



2019 Women's Rankings

Updated 01/02/2020 Ed Kutin

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2019 Squat Rankings Female

Weight Class: 97				Squat			Female
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Ashley Christiansen	US-NC	OBX Open	Jarvisburg	
2	32.5	71.6	Sofia Corridean	US-NC	OBX Open	Jarvisburg	
3	30	66.1	Bella Butler	US-PA	Central PA Open	Clearfield	
4	27.5	60.6	Rocky Leudeker	US-AZ	American Challenge 2019 - AZ		

Weight Class: 105				Squat			Female
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	104	229.2	McKenna Kozina	Canada	Worlds		
2	94	207.2	Valentina Duong	Australia	Worlds		
3	80	176.3	Haley-Jo Kenny	US-NY	Central PA Open	Clearfield	
4	78	171.9	Jill Neziri	US-NY	Central PA Open	Clearfield	
5	57.5	126.7	Jill Keilty	Canada	Canadian Nationals	Medicine Hat	
6	40	88.1	Micah Vandenburg	Canada	Last Chance for the Dance	Calgary	

Weight Class: 114				Squat			Female
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	113	249.1	Amanda Johner	Canada	Worlds		
2	102.5	225.9	Erica Wang	US-MD	DMV Invitational	White Plains	
3	100	220.4	Gloria Cheung	Canada	Bar Wars West		
4	95	209.4	Keri Davis	US-VA	American Challenge 2019 - VA		
5	94	207.2	Heather Wong	Australia	Worlds		
6	85	187.3	Jasmine McAdams	US-DC	Potomac Open	Tysons Corner	
		85	Marcella Cameron	Canada	Canadian Nationals	Medicine Hat	
		85	Kim Roberts	US-FL	Beasty Bash	Mount Dora	
9	82	180.7	Rylea Yanke	Canada	Worlds		
10	70.5	155.4	Roisin Byrne	Ireland	IDFPA National Powerlifting Championships	Galway	
11	70	154.3	Janet Huntley	US-PA	Great Lakes Powerlifting and BP	Erie	
12	67.5	148.8	Brooke Zak	US-NC	OBX Open	Jarvisburg	
13	62.5	137.7	Mariela Olivares	US-MD	Potomac Open	Tysons Corner	
14	61	134.4	MacKenzie Taylor	US-NC	OBX Open	Jarvisburg	
15	55	121.2	Mackenzie Taylor	US-NC	Southern Open		
16	52.5	115.7	Janet Bauer	US-OH	Ohio State Championships	Bedford Heights	
17	45	99.2	Micah Vandenburg	Canada	Worlds		
18	-82	-180.7	Marcella Fortini	Canada	Worlds		

Weight Class: 123				Squat			Female
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152	335	Elizabeth Craven	Australia	Worlds		
2	134	295.4	Kavishi Kariyawasam	New Zealand	Worlds		
3	125	275.5	Marthe Henry	Canada	Worlds		

4	120	264.5	Skylar Yanke	Canada	Canadian Nationals	Medicine Hat
5	115	253.5	Amanda Johner	Canada	Bar Wars West	
6	111	244.7	Sandra Alcorn	Australia	Worlds	
7	108	238	Taryn Haggerstone	Canada	Worlds	
8	107	235.8	Sheena Doyle	Ireland	Worlds	
9	102.5	225.9	Laura Siegle	US-VA	Battlefield Open	Fredericksburg
10	97.5	214.9	Lisa Budau	Canada	2019 Cast a Shadow	Squamish
	97.5	214.9	Elizabeth Hertzler-McCain	US-MD	American Challenge 2019 - MD	
12	95	209.4	Emily Manning	Ireland	IDFPA National Powerlifting Championships	Galway
13	92.5	203.9	Jamie Groenenboom	Canada	Bar Wars West	
14	90	198.4	Lacretta Incorvaia	US-OH	Ohio State Championships	Bedford Heights
15	87.5	192.9	Leonor Rodriguez	Ireland	IDFPA National Full Power Championships	
16	87	191.8	Diane Brill	US-NV	American Challenge 2019 - AZ	
17	85	187.3	Alana Parrett	Canada	2019 Cast a Shadow	Squamish
	85	187.3	Francine Rattray	Canada	Bar Wars West	
	85	187.3	Shea Herbstritt	US-PA	American Challenge 2019 - OH	
	85	187.3	Laura Scully	Ireland	Worlds	

Weight Class: 132		Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	132.5	292.1	Lauren Conrad	US-PA	Great Lakes Powerlifting and BP	Erie
2	130	286.5	Megan Bain	Canada	Last Chance for the Dance	Calgary
	130	286.5	Christine Trac	Canada	Worlds	
	130	286.5	Jenn Lee	Canada	Worlds	
5	127.5	281	Tiffany Hui	Canada	Bar Wars West	
6	122.5	270	Ashley Enns	Canada	Bar Wars West	
7	122	268.9	Skylar Yanke	Canada	Worlds	
8	121	266.7	Jenelle Schultz	Australia	Worlds	
9	120	264.5	Tonya Motyka	Canada	2019 Cast a Shadow	Squamish
10	117.5	259	Sandi Burke	Ireland	IDFPA National Powerlifting Championships	Galway
	117.5	259	Brittney Howard	US-VA	Potomac Open	Tysons Corner
12	115	253.5	Terra MacKeigan	Canada	Canadian Nationals	Medicine Hat
13	110	242.5	Amy Byrne	Ireland	IDFPA National Powerlifting Championships	Galway
	110	242.5	Natasha Beasley	US-VA	DMV Invitational	White Plains
15	105	231.4	Theresa Larson	Canada	Iron Challenge	Medicine Hat
	105	231.4	Camila Nuque	Canada	Bar Wars West	
	105	231.4	Clair Angel	Australia	Worlds	
18	102.5	225.9	Carlee Grant	Canada	2019 Meet At The Mountains	Pincher Creek
	102.5	225.9	Sarah Coyne	Ireland	IDFPA National Full Power Championships	
	102.5	225.9	Rayelle Smith	Canada	Worlds	

Weight Class: 148		Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	161	354.9	Tara Gripton	Australia	Worlds	
2	155	341.7	Lisa Lethbridge	Canada	2019 Cast a Shadow	Squamish
3	147.5	325.1	Andrea Melito	Canada	Canadian Nationals	Medicine Hat
4	145	319.6	Naomi Kutin	US-NJ	American Challenge 2019 - NJ	
5	142.5	314.1	Audrey Carpenter	US-VA	Battlefield Open	Fredericksburg
6	142	313	Abby Hall	Canada	Worlds	
7	140.5	309.7	Rachelle Forget	Canada	Canadian Nationals	Medicine Hat
8	137.5	303.1	Rosa Rodriguez	US-MD	Maryland State Championships	Hanover
9	130	286.5	Dana Woodbeck	US-PA	American Challenge 2019 - NY	
10	127.5	281	Tracy Curran	Canada	Bar Wars East	
	127.5	281	Anna Quijada	Canada	Canadian Nationals	Medicine Hat
12	125	275.5	Megan Bain	Canada	2019 Hub Power	High River
	125	275.5	Erin Matheson	Canada	Last Chance for the Dance	Calgary
	125	275.5	Trista Hutchings	US-NE	Holiday Classic	Council Bluffs

15	120	264.5	Mary Schlifke	US-FL	Beasty Bash	Mount Dora
16	117	257.9	Jo Tarlton	New Zealand	Worlds	
	117	257.9	Maria Efimenko	Ireland	Worlds	
18	115	253.5	Erin Martin	Canada	Bar Wars West	
	115	253.5	Alyssa Turose	US-AZ	American Challenge 2019 - AZ	
20	110.5	243.6	Catherine Evans	Ireland	IDFPA National Full Power Championships	

Weight Class: 165						
Squat				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	179	394.6	Barbra Auva'a	New Zealand	Worlds	
2	175	385.8	Isabella Thomson	Australia	Worlds	
3	173	381.3	Karlina Tongotea	New Zealand	Worlds	
4	165	363.7	Melissa Buhler	Canada	Worlds	
5	163	359.3	Leah Cameron	Canada	Canadian Nationals	Medicine Hat
6	147.5	325.1	Angela Lewis	Canada	Last Chance for the Dance	Calgary
7	145	319.6	Yasmine Halat	Canada	Worlds	
8	142.5	314.1	Maria Rojas	US-VA	DMV Invitational	White Plains
9	140	308.6	Tierra Tucker	US-MD	Potomac Open	Tysons Corner
	140	308.6	Lisa Szabon-Smith	Canada	2019 Hub Power	High River
	140	308.6	Sarah Wheal	Australia	Worlds	
12	135	297.6	Danielle MacInnis-Tanner	Canada	Worlds	
	135	297.6	Jessica Hierons	Canada	Worlds	
14	132.5	292.1	Ashley Johnston	Canada	2019 Hub Power	High River
	132.5	292.1	Sarah Cowley	Canada	2019 Meet At The Mountains	Pincher Creek
16	130	286.5	Anna Quijada	Canada	Worlds	
	130	286.5	Eleanor Gambling	Australia	Worlds	
18	127	279.9	Erin Matheson	Canada	Worlds	
19	125	275.5	Tricia Floyd	US-VA	DMV Invitational	White Plains
	125	275.5	Courtney Steele	Canada	Bar Wars East	

