 159.8 | Jennifer Coffee  | US-VA   | Battlefield Open          | Fredericksburg | VA               |
|                   | 72.5 | 159.8 | Erin Matheson    | Canada  | Grind-Candadian Nationals | Medicine Hat   | AB               |
|                   | 72.5 | 159.8 | Rebecca Stoddart | Canada  | 2018 Vernon Classic       | Vernon         | British Columbia |
| 11                | 70.5 | 155.4 | Oonagh Morrissy  | Ireland | IDFPA Full Power 2        | Cork           | Ireland          |
| 12                | 70   | 154.3 | Sarah Cowley     | Canada  | Hub Power                 | High River     | Alberta          |

|    |      |       |                   |        |                              |                |                  |
|----|------|-------|-------------------|--------|------------------------------|----------------|------------------|
|    | 70   | 154.3 | Katie McGeachy    | Canada | 2018 Vernon Classic          | Vernon         | British Columbia |
|    | 70   | 154.3 | Lorena Mobilio    | Italy  | Italy Single Lift National   |                | Italy            |
| 15 | 67.5 | 148.8 | Julisa Aminzada   | Canada | 2018 Iron Challenge          | Medicine Hat   | Alberta          |
|    | 67.5 | 148.8 | Erica Navickas    | Canada | Alberta Provincials          | Calgary        | Alberta          |
|    | 67.5 | 148.8 | Shauna Marcellino | US-NJ  | 2018 Worlds                  | Virginia Beach | VA               |
|    | 67.5 | 148.8 | Amanda Watson     | Canada | 2018 Vernon Classic          | Vernon         | British Columbia |
| 19 | 65   | 143.2 | LaKeisha Kanen    | US-NC  | American Challenge - 2018 NC |                | NC               |
|    | 65   | 143.2 | Angela Kalogeias  | US-AZ  | American Challenge - 2018 AZ |                | AZ               |
|    | 65   | 143.2 | Anna Quijada      | Canada | 2018 Winter Classic          | Calgary        | Alberta          |

| Weight Class: 165 |      |       | Bench Press       |           | Female                       |                 |         |
|-------------------|------|-------|-------------------|-----------|------------------------------|-----------------|---------|
| Rank              | Lift | lbs   | Lifter            | Country   | Meet                         | Location        |         |
| 1                 | 95   | 209.4 | Tierra Tucker     | US-MD     | Mid Atlantic Regionals       | Zion Crossroads | VA      |
|                   | 95   | 209.4 | Jesse Akister     | Australia | 2018 Worlds                  | Virginia Beach  | VA      |
| 3                 | 85   | 187.3 | Angela Lewis      | Canada    | Alberta Provincials          | Calgary         | Alberta |
|                   | 85   | 187.3 | Melissa Buhler    | Canada    | Hub Power                    | High River      | Alberta |
|                   | 85   | 187.3 | Cynthia Crossland | US-OK     | 2018 Worlds                  | Virginia Beach  | VA      |
|                   | 85   | 187.3 | Kelli Fagan       | Australia | 2018 Worlds                  | Virginia Beach  | VA      |
| 7                 | 83   | 182.9 | Bonni Rogers      | Canada    | 2018 Iron Challenge          | Medicine Hat    | Alberta |
|                   | 83   | 182.9 | Lisa Szabon-Smith | Canada    | Alberta Provincials          | Calgary         | Alberta |
| 9                 | 82.5 | 181.8 | Rachel Johnson    | US-VA     | Eastern USA Open             | Manassas        | VA      |
|                   | 82.5 | 181.8 | Eileen Gorry      | Ireland   | 2018 Worlds                  | Virginia Beach  | VA      |
| 11                | 80   | 176.3 | Maria Rojas       | US-VA     | 2018 Worlds                  | Virginia Beach  | VA      |
| 12                | 77.5 | 170.8 | Emily Weber       | US-NE     | Midwest Open                 | Council Bluffs  | IA      |
|                   | 77.5 | 170.8 | Kayla Meisner     | US-KY     | Spring Iron Classic          | Louisville      | KY      |
|                   | 77.5 | 170.8 | Chrystal Garcia   | US-AZ     | American Challenge - 2018 AZ |                 | AZ      |
| 15                | 75   | 165.3 | Mona Espinosa     | US-VA     | 2018 Worlds                  | Virginia Beach  | VA      |
| 16                | 72.5 | 159.8 | Brenda Johnson    | US-NC     | Battle of the Border         | Currituck       | NC      |
|                   | 72.5 | 159.8 | Michelle Woods    | US-VA     | American Challenge - 2018 NY |                 | NY      |
|                   | 72.5 | 159.8 | Courtney Steele   | Canada    | 2018 Atlantic Lift Off       | Souris          | PEI     |
|                   | 72.5 | 159.8 | Patty Maizels     | US-MD     | Battle in the Capital        | DC              | DC      |
| 20                | 70   | 154.3 | Bethany Jaeckle   | US-VA     | Southside Regional Classic   | Midlothian      | VA      |

| Weight Class: 181 |       |       | Bench Press        |           | Female                       |                 |                  |
|-------------------|-------|-------|--------------------|-----------|------------------------------|-----------------|------------------|
| Rank              | Lift  | lbs   | Lifter             | Country   | Meet                         | Location        |                  |
| 1                 | 105   | 231.4 | Lisa Gervais       | Canada    | 2018 Winter Classic          | Calgary         | Alberta          |
| 2                 | 102.5 | 225.9 | Danielle Philibert | Canada    | Candian Elite Championships  | Calgary         | Alberta          |
| 3                 | 92.5  | 203.9 | Hayley Bloom       | US-IA     | Midwest Open                 | Council Bluffs  | IA               |
| 4                 | 87.5  | 192.9 | Cynthia Crossland  | US-OK     | American Challenge - 2018 KY |                 | KY               |
|                   | 87.5  | 192.9 | Jordan Keehn       | Canada    | 2018 Vernon Classic          | Vernon          | British Columbia |
| 6                 | 85    | 187.3 | Darlene Phan       | Australia | 2018 Worlds                  | Virginia Beach  | VA               |
| 7                 | 78    | 171.9 | Linda Lee          | US-VA     | Mid Atlantic Regionals       | Zion Crossroads | VA               |
| 8                 | 77.5  | 170.8 | Mona Espinosa      | US-VA     | AA County Classic            | Annapolis       | MD               |
|                   | 77.5  | 170.8 | Espinosa Mona      | US-VA     | AA County Classic            | Annapolis       | MD               |
| 10                | 75    | 165.3 | Kathleen MacDonald | Canada    | 2018 Winter Classic          | Calgary         | Alberta          |
| 11                | 72.5  | 159.8 | Kristel Barber     | US-VA     | Battlefield Open             | Fredericksburg  | VA               |
| 12                | 70    | 154.3 | Erin Kronstedt     | Canada    | Alberta Provincials          | Calgary         | Alberta          |
| 13                | 68    | 149.9 | Linda Byrne        | Ireland   | IDFPA Single Lift            |                 | Ireland          |
| 14                | 67.5  | 148.8 | Shelby Taylor      | US-OH     | Tri State Championship       | Bedford Heights | OH               |
|                   | 67.5  | 148.8 | Nicole Wallace     | US-VA     | Battlefield Open             | Fredericksburg  | VA               |
| 16                | 65    | 143.2 | Rachel Mundell     | US-NC     | NC State Championship        | Currituck       | NC               |
|                   | 65    | 143.2 | Vanessa Reed       | Canada    | 2018 Iron Challenge          | Medicine Hat    | Alberta          |
|                   | 65    | 143.2 | Sara Crews         | US-VA     | Potomac Open                 | Vienna          | VA               |
|                   | 65    | 143.2 | Mary Hodge         | US-VA     | Masters Nationals            | Zion Crossroads | VA               |
|                   | 65    | 143.2 | Clodagh Higgins    | Ireland   | 2018 Worlds                  | Virginia Beach  | VA               |
|                   | 65    | 143.2 | Brittany Turner    | US-DC     | 2018 Worlds                  | Virginia Beach  | VA               |

| Weight Class: 198 |       |       | Bench Press       |         | Female                       |                 |         |
|-------------------|-------|-------|-------------------|---------|------------------------------|-----------------|---------|
| Rank              | Lift  | lbs   | Lifter            | Country | Meet                         | Location        |         |
| 1                 | 107.5 | 236.9 | Riki Napiorkowski | US-NY   | 2018 Worlds                  | Virginia Beach  | VA      |
|                   | 107.5 | 236.9 | Tara Steadman     | US-CO   | 2018 Worlds                  | Virginia Beach  | VA      |
| 3                 | 102.5 | 225.9 | Sara Burwash      | Canada  | Candian Elite Championships  | Calgary         | Alberta |
|                   | 102.5 | 225.9 | Cassidy Comly     | US-PA   | 2018 Worlds                  | Virginia Beach  | VA      |
| 5                 | 97.5  | 214.9 | Aria DeSimini     | US-VA   | Battlefield Open             | Fredericksburg  | VA      |
| 6                 | 90    | 198.4 | Rebecca Tucker    | US-NY   | American Challenge - 2018 PA |                 | PA      |
| 7                 | 82.5  | 181.8 | Jontiasha Goode   | US-VA   | Holiday Open                 | Fredericksburg  | VA      |
| 8                 | 75    | 165.3 | Hyacinth Joseph   | US-NC   | Battle of the Border         | Currituck       | NC      |
|                   | 75    | 165.3 | Sheryl Malinowski | Canada  | 2018 Winter Classic          | Calgary         | Alberta |
| 10                | 73    | 160.9 | Charlotte Baker   | US-VA   | Masters Nationals            | Zion Crossroads | VA      |

|    |      |       |                    |         |  |                 |                  |
|----|------|-------|--------------------|---------|--|-----------------|------------------|
| 11 | 72.5 | 159.8 | Christina Dean     | US-PA   | Great Lakes Powerlifting Championships | Erie            | PA               |
|    | 72.5 | 159.8 | Hyacinth Josephth  | US-NC   | Masters Nationals                      | Zion Crossroads | VA               |
|    | 72.5 | 159.8 | Jenne Massie       | US-DC   | Blue Crab Open                         | Towson          | MD               |
|    | 72.5 | 159.8 | Shelby Taylor      | US-OH   | Ohio State Championship                | Bedford Heights | OH               |
| 15 | 70   | 154.3 | Terri Korba        | US-NY   | The Luck of the Irish Open             | Endicott        | NY               |
|    | 70   | 154.3 | Kathleen Carpenter | US-VA   | Battlefield Open                       | Fredericksburg  | VA               |
| 17 | 67.5 | 148.8 | Sandy Flaus        | US-VA   | 2018 Worlds                            | Virginia Beach  | VA               |
|    | 67.5 | 148.8 | Ashley Proulx      | Canada  | 2018 Vernon Classic                    | Vernon          | British Columbia |
| 19 | 65   | 143.2 | Marsha DiPeppe     | US-VA   | Battlefield Open                       | Fredericksburg  | VA               |
| 20 | 62.5 | 137.7 | Lori McWatters     | Canada  | 2018 Iron Challenge                    | Medicine Hat    | Alberta          |
|    | 62.5 | 137.7 | Niina Järvenkari   | Ireland | IDFPA Full Power                       | Galway          | Ireland          |

