



2022 Women's Rankings

Updated 12/25/2022 Ed Kutin

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2022 Squat Rankings Female

Weight Class: 97 Squat Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Natalie Norcross	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
2	65	143.2	Mia Spragis-McMullen	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
3	62.5	137.7	Gracie Bushee	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
4	57.5	126.7	Sofia Corridean	US-NC	American Challenge - NC	Elizabeth City	NC
	57.5	126.7	Ashley Polacek	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
6	52.5	115.7	Bella Butler	US-PA	2022 Central PA Power Day	Clearfield	PA
7	45	99.2	Gabbi Saunders	US-NC	2022 OBX Open	Jarvisburg	NC
8	42.5	93.6	Kylie May	US-NC	2022 OBX Open	Jarvisburg	NC
	42.5	93.6	Gabrielle Saunders	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
	42.5	93.6	Audriana Buitrago	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
11	37.5	82.6	Leiselle Ethridge	US-NC	2022 Southern Open	Jarvisburg	NC
	37.5	82.6	Emma Bilak	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
13	35	77.1	Ashtyn Bushee	US-NC	2022 OBX Open	Jarvisburg	NC
	35	77.1	Noelle Persons	US-OH	Ohio State Championships	Bedford	OH
15	32.6	71.8	Finleigh Caldwell	US-FL	American Challenge - FL	Viera	FL
16	32.5	71.6	Finley Dill	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
17	27.5	60.6	Ari Aude	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
18	25	55.1	Alexis Brooks	US-PA	2022 Central PA Power Day	Clearfield	PA
19	22.6	49.8	Susan Bohling	US-FL	American Challenge - FL	Viera	FL

Weight Class: 105 Squat Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Jill Neziri	US-NY	American Challenge - PA	Clearfield	PA
2	75.7	166.8	Natalie Norcross	US-FL	American Challenge - FL	Viera	FL
3	72.5	159.8	Kimberly Price	US-VA	2022 Masters Nationals	York	PA
4	67.5	148.8	Kenli Harris	US-NC	American Challenge - NC	Elizabeth City	NC
5	55	121.2	Sofia Corridean	US-NC	2022 Southern Open	Jarvisburg	NC
6	40	88.1	Maddie Welton	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA

Weight Class: 114 Squat Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95	209.4	Allison Freeman	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	68	149.9	Janet Huntley	US-PA	2022 Central PA Power Day	Clearfield	PA
3	63.5	139.9	Mariam Miyzed	US-FL	American Challenge - FL	Viera	FL
4	62.5	137.7	Mariam Miyzed	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
5	55	121.2	Jodi McCain	US-MD	American Challenge - MD	Prince Frederick	MD
6	52.5	115.7	Lily Hirsche	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA

Weight Class: 123 Squat Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Jenny Hua	Canada	Back to the Platform - Back Alley		Canada

2	97.5	214.9	Allison Freeman	US-NC	2022 Southern Open	Jarvisburg	NC
3	87.5	192.9	Mariela Olivares	US-MD	American Challenge - MD	Prince Frederick	MD
	87.5	192.9	Lori McMahon	US-PA	2022 Central PA Power Day	Clearfield	PA
5	82.5	181.8	Rylea Yanke	Canada	Retro Rewind		Canada
6	81.6	179.8	Lisa Hoyt	US-WA	American Challenge - FL	Viera	FL
7	77.5	170.8	Lauren Doyle	Canada	Back to the Platform - Back Alley		Canada
	77.5	170.8	Marcia Anderson	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
9	72.5	159.8	Dana Sackett	US-OH	2022 Great Lakes Championships	Erie	PA
10	70	154.3	Caroline Lee	US-NY	American Challenge - NJ	Fair Lawn	NJ
11	61.2	134.9	Ava Lorusson	US-FL	American Challenge - FL	Viera	FL
12	60	132.2	Kendall Booth	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
13	55	121.2	Geri-Lynn Hoffman	US-PA	2022 Masters Nationals	York	PA
14	50	110.2	Karina Harris	Canada	Retro Rewind		Canada
15	42.5	93.6	Carly Cooper	US-NC	2022 Southern Open	Jarvisburg	NC
	42.5	93.6	Beth Permelia	US-VA	2022 Mid Atlantic	Mechanicsville	VA

