



2021 Women's Rankings

Updated 12/12/2021 Ed Kutin

edkutin@gmail.com

2021 Squat Rankings				Female							
Weight Class: 97				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	52.5	115.7	Gracie Bushee	US-NC	2021 Powerlifting Worlds	York	PA				
2	50	110.2	Sofia Corridean	US-NC	2021 Powerlifting Worlds	York	PA				
3	45	99.2	Bella Butler	US-PA	2021 Central PA Open	Clearfield	PA				
4	32.5	71.6	Kylie May	US-NC	American Challenge 2021 - NC		NC				
Weight Class: 105				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	72.5	159.8	Kimberly Price	US-VA	2021 Powerlifting Worlds	York	PA				
2	52.5	115.7	Alaska Pratt	US-NC	NC State Championship	Jarvisburg	NC				
Weight Class: 114				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	102.5	225.9	Gloria Leo	Italy	2021 Italian Single Lift Championships		Italy				
2	75	165.3	Janet Huntley	US-PA	Masters Nationals	Fredericksburg	VA				
3	72.5	159.8	Madison Berry	US-NC	NC State Championship	Jarvisburg	NC				
4	57.5	126.7	Alaska Pratt	US-NC	American Challenge 2021 - NC		NC				
5	45	99.2	Karina Harris	Canada	Rust Buster	Calgary	Alberta				
Weight Class: 123				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	130	286.5	Jonalyn Barcarse	US-VA	American Challenge 2021 - VA		VA				
2	115	253.5	Laura Siegle	US-VA	American Challenge 2021 - VA		VA				
	115	253.5	Haley-Jo Kenny	US-NY	American Challenge 2021 - NJ		NJ				
4	110	242.5	Flavia Grassone	Italy	2021 Italian Single Lift Championships		Italy				
5	97.5	214.9	Stephanie Fraser	Canada	Rust Buster	Calgary	Alberta				
6	90	198.4	Miriam Di Francesco	Italy	2021 Italian Single Lift Championships		Italy				
7	85	187.3	Caroline Lee	US-NY	American Challenge 2021 - NY		NY				
8	82.5	181.8	Olesya Ramsey	US-VA	American Challenge 2021 - NC		NC				
9	77.5	170.8	Brooke Zak	US-NC	NC State Championship	Jarvisburg	NC				
	77.5	170.8	Becca Garvin	US-PA	2021 Central PA Open	Clearfield	PA				
11	75	165.3	Mariela Olivares	US-MD	Masters Nationals	Fredericksburg	VA				
	75	165.3	Marcia Anderson	US-VA	Eastern USA Open	Woodstock	VA				
	75	165.3	Carolyn Gersh	Canada	Rust Buster	Calgary	Alberta				
14	67.5	148.8	Kristin Gulling	US-OH	2021 Ohio State Championships	Bedford Heights	OH				
15	60	132.2	Allison Freeman	US-NC	American Challenge 2021 - NC		NC				
16	42.5	93.6	Linda Denerley	US-NY	American Challenge 2021 - NJ		NJ				
Weight Class: 132				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	112.5	248	Laura Evans	Canada	Rust Buster	Calgary	Alberta				

2	110	242.5	Skylar Yanke	Canada	Rust Buster	Calgary	Alberta
3	105	231.4	Gaetana Farano	Italy	2021 Italian Single Lift Championships		Italy
4	95	209.4	Madison Berry	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
5	92.5	203.9	Allison Freeman	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
6	90	198.4	Mary Lou Norris	US-PA	Tri State Championships	Bedford Heights	OH
	90	198.4	Francine Rattray	Canada	Rust Buster	Calgary	Alberta
8	82.5	181.8	Mackenzie Taylor	US-NC	NC State Championship	Jarvisburg	NC
	82.5	181.8	Jaqueline Richardson	US-VA	Eastern USA Open	Woodstock	VA
	82.5	181.8	Nicole Costantino	US-PA	2021 Central PA Open	Clearfield	PA
11	70	154.3	Eleonora Nachiro	Italy	2021 Italian Single Lift Championships		Italy
	70	154.3	Linda Leightley	US-VA	2021 Powerlifting Worlds	York	PA

Weight Class: 148			Squat	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Naomi Kutin	US-NJ	American Challenge 2021 - NJ		NJ
2	122.5	270	Natasha Beasley	US-VA	American Challenge 2021 - VA		VA
3	115	253.5	Jamie Augustine	US-PA	2021 Powerlifting Worlds	York	PA
4	110	242.5	Mackenzie Taylor	US-NC	American Challenge 2021 - NC		NC
5	105.5	232.5	Stephanie Gochenour	US-VA	Shenandoah Open	Woodstock	VA
6	105	231.4	Sarah Goodnight	US-VA	Shenandoah Open	Woodstock	VA
7	100	220.4	Deb Ellard	Canada	Rust Buster	Calgary	Alberta
8	97.5	214.9	Anastasia Nicolov	Canada	Rust Buster	Calgary	Alberta
9	92.5	203.9	Sarah Wernert	US-PA	American Challenge 2021 - PA		PA
	92.5	203.9	Mary Lou Norris	US-PA	2021 Central PA Open	Clearfield	PA
11	85	187.3	Mia Gaylord	US-NY	American Challenge 2021 - NY		NY
12	77.5	170.8	Sherry Pridgen	US-NC	American Challenge 2021 - NC		NC
13	75	165.3	Jane Bickel	US-PA	2021 Central PA Open	Clearfield	PA
14	70	154.3	Marlee Hull	US-PA	2021 Powerlifting Worlds	York	PA
	70	154.3	Lillie Hawes	US-PA	2021 Powerlifting Worlds	York	PA
16	67.5	148.8	Colleen Blakeney	US-VA	American Challenge 2021 - VA		VA
17	65	143.2	Geri-Lyn Hoffman	US-PA	American Challenge 2021 - PA		PA
	65	143.2	Kristine Schlegel	US-PA	2021 Central PA Open	Clearfield	PA
19	62.5	137.7	Erica Hawes	US-PA	American Challenge 2021 - PA		PA
20	60	132.2	Kaylee Dumouchel	Canada	Rust Buster	Calgary	Alberta

Weight Class: 165			Squat	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	123	271.1	Mackenzie Taylor	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
2	120	264.5	Teresa Oldenburger	Canada	Rust Buster	Calgary	Alberta
3	115	253.5	Paige Conrad	US-PA	American Challenge 2021 - PA		PA
4	100	220.4	Rebecca Ryan	US-VA	Shenandoah Open	Woodstock	VA
5	97.5	214.9	Selah Nicholson	Canada	Rust Buster	Calgary	Alberta
6	90	198.4	Assunta Imperatore	Italy	2021 Italian Single Lift Championships		Italy
7	82.5	181.8	Sandra Davis	US-NC	Southern Open	Jarvisburg	NC
8	72.5	159.8	Jennifer Demmerle	US-OH	Tri State Championships	Bedford Heights	OH
	72.5	159.8	Haydee Ortega	US-PA	2021 Powerlifting Worlds	York	PA
10	70	154.3	Claire Bires	US-PA	American Challenge 2021 - PA		PA
11	65	143.2	Madelynn Bengel	US-PA	2021 Powerlifting Worlds	York	PA

Weight Class: 181			Squat	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	122.5	270	Sarah Heffner	US-PA	2021 Central PA Open	Clearfield	PA
2	110	242.5	Sylvia Roche	Canada	Rust Buster	Calgary	Alberta
	110	242.5	Megan Roth	US-PA	2021 Central PA Open	Clearfield	PA
4	107.5	236.9	Lauren Greengrove	Canada	Rust Buster	Calgary	Alberta
5	105	231.4	Chris Redmond	US-PA	Tri State Championships	Bedford Heights	OH