| Weight Class: 198+ |       |       |                      | Bench Press |   |                |         | Female |  |  |  |
|--------------------|-------|-------|----------------------|-------------|---|----------------|---------|--------|--|--|--|
| Rank               | Lift  | lbs   | Lifter               | Country     | Meet  | Location       |         |        |  |  |  |
| 1                  | 112.5 | 248   | Marissa Wilson       | US-MD       | Potomac Open                                    | Vienna         | VA      |        |  |  |  |
| 2                  | 110   | 242.5 | Cassidy Comly        | US-PA       | American Challenge - 2018 MD                    |                | MD      |        |  |  |  |
| 3                  | 107.5 | 236.9 | Rochelle Comly-Dubbs | US-PA       | American Challenge - 2018 PA                    |                | PA      |        |  |  |  |
| 4                  | 105   | 231.4 | Rochelle Dubbs       | US-PA       | Power Day                                       | Clearfield     | PA      |        |  |  |  |
|                    | 105   | 231.4 | Yurika Kepae         | Nauru       | 2018 Worlds                                     | Virginia Beach | VA      |        |  |  |  |
| 6                  | 100   | 220.4 | Leslie Irwin         | US-VA       | Southern Open                                   | Currituck      | NC      |        |  |  |  |
| 7                  | 97.5  | 214.9 | Bonnie Petersen      | US-NE       | Midwest Open                                    | Council Bluffs | IA      |        |  |  |  |
| 8                  | 92.5  | 203.9 | Kalisha Spence       | US-VA       | Potomac Open                                    | Vienna         | VA      |        |  |  |  |
|                    | 92.5  | 203.9 | Sarah Heminger       | US-MA       | American Challenge - 2018 MA                    |                | MA      |        |  |  |  |
| 10                 | 90    | 198.4 | Rebecca Tucker       | US-NY       | 2018 CT Strict Curl & Powerlifting Championship | Cheshire       | CT      |        |  |  |  |
|                    | 90    | 198.4 | Shannon Scott        | US-NC       | Battle of the Border                            | Currituck      | NC      |        |  |  |  |
| 12                 | 87.5  | 192.9 | Jazmyne Claggett     | US-MD       | Battle in the Capital                           | DC             | DC      |        |  |  |  |
| 13                 | 82.5  | 181.8 | Melany Pearl         | US-VA       | Virginia Open                                   | Fredericksburg | VA      |        |  |  |  |
|                    | 82.5  | 181.8 | Alyssia DeWolfe      | Canada      | 2018 Winter Classic                             | Calgary        | Alberta |        |  |  |  |
| 15                 | 80    | 176.3 | Sandra Masterson     | Ireland     | IDFPA Full Power                                | Galway         | Ireland |        |  |  |  |
| 16                 | 77.5  | 170.8 | Kirsten Ross         | US-VA       | Southside Regional Classic                      | Midlothian     | VA      |        |  |  |  |
| 17                 | 75    | 165.3 | Najuma Lake          | US-VA       | Potomac Open                                    | Vienna         | VA      |        |  |  |  |
|                    | 75    | 165.3 | Autumn Weary         | US-PA       | Great Lakes Powerlifting Championships          | Erie           | PA      |        |  |  |  |
|                    | 75    | 165.3 | Sarah May Hamilton   | Ireland     | 2018 Worlds                                     | Virginia Beach | VA      |        |  |  |  |
|                    | 75    | 165.3 | Colleen McCabe       | Canada      | 2018 Atlantic Lift Off                          | Souris         | PEI     |        |  |  |  |

## 2018 Deadlift Rankings Female

| Weight Class: 97 |      |       |                     | Deadlift |                               |                 |                  | Female |  |  |  |
|------------------|------|-------|---------------------|----------|-------------------------------|-----------------|------------------|--------|--|--|--|
| Rank             | Lift | lbs   | Lifter              | Country  | Meet                          | Location        |                  |        |  |  |  |
| 1                | 105  | 231.4 | Karen Poyner        | US-VA    | Mid Atlantic Regionals        | Zion Crossroads | VA               |        |  |  |  |
| 2                | 85   | 187.3 | Ashley Christiansen | US-NC    | Battle of the Border          | Currituck       | NC               |        |  |  |  |
| 3                | 82.5 | 181.8 | Catherine Beninger  | Canada   | Alberta Provincials           | Calgary         | Alberta          |        |  |  |  |
| 4                | 80   | 176.3 | Brooke Zak          | US-NC    | Southern Open                 | Currituck       | NC               |        |  |  |  |
| 5                | 77.5 | 170.8 | Rocky Luedeker      | US-AZ    | Southwest Regionals           | Prescott        | AZ               |        |  |  |  |
| 6                | 70   | 154.3 | Mackenzie Taylor    | US-NC    | NC State Championship         | Currituck       | NC               |        |  |  |  |
|                  | 70   | 154.3 | Alex Telatko        | US-OH    | Tri State Championship        | Bedford Heights | OH               |        |  |  |  |
| 8                | 65   | 143.2 | Ella Tiller         | US-NC    | American Challenge - 2018 NC  |                 | NC               |        |  |  |  |
| 9                | 57.5 | 126.7 | Gabrielle Propst    | US-NC    | Battle of the Border          | Currituck       | NC               |        |  |  |  |
| 10               | 56   | 123.4 | Makala Moorhead     | Canada   | 2018 Iron Challenge           | Medicine Hat    | Alberta          |        |  |  |  |
| 11               | 52.5 | 115.7 | Tiffani Teeter      | US-PA    | Empire State Open             | Nichols         | NY               |        |  |  |  |
| 12               | 45.5 | 100.3 | Sofia Corridean     | US-NC    | 2018 World Youth Invitational | Virginia Beach  | VA               |        |  |  |  |
| 13               | 40   | 88.1  | Jorgia Watson       | Canada   | 2018 Vernon Classic           | Vernon          | British Columbia |        |  |  |  |
| 14               | 25   | 55.1  | Sonya Stengel       | US-OH    | Tri State Championship        | Bedford Heights | OH               |        |  |  |  |

| Weight Class: 105 |       |       |                     | Deadlift |                              |                 |         | Female |  |  |  |
|-------------------|-------|-------|---------------------|----------|------------------------------|-----------------|---------|--------|--|--|--|
| Rank              | Lift  | lbs   | Lifter              | Country  | Meet                         | Location        |         |        |  |  |  |
| 1                 | 125   | 275.5 | Kaitlyn Davis       | US-NE    | American Challenge - 2018 NE |                 | NE      |        |  |  |  |
| 2                 | 120   | 264.5 | Jeanne Liu          | US-VA    | KPC Halloween Havoc          | Silver Spring   | MD      |        |  |  |  |
| 3                 | 112.5 | 248   | McKenna Kozina      | Canada   | Canadian Elite Championships | Calgary         | Alberta |        |  |  |  |
| 4                 | 87.5  | 192.9 | Marrisa Ramirez     | US-MD    | KPC Halloween Havoc          | Silver Spring   | MD      |        |  |  |  |
| 5                 | 80.5  | 177.4 | Rocky Luedeker      | US-AZ    | American Challenge - 2018 AZ |                 | AZ      |        |  |  |  |
| 6                 | 77.5  | 170.8 | Brooke Zak          | US-NC    | 2018 OBX Open                | Currituck       | NC      |        |  |  |  |
|                   | 77.5  | 170.8 | Alexandra Telatko   | US-OH    | Ohio State Championship      | Bedford Heights | OH      |        |  |  |  |
| 8                 | 75    | 165.3 | Mackenzie Taylor    | US-NC    | Southern Open                | Currituck       | NC      |        |  |  |  |
|                   | 75    | 165.3 | Francesca Passafaro | Italy    | Italy Single Lift National   |                 | Italy   |        |  |  |  |
| 10                | 67.5  | 148.8 | Mira Pascuzzi       | Canada   | Calm like a Bomb             | Squamish        | BC      |        |  |  |  |
|                   | 67.5  | 148.8 | Ella Tiller         | US-NC    | 2018 OBX Open                | Currituck       | NC      |        |  |  |  |

Weight Class: 114 Deadlift Female

| Rank | Lift  | lbs   | Lifter           | Country | Meet                         | Location       |         |
|------|-------|-------|------------------|---------|------------------------------|----------------|---------|
| 1    | 140.5 | 309.7 | Nicolle Lynskey  | Ireland | IDFPA Single Lift            |                | Ireland |
| 2    | 135   | 297.6 | Keri Davis       | US-VA   | American Challenge - 2018 VA |                | VA      |
| 3    | 127.5 | 281   | Marie Joaquin    | Canada  | Candian Elite Championships  | Calgary        | Alberta |
| 4    | 125   | 275.5 | Hannah Kaminski  | Canada  | 2018 Iron Challenge          | Medicine Hat   | Alberta |
| 5    | 120   | 264.5 | Jennifer Waldron | US-KY   | Iron Warrior Classic         | Louisville     | KY      |
|      | 120   | 264.5 | Kim Roberts      | US-FL   | Last Chance Qualifier        | Mount Dora     | FL      |
|      | 120   | 264.5 | Erica Wang       | US-MD   | KPC Halloween Havoc          | Silver Spring  | MD      |
| 8    | 107.5 | 236.9 | Caitlin Ruegg    | US-PA   | American Challenge - 2018 PA |                | PA      |
|      | 107.5 | 236.9 | Jasmine Mcadams  | US-DC   | AA County Classic            | Annapolis      | MD      |
|      | 107.5 | 236.9 | Gloria Cheung    | Canada  | Grind-Candadian Nationals    | Medicine Hat   | AB      |
| 11   | 105   | 231.4 | Eimear Byrne     | Ireland | IDFPA Full Power             | Galway         | Ireland |
|      | 105   | 231.4 | Janet Huntley    | US-PA   | 2018 Worlds                  | Virginia Beach | VA      |
|      | 105   | 231.4 | Bernie O'Mahony  | Ireland | 2018 Worlds                  | Virginia Beach | VA      |
| 14   | 102.5 | 225.9 | Marni Frandson   | US-NE   | Midwest Open                 | Council Bluffs | IA      |
|      | 102.5 | 225.9 | Eli Hertzler     | US-MD   | Battle in the Capital        | DC             | DC      |
|      | 102.5 | 225.9 | Hope Weaver      | US-PA   | Central PA Open              | Bigler         | PA      |
| 17   | 100   | 220.4 | Rylea Yanke      | Canada  | Alberta Provincials          | Calgary        | Alberta |
|      | 100   | 220.4 | Hope Weaver      | US-PA   | Battlefield Open             | Fredericksburg | VA      |
| 19   | 97.5  | 214.9 | Rachael Mirvish  | Canada  | Calm like a Bomb             | Squamish       | BC      |
| 20   | 90    | 198.4 | Mary Grant       | Ireland | IDFPA Single Lift            |                | Ireland |
|      | 90    | 198.4 | Libby Dollison   | US-VA   | Potomac Open                 | Vienna         | VA      |