Weight Class: 132		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Azlin Ferguson	Canada	Bridge Mania		Canada
2	115	253.5	Elizabeth Hertzler-McCain	US-MD	American Challenge - MD	Prince Frederick	MD
3	105	231.4	Tatiana Onyschtschuk	Canada	Bridge Mania		Canada
4	97.5	214.9	Allison Freeman	US-NC	Archetype Power Showdown	Raleigh	NC
	97.5	214.9	Krysta Essic	US-NC	2022 OBX Open	Jarvisburg	NC
6	85	187.3	Anaëlle Ravelojaona	Canada	Bridge Mania		Canada
7	83.9	184.9	Evelyn Puisseau	US-FL	American Challenge - FL	Viera	FL
8	77.5	170.8	Kathryn Laird	US-NY	American Challenge - NJ	Fair Lawn	NJ
9	72.5	159.8	Kristin Gulling	US-OH	Ohio State Championships	Bedford	OH
10	67.5	148.8	Mary Stull	Canada	Back to the Platform - Back Alley		Canada
11	65	143.2	Reagan Charlton	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
12	57.5	126.7	Geri-Lyn Hoffman	US-PA	2022 Central PA Power Day	Clearfield	PA
13	52.5	115.7	Carly Cooper	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
14	50	110.2	Karina Harris	Canada	Lift off		Canada

Weight Class: 148		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155.5	342.8	Naomi Kutin	US-NJ	2022 NJ Open	Fair Lawn	NJ
2	117.9	259.9	Suzanne LaForge	US-FL	American Challenge - FL	Viera	FL
3	113.3	249.7	Melissa Painter	US-WA	American Challenge - ID Championships	Couer D'Alene	ID
4	112.5	248	Megan Jacoby	US-NY	American Challenge - NY	Owego	NY
	112.5	248	Madison Berry	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
6	110	242.5	Olivia Stevenson	Canada	Full Strong Atlantic		Canada
7	107.5	236.9	Amberine Brown	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
8	106.5	234.7	Cristi Woldridge	US-FL	American Challenge - FL	Viera	FL
9	105	231.4	Azlin Ferguson	Canada	Back to the Platform - Back Alley		Canada
10	100	220.4	Allison Freeman	US-NC	NC State Championship	Jarvisburg	NC
	100	220.4	Melanie Kebel	Canada	Bridge Mania		Canada
12	97.5	214.9	Mia Gaylord	US-NY	American Challenge - NY	Owego	NY
13	92.5	203.9	Elizabeth Eshack	US-NC	NC State Championship	Jarvisburg	NC
14	90	198.4	Mary Lou Norris	US-PA	American Challenge - OH	Bedford Heights	OH
15	85	187.3	Erica Penner	Canada	Retro Rewind		Canada
	85	187.3	Kaylee Dumouchel	Canada	Retro Rewind		Canada
17	80	176.3	Nixxi Knox	Canada	Bridge Mania		Canada
18	75	165.3	Stephanie Jones	Canada	Full Strong Atlantic		Canada
	75	165.3	Madelynn Bengel	US-PA	2022 Central PA Power Day	Clearfield	PA
20	72.5	159.8	Marlee Hull	US-PA	2022 Great Lakes Championships	Erie	PA
	72.5	159.8	Lillie Hawes	US-PA	2022 Great Lakes Championships	Erie	PA
	72.5	159.8	Suzanne Jeffers	US-NY	American Challenge - PA	Clearfield	PA
	72.5	159.8	Jane Bickel	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 165				Squat	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	155	341.7	Mackenzie Taylor	US-NC	2022 OBX Open	Jarvisburg	NC	
2	147.5	325.1	Jamie Augustine	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
3	132.5	292.1	Alaina Litz	US-PA	2022 Great Lakes Championships	Erie	PA	
4	130	286.5	Teresa Lei	Canada	Lift off		Canada	
5	117.5	259	Namroz Gill	Canada	Bridge Mania		Canada	
6	115	253.5	Silvana Bitar	Canada	Full Strong Atlantic		Canada	
7	107.5	236.9	Taylor Kennedy	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
8	105	231.4	Madison Berry	US-NC	2022 Mid Atlantic	Mechanicsville	VA	
	105	231.4	Samantha Bengel	US-PA	2022 Central PA Power Day	Clearfield	PA	
10	100	220.4	Jane Thompson	Canada	Full Strong Atlantic		Canada	
	100	220.4	Hannah Phillips	Canada	Retro Rewind		Canada	
12	97.5	214.9	Christie Tankersley	US-NC	2022 Southern Open	Jarvisburg	NC	
13	95	209.4	Sandra Bates	US-NC	American Challenge - NC	Elizabeth City	NC	
	95	209.4	Julissa Solorzano	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
	95	209.4	Isabella Smith	US-NY	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
16	85	187.3	Rebecca Ryan	US-VA	2022 Mid Atlantic	Mechanicsville	VA	
17	77.5	170.8	Angelina Grieb	US-PA	American Challenge - PA	Clearfield	PA	
18	70	154.3	Andrea Lehman	US-PA	American Challenge - PA	Clearfield	PA	
19	67.5	148.8	Madelynn Bengel	US-PA	2022 Great Lakes Championships	Erie	PA	
20	42.5	93.6	Lynne Michaud	Canada	Lift off		Canada	