Weight Class: 181						
Squat				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	185.5	408.9	Lisa Gervais	Canada	Canadian Nationals	Medicine Hat
2	150	330.6	Kathleen MacDonald	Canada	Canadian Nationals	Medicine Hat
3	147.5	325.1	Allison White	US-VA	American Challenge 2019 - NC	
4	147	324	Sara Burwash	Canada	Worlds	
5	137.5	303.1	Monique Barba	US-AZ	American Challenge 2019 - AZ	
6	132.5	292.1	Courtney Dill	Canada	Bar Wars East	
7	130.5	287.7	Vanessa Reed	Canada	Worlds	
8	130	286.5	Nataly Lugo	Canada	2019 Hub Power	High River
9	127.5	281	Linda Byrne	Ireland	IDFPA National Powerlifting Championships	Galway
10	125	275.5	Anna Bruder	Canada	Bar Wars West	
	125	275.5	Alana Amantine	US-PA	Mid-Atlantic Regionals	Zion Crossroads
12	120	264.5	Amy Eaton	US-MD	American Challenge 2019 - VA	
	120	264.5	Julia Bassett	Canada	Last Chance for the Dance	Calgary
	120	264.5	Karen Loftis	US-IA	Holiday Classic	Council Bluffs
15	107.5	236.9	Chris Redmond	US-PA	Great Lakes Powerlifting and BP	Erie
16	105	231.4	Sylvia Roche	Canada	Last Chance for the Dance	Calgary
17	102.5	225.9	Susanne Thomas	Canada	Bar Wars West	
18	100	220.4	Tia Pascuzzi	Canada	2019 Cast a Shadow	Squamish
	100	220.4	Niina Jarvenkari	Ireland	IDFPA National Powerlifting Championships	Galway
	100	220.4	Sharon Schwartz	US-PA	Great Lakes Powerlifting and BP	Erie

Weight Class: 198						
Squat				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	190	418.8	Lisa Gervais	Canada	Worlds	
2	189	416.6	Jewel Tasi	New Zealand	Worlds	

3	175.5	386.9	Paulina Deng	Canada	Last Chance for the Dance	Calgary
4	152.5	336.2	Sara Burwash	Canada	Bar Wars West	
5	147.5	325.1	Kelly Christian	US-VA	Shenandoah Open	Woodstock
6	145	319.6	Jane Morris	Australia	Worlds	
7	142.5	314.1	Alyssa DeWolffe	Canada	Worlds	
8	140	308.6	Sheryl Malinowski	Canada	Canadian Nationals	Medicine Hat
9	137.5	303.1	Merrina Sandoval	US-AZ	American Challenge 2019 - AZ	
10	132.5	292.1	Simone Rodger	Canada	Last Chance for the Dance	Calgary
11	127.5	281	Cindy Stritzinger	US-PA	Great Lakes Powerlifting and BP	Erie
12	126	277.7	Neave Muller	Australia	Worlds	
13	125	275.5	Lindsey Brill	US-NV	American Challenge 2019 - AZ	
14	115	253.5	Wendy Desjarlais	Canada	Iron Challenge	Medicine Hat
15	110	242.5	Courtney Van Beers	Canada	Last Chance for the Dance	Calgary
	110	242.5	Amanda Burke	Ireland	IDFPA National Full Power Championships	
17	107.5	236.9	Samantha Cox	Canada	2019 Cast a Shadow	Squamish
	107.5	236.9	Joennell Frantz	US-VA	Potomac Open	Tysons Corner
19	95	209.4	Lori McWatters	Canada	Bar Wars West	
	95	209.4	Mitra Friant	US-VA	American Challenge 2019 - VA	

Weight Class: 198+		Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	212	467.3	Riria Ropata	New Zealand	Worlds	
2	170	374.7	Alison Fitzmaurice	New Zealand	Worlds	
3	160	352.7	Joanna Borecki	Canada	Worlds	
4	155	341.7	Sharalee Bustamante	Canada	Iron Challenge	Medicine Hat
5	152.5	336.2	Brittany Wilson	US-VA	Potomac Open	Tysons Corner
	152.5	336.2	Cherisse Martineau	Canada	Canadian Nationals	Medicine Hat
	152.5	336.2	Melanie Perron	Canada	Worlds	
8	150	330.6	Storme Gray	US-VA	Potomac Open	Tysons Corner
	150	330.6	Rachel O'Connor	Ireland	Worlds	
10	147.5	325.1	Alyssa Nelson	Canada	2019 Meet At The Mountains	Pincher Creek
11	147	324	Stephanie Horlyck	Australia	Worlds	
12	145	319.6	Rebecca Brown	US-NY	American Challenge 2019 - NY	
13	135	297.6	Sharalee Earle	Canada	Worlds	
14	132.5	292.1	Shaundra Wood	US-DC	Potomac Open	Tysons Corner
	132.5	292.1	Simone Lowman	US-FL	Beasty Bash	Mount Dora
16	130	286.5	Kirsten Ross	US-VA	DMV Invitational	White Plains
	130	286.5	Kim Elletson	US-NC	Great Lakes Powerlifting and BP	Erie
	130	286.5	Sarah Mays	US-OH	Ohio State Championships	Bedford Heights
19	125	275.5	Mary Tillery	US-NC	American Challenge 2019 - NC	
20	122.5	270	Venus Lanham	US-MD	DMV Invitational	White Plains

2019 Bench Press Rankings Female

Weight Class: 97		Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	52.5	115.7	Karen Poyner	US-VA	American Challenge 2019 - VA	
2	48	105.8	Ashley Christiansen	US-NC	OBX Open	Jarvisburg
3	47.5	104.7	Elizabeth Parker	US-FL	Beasty Bash	Mount Dora
4	37.5	82.6	Rocky Leudeker	US-AZ	American Challenge 2019 - AZ	
5	32.5	71.6	Tiffani Teeter	US-PA	Tioga Downs Open	Tioda Downs
	32.5	71.6	Monika .	India	India National Single Lift Championships	
7	22.5	49.6	Mahak .	India	India National Single Lift Championships	
8	19.5	42.9	Avaya Berge	US-NC	United Sates Open	Zion Crossroads
9	17.5	38.5	Sofia Corridean	US-NC	Single Lift Worlds	Virginia Beach
10	17	37.4	Bella Butler	US-PA	Central PA Open	Clearfield
11	10	22	Kanishka .	India	Karnal Bench Press and Stict Curl Championships	Haryana

	10	22	Sanvi Sharma	India	Karnal Bench Press and Stict Curl Championships	Haryana
	10	22	Sidakpreet Kaur	India	Karnal Bench Press and Stict Curl Championships	Haryana
	10	22	Anushka .	India	Karnal Bench Press and Stict Curl Championships	Haryana
15	8	17.6	Ananya .	India	Karnal Bench Press and Stict Curl Championships	Haryana

Weight Class: 105						
Bench Press				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	68	149.9	Valentina Duong	Australia	Worlds	
2	60.5	133.3	McKenna Kozina	Canada	Canadian Nationals	Medicine Hat
3	55	121.2	Jill Keilty	Canada	Canadian Nationals	Medicine Hat
4	52.5	115.7	Ruth Snyder	US-PA	Power Day	Bigler
	52.5	115.7	Valeria Rusconi	Italy	Rimini	
	52.5	115.7	Pragati Sadafule	India	India National Single Lift Championships	
	52.5	115.7	Haley-Jo Kenny	US-NY	Central PA Open	Clearfield
8	45	99.2	Heather Wayland	US-PA	Power Day	Bigler
	45	99.2	Jill Neziri	US-NY	Central PA Open	Clearfield
10	42.5	93.6	Tiffany Barney	US-CT	Massachussetts State Championship	Plainridg Park
11	32.5	71.6	Miral Kamboj	India	India National Single Lift Championships	
12	30	66.1	Micah Vandenburg	Canada	Last Chance for the Dance	Calgary

Weight Class: 114						
Bench Press				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	70	154.3	Amanda Johner	Canada	Worlds	
2	63	138.8	Rylea Yanke	Canada	Worlds	
3	57.5	126.7	Jasmine McAdams	US-DC	Potomac Open	Tysons Corner
4	57	125.6	Heather Wong	Australia	Worlds	
5	55	121.2	Marcella Cameron	Canada	2019 Hub Power	High River
	55	121.2	Marcella Fortini	Canada	Worlds	
7	52.5	115.7	Caroline Witter	US-PA	Power Day	Bigler
	52.5	115.7	Gloria Cheung	Canada	Bar Wars West	
	52.5	115.7	Kim Roberts	US-FL	Beasty Bash	Mount Dora
10	50	110.2	Mariela Olivares	US-MD	Potomac Open	Tysons Corner
	50	110.2	Keri Davis	US-MD	DMV Invitational	White Plains
	50	110.2	Janet Huntley	US-PA	Great Lakes Powerlifting and BP	Erie
	50	110.2	Sarita Khatri	India	India National Single Lift Championships	
14	47.5	104.7	Hope Weaver	US-PA	Power Day	Bigler
15	45	99.2	Roisin Byrne	Ireland	IDFPA National Powerlifting Championships	Galway
	45	99.2	Erica Wang	US-MD	DMV Invitational	White Plains
	45	99.2	Lauren Brendinger	US-VA	Single Lift Worlds	Virginia Beach
18	40.5	89.2	Brooke Zak	US-NC	OBX Open	Jarvisburg
19	40	88.1	MacKenzie Taylor	US-NC	Single Lift Worlds	Virginia Beach
20	38	83.7	Mackenzie Taylor	US-NC	OBX Open	Jarvisburg