| Weight Class: 123 |       |       | Deadlift         |           | Female                                 |                 |         |
|-------------------|-------|-------|------------------|-----------|--|-----------------|---------|
| Rank              | Lift  | lbs   | Lifter           | Country   | Meet                                   | Location        |         |
| 1                 | 185   | 407.8 | Elizabeth Craven | Australia | 2018 Worlds                            | Virginia Beach  | VA      |
| 2                 | 165   | 363.7 | Natasha Beasley  | US-VA     | American Challenge - 2018 VA           |                 | VA      |
| 3                 | 150   | 330.6 | Laura Siegle     | US-VA     | Holiday Open                           | Fredericksburg  | VA      |
| 4                 | 145   | 319.6 | Giusy Zaffino    | Italy     | Italy Single Lift National             |                 | Italy   |
|                   | 145   | 319.6 | Chelsea Spriggue | US-MD     | Battle in the Capital                  | DC              | DC      |
| 6                 | 142.5 | 314.1 | Chelsea Sprigue  | US-MD     | AA County Classic                      | Annapolis       | MD      |
| 7                 | 140   | 308.6 | Febrose Tsiode   | Nauru     | 2018 Worlds                            | Virginia Beach  | VA      |
|                   | 140   | 308.6 | Skylar Yanke     | Canada    | 2018 Winter Classic                    | Calgary         | Alberta |
| 9                 | 135   | 297.6 | Orla O'Flaherty  | Ireland   | IDFPA Full Power                       | Galway          | Ireland |
|                   | 135   | 297.6 | Kendra Green     | US-VA     | Battlefield Open                       | Fredericksburg  | VA      |
| 11                | 130   | 286.5 | Maxine Ferris    | US-NC     | NC State Championship                  | Currituck       | NC      |
|                   | 130   | 286.5 | Laura Scully     | Ireland   | IDFPA Full Power                       | Galway          | Ireland |
|                   | 130   | 286.5 | Bianca Luedeker  | US-AZ     | American Challenge - 2018 AZ           |                 | AZ      |
| 14                | 127.5 | 281   | Lisa Budau       | Canada    | 2018 Iron Challenge                    | Medicine Hat    | Alberta |
|                   | 127.5 | 281   | Emily Mwaja      | US-NE     | Midwest Open                           | Council Bluffs  | IA      |
| 16                | 123   | 271.1 | Susan Drach      | US-VA     | Masters Nationals                      | Zion Crossroads | VA      |
| 17                | 122.5 | 270   | Megan Kolnitz    | US-VA     | Virginia Open                          | Fredericksburg  | VA      |
|                   | 122.5 | 270   | Shawna Kaminski  | Canada    | 2018 Iron Challenge                    | Medicine Hat    | Alberta |
| 19                | 120   | 264.5 | Jasmine McAdams  | US-DC     | Battle in the Capital                  | DC              | DC      |
| 20                | 117.5 | 259   | Kelly Griffith   | US-PA     | Great Lakes Powerlifting Championships | Erie            | PA      |

| Weight Class: 132 |       |       | Deadlift            |           | Female                                 |                 |         |
|-------------------|-------|-------|---------------------|-----------|--|-----------------|---------|
| Rank              | Lift  | lbs   | Lifter              | Country   | Meet                                   | Location        |         |
| 1                 | 175   | 385.8 | Daniella Means      | Hong Kong | 2018 Worlds                            | Virginia Beach  | VA      |
| 2                 | 173   | 381.3 | Sandra Burke        | Ireland   | 2018 Worlds                            | Virginia Beach  | VA      |
| 3                 | 172.5 | 380.2 | Sandi Burke         | Ireland   | IDFPA Full Power 2                     | Cork            | Ireland |
| 4                 | 167.5 | 369.2 | Sherine Thoummarath | Canada    | Candian Elite Championships            | Calgary         | Alberta |
| 5                 | 160   | 352.7 | Laura Campbell      | Ireland   | IDFPA Full Power                       | Galway          | Ireland |
| 6                 | 155   | 341.7 | Sarah Sickert       | US-PA     | 2018 Worlds                            | Virginia Beach  | VA      |
| 7                 | 152.5 | 336.2 | Lauren Conrad       | US-PA     | Great Lakes Powerlifting Championships | Erie            | PA      |
| 8                 | 150   | 330.6 | Christine Trac      | Canada    | Alberta Provincials                    | Calgary         | Alberta |
|                   | 150   | 330.6 | Taryn Haggerstone   | Canada    | Candian Elite Championships            | Calgary         | Alberta |
| 10                | 147.5 | 325.1 | Kelsey Capecci      | US-OH     | Ohio State Championship                | Bedford Heights | OH      |
| 11                | 142.5 | 314.1 | Laura Siegle        | US-VA     | Virginia Open                          | Fredericksburg  | VA      |
| 12                | 140   | 308.6 | Kimberly Capers     | US-MD     | KPC Halloween Havoc                    | Silver Spring   | MD      |
|                   | 140   | 308.6 | Carolyn Gersh       | Canada    | 2018 War of the Waitlist               | Calgary         | Alberta |
| 14                | 138   | 304.2 | LaKeisha Kanen      | US-NC     | Battle of the Border                   | Currituck       | NC      |
| 15                | 137.5 | 303.1 | Rebecca Pell        | US-PA     | Great Lakes Powerlifting Championships | Erie            | PA      |
|                   | 137.5 | 303.1 | Karen Ogilvie       | Canada    | Calm like a Bomb                       | Squamish        | BC      |
|                   | 137.5 | 303.1 | Francesca Tocco     | Canada    | Alberta Provincials                    | Calgary         | Alberta |
|                   | 137.5 | 303.1 | Payton Grande       | US-MA     | American Challenge - 2018 MA           |                 | MA      |
|                   | 137.5 | 303.1 | Emily Mwaja         | US-NE     | Omaha Christmas Clasic                 | Omaha           | NE      |
| 20                | 135   | 297.6 | Nicola McDivitt     | Canada    | 2018 Winter Classic                    | Calgary         | Alberta |
|                   | 135   | 297.6 | Marthe Henry        | Canada    | 2018 War of the Waitlist               | Calgary         | Alberta |



| Weight Class: 148 |       |       |                   | Deadlift |                              | Female         |                  |
|-------------------|-------|-------|-------------------|----------|------------------------------|----------------|------------------|
| Rank              | Lift  | lbs   | Lifter            | Country  | Meet                         | Location       |                  |
| 1                 | 200   | 440.9 | Tricia Floyd      | US-VA    | Potomac Open                 | Vienna         | VA               |
| 2                 | 185   | 407.8 | Suzanne LaForge   | US-FL    | American Challenge - 2018 FL |                | FL               |
| 3                 | 182.5 | 402.3 | Rebecca Stoddart  | Canada   | 2018 Vernon Classic          | Vernon         | British Columbia |
| 4                 | 167.5 | 369.2 | Naomi Kutin       | US-NJ    | 2018 Worlds                  | Virginia Beach | VA               |
|                   | 167.5 | 369.2 | Erin Matheson     | Canada   | 2018 Worlds                  | Virginia Beach | VA               |
| 6                 | 165   | 363.7 | Hai Di            | US-MD    | AA County Classic            | Annapolis      | MD               |
| 7                 | 162.5 | 358.2 | Teresa Lei        | Canada   | Alberta Provincials          | Calgary        | Alberta          |
|                   | 162.5 | 358.2 | Ashley Enns       | Canada   | Alberta Provincials          | Calgary        | Alberta          |
| 9                 | 160   | 352.7 | Lyn Pendley       | US-VA    | Potomac Open                 | Vienna         | VA               |
|                   | 160   | 352.7 | Andrea Melito     | Canada   | 2018 Worlds                  | Virginia Beach | VA               |
| 11                | 155   | 341.7 | Sarah Cowley      | Canada   | Hub Power                    | High River     | Alberta          |
| 12                | 152.5 | 336.2 | Elizabeth Flaming | Canada   | IX Open                      | Edmonton       | Alberta          |
|                   | 152.5 | 336.2 | Anna Reddin       | Ireland  | IDFPA Full Power 2           | Cork           | Ireland          |
|                   | 152.5 | 336.2 | Trista Hutching   | US-NE    | Omaha Christmas Clasic       | Omaha          | NE               |
| 15                | 150   | 330.6 | Leah Cameron      | Canada   | 2018 Winter Classic          | Calgary        | Alberta          |
| 16                | 148   | 326.2 | Lori Bailey       | US-NC    | Southern Open                | Currituck      | NC               |
| 17                | 147.5 | 325.1 | Katie McGeachy    | Canada   | 2018 Vernon Classic          | Vernon         | British Columbia |
| 18                | 145   | 319.6 | Oonagh Morrissy   | Ireland  | IDFPA Full Power 2           | Cork           | Ireland          |
|                   | 145   | 319.6 | Carlee Grant      | Canada   | 2018 Vernon Classic          | Vernon         | British Columbia |
| 20                | 142.5 | 314.1 | LaKeisha Kanen    | US-NC    | American Challenge - 2018 NC |                | NC               |

| Weight Class: 165 |       |       |                   | Deadlift  |                              | Female          |         |
|-------------------|-------|-------|-------------------|-----------|------------------------------|-----------------|---------|
| Rank              | Lift  | lbs   | Lifter            | Country   | Meet                         | Location        |         |
| 1                 | 190   | 418.8 | Kelli Fagan       | Australia | 2018 Worlds                  | Virginia Beach  | VA      |
| 2                 | 187.5 | 413.3 | Rachel Johnson    | US-VA     | Eastern USA Open             | Manassas        | VA      |
| 3                 | 185   | 407.8 | Tricia Floyd      | US-VA     | Mid Atlantic Regionals       | Zion Crossroads | VA      |
| 4                 | 175   | 385.8 | Emily Weber       | US-NE     | Midwest Open                 | Council Bluffs  | IA      |
| 5                 | 172.5 | 380.2 | Jesse Akister     | Australia | 2018 Worlds                  | Virginia Beach  | VA      |
| 6                 | 167.5 | 369.2 | Bonni Rogers      | Canada    | 2018 Iron Challenge          | Medicine Hat    | Alberta |
|                   | 167.5 | 369.2 | Emily Karl        | US-MD     | 2018 Worlds                  | Virginia Beach  | VA      |
| 8                 | 165   | 363.7 | Leanne Knox       | Australia | 2018 Worlds                  | Virginia Beach  | VA      |
| 9                 | 160   | 352.7 | Eileen Gorry      | Ireland   | IDFPA Full Power             | Galway          | Ireland |
|                   | 160   | 352.7 | Lisa Szabon-Smith | Canada    | Grind-Candadian Nationals    | Medicine Hat    | AB      |
| 11                | 157.5 | 347.2 | Melissa Buhler    | Canada    | Hub Power                    | High River      | Alberta |
|                   | 157.5 | 347.2 | Patty Maizels     | US-MD     | Battle in the Capital        | DC              | DC      |
| 13                | 155   | 341.7 | Alyssa, Turose    | US-AZ     | West Coast Winter Nationals  | Glendale        | AZ      |
| 14                | 152.5 | 336.2 | Glenda MacDonald  | Canada    | 2018 Atlantic Lift Off       | Souris          | PEI     |
| 15                | 150   | 330.6 | Bethany Jaeckle   | US-VA     | Southside Regional Classic   | Midlothian      | VA      |
| 16                | 147.5 | 325.1 | Kayla Meisner     | US-KY     | American Challenge - 2018 KY |                 | KY      |
|                   | 147.5 | 325.1 | Maria Rojas       | US-VA     | American Challenge - 2018 VA |                 | VA      |
| 18                | 145   | 319.6 | Tierra Tucker     | US-MD     | Potomac Open                 | Vienna          | VA      |
|                   | 145   | 319.6 | Brenda Johnson    | US-NC     | Battle of the Border         | Currituck       | NC      |
|                   | 145   | 319.6 | Yasmine Halat     | Canada    | Alberta Provincials          | Calgary         | Alberta |
|                   | 145   | 319.6 | Chrystal Garcia   | US-AZ     | American Challenge - 2018 AZ |                 | AZ      |
|                   | 145   | 319.6 | Katie Drotleff    | US-OH     | Ohio State Championship      | Bedford Heights | OH      |