Weight Class: 181				Squat	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	155.5	342.8	Mackenzie Taylor	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
2	142.5	314.1	Kathleen MacDonald	Canada	Bridge Mania		Canada	
3	117.9	259.9	Lily Smiley	US-FL	American Challenge - FL	Viera	FL	
4	115	253.5	Julia Blackwood	Canada	Full Strong Atlantic		Canada	
5	105	231.4	Neta Martens	Canada	Retro Rewind		Canada	
6	90	198.4	Sandra Bates	US-NC	2022 Southern Open	Jarvisburg	NC	
	90	198.4	Kimberlee Vroom	Canada	Retro Rewind		Canada	
8	87.5	192.9	Tyra Gutierrez	US-NC	2022 Southern Open	Jarvisburg	NC	
9	80	176.3	Andrea Lehman	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
10	75	165.3	Susan Gregory	US-NE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
11	65.7	144.8	Karen McLaughlin	US-WA	American Challenge - ID Championships	Couer D'Alene	ID	
12	65	143.2	Kaylee Newbern	US-NC	American Challenge - NC	Elizabeth City	NC	
	65	143.2	Olivia Stedman	US-NC	2022 Southern Open	Jarvisburg	NC	
14	45	99.2	Crystal Rhoades	US-NC	NC State Championship	Jarvisburg	NC	

Weight Class: 198				Squat	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	172.3	379.8	LaRiena Ferguson	US-FL	American Challenge - FL	Viera	FL	
2	145	319.6	Makayla Rozsa-Grover	Canada	Full Strong Atlantic		Canada	
3	112.5	248	Ashley Lindsey	US-NC	2022 Southern Open	Jarvisburg	NC	
4	87.5	192.9	Ammy Blenner-Hasset	Canada	Back to the Platform - Back Alley		Canada	
5	80	176.3	Olivia Stedman	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
6	60	132.2	Julia Bassett	Canada	Lift off		Canada	