Weight Class: 123						
Bench Press				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	87	191.8	Elizabeth Craven	Australia	Worlds	
2	78	171.9	Skylar Yanke	Canada	Canadian Nationals	Medicine Hat
3	77.5	170.8	Taryn Haggerstone	Canada	Bar Wars West	
4	70	154.3	Amanda Johner	Canada	Bar Wars West	
	70	154.3	Diane Brill	US-NV	American Challenge 2019 - AZ	
6	68	149.9	Marthe Henry	Canada	Worlds	
	68	149.9	Sheena Doyle	Ireland	Worlds	
8	60.5	133.3	Susan Drach	US-VA	Masters Nationals	Zion Crossroads
9	60	132.2	Lisa Budau	Canada	2019 Cast a Shadow	Squamish
	60	132.2	Alana Parrett	Canada	2019 Cast a Shadow	Squamish
	60	132.2	Kavishi Kariyawasam	New Zealand	Worlds	
	60	132.2	Jasmine McAdams	US-DC	Single Lift Worlds	Virginia Beach

13	58	127.8	Emily Manning	Ireland	IDFPA National Powerlifting Championships	Galway
14	57.5	126.7	Laura Siegle	US-VA	Battlefield Open	Fredericksburg
	57.5	126.7	Leonor Rodriguez	Ireland	IDFPA National Full Power Championships	
	57.5	126.7	Krystal Brown	US-VA	Christmas Classic	Zion Crossroads
17	57	125.6	Sandra Alcorn	Australia	Worlds	
18	52.5	115.7	Laura Scully	Ireland	IDFPA Push Pull Championships	Cork
	52.5	115.7	Elizabeth Hertzler-McCain	US-MD	American Challenge 2019 - MD	
	52.5	115.7	Kim Roberts	US-FL	Last Chance Qualifier	Mount Dora
	52.5	115.7	Elizabeth McCain	US-MD	Single Lift Worlds	Virginia Beach

Weight Class: 132						
Bench Press				Female		
Rank	Lift	Ibs	Lifter	Country	Meet	Location
1	85.5	188.4	Natasha Beasley	US-VA	American Challenge 2019 - MD	
2	79	174.1	Skylar Yanke	Canada	Worlds	
3	77.5	170.8	Megan Bain	Canada	Last Chance for the Dance	Calgary
4	77	169.7	Christine Trac	Canada	Worlds	
5	75	165.3	Tonya Motyka	Canada	2019 Cast a Shadow	Squamish
	75	165.3	Luisa Cefariello	Italy	Single Lift Contest	
7	73	160.9	Jenelle Schultz	Australia	Worlds	
8	70	154.3	Brittney Howard	US-VA	Potomac Open	Tyson's Corner
	70	154.3	Catherine Reynolds	US-VA	DMV Invitational	White Plains
	70	154.3	Giusy Zaffino	Italy	Single Lift Contest	
11	69.5	153.2	Jenn Lee	Canada	Worlds	
12	69	152.1	Carolyn Gersh	Canada	Worlds	
13	66	145.5	Carlee Grant	Canada	Worlds	
14	65.5	144.4	Karen Ogilvie	Canada	2019 Cast a Shadow	Squamish
15	65	143.2	Lauren Conrad	US-PA	Great Lakes Powerlifting and BP	Erie
	65	143.2	Emily Manning	Ireland	Irish Muscle Power Single Lift Nationals	
17	63	138.8	Sandi Burke	Ireland	Worlds	
	63	138.8	Tiffany Hui	Canada	Worlds	
19	62.5	137.7	Angiolina Borgese	Italy	Single Lift Contest	
	62.5	137.7	Sheryl Baker	Canada	2019 Meet At The Mountains	Pincher Creek

Weight Class: 148						
Bench Press				Female		
Rank	Lift	Ibs	Lifter	Country	Meet	Location
1	90	198.4	Abby Hall	Canada	Worlds	
2	85	187.3	Serena Imbriaco	Italy	Rimini	
3	83	182.9	Natasha Beasley	US-VA	Christmas Classic	Zion Crossroads
4	80	176.3	Tara Gripton	Australia	Worlds	
5	77.5	170.8	Megan Bain	Canada	2019 Hub Power	High River
6	75	165.3	Lisa Lethbridge	Canada	2019 Cast a Shadow	Squamish
7	72.5	159.8	Audrey Carpenter	US-VA	Battlefield Open	Fredericksburg
	72.5	159.8	Erin Martin	Canada	Last Chance for the Dance	Calgary
	72.5	159.8	Erin Matheson	Canada	Last Chance for the Dance	Calgary
	72.5	159.8	Andrea Melito	Canada	Worlds	
11	69	152.1	Jo Tarlton	New Zealand	Worlds	
12	67.5	148.8	Samantha Anderson	Canada	Iron Challenge	Medicine Hat
	67.5	148.8	Kelsey Capecci	US-OH	Tri-State Championship	Bedford Heights
	67.5	148.8	Rachelle Forget	Canada	Canadian Nationals	Medicine Hat
15	65.5	144.4	Claudia Helmick	US-VA	Christmas Classic	Zion Crossroads
16	65	143.2	Rachael Hardison	US-VA	Potomac Open	Tyson's Corner
	65	143.2	Aisling Lees	Ireland	Irish Muscle Power Single Lift Nationals	
	65	143.2	Rakhi .	India	India National Single Lift Championships	
19	62.5	137.7	Laura Clancy	US-VA	Potomac Open	Tyson's Corner
	62.5	137.7	Tracy Curran	Canada	Bar Wars East	
	62.5	137.7	Anna Quijada	Canada	Canadian Nationals	Medicine Hat
	62.5	137.7	Catherine Evans	Ireland	Irish Muscle Power Single Lift Nationals	

62.5	137.7	Suzanne LaForge	US-FL	Worlds	
62.5	137.7	Trista Hutchings	US-NE	Holiday Classic	Council Bluffs
62.5	137.7	Mary Schlifke	US-FL	Beasty Bash	Mount Dora

Weight Class: 165						
Bench Press				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	110	242.5	Barbra Auva'a	New Zealand	Worlds	
2	102.5	225.9	Angela Lewis	Canada	Last Chance for the Dance	Calgary
3	100	220.4	Karlina Tongotea	New Zealand	Worlds	
4	98	216	Tierra Tucker	US-MD	Potomac Open	Tysons Corner
5	95	209.4	Leah Cameron	Canada	Worlds	
6	92	202.8	Melissa Buhler	Canada	Worlds	
7	87	191.8	Isabella Thomson	Australia	Worlds	
8	85	187.3	Eileen Gorry	Ireland	Worlds	
9	82.5	181.8	Maria Rojas	US-VA	American Challenge 2019 - VA	
10	79	174.1	Sarah Wheal	Australia	Worlds	
11	77.5	170.8	Sarah Cowley	Canada	2019 Meet At The Mountains	Pincher Creek
	77.5	170.8	Shannon Lowery	US-NC	Single Lift Worlds	Virginia Beach
13	77	169.7	Lisa Szabon-Smith	Canada	Worlds	
14	75	165.3	Erin Matheson	Canada	Worlds	
15	74	163.1	Eleanor Gambling	Australia	Worlds	
16	72.5	159.8	Courtney Steele	Canada	Bar Wars East	
	72.5	159.8	Jessica Hierons	Canada	Canadian Nationals	Medicine Hat
	72.5	159.8	Danielle MacInnis-Tanner	Canada	Canadian Nationals	Medicine Hat
	72.5	159.8	Mona Espinosa	US-VA	KAAOS Classic	Washington
20	70	154.3	Ashley Johnston	Canada	2019 Hub Power	High River
	70	154.3	Anna Quijada	Canada	Worlds	

Weight Class: 181						
Bench Press				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	115	253.5	Allison White	US-VA	American Challenge 2019 - NC	
2	107.5	236.9	Lisa Gervais	Canada	Canadian Nationals	Medicine Hat
3	91	200.6	Sara Burwash	Canada	Worlds	
4	80	176.3	Kathleen MacDonald	Canada	Canadian Nationals	Medicine Hat
5	78	171.9	Mona Espinosa	US-VA	Potomac Open	Tysons Corner
6	77.5	170.8	Linda Lee	US-VA	Single Lift Worlds	Virginia Beach
7	75	165.3	Karen Loftis	US-IA	Holiday Classic	Council Bluffs
8	72.5	159.8	Monique Barba	US-AZ	American Challenge 2019 - AZ	
9	70	154.3	Vanessa Reed	Canada	Last Chance for the Dance	Calgary
	70	154.3	Alana Amantine	US-PA	Mid-Atlantic Regionals	Zion Crossroads
11	67.5	148.8	Patricia Ballentine	US-VA	United Sates Open	Zion Crossroads
	67.5	148.8	Mary Hodge	US-VA	Masters Nationals	Zion Crossroads
13	65.5	144.4	Clodagh Higgins	Ireland	IDFPA National Powerlifting Championships	Galway
14	65	143.2	Sara Mayes	US-PA	Tioga Downs Open	Tioda Downs
	65	143.2	Linda Byrne	Ireland	IDFPA National Powerlifting Championships	Galway
	65	143.2	Jyoti Dahiya	India	India National Single Lift Championships	
17	62.5	137.7	Niina Jarvenkari	Ireland	IDFPA National Powerlifting Championships	Galway
	62.5	137.7	Kim Doutt	US-PA	Power Day	Bigler
	62.5	137.7	Nataly Lugo	Canada	2019 Hub Power	High River
	62.5	137.7	Meredith Gunning	US-NY	American Challenge 2019 - NY	
	62.5	137.7	Kim Pollock	US-PA	American Challenge 2019 - OH	
	62.5	137.7	Niina Järvenkari	Ireland	Irish Muscle Power Single Lift Nationals	
	62.5	137.7	Julia Bassett	Canada	Last Chance for the Dance	Calgary