| Weight Class: 181 |       |       |                    | Deadlift  |  | Female         |                  |
|-------------------|-------|-------|--------------------|-----------|--|----------------|------------------|
| Rank              | Lift  | lbs   | Lifter             | Country   | Meet                                   | Location       |                  |
| 1                 | 195   | 429.8 | Danielle Philibert | Canada    | Candian Elite Championships            | Calgary        | Alberta          |
| 2                 | 180   | 396.8 | Lisa Gervais       | Canada    | 2018 Winter Classic                    | Calgary        | Alberta          |
| 3                 | 175   | 385.8 | Darlene Phan       | Australia | 2018 Worlds                            | Virginia Beach | VA               |
| 4                 | 170   | 374.7 | Jordan Keehn       | Canada    | 2018 Vernon Classic                    | Vernon         | British Columbia |
| 5                 | 162.5 | 358.2 | Sara Crews         | US-VA     | Potomac Open                           | Vienna         | VA               |
| 6                 | 157.5 | 347.2 | Kristel Barber     | US-VA     | Battlefield Open                       | Fredericksburg | VA               |
| 7                 | 152.5 | 336.2 | Kathleen MacDonald | Canada    | 2018 Winter Classic                    | Calgary        | Alberta          |
| 8                 | 150   | 330.6 | Courtney Van Beers | Canada    | 2018 Iron Challenge                    | Medicine Hat   | Alberta          |
|                   | 150   | 330.6 | Heather Juachon    | US-VA     | 2018 Worlds                            | Virginia Beach | VA               |
|                   | 150   | 330.6 | Cara MacKenzie     | Canada    | 2018 Atlantic Lift Off                 | Souris         | PEI              |
|                   | 150   | 330.6 | Courtney Dill      | Canada    | 2018 Atlantic Lift Off                 | Souris         | PEI              |
| 12                | 145   | 319.6 | Linda Byrne        | Ireland   | IDFPA Single Lift                      |                | Ireland          |
|                   | 145   | 319.6 | Linda Lee          | US-VA     | 2018 Worlds                            | Virginia Beach | VA               |
| 14                | 142.5 | 314.1 | Stephanie Pereira  | US-VA     | NC State Championship                  | Currituck      | NC               |
|                   | 142.5 | 314.1 | Erin Kronstedt     | Canada    | Alberta Provincials                    | Calgary        | Alberta          |
|                   | 142.5 | 314.1 | Hyacinth Joseph    | US-NC     | Southern Open                          | Currituck      | NC               |
| 17                | 140   | 308.6 | Sharon Schwartz    | US-PA     | Great Lakes Powerlifting Championships | Erie           | PA               |
|                   | 140   | 308.6 | Kassidy Howells    | Canada    | Alberta Provincials                    | Calgary        | Alberta          |

|     |       |                 |         |                     |                |                  |
|-----|-------|-----------------|---------|---------------------|----------------|------------------|
| 140 | 308.6 | Elaine O'Shea   | Ireland | IDFPA Full Power 2  | Cork           | Ireland          |
| 140 | 308.6 | Lianne Marquis  | Canada  | 2018 Vernon Classic | Vernon         | British Columbia |
| 140 | 308.6 | Alethea Lardner | US-NC   | Holiday Open        | Fredericksburg | VA               |

| Weight Class: 198 |       | Deadlift |                   | Female  |  |                         |
|-------------------|-------|----------|-------------------|---------|--|-------------------------|
| Rank              | Lift  | lbs      | Lifter            | Country | Meet                                   | Location                |
| 1                 | 200   | 440.9    | Aria DeSimini     | US-VA   | Battlefield Open                       | Fredericksburg VA       |
| 2                 | 195   | 429.8    | Riki Napiorkowski | US-NY   | 2018 Worlds                            | Virginia Beach VA       |
| 3                 | 175   | 385.8    | Reyna Florentino  | US-NY   | American Challenge - 2018 NY           | NY                      |
| 4                 | 170   | 374.7    | Rebecca Tucker    | US-NY   | American Challenge - 2018 PA           | PA                      |
|                   | 170   | 374.7    | Sara Burwash      | Canada  | 2018 Winter Classic                    | Calgary Alberta         |
| 6                 | 167.5 | 369.2    | Christina Dean    | US-PA   | Great Lakes Powerlifting Championships | Erie PA                 |
|                   | 167.5 | 369.2    | Charlotte Baker   | US-VA   | Masters Nationals                      | Zion Crossroads VA      |
| 8                 | 165   | 363.7    | Marsha DiPeppe    | US-VA   | Battlefield Open                       | Fredericksburg VA       |
|                   | 165   | 363.7    | Jenne Massie      | US-DC   | Blue Crab Open                         | Towson MD               |
| 10                | 160   | 352.7    | Tara Steadman     | US-CO   | 2018 Worlds                            | Virginia Beach VA       |
| 11                | 155   | 341.7    | Amy Traver        | US-CT   | 2018 Worlds                            | Virginia Beach VA       |
| 12                | 150   | 330.6    | Sheryl Malinowski | Canada  | 2018 Winter Classic                    | Calgary Alberta         |
| 13                | 145.5 | 320.7    | Hyacinth Joseph   | US-NC   | Masters Nationals                      | Zion Crossroads VA      |
| 14                | 145   | 319.6    | Sharon Howland    | Canada  | Alberta Provincials                    | Calgary Alberta         |
| 15                | 144.5 | 318.5    | Hyacinth Joseph   | US-NC   | Battle of the Border                   | Currituck NC            |
| 16                | 140   | 308.6    | Rhona Doherty     | Ireland | IDFPA Full Power                       | Galway Ireland          |
|                   | 140   | 308.6    | Ashley Proulx     | Canada  | 2018 Vernon Classic                    | Vernon British Columbia |
| 18                | 137.5 | 303.1    | Michelle Lawson   | US-PA   | Great Lakes Powerlifting Championships | Erie PA                 |
| 19                | 130   | 286.5    | Leslie Wright     | US-NC   | Southern Open                          | Currituck NC            |
| 20                | 127.5 | 281      | Shelby Taylor     | US-OH   | Ohio State Championship                | Bedford Heights OH      |

| Weight Class: 198+ |       | Deadlift |                     | Female  |  |                   |
|--------------------|-------|----------|---------------------|---------|--|-------------------|
| Rank               | Lift  | lbs      | Lifter              | Country | Meet                                   | Location          |
| 1                  | 185   | 407.8    | Jazmyne Claggett    | US-MD   | Battle in the Capital                  | DC DC             |
| 2                  | 182.5 | 402.3    | Sarah Heminger      | US-MA   | American Challenge - 2018 MA           | MA                |
| 3                  | 177.5 | 391.3    | Rebecca Tucker      | US-NY   | 2018 Worlds                            | Virginia Beach VA |
| 4                  | 175   | 385.8    | Yurika Kepae        | Nauru   | 2018 Worlds                            | Virginia Beach VA |
| 5                  | 172.5 | 380.2    | Lindsey Fields      | US-NY   | Empire State Open                      | Nichols NY        |
|                    | 172.5 | 380.2    | Lindsay Field       | US-NY   | 2018 Worlds                            | Virginia Beach VA |
| 7                  | 170   | 374.7    | Kalisha Spence      | US-VA   | Eastern USA Open                       | Manassas VA       |
|                    | 170   | 374.7    | Aislinn Kelly       | Ireland | 2018 Worlds                            | Virginia Beach VA |
|                    | 170   | 374.7    | Cherisse Martineau  | Canada  | 2018 Winter Classic                    | Calgary Alberta   |
| 10                 | 167.5 | 369.2    | Shaundra Wood       | US-DC   | Blue Crab Open                         | Towson MD         |
| 11                 | 165   | 363.7    | Shannon Scott       | US-NC   | American Challenge - 2018 NC           | NC                |
|                    | 165   | 363.7    | Sharalee Bustamante | Canada  | 2018 Worlds                            | Virginia Beach VA |
| 13                 | 162.5 | 358.2    | Marissa Wilson      | US-MD   | Potomac Open                           | Vienna VA         |
|                    | 162.5 | 358.2    | Peri Evanoff        | US-VA   | Battle in the Capital                  | DC DC             |
| 15                 | 161   | 354.9    | Melany Pearl        | US-VA   | Virginia Open                          | Fredericksburg VA |
| 16                 | 155   | 341.7    | Autumn Weary        | US-PA   | Great Lakes Powerlifting Championships | Erie PA           |
|                    | 155   | 341.7    | Alyssia DeWolfe     | Canada  | 2018 Winter Classic                    | Calgary Alberta   |
| 18                 | 153.5 | 338.4    | Katie Adams         | US-FL   | American Challenge - 2018 FL           | FL                |
| 19                 | 152.5 | 336.2    | Jenne Massie        | US-DC   | Potomac Open                           | Vienna VA         |
|                    | 152.5 | 336.2    | Kirsten Ross        | US-VA   | American Challenge - 2018 VA           | VA                |

## 2018 Total Rankings Female

| Weight Class: 97 |       | Total |                     | Female  |                               |                    |
|------------------|-------|-------|---------------------|---------|-------------------------------|--------------------|
| Rank             | Lift  | lbs   | Lifter              | Country | Meet                          | Location           |
| 1                | 215   | 473.9 | Catherine Beninger  | Canada  | Alberta Provincials           | Calgary Alberta    |
| 2                | 209   | 460.7 | Karen Poyner        | US-VA   | Mid Atlantic Regionals        | Zion Crossroads VA |
| 3                | 165   | 363.7 | Brooke Zak          | US-NC   | Southern Open                 | Currituck NC       |
| 4                | 158.5 | 349.4 | Ashley Christiansen | US-NC   | NC State Championship         | Currituck NC       |
| 5                | 155.5 | 342.8 | Rocky Luedeker      | US-AZ   | Southwest Regionals           | Prescott AZ        |
| 6                | 145   | 319.6 | Mackenzie Taylor    | US-NC   | NC State Championship         | Currituck NC       |
| 7                | 125   | 275.5 | Ella Tiller         | US-NC   | American Challenge - 2018 NC  | NC                 |
| 8                | 89    | 196.2 | Sofia Corridean     | US-NC   | 2018 World Youth Invitational | Virginia Beach VA  |

| Weight Class: 105 |       | Total |                 | Female  |                              |                  |
|-------------------|-------|-------|-----------------|---------|------------------------------|------------------|
| Rank              | Lift  | lbs   | Lifter          | Country | Meet                         | Location         |
| 1                 | 272.5 | 600.7 | McKenna Kozina  | Canada  | Canadian Elite Championships | Calgary Alberta  |
|                   | 272.5 | 600.7 | Kaitlyn Davis   | US-NE   | American Challenge - 2018 NE | NE               |
| 3                 | 257.5 | 567.6 | Jeanne Liu      | US-VA   | KPC Halloween Havoc          | Silver Spring MD |
| 4                 | 195   | 429.8 | Marrisa Ramirez | US-MD   | KPC Halloween Havoc          | Silver Spring MD |

|    |       |       |                   |        |                              |                 |    |
|----|-------|-------|-------------------|--------|------------------------------|-----------------|----|
| 5  | 162.5 | 358.2 | Mira Pascuzzi     | Canada | Calm like a Bomb             | Squamish        | BC |
|    | 162.5 | 358.2 | Alexandra Telatko | US-OH  | Ohio State Championship      | Bedford Heights | OH |
| 7  | 161   | 354.9 | Mackenzie Taylor  | US-NC  | Southern Open                | Currituck       | NC |
| 8  | 160.5 | 353.8 | Rocky Luedeker    | US-AZ  | American Challenge - 2018 AZ |                 | AZ |
| 9  | 160   | 352.7 | Brooke Zak        | US-NC  | 2018 OBX Open                | Currituck       | NC |
| 10 | 140   | 308.6 | Ella Tiller       | US-NC  | 2018 OBX Open                | Currituck       | NC |