Weight Class: 198+				Squat	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	150	330.6	Stephanie McIntosh	US-PA	2022 Great Lakes Championships	Erie	PA	
2	147.4	324.9	Teresa Thompson	US-ID	American Challenge - ID Championships	Couer D'Alene	ID	
3	145	319.6	Malesia Taylor	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
4	140	308.6	Rebecca Tucker	US-NY	American Challenge - NJ	Fair Lawn	NJ	
5	135	297.6	Anna Henderson	US-PA	2022 Central PA Power Day	Clearfield	PA	
6	125	275.5	Erica Rojek	US-MD	American Challenge - MD	Prince Frederick	MD	

	125	275.5	Latasha Perez-Cantolina	US-PA	2022 Central PA Power Day	Clearfield	PA
8	122.5	270	Demetria Sarafis	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
9	120	264.5	Dakata Nolden	US-VA	2022 Mid Atlantic	Mechanicsville	VA
10	115.6	254.8	Ronda Bouie	US-FL	American Challenge - FL	Viera	FL
11	110	242.5	Isabel Barteaux	Canada	Full Strong Atlantic		Canada
12	108	238	Wanda Sommerfeld	Canada	Lift off		Canada
13	106.5	234.7	Beatrice Temple	US-FL	American Challenge - FL	Viera	FL
14	105	231.4	Sarita Tams	Canada	Bridge Mania		Canada
15	102.5	225.9	Savannah Glanville	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
16	95	209.4	Ashley Roczkowsky	Canada	Lift off		Canada
	95	209.4	Jillian Engler	Canada	Lift off		Canada
18	92.5	203.9	Charlotte Baker	US-VA	2022 Masters Nationals	York	PA
	92.5	203.9	Erin Lewis	US-PA	2022 Great Lakes Championships	Erie	PA
20	90	198.4	Madison Hirsche	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

2022 Bench Press Rankings Female

Weight Class: 97		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	54.4	119.9	Elizabeth Parker	US-FL	American Challenge - FL	Viera	FL
2	47	103.6	Karen Poyner	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	32.5	71.6	Ashley Polacek	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
		71.6	Natalie Norcross	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
5	30	66.1	Kylie May	US-NC	2022 OBX Open	Jarvisburg	NC
6	28.1	61.9	Mia Spragis-McMullen	US-FL	American Challenge - FL	Viera	FL
7	27.5	60.6	Sofia Corridean	US-NC	American Challenge - NC	Elizabeth City	NC
		60.6	Gracie Bushee	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
		60.6	Bella Butler	US-PA	2022 Central PA Power Day	Clearfield	PA
10	23	50.7	Leiselle Ethridge	US-NC	2022 Southern Open	Jarvisburg	NC
11	22.5	49.6	Ashtyn Bushee	US-NC	2022 OBX Open	Jarvisburg	NC
		49.6	Gabbi Saunders	US-NC	2022 OBX Open	Jarvisburg	NC
		49.6	Emma Bilak	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
		49.6	Gabrielle Saunders	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
		49.6	Audriana Buitrago	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
16	20	44	Finley Dill	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
	20	44	Noelle Persons	US-OH	Ohio State Championships	Bedford	OH
	20	44	Alexis Brooks	US-PA	2022 Central PA Power Day	Clearfield	PA
19	17.5	38.5	Finleigh Caldwell	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
	17.5	38.5	Ari Aude	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA

Weight Class: 105		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Giuliana Hess	US-NJ	American Challenge - NJ	Fair Lawn	NJ
2	42.5	93.6	Kimberly Price	US-VA	2022 Masters Nationals	York	PA
3	37.5	82.6	Jill Neziri	US-NY	American Challenge - PA	Clearfield	PA
4	34.9	76.9	Natalie Norcross	US-FL	American Challenge - FL	Viera	FL
5	32.5	71.6	Avaya Berge	US-NC	American Challenge - NC	Elizabeth City	NC
6	30	66.1	Sofia Corridean	US-NC	2022 Southern Open	Jarvisburg	NC
7	27.5	60.6	Kenli Harris	US-NC	American Challenge - NC	Elizabeth City	NC
8	22.5	49.6	Maddie Welton	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA

Weight Class: 114		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Lela Pensyl	US-PA	2022 Central PA Power Day	Clearfield	PA
2	48	105.8	Allison Freeman	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
	48	105.8	Janet Huntley	US-PA	2022 Central PA Power Day	Clearfield	PA
4	42.5	93.6	Karina Harris	Canada	Back to the Platform - Back Alley		Canada
	42.5	93.6	Jodi McCain	US-MD	American Challenge - MD	Prince Frederick	MD

	42.5	93.6	Alison Bulluck	US-VA	2022 Mid Atlantic	Mechanicsville	VA
7	32.5	71.6	Alexandra Bulluck	US-VA	2022 Mid Atlantic	Mechanicsville	VA
8	31.7	69.8	Mariam Miyzed	US-FL	American Challenge - FL	Viera	FL
9	30	66.1	Patti Mangone	US-PA	American Challenge - PA	Clearfield	PA
	30	66.1	Mariam Mizyed	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
11	25	55.1	Lily Hirsche	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA

Weight Class: 123			Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Kerry Self	US-VA	2022 Shenandoah Open	Woodstock	VA
2	74.8	164.9	Lisa Hoyt	US-WA	American Challenge - FL	Viera	FL
3	70	154.3	Lori McMahon	US-PA	2022 Central PA Power Day	Clearfield	PA
4	65	143.2	Rylea Yanke	Canada	Retro Rewind		Canada
5	62.5	137.7	Jenny Hua	Canada	Back to the Platform - Back Alley		Canada
6	60	132.2	Caroline Lee	US-NY	American Challenge - NJ	Fair Lawn	NJ
7	57.5	126.7	Bianca Rivera	US-NY	American Challenge - NJ	Fair Lawn	NJ
8	55	121.2	Mariela Olivares	US-MD	American Challenge - MD	Prince Frederick	MD
	55	121.2	Allison Freeman	US-NC	2022 Southern Open	Jarvisburg	NC
10	50	110.2	Beth Ogne	US-MD	Big Gunz Open	Prince Frederick	MD
11	45	99.2	Karina Harris	Canada	Retro Rewind		Canada
12	40	88.1	Lauren Doyle	Canada	Back to the Platform - Back Alley		Canada
	40	88.1	Beth Permelia	US-VA	2022 Mid Atlantic	Mechanicsville	VA
	40	88.1	Marcia Anderson	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
15	37.5	82.6	Geri-Lynn Hoffman	US-PA	2022 Masters Nationals	York	PA
	37.5	82.6	Dana Sackett	US-OH	2022 Great Lakes Championships	Erie	PA
17	36.2	79.8	Ava Lorusson	US-FL	American Challenge - FL	Viera	FL
18	35	77.1	Kendall Booth	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
19	30	66.1	Karola Meyer	US-MD	Big Gunz Open	Prince Frederick	MD
20	25	55.1	Carly Cooper	US-NC	2022 Southern Open	Jarvisburg	NC