Weight Class: 198						
Bench Press				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	110	242.5	Lisa Gervais	Canada	Worlds	

2	97.5	214.9	Sara Burwash	Canada	Bar Wars West	
3	91	200.6	Jewel Tasi	New Zealand	Worlds	
4	83	182.9	Jane Morris	Australia	Worlds	
5	82.5	181.8	Alyssa DeWolffe	Canada	Worlds	
6	80.5	177.4	Paulina Deng	Canada	Worlds	
7	77.5	170.8	Sheryl Malinowski	Canada	2019 Hub Power	High River
	77.5	170.8	Cindy Stritzinger	US-PA	Great Lakes Powerlifting and BP	Erie
	77.5	170.8	Merrina Sandoval	US-AZ	American Challenge 2019 - AZ	
	77.5	170.8	Simone Rodger	Canada	Last Chance for the Dance	Calgary
11	72.5	159.8	Lindsey Brill	US-NV	American Challenge 2019 - AZ	
	72.5	159.8	Jenn Massie	US-DC	Single Lift Worlds	Virginia Beach
	72.5	159.8	Jenne Massie	US-DC	Single Lift Worlds	Virginia Beach
14	70	154.3	Katherine Valtaggio	US-VA	Potomac Open	Tysons Corner
	70	154.3	Terri Korba	US-NY	American Challenge 2019 - NY	
	70	154.3	Kelly Christian	US-VA	Shenandoah Open	Woodstock
17	68	149.9	Neave Muller	Australia	Worlds	
18	65	143.2	Joenell Frantz	US-VA	Potomac Open	Tysons Corner
19	62.5	137.7	Samantha Cox	Canada	2019 Cast a Shadow	Squamish
	62.5	137.7	Crystal Bridgforth	US-VA	DMV Invitational	White Plains
	62.5	137.7	Louise Mahoney	Ireland	IDFPA Push Pull Championships	Cork
	62.5	137.7	Lori McWatters	Canada	Bar Wars West	
	62.5	137.7	Michelle Balsillie	Canada	Last Chance for the Dance	Calgary

Weight Class: 198+				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	103	227	Riria Ropata	New Zealand	Worlds		
2	97.5	214.9	Shannon Scott	US-NC	Single Lift Worlds	Virginia Beach	
3	93	205	Alison Fitzmaurice	New Zealand	Worlds		
4	92.5	203.9	Latonía Brown	US-NC	Battle of the Border	Curituck	
5	87.5	192.9	Alyssia DeWolfe	Canada	2019 Cast a Shadow	Squamish	
6	85	187.3	Dorothy Sosnicki	US-AZ	American Challenge 2019 - AZ		
7	82.5	181.8	Storme Gray	US-VA	Potomac Open	Tysons Corner	
	82.5	181.8	Sandra Masterson	Ireland	Irish Muscle Power Single Lift Nationals		
	82.5	181.8	Sarah Mays	US-OH	Ohio State Championships	Bedford Heights	
	82.5	181.8	Simone Lowman	US-FL	Beasty Bash	Mount Dora	
11	80	176.3	Kirsten Ross	US-VA	DMV Invitational	White Plains	
	80	176.3	Mary Tillery	US-NC	American Challenge 2019 - NC		
	80	176.3	Stephanie Horlyck	Australia	Worlds		
14	77.5	170.8	Brittany Wilson	US-VA	Potomac Open	Tysons Corner	
	77.5	170.8	Melanie Perron	Canada	Worlds		
	77.5	170.8	Kierstyn Bourdeau	US-CT	Single Lift Worlds	Virginia Beach	
	77.5	170.8	Shelby Taylor	US-OH	Ohio State Championships	Bedford Heights	
18	75.5	166.4	Cherisse Martineau	Canada	Worlds		
19	75	165.3	Kristianne Bebout	US-NC	Tri-State Championship	Bedford Heights	
20	73	160.9	Rachel O'Connor	Ireland	Worlds		

2019 Deadlift Rankings

Female

Weight Class: 97				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Karen Poyner	US-VA	American Challenge 2019 - VA		
2	85	187.3	Ashley Christiansen	US-NC	Southern Open		
3	55	121.2	Rocky Leudeker	US-AZ	American Challenge 2019 - AZ		
	55	121.2	Sofia Corridean	US-NC	Single Lift Worlds	Virginia Beach	
5	40	88.1	Bella Butler	US-PA	Central PA Open	Clearfield	
6	37.5	82.6	Gurnidh Kaur	India	India National Single Lift Championships		
7	35	77.1	Sidakpreet Kaur	India	India National Single Lift Championships		

8	32.5	71.6	Pearl Maurya	India	India National Single Lift Championships
9	30	66.1	Rasnidh Kaur	India	India National Single Lift Championships
10	27.5	60.6	Sanvi Sharma	India	India National Single Lift Championships
	27.5	60.6	Alisha Panwar	India	India National Single Lift Championships
12	25	55.1	Aiman Ali	India	India National Single Lift Championships
	25	55.1	Anushka Chauhan	India	India National Single Lift Championships

Weight Class: 105				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Valentina Duong	Australia	Worlds		
2	110	242.5	Neetu Jogi	India	India National Single Lift Championships		
	110	242.5	Pragati Sadafule	India	India National Single Lift Championships		
4	105	231.4	McKenna Kozina	Canada	Worlds		
	105	231.4	Jill Neziri	US-NY	Central PA Open	Clearfield	
6	92.5	203.9	Haley-Jo Kenny	US-NY	Central PA Open	Clearfield	
7	90	198.4	Jill Keilty	Canada	Canadian Nationals	Medicine Hat	
8	87.5	192.9	Iolanda Verso	Italy	Single Lift Contest		
9	80	176.3	Maria Teresa Tomaino	Italy	Single Lift Contest		
10	57.5	126.7	Micah Vandenburg	Canada	Last Chance for the Dance	Calgary	
11	32.5	71.6	Sonya Stengel	US-OH	Tri-State Championship	Bedford Heights	

Weight Class: 114				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	Jasmine McAdams	US-DC	KAAOS Classic	Washington	
2	142.5	314.1	Keri Davis	US-VA	American Challenge 2019 - VA		
3	124	273.3	Amanda Johner	Canada	Worlds		
4	120	264.5	Erica Wang	US-MD	DMV Invitational	White Plains	
	120	264.5	Gloria Cheung	Canada	Worlds		
	120	264.5	Kim Roberts	US-FL	Beasty Bash	Mount Dora	
7	110	242.5	Janet Huntley	US-PA	Great Lakes Powerlifting and BP	Erie	
8	105.5	232.5	Marcella Cameron	Canada	Canadian Nationals	Medicine Hat	
9	105	231.4	Amanda Arnold	US-VA	Potomac Open	Tysons Corner	
	105	231.4	Katherine Lizarraga	US-VA	Potomac Open	Tysons Corner	
	105	231.4	Sarita Khatri	India	India National Single Lift Championships		
	105	231.4	Brooke Zak	US-NC	OBX Open	Jarvisburg	
13	104	229.2	Heather Wong	Australia	Worlds		
14	100.5	221.5	Roisin Byrne	Ireland	IDFPA National Powerlifting Championships	Galway	
15	100	220.4	Makenzie Peters	US-PA	Power Day	Bigler	
	100	220.4	Marcella Fortini	Canada	Worlds		
17	96	211.6	Rylea Yanke	Canada	Worlds		
18	95.5	210.5	MacKenzie Taylor	US-NC	Single Lift Worlds	Virginia Beach	
19	90	198.4	Mackenzie Taylor	US-NC	OBX Open	Jarvisburg	
20	87.5	192.9	Alexandra Telatko	US-OH	Tri-State Championship	Bedford Heights	

Weight Class: 123				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	173	381.3	Kavishi Kariyawasam	New Zealand	Worlds		
2	172	379.1	Elizabeth Craven	Australia	Worlds		
3	163	359.3	Sandra Alcorn	Australia	Worlds		
4	158	348.3	Marthe Henry	Canada	Worlds		
5	152.5	336.2	Jasmine McAdams	US-DC	Single Lift Worlds	Virginia Beach	
6	145	319.6	Louise Mckevitt	Ireland	IDFPA National Full Power Championships		
7	142.5	314.1	Skylar Yanke	Canada	Canadian Nationals	Medicine Hat	
	142.5	314.1	Laura Siegle	US-VA	Battlefield Open	Fredericksburg	
9	141	310.8	Taryn Haggerstone	Canada	Worlds		
10	140	308.6	Leonor Rodriguez	Ireland	IDFPA National Full Power Championships		
11	135	297.6	Emily Manning	Ireland	IDFPA National Powerlifting Championships	Galway	