| Weight Class: 114 |       |       | Total            | Female  |                              |                |         |
|-------------------|-------|-------|------------------|---------|------------------------------|----------------|---------|
| Rank              | Lift  | lbs   | Lifter           | Country | Meet                         | Location       |         |
| 1                 | 306   | 674.6 | Marie Joaquin    | Canada  | Candian Elite Championships  | Calgary        | Alberta |
| 2                 | 297.5 | 655.8 | Hannah Kaminski  | Canada  | 2018 Iron Challenge          | Medicine Hat   | Alberta |
| 3                 | 272.5 | 600.7 | Keri Davis       | US-VA   | American Challenge - 2018 VA |                | VA      |
| 4                 | 257.5 | 567.6 | Caitlin Ruegg    | US-PA   | American Challenge - 2018 PA |                | PA      |
|                   | 257.5 | 567.6 | Gloria Cheung    | Canada  | Grind-Candadian Nationals    | Medicine Hat   | AB      |
| 6                 | 252.5 | 556.6 | Erica Wang       | US-MD   | KPC Halloween Havoc          | Silver Spring  | MD      |
| 7                 | 245   | 540.1 | Jennifer Waldron | US-KY   | American Challenge - 2018 KY |                | KY      |
| 8                 | 240   | 529.1 | Rylea Yanke      | Canada  | Alberta Provincials          | Calgary        | Alberta |
|                   | 240   | 529.1 | Eimear Byrne     | Ireland | IDFPA Full Power             | Galway         | Ireland |
|                   | 240   | 529.1 | Kim Roberts      | US-FL   | American Challenge - 2018 FL |                | FL      |
| 11                | 222.5 | 490.5 | Marni Frandson   | US-NE   | Midwest Open                 | Council Bluffs | IA      |
|                   | 222.5 | 490.5 | Rachael Mirvish  | Canada  | Calm like a Bomb             | Squamish       | BC      |
| 13                | 220   | 485   | Janet Huntley    | US-PA   | 2018 Worlds                  | Virginia Beach | VA      |
| 14                | 215.5 | 475   | Marcella Cameron | Canada  | 2018 Winter Classic          | Calgary        | Alberta |
| 15                | 215   | 473.9 | Libby Dollison   | US-VA   | Potomac Open                 | Vienna         | VA      |
| 16                | 212.5 | 468.4 | Hope Weaver      | US-PA   | Central PA Open              | Bigler         | PA      |
| 17                | 210   | 462.9 | Hope Weaver      | US-PA   | Battlefield Open             | Fredericksburg | VA      |
| 18                | 190   | 418.8 | Bernie O'Mahony  | Ireland | IDFPA Full Power             | Galway         | Ireland |
| 19                | 172.5 | 380.2 | Trish Kirkland   | US-FL   | Beasty Bash                  | Mount Dora     | FL      |
| 20                | 169   | 372.5 | Mackenzie Taylor | US-NC   | 2018 OBX Open                | Currituck      | NC      |

| Weight Class: 123 |       |       | Total            | Female    |  |                 |         |
|-------------------|-------|-------|------------------|-----------|--|-----------------|---------|
| Rank              | Lift  | lbs   | Lifter           | Country   | Meet                                   | Location        |         |
| 1                 | 427   | 941.3 | Elizabeth Craven | Australia | 2018 Worlds                            | Virginia Beach  | VA      |
| 2                 | 395   | 870.8 | Febrose Tsiode   | Nauru     | 2018 Worlds                            | Virginia Beach  | VA      |
| 3                 | 345.5 | 761.6 | Natasha Beasley  | US-VA     | American Challenge - 2018 VA           |                 | VA      |
| 4                 | 330   | 727.5 | Skylar Yanke     | Canada    | 2018 Winter Classic                    | Calgary         | Alberta |
| 5                 | 317.5 | 699.9 | Chelsea Spriggue | US-MD     | Battle in the Capital                  | DC              | DC      |
| 6                 | 312.5 | 688.9 | Chelsea Sprigue  | US-MD     | AA County Classic                      | Annapolis       | MD      |
| 7                 | 307.5 | 677.9 | Laura Siegle     | US-VA     | Holiday Open                           | Fredericksburg  | VA      |
| 8                 | 295   | 650.3 | Bianca Luedeker  | US-AZ     | American Challenge - 2018 AZ           |                 | AZ      |
| 9                 | 291   | 641.5 | Maxine Ferris    | US-NC     | NC State Championship                  | Currituck       | NC      |
| 10                | 285   | 628.3 | Lisa Budau       | Canada    | 2018 Iron Challenge                    | Medicine Hat    | Alberta |
| 11                | 280   | 617.2 | Megan Kolnitz    | US-VA     | Virginia Open                          | Fredericksburg  | VA      |
|                   | 280   | 617.2 | Laura Scully     | Ireland   | 2018 Worlds                            | Virginia Beach  | VA      |
| 13                | 270   | 595.2 | Amanda Johner    | Canada    | Calm like a Bomb                       | Squamish        | BC      |
| 14                | 261   | 575.4 | Shawna Kaminski  | Canada    | 2018 Iron Challenge                    | Medicine Hat    | Alberta |
| 15                | 260   | 573.1 | Jasmine McAdams  | US-DC     | Battle in the Capital                  | DC              | DC      |
| 16                | 252.5 | 556.6 | Kristyn Kocsis   | US-NE     | Midwest Open                           | Council Bluffs  | IA      |
| 17                | 251.5 | 554.4 | Susan Drach      | US-VA     | Masters Nationals                      | Zion Crossroads | VA      |
| 18                | 250   | 551.1 | Kendra Green     | US-VA     | Battlefield Open                       | Fredericksburg  | VA      |
| 19                | 247.5 | 545.6 | Kelly Griffith   | US-PA     | Great Lakes Powerlifting Championships | Erie            | PA      |
|                   | 247.5 | 545.6 | Orla O'Flaherty  | Ireland   | IDFPA Full Power                       | Galway          | Ireland |

| Weight Class: 132 |       |       | Total               | Female    |  |                 |         |
|-------------------|-------|-------|---------------------|-----------|--|-----------------|---------|
| Rank              | Lift  | lbs   | Lifter              | Country   | Meet                                   | Location        |         |
| 1                 | 397.5 | 876.3 | Daniella Means      | Hong Kong | 2018 Worlds                            | Virginia Beach  | VA      |
| 2                 | 375   | 826.7 | Sherine Thoummarath | Canada    | Candian Elite Championships            | Calgary         | Alberta |
| 3                 | 352.5 | 777.1 | Sandi Burke         | Ireland   | IDFPA Full Power 2                     | Cork            | Ireland |
| 4                 | 350.5 | 772.7 | Christine Trac      | Canada    | Alberta Provincials                    | Calgary         | Alberta |
| 5                 | 348   | 767.2 | Sandra Burke        | Ireland   | 2018 Worlds                            | Virginia Beach  | VA      |
| 6                 | 346   | 762.7 | Lauren Conrad       | US-PA     | Great Lakes Powerlifting Championships | Erie            | PA      |
| 7                 | 340   | 749.5 | Taryn Haggerstone   | Canada    | Candian Elite Championships            | Calgary         | Alberta |
| 8                 | 330   | 727.5 | Laura Campbell      | Ireland   | IDFPA Full Power                       | Galway          | Ireland |
| 9                 | 325   | 716.4 | Sarah Sickert       | US-PA     | 2018 Worlds                            | Virginia Beach  | VA      |
| 10                | 315   | 694.4 | Rebecca Pell        | US-PA     | Great Lakes Powerlifting Championships | Erie            | PA      |
|                   | 315   | 694.4 | Marthe Henry        | Canada    | 2018 War of the Waitlist               | Calgary         | Alberta |
|                   | 315   | 694.4 | Kelsey Capecci      | US-OH     | Ohio State Championship                | Bedford Heights | OH      |
| 13                | 298.5 | 658   | Kimberly Capers     | US-MD     | KPC Halloween Havoc                    | Silver Spring   | MD      |
| 14                | 292.5 | 644.8 | Francesca Tocco     | Canada    | Alberta Provincials                    | Calgary         | Alberta |

|    |       |       |                 |        |  |                |         |
|----|-------|-------|-----------------|--------|--|----------------|---------|
|    | 292.5 | 644.8 | Terra MacKeigan | Canada | Grind-Candadian Nationals              | Medicine Hat   | AB      |
| 16 | 287.5 | 633.8 | Karen Ogilvie   | Canada | Calm like a Bomb                       | Squamish       | BC      |
| 17 | 282.5 | 622.7 | Kiki Peterson   | US-NE  | Midwest Open                           | Council Bluffs | IA      |
|    | 282.5 | 622.7 | Jessica Sklar   | Canada | Alberta Provincials                    | Calgary        | Alberta |
|    | 282.5 | 622.7 | Carolyn Gersh   | Canada | 2018 War of the Waitlist               | Calgary        | Alberta |
| 20 | 277.5 | 611.7 | LaKeisha Kanen  | US-NC  | NC State Championship                  | Currituck      | NC      |
|    | 277.5 | 611.7 | Elyse Osborn    | US-PA  | Great Lakes Powerlifting Championships | Erie           | PA      |
|    | 277.5 | 611.7 | Jessica Merritt | US-VA  | Battlefield Open                       | Fredericksburg | VA      |
|    | 277.5 | 611.7 | Nicola McDivitt | Canada | 2018 Winter Classic                    | Calgary        | Alberta |

| Weight Class: 148 |       |       | Total             | Female  |                              |                |                  |
|-------------------|-------|-------|-------------------|---------|------------------------------|----------------|------------------|
| Rank              | Lift  | lbs   | Lifter            | Country | Meet                         | Location       |                  |
| 1                 | 401   | 884   | Hai Di            | US-MD   | AA County Classic            | Annapolis      | MD               |
| 2                 | 380.5 | 838.8 | Andrea Melito     | Canada  | 2018 Worlds                  | Virginia Beach | VA               |
| 3                 | 377.5 | 832.2 | Rebecca Stoddart  | Canada  | 2018 Vernon Classic          | Vernon         | British Columbia |
| 4                 | 376.5 | 830   | Leah Cameron      | Canada  | 2018 Winter Classic          | Calgary        | Alberta          |
| 5                 | 375   | 826.7 | Tricia Floyd      | US-VA   | Potomac Open                 | Vienna         | VA               |
| 6                 | 365   | 804.6 | Sarah Cowley      | Canada  | Hub Power                    | High River     | Alberta          |
| 7                 | 362.5 | 799.1 | Lyn Pendley       | US-VA   | Potomac Open                 | Vienna         | VA               |
| 8                 | 360   | 793.6 | Erin Matheson     | Canada  | Grind-Candadian Nationals    | Medicine Hat   | AB               |
|                   | 360   | 793.6 | Naomi Kutin       | US-NJ   | 2018 Worlds                  | Virginia Beach | VA               |
| 10                | 345   | 760.5 | Kay Humpherys     | US-WA   | Southwest Regionals          | Prescott       | AZ               |
| 11                | 342.5 | 755   | Teresa Lei        | Canada  | Alberta Provincials          | Calgary        | Alberta          |
| 12                | 337.5 | 744   | Ashley Enns       | Canada  | Alberta Provincials          | Calgary        | Alberta          |
|                   | 337.5 | 744   | Katie McGeachy    | Canada  | 2018 Vernon Classic          | Vernon         | British Columbia |
| 14                | 332.5 | 733   | Elizabeth Flaming | Canada  | IX Open                      | Edmonton       | Alberta          |
|                   | 332.5 | 733   | Trista Hutching   | US-NE   | Omaha Christmas Clasic       | Omaha          | NE               |
| 16                | 327.5 | 722   | Lori Bailey       | US-NC   | American Challenge - 2018 NC |                | NC               |
| 17                | 320   | 705.4 | Amanda Watson     | Canada  | 2018 Vernon Classic          | Vernon         | British Columbia |
| 18                | 317.5 | 699.9 | LaKeisha Kanen    | US-NC   | American Challenge - 2018 NC |                | NC               |
|                   | 317.5 | 699.9 | Amaal Zaki        | Ireland | IDFPA Full Power 2           | Cork           | Ireland          |
| 20                | 315.5 | 695.5 | Oonagh Morrissy   | Ireland | IDFPA Full Power 2           | Cork           | Ireland          |