Weight Class: 132			Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Tatiana Onyschtschuk	Canada	Bridge Mania		Canada
2	65	143.2	Elizabeth Hertzler-McCain	US-MD	American Challenge - MD	Prince Frederick	MD
3	60.5	133.3	Azlin Ferguson	Canada	Bridge Mania		Canada
4	60	132.2	Jenn Lee	Canada	International Powerlifting Championships		Dubai
5	55	121.2	Allison Freeman	US-NC	Archetype Power Showdown	Raleigh	NC
6	52.5	115.7	Krystal Brown	US-VA	2022 Christmas Classic	Woodstock	VA
7	52.1	114.8	Evelyn Puisseau	US-FL	American Challenge - FL	Viera	FL
8	45	99.2	Karina Harris	Canada	Lift off		Canada
	45	99.2	Krysta Essic	US-NC	2022 OBX Open	Jarvisburg	NC
	45	99.2	Kristin Gulling	US-OH	Ohio State Championships	Bedford	OH
11	42.5	93.6	Mary Stull	Canada	Back to the Platform - Back Alley		Canada
12	40	88.1	Reagan Charlton	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
	40	88.1	Anaëlle Ravelojaona	Canada	Bridge Mania		Canada
14	37.5	82.6	Kathryn Laird	US-NY	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
15	32.5	71.6	Valerie Dixon	US-PA	2022 Great Lakes Championships	Erie	PA
	32.5	71.6	Geri-Lyn Hoffman	US-PA	2022 Central PA Power Day	Clearfield	PA
17	27.5	60.6	Carly Cooper	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA

Weight Class: 148			Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Megan Jacoby	US-NY	American Challenge - NY	Owego	NY
2	73	160.9	Skylar Yanke	Canada	International Powerlifting Championships		Dubai
3	68.5	151	Karen Walsh	US-OH	2022 Tri State Championships	Bedford Heights	OH
4	67.5	148.8	Naomi Kutin	US-NJ	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
5	65.7	144.8	Suzanne LaForge	US-FL	American Challenge - FL	Viera	FL
6	65	143.2	Meghan Wallace	US-OH	American Challenge - OH	Bedford Heights	OH

7	63	138.8	Kimberly Capers	US-MD	9-11 Patriots Open	Prince Frederick	MD
8	62.5	137.7	Madison Berry	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
9	58.9	129.8	Cristi Woldridge	US-FL	American Challenge - FL	Viera	FL
	58.9	129.8	Melissa Painter	US-WA	American Challenge - ID Championships	Couer D'Alene	ID
11	57.5	126.7	Melanie Kebel	Canada	Bridge Mania		Canada
12	55	121.2	Azlin Ferguson	Canada	Back to the Platform - Back Alley		Canada
	55	121.2	Suzanne Jeffers	US-NY	2022 Great Lakes Championships	Erie	PA
	55	121.2	Madelynn Bengel	US-PA	2022 Central PA Power Day	Clearfield	PA
15	52.5	115.7	Mia Gaylord	US-NY	American Challenge - NY	Owego	NY
	52.5	115.7	Mary Lou Norris	US-PA	American Challenge - OH	Bedford Heights	OH
	52.5	115.7	Olivia Stevenson	Canada	Full Strong Atlantic		Canada
18	51	112.4	Allison Freeman	US-NC	NC State Championship	Jarvisburg	NC
19	50	110.2	Grace Crestani	US-PA	American Challenge - PA	Clearfield	PA
	50	110.2	Amberine Brown	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
	50	110.2	Melissa Ewell	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 165		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Mackenzie Taylor	US-NC	2022 Christmas Classic	Woodstock	VA
2	83	182.9	Natasha Beasley	US-VA	2022 Mid Atlantic	Mechanicsville	VA
3	80	176.3	Jamie Augustine	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	75	165.3	Claudia Helmick	US-VA	2022 Christmas Classic	Woodstock	VA
5	72.5	159.8	Julissa Solorzano	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
6	70	154.3	Ninoshka Guerra	US-VA	2022 Shenandoah Open	Woodstock	VA
7	65	143.2	Claire Cooney	Canada	Back to the Platform - Back Alley		Canada
	65	143.2	Sandra Bates	US-NC	American Challenge - NC	Elizabeth City	NC
	65	143.2	Carol Levasseur	US-MA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
10	62.5	137.7	Jane Thompson	Canada	Full Strong Atlantic		Canada
	62.5	137.7	Tricia Floyd	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
	62.5	137.7	Namroz Gill	Canada	Bridge Mania		Canada
13	60	132.2	Hailey Poisal	US-MD	Eastern USA Open	Woodstock	PA
	60	132.2	Susan Shofner	US-OH	2022 Tri State Championships	Bedford Heights	OH
	60	132.2	Alaina Litz	US-PA	2022 Great Lakes Championships	Erie	PA
	60	132.2	Teresa Lei	Canada	Lift off		Canada
	60	132.2	Taylor Kennedy	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
18	59	130	Madison Berry	US-NC	2022 Mid Atlantic	Mechanicsville	VA
19	55	121.2	Hannah Morris	US-VA	2022 Mid Atlantic	Mechanicsville	VA
	55	121.2	Silvana Bitar	Canada	Full Strong Atlantic		Canada