6	100	220.4	Kristina Reed	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
7	85	187.3	Chloe Rabago	US-CT	American Challenge 2021 - CT		CT
8	82.5	181.8	Sirai Farah	US-OH	Tri State Championships	Bedford Heights	OH
9	75	165.3	Kim Pollock	US-PA	American Challenge 2021 - PA		PA
10	57.5	126.7	Janelle Ollivierre	US-DC	American Challenge 2021 - MD		MD

Weight Class: 198			Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Emily Neff	US-VA	American Challenge 2021 - NC		NC
2	122.5	270	Cindy Stritzinger	US-PA	Masters Nationals	Fredericksburg	VA
3	110	242.5	Kristina Reed	US-NC	Southern Open	Jarvisburg	NC
4	103.5	228.1	Lori McWatters-Nicolaidis	Canada	Rust Buster	Calgary	Alberta
5	100	220.4	Cristina Russo	Italy	2021 Italian Single Lift Championships		Italy
6	90	198.4	Amy Traver	US-CT	American Challenge 2021 - NY		NY
7	52.5	115.7	Laura Neff	US-VA	American Challenge 2021 - NC		NC

Weight Class: 198+			Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Kierstyn Bourdeau	US-CT	American Challenge 2021 - NY		NY
2	167.5	369.2	Alyssa Nelson	Canada	Rust Buster	Calgary	Alberta
3	160	352.7	Samantha Davis	US-OH	Tri State Championships	Bedford Heights	OH
4	150	330.6	Erica Heinsman	US-MD	Masters Nationals	Fredericksburg	VA
5	140	308.6	Jontiasha Goode	US-VA	American Challenge 2021 - VA		VA
6	137.5	303.1	Olivia Zigler	US-FL	American Challenge 2021 - FL		FL
7	130	286.5	Rachel Clarke	US-PA	American Challenge 2021 - PA		PA
		130	Autumn Powell	US-PA	2021 Central PA Open	Clearfield	PA
9	127.5	281	Shaundra Wood	US-DC	American Challenge 2021 - MD		MD
10	117.5	259	JaRessia Martin	US-VA	Eastern USA Open	Woodstock	VA
11	115	253.5	Taylor Miller	US-CO	Scorpion Sting	Westcliff	CO
12	107.5	236.9	Katy Beyerle	US-OH	Tri State Championships	Bedford Heights	OH
13	105	231.4	Michelle Lawson	US-PA	2021 Powerlifting Worlds	York	PA
14	102.5	225.9	Sharon UTI	US-IL	NC State Championship	Jarvisburg	NC
15	97.5	214.9	Erin Lewis	US-PA	2021 Powerlifting Worlds	York	PA
16	95	209.4	Liberty Buccello	US-NY	Masters Nationals	Fredericksburg	VA
17	87.5	192.9	Monika Steczkowski	US-CT	American Challenge 2021 - NY		NY
18	85	187.3	Yasmen Muhssin	Canada	Rust Buster	Calgary	Alberta
19	82.5	181.8	Ticara Evans	US-DC	American Challenge 2021 - MD		MD
20	77.5	170.8	Wendy Thompson	US-NC	American Challenge 2021 - NC		NC

2021 Bench Press Rankings Female

Weight Class: 97			Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Elizabeth Parker	US-FL	American Challenge 2021 - FL		FL
2	37.5	82.6	Jade Nguen	US-VA	Masters Nationals	Fredericksburg	VA
3	30	66.1	Avaya Berge	US-NC	Southern Open	Jarvisburg	NC
4	25.5	56.2	Gracie Bushee	US-NC	Southern Open	Jarvisburg	NC
5	25	55.1	Sofia Corridean	US-NC	2021 Powerlifting Worlds	York	PA
6	22.5	49.6	Kylie May	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
7	22	48.5	Adella James	US-NC	Eastern USA Open	Woodstock	VA
8	20	44	Sarla Devi	India	National Benchpress and Deadlift Championships	Karnal	India
		20	Bella Butler	US-PA	2021 Central PA Open	Clearfield	PA
10	18.5	40.7	Oliva James	US-NC	Eastern USA Open	Woodstock	VA

Weight Class: 105			Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Tiffany Barney	US-CT	American Challenge 2021 - NH		NH

2	42.5	93.6	Kimberly Price	US-VA	Masters Nationals	Fredericksburg	VA
3	40	88.1	Priyanka .	India	National Benchpress and Deadlift Championships	Karnal	India
	40	88.1	Mia Denhart	US-CT	2021 CT State Championship	Cheshire	CT
	40	88.1	Allison Bulluck	US-VA	Mid Atlantic Open	Fredericksburg	VA
	40	88.1	Allison Bulluck	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
7	22.5	49.6	Alaska Pratt	US-NC	NC State Championship	Jarvisburg	NC
8	18	39.6	Carly Cooper	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 114		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Lori McMahon	US-PA	2021 Central PA Open	Clearfield	PA
2	55	121.2	Meenakshi .	India	National Benchpress and Deadlift Championships	Karnal	India
	55	121.2	Gloria Leo	Italy	2021 Italian Single Lift Championships		Italy
	55	121.2	Monica Del Gottardo	Italy	2021 Italian Single Lift Championships		Italy
5	50.5	111.3	Janet Huntley	US-PA	2021 Powerlifting Worlds	York	PA
6	50	110.2	Daniela Puglia	Italy	2021 Italian Single Lift Championships		Italy
7	45.5	100.3	Jo Hendon	US-VA	Mid Atlantic Open	Fredericksburg	VA
8	40	88.1	Mia Denhart	US-CT	Connecticut Strength Bench and Deadlift	Cheshire	CT
	40	88.1	Karina Harris	Canada	Rust Buster	Calgary	Alberta
10	35	77.1	Allie Neas	US-CO	Scorpion Sting	Westcliff	CO
11	32.5	71.6	Alaska Pratt	US-NC	American Challenge 2021 - NC		NC
	32.5	71.6	Autumn Mallon	US-MD	Shenandoah Open	Woodstock	VA
13	25	55.1	Madison Berry	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 123		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Jonalyn Barcarse	US-VA	American Challenge 2021 - VA		VA
2	70	154.3	Miriana Migliaccio	Italy	2021 Italian Single Lift Championships		Italy
3	67.5	148.8	Carolyn Gersh	Canada	Rust Buster	Calgary	Alberta
4	65	143.2	Laura Siegle	US-VA	American Challenge 2021 - VA		VA
	65	143.2	Haley-Jo Kenny	US-NY	American Challenge 2021 - NJ		NJ
6	60	132.2	Caroline Lee	US-NY	American Challenge 2021 - NY		NY
7	55	121.2	Mariela Olivares	US-MD	Patriots Single Lift Open	Prince Frederick	MD
	55	121.2	Veronica Sansò	Italy	2021 Italian Single Lift Championships		Italy
	55	121.2	Camilla Boccardo	Italy	2021 Italian Single Lift Championships		Italy
10	50	110.2	Miriam Di Francesco	Italy	2021 Italian Single Lift Championships		Italy
11	47.5	104.7	Brooke Zak	US-NC	NC State Championship	Jarvisburg	NC
	47.5	104.7	Stephanie Fraser	Canada	Rust Buster	Calgary	Alberta
	47.5	104.7	Daniela Luisini	Italy	2021 Italian Single Lift Championships		Italy
14	45	99.2	Olesya Ramsey	US-VA	American Challenge 2021 - NC		NC
	45	99.2	Beth Ogne	US-MD	American Challenge 2021 - MD		MD
	45	99.2	Kristin Gulling	US-OH	2021 Ohio State Championships	Bedford Heights	OH
17	41	90.3	Marcia Anderson	US-VA	Eastern USA Open	Woodstock	VA
18	40	88.1	Becca Garvin	US-PA	2021 Central PA Open	Clearfield	PA
19	35	77.1	Maddie Dudeck	US-CT	2021 CT State Championship	Cheshire	CT
	35	77.1	Allison Freeman	US-NC	American Challenge 2021 - NC		NC