| Weight Class: 165 |       |       | Total             | Female    |                              |                 |         |
|-------------------|-------|-------|-------------------|-----------|------------------------------|-----------------|---------|
| Rank              | Lift  | lbs   | Lifter            | Country   | Meet                         | Location        |         |
| 1                 | 442.5 | 975.5 | Kelli Fagan       | Australia | 2018 Worlds                  | Virginia Beach  | VA      |
| 2                 | 425   | 936.9 | Jesse Akister     | Australia | 2018 Worlds                  | Virginia Beach  | VA      |
| 3                 | 390   | 859.7 | Lisa Szabon-Smith | Canada    | Grind-Candadian Nationals    | Medicine Hat    | AB      |
| 4                 | 385   | 848.7 | Melissa Buhler    | Canada    | Hub Power                    | High River      | Alberta |
| 5                 | 380   | 837.7 | Leanne Knox       | Australia | 2018 Worlds                  | Virginia Beach  | VA      |
| 6                 | 375   | 826.7 | Tierra Tucker     | US-MD     | Potomac Open                 | Vienna          | VA      |
| 7                 | 372.5 | 821.2 | Emily Karl        | US-MD     | 2018 Worlds                  | Virginia Beach  | VA      |
| 8                 | 370   | 815.7 | Patty Maizels     | US-MD     | Battle in the Capital        | DC              | DC      |
| 9                 | 367   | 809   | Eileen Gorry      | Ireland   | IDFPA Full Power             | Galway          | Ireland |
| 10                | 360   | 793.6 | Bonni Rogers      | Canada    | 2018 Iron Challenge          | Medicine Hat    | Alberta |
|                   | 360   | 793.6 | Maria Rojas       | US-VA     | 2018 Worlds                  | Virginia Beach  | VA      |
| 12                | 350   | 771.6 | Kayla Meisner     | US-KY     | American Challenge - 2018 KY |                 | KY      |
| 13                | 335   | 738.5 | Bethany Jaeckle   | US-VA     | Southside Regional Classic   | Midlothian      | VA      |
|                   | 335   | 738.5 | Chrystal Garcia   | US-AZ     | American Challenge - 2018 AZ |                 | AZ      |
| 15                | 330   | 727.5 | Glenda MacDonald  | Canada    | 2018 Atlantic Lift Off       | Souris          | PEI     |
| 16                | 327.5 | 722   | Alyssa, Turose    | US-AZ     | West Coast Winter Nationals  | Glendale        | AZ      |
| 17                | 325   | 716.4 | Hayley Helland    | Canada    | 2018 Iron Challenge          | Medicine Hat    | Alberta |
| 18                | 320   | 705.4 | Angela Lewis      | Canada    | Alberta Provincials          | Calgary         | Alberta |
|                   | 320   | 705.4 | Katie Drotleff    | US-OH     | Ohio State Championship      | Bedford Heights | OH      |
| 20                | 317.5 | 699.9 | Yasmine Halat     | Canada    | Alberta Provincials          | Calgary         | Alberta |

| Weight Class: 181 |       |        | Total              | Female    |                             |                |                  |
|-------------------|-------|--------|--------------------|-----------|-----------------------------|----------------|------------------|
| Rank              | Lift  | lbs    | Lifter             | Country   | Meet                        | Location       |                  |
| 1                 | 482.5 | 1063.7 | Danielle Philibert | Canada    | Candian Elite Championships | Calgary        | Alberta          |
| 2                 | 465   | 1025.1 | Lisa Gervais       | Canada    | 2018 Winter Classic         | Calgary        | Alberta          |
| 3                 | 417.5 | 920.4  | Darlene Phan       | Australia | 2018 Worlds                 | Virginia Beach | VA               |
| 4                 | 395   | 870.8  | Jordan Keehn       | Canada    | 2018 Vernon Classic         | Vernon         | British Columbia |
| 5                 | 367.5 | 810.1  | Kristel Barber     | US-VA     | Battlefield Open            | Fredericksburg | VA               |
| 6                 | 360   | 793.6  | Kathleen MacDonald | Canada    | 2018 Winter Classic         | Calgary        | Alberta          |
| 7                 | 350   | 771.6  | Heather Juachon    | US-VA     | 2018 Worlds                 | Virginia Beach | VA               |
| 8                 | 347.5 | 766    | Sara Crews         | US-VA     | Potomac Open                | Vienna         | VA               |
| 9                 | 345   | 760.5  | Courtney Dill      | Canada    | 2018 Atlantic Lift Off      | Souris         | PEI              |
| 10                | 342.5 | 755    | Erin Kronstedt     | Canada    | Alberta Provincials         | Calgary        | Alberta          |
| 11                | 330   | 727.5  | Linda Byrne        | Ireland   | IDFPA Full Power 2          | Cork           | Ireland          |

|    |       |       |                    |         |  |                |                  |
|----|-------|-------|--------------------|---------|--|----------------|------------------|
| 12 | 323   | 712   | Vanessa Reed       | Canada  | Alberta Provincials                    | Calgary        | Alberta          |
| 13 | 320   | 705.4 | Courtney Van Beers | Canada  | 2018 Iron Challenge                    | Medicine Hat   | Alberta          |
|    | 320   | 705.4 | Cara MacKenzie     | Canada  | 2018 Atlantic Lift Off                 | Souris         | PEI              |
| 15 | 317.5 | 699.9 | Brittany Turner    | US-DC   | 2018 Worlds                            | Virginia Beach | VA               |
| 16 | 317   | 698.8 | Nicole Wallace     | US-VA   | Battlefield Open                       | Fredericksburg | VA               |
| 17 | 315   | 694.4 | Elaine O'Shea      | Ireland | IDFPA Full Power 2                     | Cork           | Ireland          |
| 18 | 310   | 683.4 | Lianne Marquis     | Canada  | 2018 Vernon Classic                    | Vernon         | British Columbia |
|    | 310   | 683.4 | Alethea Lardner    | US-NC   | Holiday Open                           | Fredericksburg | VA               |
| 20 | 307.5 | 677.9 | Stephanie Cruz     | US-OH   | Great Lakes Powerlifting Championships | Erie           | PA               |
|    | 307.5 | 677.9 | Espinosa Mona      | US-VA   | AA County Classic                      | Annapolis      | MD               |

| Weight Class: 198 |       |        |                    | Total   |  | Female          |                  |
|-------------------|-------|--------|--------------------|---------|--|-----------------|------------------|
| Rank              | Lift  | lbs    | Lifter             | Country | Meet                                   | Location        |                  |
| 1                 | 465   | 1025.1 | Aria DeSimini      | US-VA   | Battlefield Open                       | Fredericksburg  | VA               |
| 2                 | 462.5 | 1019.6 | Riki Napiorkowski  | US-NY   | 2018 Worlds                            | Virginia Beach  | VA               |
| 3                 | 417.5 | 920.4  | Tara Steadman      | US-CO   | 2018 Worlds                            | Virginia Beach  | VA               |
|                   | 417.5 | 920.4  | Sara Burwash       | Canada  | 2018 Winter Classic                    | Calgary         | Alberta          |
| 5                 | 405   | 892.8  | Rebecca Tucker     | US-NY   | American Challenge - 2018 PA           |                 | PA               |
| 6                 | 372.5 | 821.2  | Marsha DiPeppe     | US-VA   | Battlefield Open                       | Fredericksburg  | VA               |
| 7                 | 362.5 | 799.1  | Christina Dean     | US-PA   | Great Lakes Powerlifting Championships | Erie            | PA               |
| 8                 | 355.5 | 783.7  | Charlotte Baker    | US-VA   | Masters Nationals                      | Zion Crossroads | VA               |
| 9                 | 350   | 771.6  | Sheryl Malinowski  | Canada  | 2018 Winter Classic                    | Calgary         | Alberta          |
| 10                | 317.5 | 699.9  | Jontiasha Goode    | US-VA   | Holiday Open                           | Fredericksburg  | VA               |
| 11                | 315   | 694.4  | Kathleen Carpenter | US-VA   | Battlefield Open                       | Fredericksburg  | VA               |
| 12                | 307.5 | 677.9  | Michelle Lawson    | US-PA   | Great Lakes Powerlifting Championships | Erie            | PA               |
| 13                | 305   | 672.4  | Sharon Howland     | Canada  | Alberta Provincials                    | Calgary         | Alberta          |
| 14                | 300   | 661.3  | Rhona Doherty      | Ireland | IDFPA Full Power                       | Galway          | Ireland          |
|                   | 300   | 661.3  | Ashley Proulx      | Canada  | 2018 Vernon Classic                    | Vernon          | British Columbia |
| 16                | 288   | 634.9  | Hyacinth Joseph    | US-NC   | Masters Nationals                      | Zion Crossroads | VA               |
| 17                | 280.5 | 618.3  | Niina Järvenkari   | Ireland | IDFPA Full Power                       | Galway          | Ireland          |
| 18                | 280   | 617.2  | Amy Traver         | US-CT   | American Challenge - 2018 CT           |                 | CT               |
| 19                | 277.5 | 611.7  | Shauna Murphy      | Ireland | IDFPA Full Power 2                     | Cork            | Ireland          |
| 20                | 270   | 595.2  | Laura O'Donnell    | US-VA   | Battlefield Open                       | Fredericksburg  | VA               |

| Weight Class: 198+ |       |        |                     | Total   |  | Female         |         |
|--------------------|-------|--------|---------------------|---------|--|----------------|---------|
| Rank               | Lift  | lbs    | Lifter              | Country | Meet                                   | Location       |         |
| 1                  | 502.5 | 1107.8 | Yurika Kepae        | Nauru   | 2018 Worlds                            | Virginia Beach | VA      |
| 2                  | 462.5 | 1019.6 | Marissa Wilson      | US-MD   | Potomac Open                           | Vienna         | VA      |
| 3                  | 447.5 | 986.5  | Sarah Heminger      | US-MA   | 2018 Worlds                            | Virginia Beach | VA      |
| 4                  | 420   | 925.9  | Sharalee Bustamante | Canada  | 2018 Worlds                            | Virginia Beach | VA      |
| 5                  | 415   | 914.9  | Shannon Scott       | US-NC   | American Challenge - 2018 NC           |                | NC      |
|                    | 415   | 914.9  | Rebecca Tucker      | US-NY   | 2018 Worlds                            | Virginia Beach | VA      |
| 7                  | 395   | 870.8  | Peri Evanoff        | US-VA   | Battle in the Capital                  | DC             | DC      |
| 8                  | 372.5 | 821.2  | Lindsay Field       | US-NY   | 2018 Worlds                            | Virginia Beach | VA      |
| 9                  | 370   | 815.7  | Aislinn Kelly       | Ireland | 2018 Worlds                            | Virginia Beach | VA      |
| 10                 | 367.5 | 810.1  | Kirsten Ross        | US-VA   | American Challenge - 2018 VA           |                | VA      |
| 11                 | 365   | 804.6  | Alyssia DeWolfe     | Canada  | 2018 Winter Classic                    | Calgary        | Alberta |
| 12                 | 362.5 | 799.1  | Cherisse Martineau  | Canada  | 2018 Winter Classic                    | Calgary        | Alberta |
| 13                 | 355   | 782.6  | Autumn Weary        | US-PA   | Great Lakes Powerlifting Championships | Erie           | PA      |
| 14                 | 350   | 771.6  | Shaundra Wood       | US-DC   | Blue Crab Open                         | Towson         | MD      |
| 15                 | 342.5 | 755    | Colleen McCabe      | Canada  | 2018 Atlantic Lift Off                 | Souris         | PEI     |
| 16                 | 340   | 749.5  | Hope Lancaster      | US-VA   | Potomac Open                           | Vienna         | VA      |
| 17                 | 336   | 740.7  | Katie Adams         | US-FL   | American Challenge - 2018 FL           |                | FL      |
| 18                 | 332.5 | 733    | Melanie Perron      | Canada  | Alberta Provincials                    | Calgary        | Alberta |
| 19                 | 330   | 727.5  | Michelle Leslie     | Canada  | IX Open                                | Edmonton       | Alberta |
|                    | 330   | 727.5  | Amanda Murray       | Ireland | IDFPA Full Power                       | Galway         | Ireland |