12	130	286.5	Sheena Doyle	Ireland	Worlds	
	130	286.5	Elizabeth McCain	US-MD	Single Lift Worlds	Virginia Beach
14	127.5	281	Lisa Budau	Canada	2019 Cast a Shadow	Squamish
15	127	279.9	Laura Scully	Ireland	Worlds	
16	126.5	278.8	Susan Drach	US-VA	Masters Nationals	Zion Crossroads
17	125	275.5	Alana Parrett	Canada	2019 Cast a Shadow	Squamish
	125	275.5	Elizabeth Hertzler-McCain	US-MD	KAAOS Classic	Washington
	125	275.5	Lacretta Incorvaia	US-OH	Ohio State Championships	Bedford Heights
20	122.5	270	Amanda Johner	Canada	Bar Wars West	

Weight Class: 132						
Deadlift				Female		
Rank	Lift	Ibs	Lifter	Country	Meet	Location
1	178.5	393.5	Natasha Beasley	US-VA	American Challenge 2019 - VA	
2	177.5	391.3	Sandi Burke	Ireland	IDFPA Push Pull Championships	Cork
3	160	352.7	Giusy Zaffino	Italy	Single Lift Contest	
4	157.5	347.2	Tonya Motyka	Canada	2019 Cast a Shadow	Squamish
	157.5	347.2	Tiffany Hui	Canada	Bar Wars West	
6	155.5	342.8	Lauren Conrad	US-PA	Great Lakes Powerlifting and BP	Erie
7	155	341.7	Christine Trac	Canada	Worlds	
	155	341.7	Jenelle Schultz	Australia	Worlds	
9	152.5	336.2	Megan Bain	Canada	Last Chance for the Dance	Calgary
10	150	330.6	Ashley Enns	Canada	Bar Wars West	
11	145	319.6	Brittney Howard	US-VA	Potomac Open	Tysons Corner
	145	319.6	Carlee Grant	Canada	2019 Meet At The Mountains	Pincher Creek
	145	319.6	Carolyn Gersh	Canada	Worlds	
	145	319.6	Clair Angel	Australia	Worlds	
	145	319.6	Skylar Yanke	Canada	Worlds	
16	142.5	314.1	Nicola McDivitt	Canada	Worlds	
17	137.5	303.1	Emily Manning	Ireland	Irish Muscle Power Single Lift Nationals	
18	135	297.6	Karen Ogilvie	Canada	2019 Cast a Shadow	Squamish
19	132.5	292.1	Luisa Cefariello	Italy	Rimini	
20	130	286.5	Louise Mckevitt	Ireland	IDFPA National Powerlifting Championships	Galway

Weight Class: 148						
Deadlift				Female		
Rank	Lift	Ibs	Lifter	Country	Meet	Location
1	192	423.2	Tara Gripton	Australia	Worlds	
2	185	407.8	Natasha Beasley	US-VA	Christmas Classic	Zion Crossroads
3	183.5	404.5	Lisa Lethbridge	Canada	2019 Cast a Shadow	Squamish
4	180	396.8	Tricia Floyd	US-VA	Single Lift Worlds	Virginia Beach
5	167.5	369.2	Erin Matheson	Canada	Last Chance for the Dance	Calgary
6	164	361.5	Rachelle Forget	Canada	Worlds	
7	163	359.3	Abby Hall	Canada	Canadian Nationals	Medicine Hat
8	160	352.7	Audrey Carpenter	US-VA	Battlefield Open	Fredericksburg
9	155	341.7	Alyssa Turose	US-AZ	American Challenge 2019 - AZ	
	155	341.7	Naomi Kutin	US-NJ	American Challenge 2019 - NJ	
	155	341.7	Trista Hutchings	US-NE	Holiday Classic	Council Bluffs
12	153	337.3	Jo Tarlton	New Zealand	Worlds	
13	152.5	336.2	Anna Reddin	Ireland	IDFPA National Powerlifting Championships	Galway
14	150	330.6	Megan Bain	Canada	2019 Hub Power	High River
	150	330.6	Andrea Melito	Canada	Canadian Nationals	Medicine Hat
16	147.5	325.1	Erin Martin	Canada	Last Chance for the Dance	Calgary
	147.5	325.1	Rosa Rodriguez	US-MD	Maryland State Championships	Hanover
18	146	321.8	Rachel O'Mahony	Ireland	Worlds	
19	145	319.6	Aisling Lees	Ireland	Irish Muscle Power Single Lift Nationals	
	145	319.6	Suzanne LaForge	US-FL	Worlds	
	145	319.6	Megan Roth	US-PA	Ohio State Championships	Bedford Heights

Weight Class: 165						
Deadlift				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	215	473.9	Karlina Tongotea	New Zealand	Worlds	
2	195	429.8	Tricia Floyd	US-VA	DMV Invitational	White Plains
	195	429.8	Barbra Auva'a	New Zealand	Worlds	
4	186	410	Isabella Thomson	Australia	Worlds	
5	172	379.1	Melissa Buhler	Canada	Worlds	
6	170	374.7	Yasmine Halat	Canada	Worlds	
7	168	370.3	Leah Cameron	Canada	Canadian Nationals	Medicine Hat
	168	370.3	Erin Matheson	Canada	Worlds	
9	166	365.9	Alyssa Turose	US-AZ	Soutwest Regional	Goodyear
10	163	359.3	Lisa Szabon-Smith	Canada	Worlds	
11	162.5	358.2	Nataly Lugo	Canada	Worlds	
12	155	341.7	Angela Lewis	Canada	Worlds	
	155	341.7	Eleanor Gambling	Australia	Worlds	
14	152.5	336.2	Toni Blackwell	US-AZ	Soutwest Regional	Goodyear
15	151	332.8	Sarah Wheal	Australia	Worlds	
16	150	330.6	Nora Kish	Canada	2019 Hub Power	High River
	150	330.6	Maria Rojas	US-VA	American Challenge 2019 - VA	
	150	330.6	Eileen Gorry	Ireland	Irish Muscle Power Single Lift Nationals	
19	147.5	325.1	Tierra Tucker	US-MD	Potomac Open	Tyson's Corner
	147.5	325.1	Sarah Cowley	Canada	2019 Meet At The Mountains	Pincher Creek
	147.5	325.1	Anna Quijada	Canada	Worlds	

Weight Class: 181						
Deadlift				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	197.5	435.4	Allison White	US-VA	American Challenge 2019 - NC	
2	185	407.8	Lisa Gervais	Canada	Canadian Nationals	Medicine Hat
3	170	374.7	Monique Barba	US-AZ	American Challenge 2019 - AZ	
4	160	352.7	Alana Amantine	US-PA	Mid-Atlantic Regionals	Zion Crossroads
	160	352.7	Sara Burwash	Canada	Worlds	
6	158	348.3	Kathleen MacDonald	Canada	Worlds	
7	155	341.7	Jyoti Dahiya	India	India National Single Lift Championships	
8	152.5	336.2	Sara Mayes	US-PA	Tioga Downs Open	Tioga Downs
	152.5	336.2	Julia Bassett	Canada	Last Chance for the Dance	Calgary
	152.5	336.2	Linda Lee	US-VA	Single Lift Worlds	Virginia Beach
11	150	330.6	Nataly Lugo	Canada	2019 Hub Power	High River
	150	330.6	Chris Redmond	US-PA	Great Lakes Powerlifting and BP	Erie
13	147.5	325.1	Linda Byrne	Ireland	IDFPA Push Pull Championships	Cork
	147.5	325.1	Courtney Dill	Canada	Bar Wars East	
15	145	319.6	Amy Eaton	US-MD	Maryland State Championships	Hanover
16	142.5	314.1	Sharon Schwartz	US-PA	Great Lakes Powerlifting and BP	Erie
	142.5	314.1	Anna Bruder	Canada	Bar Wars West	
18	140	308.6	Maria Buda	Italy	Single Lift Contest	
	140	308.6	Vanessa Reed	Canada	Last Chance for the Dance	Calgary
20	137.5	303.1	Mona Espinosa	US-VA	Potomac Open	Tyson's Corner
	137.5	303.1	Michelle Risse	US-VA	Potomac Open	Tyson's Corner
	137.5	303.1	Patricia Ballentine	US-VA	United States Open	Zion Crossroads
	137.5	303.1	Mary Hodge	US-VA	Masters Nationals	Zion Crossroads
	137.5	303.1	Karen Loftis	US-IA	Holiday Classic	Council Bluffs

Weight Class: 198						
Deadlift				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	211	465.1	Jewel Tasi	New Zealand	Worlds	
2	175.5	386.9	Alyssa DeWolffe	Canada	Worlds	
3	175	385.8	Paulina Deng	Canada	Last Chance for the Dance	Calgary
	175	385.8	Lisa Gervais	Canada	Worlds	

5	170.5	375.8	Jenn Massie	US-DC	Single Lift Worlds	Virginia Beach
6	167.5	369.2	Jenne Massie	US-DC	Potomac Open	Tysons Corner
7	162.5	358.2	Sara Burwash	Canada	Bar Wars West	
	162.5	358.2	Lindsey Brill	US-NV	American Challenge 2019 - AZ	
9	160	352.7	Sheryl Malinowski	Canada	2019 Hub Power	High River
	160	352.7	Jane Morris	Australia	Worlds	
11	157.5	347.2	Cindy Stritzinger	US-PA	Great Lakes Powerlifting and BP	Erie
12	152.5	336.2	Kelly Christian	US-VA	Shenandoah Open	Woodstock
13	151	332.8	Neave Muller	Australia	Worlds	
14	150	330.6	Merrina Sandoval	US-AZ	American Challenge 2019 - AZ	
15	145	319.6	Courtney Van Beers	Canada	Last Chance for the Dance	Calgary
16	140	308.6	Joennell Frantz	US-VA	Potomac Open	Tysons Corner
17	137.5	303.1	Amy Traver	US-CT	Connecticut State Championship	Cheshire
	137.5	303.1	Wendy Desjarlais	Canada	Iron Challenge	Medicine Hat
	137.5	303.1	Simone Rodger	Canada	Last Chance for the Dance	Calgary
	137.5	303.1	Hyacinth Joseph	US-NC	Southern Open	