Weight Class: 132		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Skylar Yanke	Canada	Rust Buster	Calgary	Alberta
	75	165.3	Luisa Cefariello	Italy	2021 Italian Single Lift Championships		Italy
3	72.5	159.8	Catherine Reynolds	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
4	70	154.3	Nicole Turturro	US-NJ	American Challenge 2021 - NJ		NJ
	70	154.3	Laura Evans	Canada	Rust Buster	Calgary	Alberta
6	57.5	126.7	Lesley DeAngelo	US-CT	2021 CT State Championship	Cheshire	CT
	57.5	126.7	Taylor Thomas	US-VA	OBX Powerlifting Championships	Jarvisburg	NC

8	55	121.2	Francine Rattray	Canada	Rust Buster	Calgary	Alberta
9	54.5	120.1	Mackenzie Taylor	US-NC	NC State Championship	Jarvisburg	NC
10	52.5	115.7	Mary Lou Norris	US-PA	Tri State Championships	Bedford Heights	OH
11	48.5	106.9	Nikki Dorval	US-CT	American Challenge 2021 - NH		NH
	48.5	106.9	Madison Berry	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
13	47.5	104.7	Barbara Phillips	US-CO	Scorpion Sting	Westcliff	CO
	47.5	104.7	Allison Freeman	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
	47.5	104.7	Jacqueline Richardson	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
16	45	99.2	Rashmila .	India	National Benchpress and Deadlift Championships	Karnal	India
	45	99.2	Rekha Devi	India	National Benchpress and Deadlift Championships	Karnal	India
	45	99.2	Angela Krom	US-CT	2021 CT State Championship	Cheshire	CT
	45	99.2	Nicole Costantino	US-PA	Tri State Championships	Bedford Heights	OH
	45	99.2	Linda Leightley	US-VA	2021 Powerlifting Worlds	York	PA

Weight Class: 148		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Natasha Beasley	US-VA	American Challenge 2021 - VA		VA
2	75	165.3	Deb Ellard	Canada	Rust Buster	Calgary	Alberta
	75	165.3	Jamie Augustine	US-PA	2021 Powerlifting Worlds	York	PA
4	68	149.9	Claudia Helmick	US-VA	2021 Christmas Classic	Woodstock	VA
5	67.5	148.8	Tricia Floyd	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
	67.5	148.8	Mackenzie Taylor	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
7	65	143.2	Meghan Wallace	US-OH	Tri State Championships	Bedford Heights	OH
	65	143.2	Caroline Lee	US-NY	Owego Winter Classic	Owego	NY
9	60	132.2	Giordana Parisi	Italy	2021 Italian Single Lift Championships		Italy
10	57.5	126.7	Naomi Kutin	US-NJ	American Challenge 2021 - NJ		NJ
	57.5	126.7	Sarah Goodnight	US-VA	Shenandoah Open	Woodstock	VA
12	55	121.2	Anastasia Nicolov	Canada	Rust Buster	Calgary	Alberta
13	52.5	115.7	Sherry Pridgen	US-NC	American Challenge 2021 - NC		NC
	52.5	115.7	Mary Lou Norris	US-PA	2021 Central PA Open	Clearfield	PA
15	50	110.2	Stephanie Gochenour	US-VA	Shenandoah Open	Woodstock	VA
	50	110.2	Jacqueline Richardson	US-VA	2021 Christmas Classic	Woodstock	VA
17	47.5	104.7	Mia Gaylord	US-NY	American Challenge 2021 - NY		NY
	47.5	104.7	Janet Reynolds	US-FL	American Challenge 2021 - FL		FL
	47.5	104.7	Arianna Grossi	Italy	2021 Italian Single Lift Championships		Italy
20	45	99.2	Sarah Wernert	US-PA	American Challenge 2021 - PA		PA
	45	99.2	Lillie Hawes	US-PA	2021 Powerlifting Worlds	York	PA
	45	99.2	Jane Bickel	US-PA	2021 Central PA Open	Clearfield	PA

Weight Class: 165		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Shannon Lowery	US-NC	NC State Championship	Jarvisburg	NC
2	75	165.3	Cynthia Crossland	US-OK	NC State Championship	Jarvisburg	NC
3	72.5	159.8	Cynthia Line	US-PA	2021 Single Lift World Championships	Virgina Beach	VA
4	70	154.3	Henna .	India	National Benchpress and Deadlift Championships	Karnal	India
5	67.5	148.8	Mackenzie Taylor	US-NC	2021 Powerlifting Worlds	York	PA
6	63	138.8	Claire Cooney	Canada	Rust Buster	Calgary	Alberta
7	62.5	137.7	Gabrielle Achord	US-VA	American Challenge 2021 - VA		VA
8	60	132.2	Jen Tillet	US-NC	American Challenge 2021 - NC		NC
	60	132.2	Sandra Davis	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
10	57.5	126.7	Taylor Gromko	US-CT	Connecticut Strength Bench and Deadlift	Cheshire	CT
11	55	121.2	Susan Shofner	US-OH	Tri State Championships	Bedford Heights	OH
	55	121.2	Paige Conrad	US-PA	American Challenge 2021 - PA		PA
	55	121.2	Alicia Kindred	US-VA	Mid Atlantic Open	Fredericksburg	VA
	55	121.2	Teresa Oldenburger	Canada	Rust Buster	Calgary	Alberta
15	52.5	115.7	Lisa Walker	US-VA	2021 Christmas Classic	Woodstock	VA

16	50	110.2	Selah Nicholson	Canada	Rust Buster	Calgary	Alberta
	50	110.2	Madelynn Bengel	US-PA	2021 Powerlifting Worlds	York	PA
18	47.5	104.7	Jennifer Demmerle	US-OH	Tri State Championships	Bedford Heights	OH
	47.5	104.7	Claire Bires	US-PA	2021 Powerlifting Worlds	York	PA
20	40	88.1	Rebecca Ryan	US-VA	Shenandoah Open	Woodstock	VA

Weight Class: 181				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Mona Espinosa	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
2	80	176.3	Sarah Heffner	US-PA	2021 Central PA Open	Clearfield	PA
3	73	160.9	Sylvia Roche	Canada	Rust Buster	Calgary	Alberta
4	60	132.2	Megan Roth	US-PA	2021 Central PA Open	Clearfield	PA
5	57.5	126.7	Chris Redmond	US-PA	Tri State Championships	Bedford Heights	OH
	57.5	126.7	Kim Pollock	US-PA	American Challenge 2021 - PA		PA
	57.5	126.7	Kristina Reed	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
8	52.5	115.7	Laura Yellen	US-CT	American Challenge 2021 - NH		NH
	52.5	115.7	Lauren Greengrove	Canada	Rust Buster	Calgary	Alberta
10	50	110.2	Chloe Rabago	US-CT	American Challenge 2021 - NH		NH
	50	110.2	Denna Jones	US-DC	2021 Single Lift World Championships	Virgina Beach	VA
	50	110.2	Katina James	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
13	45	99.2	Amber Geraldi	US-CT	American Challenge 2021 - CT		CT
14	37.5	82.6	Anita Devi	India	National Benchpress and Deadlift Championships	Karnal	India
	37.5	82.6	Janelle Ollivierre	US-DC	American Challenge 2021 - MD		MD
16	35	77.1	Anushka Panwar	India	National Benchpress and Deadlift Championships	Karnal	India
	35	77.1	Denise Morell	US-DC	2021 Single Lift World Championships	Virgina Beach	VA
18	27.5	60.6	Sirai Farah	US-OH	Tri State Championships	Bedford Heights	OH