| 2018 Strict Curl Rankings |      |      |                     | Female      |                              |                 |    |
|---------------------------|------|------|---------------------|-------------|------------------------------|-----------------|----|
| Weight Class: 97          |      |      |                     | Strict Curl |                              | Female          |    |
| Rank                      | Lift | lbs  | Lifter              | Country     | Meet                         | Location        |    |
| 1                         | 33   | 72.7 | Ashley Christiansen | US-NC       | American Challenge - 2018 NC |                 | NC |
| 2                         | 30   | 66.1 | Karen Poyner        | US-VA       | United States Open           | Zion Crossroads | VA |
| 3                         | 21.5 | 47.3 | Brooke Zak          | US-NC       | 2018 Worlds                  | Virginia Beach  | VA |
| 4                         | 16.5 | 36.3 | Mackenzie Taylor    | US-NC       | NC State Championship        | Currituck       | NC |
|                           | 16.5 | 36.3 | Tiffani Teeter      | US-PA       | Central PA Open              | Bigler          | PA |
| 6                         | 13   | 28.6 | Avaya Berge         | US-NC       | 2018 OBX Open                | Currituck       | NC |
| 7                         | 10   | 22   | Carly Cooper        | US-NC       | 2018 OBX Open                | Currituck       | NC |

| Weight Class: 105 |      |      | Strict Curl       | Female  |                              |               |         |
|-------------------|------|------|-------------------|---------|------------------------------|---------------|---------|
| Rank              | Lift | lbs  | Lifter            | Country | Meet                         | Location      |         |
| 1                 | 31   | 68.3 | Amanda Lajeunesse | US-AZ   | American Challenge - 2018 AZ |               | AZ      |
| 2                 | 30   | 66.1 | McKenna Kozina    | Canada  | 2018 Powerhouse Throwdown    | Calgary       | Alberta |
| 3                 | 22   | 48.5 | Brooke Zak        | US-NC   | 2018 OBX Open                | Currituck     | NC      |
| 4                 | 21   | 46.2 | Rocky Luedeker    | US-AZ   | American Challenge - 2018 AZ |               | AZ      |
| 5                 | 20.5 | 45.1 | Heather Wayland   | US-PA   | Central PA Open              | Bigler        | PA      |
| 6                 | 20   | 44   | Marissa Ramirez   | US-MD   | KPC Halloween Havoc          | Silver Spring | MD      |
| 7                 | 18   | 39.6 | Mackenzie Taylor  | US-NC   | Southern Open                | Currituck     | NC      |
| 8                 | 15   | 33   | Lynda Fleming     | US-FL   | American Challenge - 2018 FL |               | FL      |
| 9                 | 8    | 17.6 | Brittani Teeter   | US-PA   | Central PA Open              | Bigler        | PA      |

| Weight Class: 114 |      |      | Strict Curl         | Female  |                              |            |    |
|-------------------|------|------|---------------------|---------|------------------------------|------------|----|
| Rank              | Lift | lbs  | Lifter              | Country | Meet                         | Location   |    |
| 1                 | 30   | 66.1 | Jennifer Waldron    | US-KY   | American Challenge - 2018 KY |            | KY |
| 2                 | 29.5 | 65   | Paige Johnson       | US-CT   | American Challenge - 2018 CT |            | CT |
| 3                 | 24   | 52.9 | Libby Dollison      | US-VA   | Potomac Open                 | Vienna     | VA |
| 4                 | 22.5 | 49.6 | Trish Kirkland      | US-FL   | Last Chance Qualifier        | Mount Dora | FL |
|                   | 22.5 | 49.6 | Anna Zak            | US-NC   | 2018 OBX Open                | Currituck  | NC |
| 6                 | 21   | 46.2 | Annelise Pendergast | US-NY   | Potomac Open                 | Vienna     | VA |
| 7                 | 20   | 44   | Mackenzie Taylor    | US-NC   | 2018 OBX Open                | Currituck  | NC |

| Weight Class: 123 |      |      | Strict Curl        | Female  |   |                  |         |
|-------------------|------|------|--------------------|---------|---|------------------|---------|
| Rank              | Lift | lbs  | Lifter             | Country | Meet  | Location         |         |
| 1                 | 39.5 | 87   | Natasha Beasley    | US-VA   | Shenandoah Open                                 | Woodstock        | VA      |
| 2                 | 35   | 77.1 | Bianca Luedeker    | US-AZ   | American Challenge - 2018 AZ                    |                  | AZ      |
| 3                 | 32   | 70.5 | Denise Jaffe       | US-OH   | Tri State Championship                          | Bedford Heights  | OH      |
| 4                 | 29   | 63.9 | Tiffany Barney     | US-CT   | American Challenge - 2018 CT                    |                  | CT      |
|                   | 29   | 63.9 | Febrose Tsiode     | Nauru   | 2018 Worlds                                     | Virginia Beach   | VA      |
| 6                 | 28   | 61.7 | Kendra Green       | US-VA   | Battlefield Open                                | Fredericksburg   | VA      |
| 7                 | 27.5 | 60.6 | Laura Scully       | Ireland | IDFPA Single Lift                               |                  | Ireland |
| 8                 | 25.5 | 56.2 | Tianna Oliva       | US-CT   | 2018 CT Strict Curl & Powerlifting Championship | Cheshire         | CT      |
| 9                 | 25   | 55.1 | Dawn Steacy        | Ireland | IDFPA Single Lift                               |                  | Ireland |
| 10                | 24   | 52.9 | Anna Zak           | US-NC   | 2018 Worlds                                     | Virginia Beach   | VA      |
| 11                | 22.5 | 49.6 | Sherry Rowe        | US-VA   | Christmas Classic                               | Zions Crossroads | VA      |
| 12                | 20   | 44   | Orla O'Flaherty    | Ireland | IDFPA Single Lift                               |                  | Ireland |
| 13                | 16.5 | 36.3 | Elizabeth Morralli | US-MD   | KPC Halloween Havoc                             | Silver Spring    | MD      |

| Weight Class: 132 |      |      | Strict Curl           | Female  |   |                 |         |
|-------------------|------|------|-----------------------|---------|---|-----------------|---------|
| Rank              | Lift | lbs  | Lifter                | Country | Meet  | Location        |         |
| 1                 | 40.5 | 89.2 | Kelsey Capecci        | US-OH   | Ohio State Championship                         | Bedford Heights | OH      |
| 2                 | 37.5 | 82.6 | Catherine Reynolds    | US-VA   | 2018 Worlds                                     | Virginia Beach  | VA      |
| 3                 | 36.5 | 80.4 | Heather Austin        | US-VA   | Virginia Open                                   | Fredericksburg  | VA      |
|                   | 36.5 | 80.4 | LaKeisha Kanen        | US-NC   | Battle of the Border                            | Currituck       | NC      |
| 5                 | 35.5 | 78.2 | Krystal Brown         | US-VA   | Virginia Open                                   | Fredericksburg  | VA      |
| 6                 | 33   | 72.7 | Lauren Cooper         | US-NC   | American Challenge - 2018 NC                    |                 | NC      |
|                   | 33   | 72.7 | Nikki Dorval          | US-CT   | 2018 Worlds                                     | Virginia Beach  | VA      |
|                   | 33   | 72.7 | Kimberly Capers       | US-MD   | KPC Halloween Havoc                             | Silver Spring   | MD      |
| 9                 | 32.5 | 71.6 | Kimberly Capers       | US-MD   | American Challenge - 2018 MD                    |                 | MD      |
| 10                | 30   | 66.1 | Alexandra Sipershteyn | US-OH   | Tri State Championship                          | Bedford Heights | OH      |
| 11                | 27.5 | 60.6 | Sandi Burke           | Ireland | IDFPA Single Lift                               |                 | Ireland |
|                   | 27.5 | 60.6 | Tiffany Barney        | US-CT   | 2018 CT Strict Curl & Powerlifting Championship | Cheshire        | CT      |
| 13                | 25   | 55.1 | Katie Harris          | US-AZ   | American Challenge - 2018 AZ                    |                 | AZ      |
|                   | 25   | 55.1 | Linda Leightley       | US-VA   | 2018 Worlds                                     | Virginia Beach  | VA      |
| 15                | 24.5 | 54   | Nadine Resor          | US-OH   | American Challenge - 2018 OH                    |                 | OH      |
| 16                | 24   | 52.9 | Cher Myers            | US-FL   | Last Chance Qualifier                           | Mount Dora      | FL      |
| 17                | 17   | 37.4 | Mary Louise Morris    | US-FL   | American Challenge - 2018 FL                    |                 | FL      |

| Weight Class: 148 |      |      | Strict Curl        | Female  |                              |                  |    |
|-------------------|------|------|--------------------|---------|------------------------------|------------------|----|
| Rank              | Lift | lbs  | Lifter             | Country | Meet                         | Location         |    |
| 1                 | 42.5 | 93.6 | Krystal Brown      | US-VA   | 2018 Worlds                  | Virginia Beach   | VA |
| 2                 | 40.5 | 89.2 | Tricia Floyd       | US-VA   | American Challenge - 2018 VA |                  | VA |
| 3                 | 40   | 88.1 | Lori Bailey        | US-NC   | Southern Open                | Currituck        | NC |
| 4                 | 39.5 | 87   | LaKeisha Kanen     | US-NC   | American Challenge - 2018 NC |                  | NC |
| 5                 | 38   | 83.7 | Kelsey Capecci     | US-OH   | American Challenge - 2018 OH |                  | OH |
|                   | 38   | 83.7 | Christina Lawton   | US-VA   | Christmas Classic            | Zions Crossroads | VA |
| 7                 | 35.5 | 78.2 | Katherine Drotleff | US-OH   | Tri State Championship       | Bedford Heights  | OH |
| 8                 | 35   | 77.1 | Elena Mishurina    | US-KY   | American Challenge - 2018 KY |                  | KY |
|                   | 35   | 77.1 | Suzanne LaForge    | US-FL   | American Challenge - 2018 FL |                  | FL |