Weight Class: 198+				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	220	485	Riria Ropata	New Zealand	Worlds	
2	180	396.8	Stephanie Horlyck	Australia	Worlds	
3	175	385.8	Brittany Wilson	US-VA	Potomac Open	Tysons Corner
4	172.5	380.2	Shaundra Wood	US-DC	Potomac Open	Tysons Corner
5	172	379.1	Joanna Borecki	Canada	Worlds	
6	170	374.7	Cherisse Martineau	Canada	Canadian Nationals	Medicine Hat
7	160	352.7	Alyssia DeWolfe	Canada	2019 Cast a Shadow	Squamish
	160	352.7	Rachel O'Connor	Ireland	IDFPA National Powerlifting Championships	Galway
9	157.5	347.2	Storme Gray	US-VA	Potomac Open	Tysons Corner
	157.5	347.2	Sharalee Earle	Canada	Worlds	
11	155	341.7	Melanie Perron	Canada	Iron Challenge	Medicine Hat
	155	341.7	Kirsten Ross	US-VA	DMV Invitational	White Plains
	155	341.7	Kim Elletson	US-NC	Great Lakes Powerlifting and BP	Erie
	155	341.7	Alison Fitzmaurice	New Zealand	Worlds	
	155	341.7	Katie Lloyd	US-PA	Central PA Open	Clearfield
16	150	330.6	Sharalee Bustamante	Canada	Iron Challenge	Medicine Hat
	150	330.6	Mary Tillery	US-NC	American Challenge 2019 - NC	
	150	330.6	Shannon Scott	US-NC	Single Lift Worlds	Virginia Beach
19	145	319.6	Sandra Masterson	Ireland	IDFPA National Powerlifting Championships	Galway
	145	319.6	Berenice Valdez	US-AZ	Soutwest Regional	Goodyear
	145	319.6	Venus Lanham	US-MD	DMV Invitational	White Plains
	145	319.6	Simone Lowman	US-FL	Beasty Bash	Mount Dora

2019 Total Rankings				Female		
Weight Class: 97				Total		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	172.5	380.2	Ashley Christiansen	US-NC	Southern Open	
2	120	264.5	Rocky Leudeker	US-AZ	American Challenge 2019 - AZ	
3	93	205	Sofia Corridean	US-NC	OBX Open	Jarvisburg
4	87	191.8	Bella Butler	US-PA	Central PA Open	Clearfield

Weight Class: 105				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	282	621.6	Valentina Duong	Australia	Worlds	
2	259	570.9	McKenna Kozina	Canada	Worlds	
3	225	496	Jill Neziri	US-NY	Central PA Open	Clearfield
	225	496	Haley-Jo Kenny	US-NY	Central PA Open	Clearfield

5	202.5	446.4	Jill Keilty	Canada	Canadian Nationals	Medicine Hat
6	125	275.5	Micah Vandenburg	Canada	Last Chance for the Dance	Calgary

Weight Class: 114				Total	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	307	676.8	Amanda Johner	Canada	Worlds	
2	282.5	622.7	Keri Davis	US-MD	DMV Invitational	White Plains
3	267.5	589.7	Jasmine McAdams	US-DC	Potomac Open	Tysons Corner
	267.5	589.7	Erica Wang	US-MD	DMV Invitational	White Plains
5	265	584.2	Gloria Cheung	Canada	Bar Wars West	
6	257.5	567.6	Kim Roberts	US-FL	Beasty Bash	Mount Dora
7	255	562.1	Heather Wong	Australia	Worlds	
8	245.5	541.2	Marcella Cameron	Canada	Canadian Nationals	Medicine Hat
9	241	531.3	Rylea Yanke	Canada	Worlds	
10	227.5	501.5	Janet Huntley	US-PA	Great Lakes Powerlifting and BP	Erie
11	213	469.5	Roisin Byrne	Ireland	IDFPA National Powerlifting Championships	Galway
12	207	456.3	Brooke Zak	US-NC	OBX Open	Jarvisburg
13	197.5	435.4	Mariela Olivares	US-MD	Potomac Open	Tysons Corner
14	180.5	397.9	MacKenzie Taylor	US-NC	OBX Open	Jarvisburg
15	165	363.7	Mackenzie Taylor	US-NC	Southern Open	
16	157.5	347.2	Janet Bauer	US-OH	Ohio State Championships	Bedford Heights
17	130.5	287.7	Micah Vandenburg	Canada	Worlds	
18	0	0	Marcella Fortini	Canada	Worlds	

Weight Class: 123				Total	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	411	906	Elizabeth Craven	Australia	Worlds	
2	367	809	Kavishi Kariyawasam	New Zealand	Worlds	
3	351	773.8	Marthe Henry	Canada	Worlds	
4	340.5	750.6	Skylar Yanke	Canada	Canadian Nationals	Medicine Hat
5	331	729.7	Sandra Alcorn	Australia	Worlds	
6	325	716.4	Taryn Haggerstone	Canada	Worlds	
7	307.5	677.9	Amanda Johner	Canada	Bar Wars West	
8	305	672.4	Sheena Doyle	Ireland	Worlds	
9	302.5	666.8	Laura Siegle	US-VA	Battlefield Open	Fredericksburg
10	288	634.9	Emily Manning	Ireland	IDFPA National Powerlifting Championships	Galway
11	285	628.3	Lisa Budau	Canada	2019 Cast a Shadow	Squamish
	285	628.3	Leonor Rodriguez	Ireland	IDFPA National Full Power Championships	
13	275	606.2	Louise Mckevitt	Ireland	IDFPA National Full Power Championships	
14	270	595.2	Alana Parrett	Canada	2019 Cast a Shadow	Squamish
	270	595.2	Elizabeth Hertzler-McCain	US-MD	American Challenge 2019 - MD	
16	265	584.2	Diane Brill	US-NV	Worlds	
	265	584.2	Lacretta Incorvaia	US-OH	Ohio State Championships	Bedford Heights
18	262	577.6	Laura Scully	Ireland	Worlds	
19	257	566.5	Susan Drach	US-VA	Masters Nationals	Zion Crossroads
20	245	540.1	Kim Roberts	US-FL	Last Chance Qualifier	Mount Dora
	245	540.1	Francine Rattray	Canada	Worlds	

Weight Class: 132				Total	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	370.5	816.8	Natasha Beasley	US-VA	American Challenge 2019 - MD	
2	362	798	Christine Trac	Canada	Worlds	
3	360	793.6	Megan Bain	Canada	Last Chance for the Dance	Calgary
4	356	784.8	Sandi Burke	Ireland	IDFPA National Powerlifting Championships	Galway
5	353	778.2	Lauren Conrad	US-PA	Great Lakes Powerlifting and BP	Erie
6	352.5	777.1	Tonya Motyka	Canada	2019 Cast a Shadow	Squamish
7	349	769.4	Jenelle Schultz	Australia	Worlds	

8	346	762.7	Skylar Yanke	Canada	Worlds	
9	342.5	755	Tiffany Hui	Canada	Bar Wars West	
10	332.5	733	Brittney Howard	US-VA	Potomac Open	Tysons Corner
11	330	727.5	Ashley Enns	Canada	Bar Wars West	
12	323	712	Jenn Lee	Canada	Worlds	
13	312.5	688.9	Carlee Grant	Canada	2019 Meet At The Mountains	Pincher Creek
14	304	670.1	Clair Angel	Australia	Worlds	
15	295	650.3	Terra MacKeigan	Canada	Canadian Nationals	Medicine Hat
16	292.5	644.8	Carolyn Gersh	Canada	Worlds	
17	290.5	640.4	Karen Ogilvie	Canada	2019 Cast a Shadow	Squamish
18	290	639.3	Nicola McDivitt	Canada	Worlds	
19	282.5	622.7	Sarah Coyne	Ireland	IDFPA National Full Power Championships	
20	280	617.2	Rayelle Smith	Canada	Worlds	