Weight Class: 198				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	92.5	203.9	Mona Espinosa	US-VA	Patriots Single Lift Open	Prince Frederick	MD
2	85	187.3	Leslie Wright	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
3	82.5	181.8	Linda Lee	US-VA	Mid Atlantic Open	Fredericksburg	VA
4	72.5	159.8	Cindy Stritzinger	US-PA	Masters Nationals	Fredericksburg	VA
	72.5	159.8	Shelby Taylor	US-OH	American Challenge 2021 - OH		OH
6	70.5	155.4	Mary Hodge	US-VA	Mid Atlantic Open	Fredericksburg	VA
7	67.5	148.8	Emily Neff	US-VA	American Challenge 2021 - NC		NC
8	65	143.2	Lori McWatters-Nicolaidis	Canada	Rust Buster	Calgary	Alberta
9	60	132.2	Amy Traver	US-CT	American Challenge 2021 - NY		NY
	60	132.2	Michelle Balsillie	Canada	Rust Buster	Calgary	Alberta
11	57.5	126.7	Kristina Reed	US-NC	Southern Open	Javisburg	NC
12	50	110.2	Jamison Ford	US-DC	2021 Single Lift World Championships	Virgina Beach	VA
13	47.5	104.7	Helena Pettit	US-MD	Patriots Single Lift Open	Prince Frederick	MD
14	45	99.2	Jennifer Tramontano	US-CT	2021 CT State Championship	Cheshire	CT
	45	99.2	Laura Neff	US-VA	American Challenge 2021 - NC		NC
16	40	88.1	Cristina Russo	Italy	2021 Italian Single Lift Championships		Italy

Weight Class: 198+				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Jontiasha Goode	US-VA	American Challenge 2021 - VA		VA
2	100	220.4	Samantha Davis	US-OH	Tri State Championships	Bedford Heights	OH
3	97.5	214.9	Kierstyn Bourdeau	US-CT	American Challenge 2021 - NY		NY
4	87.5	192.9	JaRessia Martin	US-VA	Eastern USA Open	Woodstock	VA
5	86	189.5	Leslie Wright	US-NC	American Challenge 2021 - NH		NH
6	82.5	181.8	Olivia Zigler	US-FL	2021 Powerlifting Worlds	York	PA
7	80	176.3	Dorothy Sosnicki	US-AZ	2021 Single Lift World Championships	Virgina Beach	VA
8	77.5	170.8	Alyssa Nelson	Canada	Rust Buster	Calgary	Alberta

9	75	165.3	JeReessia Martin	US-VA	Virginia Open	Woodstock	VA
	75	165.3	Dorothy Sodnicki	US-AZ	Masters Nationals	Fredericksburg	VA
11	72.5	159.8	Sharon UTI	US-IL	NC State Championship	Jarvisburg	NC
	72.5	159.8	Shaundra Wood	US-DC	American Challenge 2021 - MD		MD
13	70	154.3	Erica Heinsman	US-MD	Masters Nationals	Fredericksburg	VA
14	65	143.2	Autumn Powell	US-PA	2021 Central PA Open	Clearfield	PA
15	60	132.2	Liberty Buccello	US-NY	Masters Nationals	Fredericksburg	VA
	60	132.2	Rachel Clarke	US-PA	American Challenge 2021 - PA		PA
	60	132.2	Taylor Miller	US-CO	Scorpion Sting	Westcliff	CO
18	57.5	126.7	Monika Steczkowski	US-CT	Connecticut Strength Bench and Deadlift	Cheshire	CT
	57.5	126.7	Ticara Evans	US-DC	American Challenge 2021 - MD		MD
	57.5	126.7	Jeannie Iavarona	US-CT	American Challenge 2021 - CT		CT
	57.5	126.7	Michelle Lawson	US-PA	2021 Powerlifting Worlds	York	PA

2021 Deadlift Rankings Female

Weight Class: 97				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Lucia Zerulo	Italy	2021 Italian Single Lift Championships		Italy
2	75	165.3	Jasmeen Kaur	India	National Benchpress and Deadlift Championships	Karnal	India
3	72.5	159.8	Sofia Corridean	US-NC	2021 Powerlifting Worlds	York	PA
4	66.5	146.6	Gracie Bushee	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
5	60	132.2	Kylie May	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
6	50	110.2	Anushka .	India	National Benchpress and Deadlift Championships	Karnal	India
7	47.5	104.7	Bella Butler	US-PA	2021 Central PA Open	Clearfield	PA
8	45	99.2	Sidakpreet Kaur	India	National Benchpress and Deadlift Championships	Karnal	India
9	42.5	93.6	Adella James	US-NC	Eastern USA Open	Woodstock	VA
10	30	66.1	Kanika .	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 105				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Kimberly Price	US-VA	2021 Powerlifting Worlds	York	PA
2	101	222.6	Allison Bulluck	US-VA	2021 Christmas Classic	Woodstock	VA
3	97.5	214.9	Alison Bulluck	US-VA	Mid Atlantic Open	Fredericksburg	VA
4	92.5	203.9	Priyanka .	India	National Benchpress and Deadlift Championships	Karnal	India
5	90	198.4	Sumanpreet Kaur	India	National Benchpress and Deadlift Championships	Karnal	India
6	67.5	148.8	Alaska Pratt	US-NC	NC State Championship	Jarvisburg	NC
7	65	143.2	Yogita .	India	National Benchpress and Deadlift Championships	Karnal	India
8	30	66.1	Sanvi Sharma	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 114				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Jo Hendon	US-VA	Mid Atlantic Open	Fredericksburg	VA
2	115	253.5	Meenakshi .	India	National Benchpress and Deadlift Championships	Karnal	India
3	107.5	236.9	Janet Huntley	US-PA	Masters Nationals	Fredericksburg	VA
	107.5	236.9	Monica Del Gottardo	Italy	2021 Italian Single Lift Championships		Italy
5	82.5	181.8	Alaska Pratt	US-NC	American Challenge 2021 - NC		NC
6	75	165.3	Madison Berry	US-NC	NC State Championship	Jarvisburg	NC
7	70	154.3	Karina Harris	Canada	Rust Buster	Calgary	Alberta

Weight Class: 123				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Jonalyn Barcarose	US-VA	American Challenge 2021 - VA		VA
2	160	352.7	Laura Siegle	US-VA	American Challenge 2021 - VA		VA
3	132.5	292.1	Carolyn Gersh	Canada	Rust Buster	Calgary	Alberta
4	130	286.5	Miriam Di Francesco	Italy	2021 Italian Single Lift Championships		Italy
5	125	275.5	Sherry Rowe	US-VA	Mid Atlantic Open	Fredericksburg	VA