|    |      |      |                      |         |                              |                 |         |
|----|------|------|----------------------|---------|------------------------------|-----------------|---------|
| 10 | 34   | 74.9 | Peri Evanoff         | US-MD   | KPC Halloween Havoc          | Silver Spring   | MD      |
| 11 | 32.5 | 71.6 | Christina Zart       | US-OH   | 2018 Worlds                  | Virginia Beach  | VA      |
| 12 | 32   | 70.5 | Lauren Cooper        | US-NC   | NC State Championship        | Currituck       | NC      |
| 13 | 31.5 | 69.4 | Kyrie Nicolai        | US-VA   | High School Nationals        | Zion Crossroads | VA      |
|    | 31.5 | 69.4 | Lesley DeAngelo      | US-CT   | American Challenge - 2018 CT |                 | CT      |
|    | 31.5 | 69.4 | Nikki Dorval         | US-CT   | American Challenge - 2018 CT |                 | CT      |
| 16 | 30   | 66.1 | Jodi Sheakley-Wright | US-VA   | 2018 OBX Open                | Currituck       | NC      |
| 17 | 29.5 | 65   | Annette Knox         | US-MD   | KPC Halloween Havoc          | Silver Spring   | MD      |
| 18 | 29   | 63.9 | Jennifer Zak         | US-NC   | 2018 OBX Open                | Currituck       | NC      |
| 19 | 28   | 61.7 | Linda Eggeston       | US-NY   | Empire State Open            | Nichols         | NY      |
| 20 | 27.5 | 60.6 | Marije Dollen        | Ireland | IDFPA Single Lift            |                 | Ireland |
|    | 27.5 | 60.6 | Shauna Marcellino    | US-NJ   | 2018 Worlds                  | Virginia Beach  | VA      |
|    | 27.5 | 60.6 | Rachel O'Mahony      | Ireland | 2018 Worlds                  | Virginia Beach  | VA      |

| Weight Class: 165 |      |      |                    |         |   |                 |         |
|-------------------|------|------|--------------------|---------|---|-----------------|---------|
| Strict Curl       |      |      |                    | Female  |   |                 |         |
| Rank              | Lift | lbs  | Lifter             | Country | Meet  | Location        |         |
| 1                 | 44   | 97   | Tierra Tucker      | US-MD   | Mid Atlantic Regionals                          | Zion Crossroads | VA      |
| 2                 | 38.5 | 84.8 | Tricia Floyd       | US-VA   | Mid Atlantic Regionals                          | Zion Crossroads | VA      |
| 3                 | 38   | 83.7 | Katherine Drotleff | US-OH   | American Challenge - 2018 OH                    |                 | OH      |
| 4                 | 37.5 | 82.6 | Claudia Helmick    | US-VA   | 2018 Worlds                                     | Virginia Beach  | VA      |
| 5                 | 36.5 | 80.4 | Kim Douth          | US-PA   | American Challenge - 2018 NY                    |                 | NY      |
|                   | 36.5 | 80.4 | Eileen Gorry       | Ireland | 2018 Worlds                                     | Virginia Beach  | VA      |
| 7                 | 32.5 | 71.6 | Bethany Jaeckle    | US-VA   | Southside Regional Classic                      | Midlothian      | VA      |
|                   | 32.5 | 71.6 | Kirsten Cole       | US-NY   | American Challenge - 2018 NY                    |                 | NY      |
| 9                 | 32   | 70.5 | Mona Espinosa      | US-VA   | 2018 Worlds                                     | Virginia Beach  | VA      |
| 10                | 30.5 | 67.2 | Ashley Knowles     | US-NC   | Battle of the Border                            | Currituck       | NC      |
| 11                | 30   | 66.1 | Lesley DeAngelo    | US-CT   | 2018 CT Strict Curl & Powerlifting Championship | Cheshire        | CT      |
|                   | 30   | 66.1 | Christina Zart     | US-OH   | Tri State Championship                          | Bedford Heights | OH      |
|                   | 30   | 66.1 | Teresa Lindgren    | Canada  | 2018 Powerhouse Throwdown                       | Calgary         | Alberta |
| 14                | 28.5 | 62.8 | Jennifer Zak       | US-NC   | American Challenge - 2018 NC                    |                 | NC      |
| 15                | 25   | 55.1 | Clara Jenkinson    | Ireland | IDFPA Single Lift                               |                 | Ireland |
|                   | 25   | 55.1 | Marguerite Conley  | US-MD   | KPC Halloween Havoc                             | Silver Spring   | MD      |
| 17                | 23   | 50.7 | Mary Ross          | US-VA   | American Challenge - 2018 VA                    |                 | VA      |
| 18                | 22.5 | 49.6 | Ber Kiely          | Ireland | IDFPA Single Lift                               |                 | Ireland |
|                   | 22.5 | 49.6 | Susan Daigle-Leach | US-AZ   | American Challenge - 2018 AZ                    |                 | AZ      |
| 20                | 20   | 44   | Gina Welc          | US-VA   | Potomac Open                                    | Vienna          | VA      |

| Weight Class: 181 |      |      |                 |         |                              |                 |         |
|-------------------|------|------|-----------------|---------|------------------------------|-----------------|---------|
| Strict Curl       |      |      |                 | Female  |                              |                 |         |
| Rank              | Lift | lbs  | Lifter          | Country | Meet                         | Location        |         |
| 1                 | 38.5 | 84.8 | Mary Hodge      | US-VA   | Masters Nationals            | Zion Crossroads | VA      |
| 2                 | 36   | 79.3 | Kim Douth       | US-PA   | Central PA Open              | Bigler          | PA      |
| 3                 | 35.5 | 78.2 | Vanessa Reed    | Canada  | 2018 Powerhouse Throwdown    | Calgary         | Alberta |
| 4                 | 33.5 | 73.8 | Lori McWatters  | Canada  | 2018 Powerhouse Throwdown    | Calgary         | Alberta |
| 5                 | 33   | 72.7 | Nichole Gear    | US-OH   | Ohio State Championship      | Bedford Heights | OH      |
| 6                 | 32.5 | 71.6 | Clodagh Higgins | Ireland | 2018 Worlds                  | Virginia Beach  | VA      |
| 7                 | 31   | 68.3 | Jaylin Frank    | US-NC   | NC State Championship        | Currituck       | NC      |
| 8                 | 30   | 66.1 | Mona Espinosa   | US-VA   | AA County Classic            | Annapolis       | MD      |
| 9                 | 28.5 | 62.8 | Sara Crews      | US-VA   | Potomac Open                 | Vienna          | VA      |
| 10                | 25.7 | 56.6 | Laura Witter    | US-PA   | American Challenge - 2018 NE |                 | NE      |
| 11                | 23   | 50.7 | Mary Ross       | US-VA   | 2018 Worlds                  | Virginia Beach  | VA      |
| 12                | 19   | 41.8 | Brid O'Sullivan | Ireland | 2018 Worlds                  | Virginia Beach  | VA      |

| Weight Class: 198 |      |       |                   |         |   |                |         |
|-------------------|------|-------|-------------------|---------|---|----------------|---------|
| Strict Curl       |      |       |                   | Female  |   |                |         |
| Rank              | Lift | lbs   | Lifter            | Country | Meet  | Location       |         |
| 1                 | 47   | 103.6 | Cassidy Comly     | US-PA   | 2018 Worlds                                     | Virginia Beach | VA      |
| 2                 | 42   | 92.5  | Tara Steadman     | US-CO   | 2018 Worlds                                     | Virginia Beach | VA      |
| 3                 | 36.5 | 80.4  | Leslie Wright     | US-NC   | 2018 Worlds                                     | Virginia Beach | VA      |
| 4                 | 35   | 77.1  | Amy Traver        | US-CT   | American Challenge - 2018 CT                    |                | CT      |
| 5                 | 32.5 | 71.6  | Meredith Cook     | US-FL   | Last Chance Qualifier                           | Mount Dora     | FL      |
| 6                 | 31.5 | 69.4  | Sandy Flaus       | US-VA   | American Challenge - 2018 NC                    |                | NC      |
| 7                 | 28   | 61.7  | Amanda Corjulo    | US-CT   | American Challenge - 2018 CT                    |                | CT      |
|                   | 28   | 61.7  | Karen Hansen      | US-VA   | 2018 Worlds                                     | Virginia Beach | VA      |
| 9                 | 27.5 | 60.6  | Kimberly Cumbie   | US-VA   | Southside Regional Classic                      | Midlothian     | VA      |
| 10                | 26   | 57.3  | Christina Santora | US-CT   | 2018 CT Strict Curl & Powerlifting Championship | Cheshire       | CT      |
| 11                | 24   | 52.9  | Hyacinth Joseph   | US-NC   | Battle of the Border                            | Currituck      | NC      |
| 12                | 22.5 | 49.6  | Niina Järvenkari  | Ireland | IDFPA Single Lift                               |                | Ireland |
| 13                | 20   | 44    | Laurie Derick     | US-CT   | 2018 CT Strict Curl & Powerlifting Championship | Cheshire       | CT      |

| Weight Class: 198+ |  |  |  |        |  |  |  |
|--------------------|--|--|--|--------|--|--|--|
| Strict Curl        |  |  |  | Female |  |  |  |

| Rank | Lift | lbs   | Lifter               | Country | Meet  | Location        |         |
|------|------|-------|----------------------|---------|---|-----------------|---------|
| 1    | 50   | 110.2 | Cassidy Comly        | US-PA   | American Challenge - 2018 MD                    |                 | MD      |
| 2    | 40   | 88.1  | Triah Pendracki      | US-OH   | Tri State Championship                          | Bedford Heights | OH      |
| 3    | 38.5 | 84.8  | Melany Pearl         | US-VA   | Virginia Open                                   | Fredericksburg  | VA      |
| 4    | 38   | 83.7  | Celeste Linthicum    | US-VA   | 2018 Worlds                                     | Virginia Beach  | VA      |
| 5    | 37.5 | 82.6  | Kirsten Ross         | US-VA   | American Challenge - 2018 VA                    |                 | VA      |
| 6    | 35   | 77.1  | Sandra Masterson     | Ireland | IDFPA Single Lift                               |                 | Ireland |
|      | 35   | 77.1  | Shannon Scott        | US-NC   | Battle of the Border                            | Currituck       | NC      |
| 8    | 34   | 74.9  | Maxine Oliver        | US-MD   | Blue Crab Open                                  | Towson          | MD      |
| 9    | 32.5 | 71.6  | Amy Mannix           | Ireland | IDFPA Single Lift                               |                 | Ireland |
|      | 32.5 | 71.6  | Najuma Lake          | US-VA   | Potomac Open                                    | Vienna          | VA      |
|      | 32.5 | 71.6  | Rochelle Comly-Dubbs | US-PA   | 2018 Worlds                                     | Virginia Beach  | VA      |
| 12   | 31.5 | 69.4  | Heather Koch         | US-NY   | American Challenge - 2018 NY                    |                 | NY      |
| 13   | 30   | 66.1  | Debbie Steele        | Ireland | IDFPA Single Lift                               |                 | Ireland |
|      | 30   | 66.1  | Leslie Silva         | US-CT   | 2018 CT Strict Curl & Powerlifting Championship | Cheshire        | CT      |
|      | 30   | 66.1  | Debra Ingersoll      | US-FL   | Beasty Bash                                     | Mount Dora      | FL      |
| 16   | 29.5 | 65    | Peri Evanoff         | US-MD   | Battle in the Capital                           | DC              | DC      |
| 17   | 28   | 61.7  | Amanda Corjulo       | US-CT   | 2018 Worlds                                     | Virginia Beach  | VA      |
| 18   | 27.5 | 60.6  | Meredith Gunning     | US-NY   | Empire State Open                               | Nichols         | NY      |