Weight Class: 148				Total	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	433	954.5	Tara Gripton	Australia	Worlds	
2	413.5	911.6	Lisa Lethbridge	Canada	2019 Cast a Shadow	Squamish
3	390.5	860.8	Abby Hall	Canada	Canadian Nationals	Medicine Hat
4	375	826.7	Audrey Carpenter	US-VA	Battlefield Open	Fredericksburg
5	369.5	814.5	Rachelle Forget	Canada	Canadian Nationals	Medicine Hat
6	367.5	810.1	Andrea Melito	Canada	Canadian Nationals	Medicine Hat
7	365	804.6	Erin Matheson	Canada	Last Chance for the Dance	Calgary
8	352.5	777.1	Megan Bain	Canada	2019 Hub Power	High River
	352.5	777.1	Naomi Kutin	US-NJ	American Challenge 2019 - NJ	
10	342.5	755	Trista Hutchings	US-NE	Holiday Classic	Council Bluffs
11	339	747.3	Jo Tarlton	New Zealand	Worlds	
12	335	738.5	Rosa Rodriguez	US-MD	Maryland State Championships	Hanover
13	330	727.5	Alyssa Turose	US-AZ	American Challenge 2019 - AZ	
	330	727.5	Anna Quijada	Canada	Canadian Nationals	Medicine Hat
	330	727.5	Erin Martin	Canada	Last Chance for the Dance	Calgary
16	327.5	722	Tracy Curran	Canada	Bar Wars East	
17	317.5	699.9	Dana Woodbeck	US-PA	American Challenge 2019 - NY	
	317.5	699.9	Suzanne LaForge	US-FL	Worlds	
19	313	690	Maria Efimenko	Ireland	Worlds	
20	308	679	Rachel O'Mahony	Ireland	Worlds	

Weight Class: 165				Total	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	488	1075.8	Karlina Tongotea	New Zealand	Worlds	
2	484	1067	Barbra Auva'a	New Zealand	Worlds	
3	448	987.6	Isabella Thomson	Australia	Worlds	
4	429	945.7	Melissa Buhler	Canada	Worlds	
5	415	914.9	Leah Cameron	Canada	Worlds	
6	402.5	887.3	Angela Lewis	Canada	Worlds	
7	385.5	849.8	Tierra Tucker	US-MD	Potomac Open	Tysons Corner
8	382.5	843.2	Yasmine Halat	Canada	Worlds	
9	377.5	832.2	Tricia Floyd	US-VA	DMV Invitational	White Plains
10	375	826.7	Lisa Szabon-Smith	Canada	2019 Hub Power	High River
11	370	815.7	Maria Rojas	US-VA	American Challenge 2019 - VA	
	370	815.7	Erin Matheson	Canada	Worlds	
	370	815.7	Sarah Wheal	Australia	Worlds	
14	359	791.4	Eleanor Gambling	Australia	Worlds	
15	357.5	788.1	Sarah Cowley	Canada	2019 Meet At The Mountains	Pincher Creek
16	348	767.2	Eileen Gorry	Ireland	IDFPA National Full Power Championships	
17	347.5	766	Anna Quijada	Canada	Worlds	
18	346	762.7	Alyssa Turose	US-AZ	Southwest Regional	Goodyear

19	342.5	755	Jessica Hierons	Canada	Worlds
20	340	749.5	Courtney Steele	Canada	Bar Wars East

Weight Class: 181				Total	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	478	1053.7	Lisa Gervais	Canada	Canadian Nationals	Medicine Hat
2	455	1003	Allison White	US-VA	American Challenge 2019 - NC	
3	398	877.4	Sara Burwash	Canada	Worlds	
4	385	848.7	Kathleen MacDonald	Canada	Canadian Nationals	Medicine Hat
5	368	811.2	Monique Barba	US-AZ	American Challenge 2019 - AZ	
6	355	782.6	Alana Amantine	US-PA	Mid-Atlantic Regionals	Zion Crossroads
7	342.5	755	Nataly Lugo	Canada	2019 Hub Power	High River
8	340	749.5	Vanessa Reed	Canada	Last Chance for the Dance	Calgary
9	337.5	744	Linda Byrne	Ireland	IDFPA National Powerlifting Championships	Galway
10	335	738.5	Courtney Dill	Canada	Bar Wars East	
	335	738.5	Julia Bassett	Canada	Last Chance for the Dance	Calgary
12	332.5	733	Karen Loftis	US-IA	Holiday Classic	Council Bluffs
13	320	705.4	Amy Eaton	US-MD	Maryland State Championships	Hanover
14	317.5	699.9	Chris Redmond	US-PA	Great Lakes Powerlifting and BP	Erie
15	315	694.4	Sara Mayes	US-PA	Tioga Downs Open	Tioda Downs
	315	694.4	Anna Bruder	Canada	Bar Wars West	
17	310.5	684.5	Mona Espinosa	US-VA	Potomac Open	Tyson's Corner
18	310	683.4	Linda Lee	US-VA	Mid-Atlantic Regionals	Zion Crossroads
19	297.5	655.8	Sharon Schwartz	US-PA	Great Lakes Powerlifting and BP	Erie
20	285	628.3	Michelle Risse	US-VA	Potomac Open	Tyson's Corner
	285	628.3	Sylvia Roche	Canada	Last Chance for the Dance	Calgary

Weight Class: 198				Total	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	491	1082.4	Jewel Tasi	New Zealand	Worlds	
2	475	1047.1	Lisa Gervais	Canada	Worlds	
3	430.5	949	Paulina Deng	Canada	Last Chance for the Dance	Calgary
4	412.5	909.3	Sara Burwash	Canada	Bar Wars West	
5	397.5	876.3	Alyssa DeWolffe	Canada	Worlds	
6	388	855.3	Jane Morris	Australia	Worlds	
7	375	826.7	Sheryl Malinowski	Canada	2019 Hub Power	High River
8	370	815.7	Kelly Christian	US-VA	Shenandoah Open	Woodstock
9	362.5	799.1	Cindy Stritzinger	US-PA	Great Lakes Powerlifting and BP	Erie
10	357.5	788.1	Lindsey Brill	US-NV	American Challenge 2019 - AZ	
11	355	782.6	Merrina Sandoval	US-AZ	American Challenge 2019 - AZ	
12	347.5	766	Simone Rodger	Canada	Last Chance for the Dance	Calgary
13	345	760.5	Neave Muller	Australia	Worlds	
14	315	694.4	Courtney Van Beers	Canada	Last Chance for the Dance	Calgary
15	312.5	688.9	Joenell Frantz	US-VA	Potomac Open	Tyson's Corner
16	310	683.4	Wendy Desjarlais	Canada	Iron Challenge	Medicine Hat
17	300	661.3	Samantha Cox	Canada	2019 Cast a Shadow	Squamish
18	292.5	644.8	Amanda Burke	Ireland	IDFPA National Full Power Championships	
19	275.5	607.3	Lori McWatters	Canada	Bar Wars West	
20	275	606.2	Caroline Pigott	Ireland	IDFPA National Full Power Championships	

Weight Class: 198+				Total	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	535	1179.4	Riria Ropata	New Zealand	Worlds	
2	418	921.5	Alison Fitzmaurice	New Zealand	Worlds	
3	407	897.2	Stephanie Horlyck	Australia	Worlds	
4	405	892.8	Brittany Wilson	US-VA	Potomac Open	Tyson's Corner
5	398	877.4	Cherisse Martineau	Canada	Worlds	

6	394.5	869.7	Joanna Borecki	Canada	Worlds	
7	390	859.7	Storme Gray	US-VA	Potomac Open	Tysons Corner
8	377.5	832.2	Melanie Perron	Canada	Worlds	
9	373	822.3	Rachel O'Connor	Ireland	Worlds	
10	372.5	821.2	Shaundra Wood	US-DC	Potomac Open	Tysons Corner
11	367.5	810.1	Sharalee Bustamante	Canada	Iron Challenge	Medicine Hat
12	365	804.6	Kirsten Ross	US-VA	DMV Invitational	White Plains
13	360	793.6	Sharalee Earle	Canada	Worlds	
	360	793.6	Simone Lowman	US-FL	Beasty Bash	Mount Dora
15	355	782.6	Mary Tillery	US-NC	American Challenge 2019 - NC	
16	352.5	777.1	Kim Elletson	US-NC	Great Lakes Powerlifting and BP	Erie
17	350	771.6	Alyssia DeWolfe	Canada	2019 Cast a Shadow	Squamish
	350	771.6	Sarah Mays	US-OH	Ohio State Championships	Bedford Heights
19	347.5	766	Alyssa Nelson	Canada	2019 Meet At The Mountains	Pincher Creek
20	335	738.5	Venus Lanham	US-MD	DMV Invitational	White Plains

2019 Strict Curl Rankings Female

Weight Class: 97				Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	33.5	73.8	Ashley Christiansen	US-NC	Single Lift Worlds	Virginia Beach
2	30	66.1	Karen Poyner	US-VA	American Challenge 2019 - NC	
3	17.5	38.5	Rocky Luedeker	US-AZ	American Challenge 2019 - AZ	
4	15	33	Monika .	India	India National Single Lift Championships	
5	13	28.6	Avaya Berge	US-NC	American Challenge 2019 - NC	
6	11	24.2	Carly Cooper	US-NC	Southern Open	
7	8.5	18.7	Brittani Teeter	US-PA	Tioga Downs Open	Tioda Downs
8	5	11	Ananya .	India	Karnal Bench Press and Stict Curl Championships	Haryana
	5	11	Kanishka .	India	Karnal Bench Press and Stict Curl Championships	Haryana
	5	11	Sanvi Sharma	India	Karnal Bench Press and Stict Curl Championships	Haryana
	5	11	Sidakpreet Kaur	India	Karnal Bench Press and Stict Curl Championships	Haryana
	5	11	Anushka .	India	Karnal Bench Press and Stict Curl Championships	Haryana

Weight Class: 105				Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	31	68.3	Tiffany Barney	US-CT	Massachussetts State Championship	Plainridg Park
2	27.5	60.6	Pragati Sadafule	India	India National Single Lift Championships	
3	24	52.9	Heather Wayland	US-PA	Power Day	Bigler
4	22.5	49.6	Neetu Jogi	India	India National Single Lift Championships	