6	122.5	270	Denise Jaffe	US-OH	American Challenge 2021 - OH		OH
7	120	264.5	Jo Hendon	US-VA	American Challenge 2021 - VA		VA
8	115	253.5	Brooke Zak	US-NC	NC State Championship	Jarvisburg	NC
9	110	242.5	Corinne Deem	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
10	102.5	225.9	Olesya Ramsey	US-VA	American Challenge 2021 - NC		NC
	102.5	225.9	Haley-Jo Kenny	US-NY	American Challenge 2021 - NJ		NJ
	102.5	225.9	Marcia Anderson	US-VA	Eastern USA Open	Woodstock	VA
	102.5	225.9	Stephanie Fraser	Canada	Rust Buster	Calgary	Alberta
14	100	220.4	Beth Ogne	US-MD	Patriots Single Lift Open	Prince Frederick	MD
15	97.5	214.9	Arifa Bilal	India	National Benchpress and Deadlift Championships	Karnal	India
	97.5	214.9	Caroline Lee	US-NY	American Challenge 2021 - NY		NY
17	93.5	206.1	Karola Meyer	US-MD	Patriots Single Lift Open	Prince Frederick	MD
18	90	198.4	Becca Garvin	US-PA	2021 Central PA Open	Clearfield	PA
19	87.5	192.9	Linda Denerley	US-NY	American Challenge 2021 - NJ		NJ
20	85	187.3	Muskan .	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 132				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Nicole Turturro	US-NJ	American Challenge 2021 - NJ		NJ
2	150	330.6	Gaetana Farano	Italy	2021 Italian Single Lift Championships		Italy
3	145	319.6	Suzanne LaForge	US-FL	Scorpion Sting	Westcliff	CO
4	137.5	303.1	Laura Evans	Canada	Rust Buster	Calgary	Alberta
5	127.5	281	Mackenzie Taylor	US-NC	NC State Championship	Jarvisburg	NC
	127.5	281	Sherry Rowe	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
7	125	275.5	Skylar Yanke	Canada	Rust Buster	Calgary	Alberta
	125	275.5	Linda Leightley	US-VA	2021 Powerlifting Worlds	York	PA
9	115	253.5	Francine Rattray	Canada	Rust Buster	Calgary	Alberta
	115	253.5	Allison Freeman	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
	115	253.5	Nicole Costantino	US-PA	2021 Central PA Open	Clearfield	PA
12	113	249.1	Lesley DeAngelo	US-CT	Connecticut Strength Bench and Deadlift	Cheshire	CT
13	110	242.5	Barbara Phillips	US-CO	Scorpion Sting	Westcliff	CO
	110	242.5	Eleonora Nachiro	Italy	2021 Italian Single Lift Championships		Italy
15	107.5	236.9	Mary Lou Norris	US-PA	Tri State Championships	Bedford Heights	OH
16	106	233.6	Madison Berry	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
17	105	231.4	Vandana Rawat	India	National Benchpress and Deadlift Championships	Karnal	India
18	102.5	225.9	Jacqueline Richardson	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
19	100	220.4	Arti Choudhary	India	National Benchpress and Deadlift Championships	Karnal	India
20	95	209.4	Pallavi Sharma	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 148				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	202.5	446.4	Tricia Floyd	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
2	182.5	402.3	Natasha Beasley	US-VA	American Challenge 2021 - VA		VA
3	172.5	380.2	Naomi Kutin	US-NJ	American Challenge 2021 - NJ		NJ
4	170	374.7	Kendra Chevalier	US-NH	American Challenge 2021 - NH		NH
5	142.5	314.1	Jamie Augustine	US-PA	2021 Powerlifting Worlds	York	PA
6	140	308.6	Mackenzie Taylor	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
7	132.5	292.1	Anastasia Nicolov	Canada	Rust Buster	Calgary	Alberta
8	130	286.5	Stephanie Gochenour	US-VA	Shenandoah Open	Woodstock	VA
9	125	275.5	Deb Ellard	Canada	Rust Buster	Calgary	Alberta
	125	275.5	Sarah Goodnight	US-VA	Shenandoah Open	Woodstock	VA
11	120	264.5	Sherry Pridgen	US-NC	American Challenge 2021 - NC		NC
12	117.5	259	Marlee Hull	US-PA	2021 Powerlifting Worlds	York	PA
13	115	253.5	Sarah Wernert	US-PA	American Challenge 2021 - PA		PA
14	112.5	248	Annabelle Kailan	US-CT	2021 CT State Championship	Cheshire	CT
15	110	242.5	Jane Bickel	US-PA	American Challenge 2021 - NJ		NJ

16	107.5	236.9	Mia Gaylord	US-NY	2021 Powerlifting Worlds	York	PA
	107.5	236.9	Kristine Schlegel	US-PA	2021 Central PA Open	Clearfield	PA
18	105	231.4	Gurpreet Kaur	India	National Benchpress and Deadlift Championships	Karnal	India
	105	231.4	Geri-Lyn Hoffman	US-PA	Masters Nationals	Fredericksburg	VA
	105	231.4	Jacqueline Richardson	US-VA	2021 Christmas Classic	Woodstock	VA

Weight Class: 165				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Jyoti Dahiya	India	National Benchpress and Deadlift Championships	Karnal	India
2	160.5	353.8	Cynthia Line	US-PA	2021 Single Lift World Championships	Virgina Beach	VA
3	150	330.6	Janelle Ollivierre	US-DC	Masters Nationals	Fredericksburg	VA
4	145.5	320.7	Teresa Oldenburger	Canada	Rust Buster	Calgary	Alberta
5	141	310.8	Mackenzie Taylor	US-NC	2021 Powerlifting Worlds	York	PA
6	140	308.6	Shannon Lowery	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
7	137.5	303.1	Jennifer Ross	US-NC	American Challenge 2021 - NC		NC
8	130	286.5	Manju Bala	India	National Benchpress and Deadlift Championships	Karnal	India
	130	286.5	Sandra Davis	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
10	127.5	281	Paige Conrad	US-PA	American Challenge 2021 - PA		PA
11	117.5	259	Gabrielle Achord	US-VA	American Challenge 2021 - VA		VA
12	115	253.5	Heena .	India	National Benchpress and Deadlift Championships	Karnal	India
	115	253.5	Claire Bires	US-PA	American Challenge 2021 - PA		PA
14	110	242.5	Jen Tillet	US-NC	American Challenge 2021 - NC		NC
	110	242.5	Assunta Imperatore	Italy	2021 Italian Single Lift Championships		Italy
	110	242.5	Haydee Ortega	US-PA	2021 Powerlifting Worlds	York	PA
17	105	231.4	Miranda Owens	US-VA	Shenandoah Open	Woodstock	VA
18	102.5	225.9	Jennifer Demmerle	US-OH	Tri State Championships	Bedford Heights	OH
	102.5	225.9	Selah Nicholson	Canada	Rust Buster	Calgary	Alberta
20	97.5	214.9	Madelynn Bengel	US-PA	2021 Powerlifting Worlds	York	PA
	97.5	214.9	Rebecca Ryan	US-VA	Shenandoah Open	Woodstock	VA

Weight Class: 181				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Sarah Heffner	US-PA	2021 Central PA Open	Clearfield	PA
2	152.5	336.2	Kristina Reed	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
3	150	330.6	Janelle Ollivierre	US-DC	American Challenge 2021 - MD		MD
4	147.5	325.1	Karen Kalinski	US-VA	American Challenge 2021 - VA		VA
5	142.5	314.1	Lauren Greengrove	Canada	Rust Buster	Calgary	Alberta
	142.5	314.1	Megan Roth	US-PA	2021 Central PA Open	Clearfield	PA
7	137.5	303.1	Chris Redmond	US-PA	Tri State Championships	Bedford Heights	OH
	137.5	303.1	Sylvia Roche	Canada	Rust Buster	Calgary	Alberta
9	122.5	270	Katina James	US-VA	Mid Atlantic Open	Fredericksburg	VA
	122.5	270	Denna Jones	US-DC	2021 Single Lift World Championships	Virgina Beach	VA
11	107.5	236.9	Chloe Rabago	US-CT	American Challenge 2021 - CT		CT
12	105	231.4	Sonia Choudhary	India	National Benchpress and Deadlift Championships	Karnal	India
13	100	220.4	Kim Pollock	US-PA	American Challenge 2021 - PA		PA
14	95	209.4	Denise Morell	US-DC	2021 Single Lift World Championships	Virgina Beach	VA
15	90	198.4	Anushka Panwar	India	National Benchpress and Deadlift Championships	Karnal	India
	90	198.4	Sirai Farah	US-OH	Tri State Championships	Bedford Heights	OH

Weight Class: 198				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	153	337.3	Linda Lee	US-VA	Mid Atlantic Open	Fredericksburg	VA
2	147.5	325.1	Amy Traver	US-CT	2021 CT State Championship	Cheshire	CT
	147.5	325.1	Cindy Stritzinger	US-PA	Masters Nationals	Fredericksburg	VA
4	140.5	309.7	Mary Hodge	US-VA	Mid Atlantic Open	Fredericksburg	VA
5	125.5	276.6	Lori McWatters-Nicolaidis	Canada	Rust Buster	Calgary	Alberta

6	125	275.5	Emily Neff	US-VA	American Challenge 2021 - NC		NC
7	122.5	270	Shelby Taylor	US-OH	American Challenge 2021 - OH		OH
	122.5	270	Kristina Reed	US-NC	Southern Open	Javisburg	NC
9	120	264.5	Cristina Russo	Italy	2021 Italian Single Lift Championships		Italy
10	117.5	259	Helena Pettit	US-MD	Patriots Single Lift Open	Prince Frederick	MD
11	110	242.5	Jamison Ford	US-DC	American Challenge 2021 - MD		MD
12	107.5	236.9	Chantelle Barbour	US-DC	Patriots Single Lift Open	Prince Frederick	MD
13	105	231.4	Jennifer Tramontano	US-CT	2021 CT State Championship	Cheshire	CT
14	92.5	203.9	Laura Neff	US-VA	American Challenge 2021 - NC		NC

Weight Class: 198+				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Rachel Clarke	US-PA	American Challenge 2021 - PA		PA
2	175	385.8	Shaundra Wood	US-DC	American Challenge 2021 - MD		MD
	175	385.8	Autumn Powell	US-PA	2021 Central PA Open	Clearfield	PA
4	172.5	380.2	Samantha Davis	US-OH	Tri State Championships	Bedford Heights	OH
5	170	374.7	Kierstyn Bourdeau	US-CT	American Challenge 2021 - CT		CT
6	162.5	358.2	Erica Heinsman	US-MD	Masters Nationals	Fredericksburg	VA
7	160	352.7	Jenne Massie	US-DC	Patriots Single Lift Open	Prince Frederick	MD
	160	352.7	Alyssa Nelson	Canada	Rust Buster	Calgary	Alberta
9	155	341.7	Jontiasha Goode	US-VA	American Challenge 2021 - VA		VA
	155	341.7	Olivia Zigler	US-FL	American Challenge 2021 - FL		FL
11	147.5	325.1	Taylor Miller	US-CO	Scorpion Sting	Westcliff	CO
12	142.5	314.1	Leslie Wright	US-NC	NC State Championship	Jarvisburg	NC
	142.5	314.1	Sharon UTI	US-IL	NC State Championship	Jarvisburg	NC
14	137.5	303.1	Ticara Evans	US-DC	American Challenge 2021 - MD		MD
15	132.5	292.1	Liberty Buccello	US-NY	Masters Nationals	Fredericksburg	VA
16	130	286.5	Michelle Lawson	US-PA	2021 Powerlifting Worlds	York	PA
17	120	264.5	Wendy Thompson	US-NC	American Challenge 2021 - NC		NC
	120	264.5	Monika Steczkowski	US-CT	American Challenge 2021 - CT		CT
	120	264.5	JaReessia Martin	US-VA	Eastern USA Open	Woodstock	VA
20	115	253.5	JeReessia Martin	US-VA	Virginia Open	Woodstock	VA
	115	253.5	Erin Lewis	US-PA	2021 Powerlifting Worlds	York	PA

2021 Total Rankings

Female

Weight Class: 97				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Sofia Corridean	US-NC	2021 Powerlifting Worlds	York	PA
2	137.5	303.1	Gracie Bushee	US-NC	2021 Powerlifting Worlds	York	PA
3	112.5	248	Bella Butler	US-PA	2021 Central PA Open	Clearfield	PA
4	108.5	239.1	Kylie May	US-NC	OBX Powerlifting Championships	Jarvisburg	NC

Weight Class: 105				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Kimberly Price	US-VA	2021 Powerlifting Worlds	York	PA
2	142.5	314.1	Alaska Pratt	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 114				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	230	507	Janet Huntley	US-PA	Masters Nationals	Fredericksburg	VA
2	172.5	380.2	Alaska Pratt	US-NC	American Challenge 2021 - NC		NC
3	168	370.3	Madison Berry	US-NC	NC State Championship	Jarvisburg	NC
4	155	341.7	Karina Harris	Canada	Rust Buster	Calgary	Alberta

Weight Class: 123				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	387.5	854.2	Jonalyn Barcarse	US-VA	American Challenge 2021 - VA		VA
2	340	749.5	Laura Siegle	US-VA	American Challenge 2021 - VA		VA
3	282.5	622.7	Haley-Jo Kenny	US-NY	American Challenge 2021 - NJ		NJ
4	272.5	600.7	Carolyn Gersh	Canada	Rust Buster	Calgary	Alberta
5	247.5	545.6	Stephanie Fraser	Canada	Rust Buster	Calgary	Alberta
6	242.5	534.6	Caroline Lee	US-NY	American Challenge 2021 - NY		NY
7	236	520.2	Brooke Zak	US-NC	NC State Championship	Jarvisburg	NC
8	230	507	Olesya Ramsey	US-VA	American Challenge 2021 - NC		NC
9	218.5	481.7	Marcia Anderson	US-VA	Eastern USA Open	Woodstock	VA
10	207.5	457.4	Becca Garvin	US-PA	2021 Central PA Open	Clearfield	PA
11	205	451.9	Mariela Olivares	US-MD	Masters Nationals	Fredericksburg	VA
12	194.5	428.7	Kristin Gulling	US-OH	2021 Ohio State Championships	Bedford Heights	OH
13	175	385.8	Allison Freeman	US-NC	American Challenge 2021 - NC		NC
14	157.5	347.2	Linda Denerley	US-NY	American Challenge 2021 - NJ		NJ

Weight Class: 132				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	320	705.4	Laura Evans	Canada	Rust Buster	Calgary	Alberta	
2	310	683.4	Skylar Yanke	Canada	Rust Buster	Calgary	Alberta	
3	260.5	574.2	Mackenzie Taylor	US-NC	NC State Championship	Jarvisburg	NC	
4	260	573.1	Francine Rattray	Canada	Rust Buster	Calgary	Alberta	
5	250	551.1	Mary Lou Norris	US-PA	Tri State Championships	Bedford Heights	OH	
		250	Allison Freeman	US-NC	OBX Powerlifting Championships	Jarvisburg	NC	
7	245.5	541.2	Madison Berry	US-NC	OBX Powerlifting Championships	Jarvisburg	NC	
8	240	529.1	Linda Leightley	US-VA	2021 Powerlifting Worlds	York	PA	
		240	Nicole Costantino	US-PA	2021 Central PA Open	Clearfield	PA	
10	215	473.9	Jaqueline Richardson	US-VA	Eastern USA Open	Woodstock	VA	

Weight Class: 148				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	387.5	854.2	Natasha Beasley	US-VA	American Challenge 2021 - VA		VA	
2	377.5	832.2	Naomi Kutin	US-NJ	American Challenge 2021 - NJ		NJ	
3	332.5	733	Jamie Augustine	US-PA	2021 Powerlifting Worlds	York	PA	
4	305.5	673.5	Mackenzie Taylor	US-NC	American Challenge 2021 - NC		NC	
5	300	661.3	Deb Ellard	Canada	Rust Buster	Calgary	Alberta	
6	287.5	633.8	Sarah Goodnight	US-VA	Shenandoah Open	Woodstock	VA	
7	285	628.3	Anastasia Nicolov	Canada	Rust Buster	Calgary	Alberta	
		285	Stephanie Gochenour	US-VA	Shenandoah Open	Woodstock	VA	
9	252.5	556.6	Sarah Wernert	US-PA	American Challenge 2021 - PA		PA	
10	250	551.1	Sherry Pridgen	US-NC	American Challenge 2021 - NC		NC	
11	247.5	545.6	Mary Lou Norris	US-PA	2021 Central PA Open	Clearfield	PA	
12	237.5	523.5	Mia Gaylord	US-NY	American Challenge 2021 - NY		NY	
13	230	507	Marlee Hull	US-PA	2021 Powerlifting Worlds	York	PA	
		230	Jane Bickel	US-PA	2021 Central PA Open	Clearfield	PA	
15	207.5	457.4	Geri-Lyn Hoffman	US-PA	American Challenge 2021 - PA		PA	
		207.5	Kristine Schlegel	US-PA	2021 Central PA Open	Clearfield	PA	
17	205	451.9	Lillie Hawes	US-PA	2021 Powerlifting Worlds	York	PA	
18	195	429.8	Janet Reynolds	US-FL	American Challenge 2021 - FL		FL	
19	190	418.8	Kaylee Dumouchel	Canada	Rust Buster	Calgary	Alberta	
		190	Erica Hawes	US-PA	2021 Powerlifting Worlds	York	PA	