Weight Class: 114				Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	38.5	84.8	Krystal Brown	US-VA	Single Lift Worlds	Virginia Beach
2	30.5	67.2	Angela Curtis	US-ME	American Challenge 2019 - CT	
3	27	59.5	Brooke Zak	US-NC	OBX Open	Jarvisburg
4	21.5	47.3	MacKenzie Taylor	US-NC	Single Lift Worlds	Virginia Beach
5	21	46.2	Mackenzie Taylor	US-NC	Battle of the Border	Curituck

Weight Class: 123				Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	35	77.1	Lacretta Incorvaia	US-OH	Ohio State Championships	Bedford Heights
2	34.5	76	Krystal Brown	US-VA	Potomac Open	Tysons Corner
3	32.5	71.6	Diane Brill	US-NV	American Challenge 2019 - AZ	
4	32	70.5	Alexandra Sipershteyn	US-OH	Tri-State Championship	Bedford Heights
5	29.5	65	Tiffany Barney	US-CT	Connecticut State Championship	Cheshire
	29.5	65	Denise Jaffe	US-OH	Single Lift Worlds	Virginia Beach
7	28.5	62.8	Jenn Zak	US-NC	Single Lift Worlds	Virginia Beach

8	26.5	58.4	Angela Krom	US-CT	Massachussetts State Championship	Plainridg Park
9	23.5	51.8	Abbey Croce	US-CT	American Challenge 2019 - CT	
10	22.5	49.6	Trish Kirkland	US-FL	American Challenge 2019 - FL	
	22.5	49.6	Anna Zak	NC	Southern Open	
12	18.5	40.7	Karola Meyer	US-MD	KAAOS Classic	Washington
13	18	39.6	Karila Meyer	US-MD	Masters Nationals	Zion Crossroads
14	17.5	38.5	Mackenzie Taylor	US-NC	American Challenge 2019 - NC	
15	15	33	Jasmeet Kaur	India	India National Single Lift Championships	

Weight Class: 132				Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	41	90.3	Natasha Beasley	US-VA	American Challenge 2019 - NC	
2	38	83.7	Catherine Reynolds	US-VA	DMV Invitational	White Plains
3	32.5	71.6	Nicole Rakes	US-FL	Beasty Bash	Mount Dora
4	32	70.5	Lesley DeAngelo	US-CT	Masters Nationals	Zion Crossroads
5	30	66.1	Meghan Wallace	US-OH	American Challenge 2019 - OH	
	30	66.1	Jennifer Zak	US-NC	OBX Open	Jarvisburg
7	29	63.9	Daron Gawronski	US-CT	Single Lift Worlds	Virginia Beach
8	27.5	60.6	Linda Leightley	US-VA	Shenandoah Open	Woodstock
9	26	57.3	Jennifer Bowe	US-VA	Potomac Open	Tysons Corner
10	25	55.1	Gina Buhrman	US-VA	Potomac Open	Tysons Corner
11	23.5	51.8	Sherry Rowe	US-VA	Single Lift Worlds	Virginia Beach
12	23	50.7	Celia Inman	US-NC	Masters Nationals	Zion Crossroads
13	20	44	Neeru Bhadoria	India	India National Single Lift Championships	
	20	44	Ashlesha Tiwari	India	India National Single Lift Championships	
15	15	33	Samriddhi Sharma	India	India National Single Lift Championships	

Weight Class: 148				Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	41	90.3	Tricia Floyd	US-VA	Mid-Atlantic Regionals	Zion Crossroads
2	37.5	82.6	Natasha Beasley	US-VA	Christmas Classic	Zion Crossroads
3	35	77.1	Lesley DeAngelo	US-CT	Massachussetts State Championship	Plainridg Park
4	34	74.9	Mary Schlifke	US-FL	American Challenge 2019 - FL	
5	33.5	73.8	Nikki Dorval	US-CT	Single Lift Worlds	Virginia Beach
6	32.5	71.6	Daron Gawronski	US-CT	Massachussetts State Championship	Plainridg Park
7	32	70.5	Geogianna Orseno	US-MA	Single Lift Worlds	Virginia Beach
8	30	66.1	Georgianna Orseno	US-MA	Massachussetts State Championship	Plainridg Park
	30	66.1	Claudia Helmick	US-VA	Christmas Classic	Zion Crossroads
10	27.5	60.6	Linda Eggleston	US-NY	Power Day	Bigler
	27.5	60.6	Alexandra Telatko	US-OH	Ohio State Championships	Bedford Heights
12	25	55.1	Melissa Palmer	US-AZ	American Challenge 2019 - AZ	
	25	55.1	Rakhi .	India	India National Single Lift Championships	
	25	55.1	Khushi Panwar	India	India National Single Lift Championships	
15	22.5	49.6	Roshni Gurjar	India	India National Single Lift Championships	
16	21.5	47.3	Gina Welch	US-VA	Potomac Open	Tysons Corner
17	16	35.2	Marlene Henriques	US-VA	Potomac Open	Tysons Corner
18	12.5	27.5	Arti Sharma	India	India National Single Lift Championships	

Weight Class: 165				Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	50	110.2	Tierra Tucker	US-MD	Potomac Open	Tysons Corner
2	34.5	76	Lesley DeAngelo	US-CT	Single Lift Worlds	Virginia Beach
3	33.5	73.8	Amy Traver	US-CT	American Challenge 2019 - CT	
	33.5	73.8	Nikki Dorval	US-CT	American Challenge 2019 - CT	
5	31.5	69.4	Christina Zart	US-OH	Tri-State Championship	Bedford Heights
6	31	68.3	Cari DeLorenzo	US-CT	Connecticut State Championship	Cheshire
7	27.5	60.6	Jessica Fagnoli	US-CT	American Challenge 2019 - CT	

8	22.5	49.6	Monika .	India	India National Single Lift Championships	
9	20	44	Sarita Maurya	India	India National Single Lift Championships	
	20	44	Simple Bedi	India	India National Single Lift Championships	
11	18.5	40.7	Linda Odum	US-VA	Masters Nationals	Zion Crossroads

Weight Class: 181						
Strict Curl				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	40	88.1	Mary Hodge	US-VA	Single Lift Worlds	Virginia Beach
2	39.5	87	Sara Mayes	US-PA	Tioga Downs Open	Tioda Downs
3	37.5	82.6	Kim Pollock	US-PA	Central PA Open	Clearfield
4	36.5	80.4	Amy Traver	US-CT	Massachussetts State Championship	Plainridg Park
5	35	77.1	Kim Doutt	US-PA	Power Day	Bigler
6	33.5	73.8	Patricia Ballentine	US-VA	United Sates Open	Zion Crossroads
7	33	72.7	Liberty Buccello	US-NY	Masters Nationals	Zion Crossroads
8	31.5	69.4	Katina James	US-VA	Christmas Classic	Zion Crossroads
9	31	68.3	Mona Espinosa	US-VA	Single Lift Worlds	Virginia Beach
10	30	66.1	Alana Amantine	US-PA	Mid-Atlantic Regionals	Zion Crossroads
11	25	55.1	Trella Morales	US-AZ	American Challenge 2019 - AZ	
	25	55.1	Elishba Kinder	India	India National Single Lift Championships	
	25	55.1	Laura Witter	US-PA	Eastern USA Open	Woodstock
14	24.5	54	Nelda Newton	US-NC	Single Lift Worlds	Virginia Beach
15	21	46.2	Maegan Sady	US-DC	KAAOS Classic	Washington
16	20	44	Denna Jones	US-MD	KAAOS Classic	Washington
	20	44	Mary McCaffrey	US-FL	Beasty Bash	Mount Dora

Weight Class: 198						
Strict Curl				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	36	79.3	Amy Traver	US-CT	Single Lift Worlds	Virginia Beach
2	34	74.9	Liberty Buccello	US-NY	KAAOS Classic	Washington
3	33	72.7	Jennifer Tramonano	US-CT	Single Lift Worlds	Virginia Beach
4	32	70.5	Jennifer Tramontano	US-CT	Massachussetts State Championship	Plainridg Park
5	31	68.3	Terri Korba	US-NY	American Challenge 2019 - NY	
6	30	66.1	Karen Hansen	US-VA	DMV Invitational	White Plains
7	27.5	60.6	Pinki .	India	India National Single Lift Championships	
8	25	55.1	Manali Ahlawat	India	India National Single Lift Championships	
9	18.2	40.1	Marsha Busse	US-NE	American Challenge 2019 - NE	
10	17.5	38.5	Andrea Hickling	US-FL	American Challenge 2019 - FL	

Weight Class: 198+						
Strict Curl				Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	42	92.5	Dorothy Sosnicki	US-AZ	Single Lift Worlds	Virginia Beach
2	41.5	91.4	Latonia Brown	US-NC	Battle of the Border	Curituck
	41.5	91.4	Kierstyn Bourdeau	US-CT	Single Lift Worlds	Virginia Beach
4	38	83.7	Kirsten Ross	US-VA	DMV Invitational	White Plains
5	34.5	76	Kristianne Bebout	US-NC	Tri-State Championship	Bedford Heights
6	28.5	62.8	Skye White	US-FL	Last Chance Qualifier	Mount Dora
7	26	57.3	Debra Ingersoll	US-FL	American Challenge 2019 - FL	
8	25	55.1	Sandy Flaus	US-VA	Single Lift Worlds	Virginia Beach



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