Weight Class: 165				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	326	718.6	Mackenzie Taylor	US-NC	2021 Powerlifting Worlds	York	PA	
2	320.5	706.5	Teresa Oldenburger	Canada	Rust Buster	Calgary	Alberta	
3	297.5	655.8	Paige Conrad	US-PA	American Challenge 2021 - PA		PA	

4	252.5	556.6	Sandra Davis	US-NC	Southern Open	Jarvisburg	NC
5	250	551.1	Selah Nicholson	Canada	Rust Buster	Calgary	Alberta
6	237.5	523.5	Rebecca Ryan	US-VA	Shenandoah Open	Woodstock	VA
7	230	507	Claire Bires	US-PA	2021 Powerlifting Worlds	York	PA
8	222.5	490.5	Jennifer Demmerle	US-OH	Tri State Championships	Bedford Heights	OH
9	217.5	479.5	Haydee Ortega	US-PA	2021 Powerlifting Worlds	York	PA
10	212.5	468.4	Madelynn Bengel	US-PA	2021 Powerlifting Worlds	York	PA

Weight Class: 181				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	360	793.6	Sarah Heffner	US-PA	2021 Central PA Open	Clearfield	PA
2	320.5	706.5	Sylvia Roche	Canada	Rust Buster	Calgary	Alberta
3	312.5	688.9	Megan Roth	US-PA	2021 Central PA Open	Clearfield	PA
4	307.5	677.9	Kristina Reed	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
5	302.5	666.8	Lauren Greengrove	Canada	Rust Buster	Calgary	Alberta
6	300	661.3	Chris Redmond	US-PA	Tri State Championships	Bedford Heights	OH
7	245	540.1	Janelle Ollivierre	US-DC	American Challenge 2021 - MD		MD
8	237.5	523.5	Chloe Rabago	US-CT	American Challenge 2021 - CT		CT
9	232.5	512.5	Kim Pollock	US-PA	American Challenge 2021 - PA		PA
10	200	440.9	Sirai Farah	US-OH	Tri State Championships	Bedford Heights	OH

Weight Class: 198				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	342.5	755	Cindy Stritzinger	US-PA	Masters Nationals	Fredericksburg	VA
2	320	705.4	Emily Neff	US-VA	American Challenge 2021 - NC		NC
3	295	650.3	Amy Traver	US-CT	American Challenge 2021 - NY		NY
4	294	648.1	Lori McWatters-Nicolaidis	Canada	Rust Buster	Calgary	Alberta
5	290	639.3	Kristina Reed	US-NC	Southern Open	Jarvisburg	NC
6	190	418.8	Laura Neff	US-VA	American Challenge 2021 - NC		NC

Weight Class: 198+				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	432.5	953.4	Samantha Davis	US-OH	Tri State Championships	Bedford Heights	OH
2	427.5	942.4	Kierstyn Bourdeau	US-CT	American Challenge 2021 - NY		NY
3	405	892.8	Alyssa Nelson	Canada	Rust Buster	Calgary	Alberta
4	402.5	887.3	Jontiasha Goode	US-VA	American Challenge 2021 - VA		VA
5	382.5	843.2	Erica Heinsman	US-MD	Masters Nationals	Fredericksburg	VA
6	375	826.7	Shaundra Wood	US-DC	American Challenge 2021 - MD		MD
7	372.5	821.2	Rachel Clarke	US-PA	American Challenge 2021 - PA		PA
8	370	815.7	Olivia Zigler	US-FL	American Challenge 2021 - FL		FL
			Autumn Powell	US-PA	2021 Central PA Open	Clearfield	PA
10	325	716.4	JaRessia Martin	US-VA	Eastern USA Open	Woodstock	VA
11	317.5	699.9	Sharon UTI	US-IL	NC State Championship	Jarvisburg	NC
12	310	683.4	Taylor Miller	US-CO	Scorpion Sting	Westcliff	CO
13	292.5	644.8	Michelle Lawson	US-PA	2021 Powerlifting Worlds	York	PA
14	287.5	633.8	Liberty Buccello	US-NY	Masters Nationals	Fredericksburg	VA
15	277.5	611.7	Ticara Evans	US-DC	American Challenge 2021 - MD		MD
16	265	584.2	Erin Lewis	US-PA	2021 Powerlifting Worlds	York	PA
17	255	562.1	Monika Steczkowski	US-CT	American Challenge 2021 - CT		CT
18	245	540.1	Wendy Thompson	US-NC	American Challenge 2021 - NC		NC
19	232.5	512.5	Katy Beyerle	US-OH	Tri State Championships	Bedford Heights	OH
20	230	507	Yasmen Muhssin	Canada	Rust Buster	Calgary	Alberta

2021 Strict Curl Rankings

Female

Weight Class: 97				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	19.5	42.9	Jade Nguen	US-VA	Masters Nationals	Fredericksburg	VA
2	18.5	40.7	Avaya Berge	US-NC	Southern Open	Jarvisburg	NC
3	12.5	27.5	Gracie Bushee	US-NC	Southern Open	Jarvisburg	NC
4	12	26.4	Adella James	US-NC	Eastern USA Open	Woodstock	VA
	12	26.4	Kylie May	US-NC	OBX Powerlifting Championships	Jarvisburg	NC

Weight Class: 105			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	32	70.5	Mia Denhart	US-CT	American Challenge 2021 - CT		CT
2	30	66.1	Tiffany Barney	US-CT	American Challenge 2021 - NH		NH
3	25	55.1	Kimberly Price	US-VA	Virginia Open	Woodstock	VA
4	18.5	40.7	Avaya Berge	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
5	15	33	Alaska Pratt	US-NC	NC State Championship	Jarvisburg	NC
6	14.5	31.9	Carly Cooper	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 114			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	26.5	58.4	Jo Hendon	US-VA	Mid Atlantic Open	Fredericksburg	VA
2	23	50.7	Autumn Mallon	US-MD	Shenandoah Open	Woodstock	VA
3	21.5	47.3	Patti Mangone	US-PA	2021 Central PA Open	Clearfield	PA
4	21	46.2	Jill Sheakley	US-PA	2021 Single Lift World Championships	Virgina Beach	VA
5	20	44	Anna Zak	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
6	17	37.4	Carly Cooper	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
7	12.5	27.5	Madison Berry	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 123			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36	79.3	Krystal Brown	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
2	32	70.5	Denise Jaffe	US-OH	2021 Ohio State Championships	Bedford Heights	OH
3	30	66.1	Corey Gawronski	US-CT	2021 CT State Championship	Cheshire	CT
		30	Brooke Zak	US-NC	American Challenge 2021 - NC		NC
		30	Mariela Olivares	US-MD	2021 Single Lift World Championships	Virgina Beach	VA
6	28.5	62.8	Beth Ogne	US-MD	Patriots Single Lift Open	Prince Frederick	MD
7	27.5	60.6	Maddie Dudeck	US-CT	2021 CT State Championship	Cheshire	CT
		27.5	Caroline Lee	US-NY	American Challenge 2021 - NY		NY
9	25	55.1	Jaqueline Richardson	US-VA	Eastern USA Open	Woodstock	VA
10	24.5	54	Sharon Mell	US-PA	Tri State Championships	Bedford Heights	OH
11	24	52.9	Olesya Ramsey	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
12	22.5	49.6	Karola Meyer	US-MD	Patriots Single Lift Open	Prince Frederick	MD
13	21	46.2	Allison Freeman	US-NC	American Challenge 2021 - NC		NC
14	18	39.6	Carly Cooper	US-NC	OBX Powerlifting Championships	Jarvisburg	NC

Weight Class: 132			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40	88.1	Catherine Reynolds	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
2	39	85.9	Krystal Brown	US-VA	American Challenge 2021 - VA		VA
3	36.5	80.4	Lesley DeAngelo	US-CT	2021 CT State Championship	Cheshire	CT
4	34	74.9	Nicole Rakes	US-FL	American Challenge 2021 - FL		FL
5	33.5	73.8	Nikki Dorval	US-CT	American Challenge 2021 - NY		NY
6	32.5	71.6	Brooke Zak	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
7	31	68.3	Allison Freeman	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
8	30.5	67.2	Angela Krom	US-CT	2021 CT State Championship	Cheshire	CT
9	30	66.1	Nicole Costantino	US-PA	2021 Central PA Open	Clearfield	PA
10	28	61.7	Jenn Zak	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
11	27.5	60.6	Jennifer Zak	US-NC	American Challenge 2021 - NC		NC
		27.5	Marguerite Conley	US-MD	American Challenge 2021 - MD		MD

13	27	59.5	Maddie Dudeck	US-CT	American Challenge 2021 - CT		CT
14	26.5	58.4	Jacqueline Richardson	US-VA	Mid Atlantic Open	Fredericksburg	VA
15	26	57.3	Mackenzie Taylor	US-NC	NC State Championship	Jarvisburg	NC
16	25	55.1	Sherry Rowe	US-VA	2021 Single Lift World Championships	Virginia Beach	VA
17	23	50.7	Valerie Dixon	US-PA	2021 Central PA Open	Clearfield	PA
18	22	48.5	Madison Berry	US-NC	OBX Powerlifting Championships	Jarvisburg	NC

Weight Class: 148		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Tricia Floyd	US-VA	2021 Single Lift World Championships	Virginia Beach	VA
2	41	90.3	Natasha Beasley	US-VA	American Challenge 2021 - VA		VA
3	36.5	80.4	Nikki Dorval	US-CT	2021 CT State Championship	Cheshire	CT
4	35.5	78.2	Georgianna Orseno	US-MA	2021 Single Lift World Championships	Virginia Beach	VA
	35.5	78.2	Claudia Helmick	US-VA	2021 Christmas Classic	Woodstock	VA
6	34.5	76	Jamie Augustine	US-PA	2021 Central PA Open	Clearfield	PA
7	33.5	73.8	Brooke Zak	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
8	32.5	71.6	Mackenzie Taylor	US-NC	2021 Single Lift World Championships	Virginia Beach	VA
9	27.5	60.6	Jacqueline Richardson	US-VA	2021 Christmas Classic	Woodstock	VA
	27.5	60.6	Caroline Lee	US-NY	Owego Winter Classic	Owego	NY
11	27	59.5	Diane Hiller	US-NY	Owego Winter Classic	Owego	NY
12	25.5	56.2	Chrystian Morton	US-NC	2021 Single Lift World Championships	Virginia Beach	VA
13	25	55.1	Mia Gaylord	US-NY	American Challenge 2021 - NY		NY

Weight Class: 165		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42	92.5	Shannon Lowery	US-NC	2021 Single Lift World Championships	Virginia Beach	VA
2	37.5	82.6	Sandra Davis	US-NC	2021 Single Lift World Championships	Virginia Beach	VA
3	34	74.9	Mackenzie Taylor	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
4	33	72.7	Lisa Walker	US-VA	2021 Christmas Classic	Woodstock	VA
5	31.5	69.4	Jennifer Ross	US-NC	American Challenge 2021 - NC		NC
6	30	66.1	Stephanie Lovell	US-IN	Mid Atlantic Open	Fredericksburg	VA
7	28.5	62.8	Jillian Bauco	US-CT	2021 CT State Championship	Cheshire	CT
8	27	59.5	Molly McManus	US-CT	American Challenge 2021 - CT		CT
9	26.5	58.4	Jen Tillet	US-NC	American Challenge 2021 - NC		NC
10	22.5	49.6	Alicia Kindred	US-VA	Mid Atlantic Open	Fredericksburg	VA

Weight Class: 181		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	39	85.9	Mona Espinosa	US-VA	2021 Single Lift World Championships	Virginia Beach	VA
2	36.5	80.4	Kim Pollock	US-PA	American Challenge 2021 - PA		PA
3	34	74.9	Jennifer Tramontano	US-CT	American Challenge 2021 - CT		CT
	34	74.9	Laura Yellen	US-CT	American Challenge 2021 - NH		NH
5	33	72.7	Katina James	US-VA	2021 Single Lift World Championships	Virginia Beach	VA
6	32	70.5	Kristina Reed	US-NC	2021 Single Lift World Championships	Virginia Beach	VA
7	30	66.1	Chloe Rabago	US-CT	American Challenge 2021 - NH		NH
8	28	61.7	Amber Gerald	US-CT	American Challenge 2021 - CT		CT
9	27.5	60.6	Molly McManus	US-CT	2021 CT State Championship	Cheshire	CT

Weight Class: 198		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Leslie Wright	US-NC	2021 Single Lift World Championships	Virginia Beach	VA
2	39.5	87	Amy Traver	US-CT	2021 CT State Championship	Cheshire	CT
	39.5	87	Mary Hodge	US-VA	Mid Atlantic Open	Fredericksburg	VA
4	38	83.7	Mona Espinosa	US-VA	Masters Nationals	Fredericksburg	VA
5	35	77.1	Kathy Stinson	US-VA	Masters Nationals	Fredericksburg	VA
6	34.5	76	Jennifer Tramontano	US-CT	2021 CT State Championship	Cheshire	CT

7	32	70.5	Cat Palmer	US-CT	American Challenge 2021 - CT		CT
8	29.5	65	Helena Pettit	US-MD	Patriots Single Lift Open	Prince Frederick	MD
9	29	63.9	Kristina Reed	US-NC	Southern Open	Javisburg	NC

Weight Class: 198+		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	53	116.8	Kierstyn Bourdeau	US-CT	2021 CT State Championship	Cheshire	CT
2	41	90.3	Leslie Wright	US-NC	American Challenge 2021 - NH		NH
	41	90.3	Dorothy Sosnicki	US-AZ	2021 Single Lift World Championships	Virgina Beach	VA
4	40	88.1	Jeannie Iavarona	US-CT	American Challenge 2021 - NY		NY
5	39	85.9	Dorothy Sodnicki	US-AZ	Masters Nationals	Fredericksburg	VA
6	36.5	80.4	Liberty Buccello	US-NY	Masters Nationals	Fredericksburg	VA
	36.5	80.4	JaReesia Martin	US-VA	Eastern USA Open	Woodstock	VA
8	35.5	78.2	Monika Steczkowski	US-CT	American Challenge 2021 - NY		NY
9	34	74.9	JeReesia Martin	US-VA	Virginia Open	Woodstock	VA
10	32	70.5	Julie Binckley	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
11	28	61.7	Sharon UTI	US-IL	NC State Championship	Jarvisburg	NC
12	27.5	60.6	Julie Binkley	US-NC	Southern Open	Javisburg	NC
13	25	55.1	Debra Ingersoll	US-FL	American Challenge 2021 - FL		FL