Weight Class: 181		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Mackenzie Taylor	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	81.6	179.8	Lily Smiley	US-FL	American Challenge - FL	Viera	FL
3	75	165.3	Courtney Johnston	Canada	Full Strong Atlantic		Canada
	75	165.3	Kimberlee Vroom	Canada	Retro Rewind		Canada
5	72.5	159.8	Kathleen MacDonald	Canada	Bridge Mania		Canada
6	67.5	148.8	Sandra Bates	US-NC	2022 Southern Open	Jarvisburg	NC
7	63.5	139.9	Karen McLaughlin	US-WA	American Challenge - ID Championships	Couer D'Alene	ID
8	62.5	137.7	Alicia Kindred	US-VA	American Challenge - VA	Fredericksburg	VA
	62.5	137.7	Julia Blackwood	Canada	Full Strong Atlantic		Canada
10	60.5	133.3	Tyra Gutierrez	US-NC	2022 Southern Open	Jarvisburg	NC
11	55	121.2	Neta Martens	Canada	Retro Rewind		Canada
12	50	110.2	Susan Gregory	US-NE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
13	45	99.2	Crystal Rhoades	US-NC	NC State Championship	Jarvisburg	NC
	45	99.2	Olivia Stedman	US-NC	2022 Southern Open	Jarvisburg	NC
	45	99.2	Andrea Lehman	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
16	40	88.1	Laura Lofton	US-VA	2022 Shenandoah Open	Woodstock	VA
17	37.2	82	Lora Viator	US-VA	2022 Shenandoah Open	Woodstock	VA

18	32.5	71.6	Kaylee Newbern	US-NC	American Challenge - NC	Elizabeth City	NC
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Weight Class: 198		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	86.1	189.8	LaRiena Ferguson	US-FL	American Challenge - FL	Viera	FL
2	82.5	181.8	Mona Espinosa	US-VA	2022 Masters Nationals	York	PA
	82.5	181.8	Mona Espinoza	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	65	143.2	Ashley Lindsey	US-NC	2022 Southern Open	Jarvisburg	NC
5	60.5	133.3	Lori McWatters	Canada	International Powerlifting Championships		Dubai
6	57.5	126.7	Ammy Blenner-Hasset	Canada	Back to the Platform - Back Alley		Canada
	57.5	126.7	Julia Bassett	Canada	Lift off		Canada
8	55	121.2	Makayla Rozsa-Grover	Canada	Full Strong Atlantic		Canada
9	50	110.2	Olivia Stedman	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
10	48	105.8	Helena Pettit	US-MD	9-11 Patriots Open	Prince Frederick	MD
11	42.5	93.6	Julie Binckley	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 198+		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Kierstyn Bourdeau	US-CT	Christmas Curl and Bench	Cheshire	CT
2	93.5	206.1	Gwenasia Herring	US-NC	NC State Championship	Jarvisburg	NC
3	86.1	189.8	Teresa Thompson	US-ID	American Challenge - ID Championships	Couer D'Alene	ID
4	82.5	181.8	Rebecca Tucker	US-NY	American Challenge - NJ	Fair Lawn	NJ
	82.5	181.8	Dakata Nolden	US-VA	2022 Mid Atlantic	Mechanicsville	VA
	82.5	181.8	Dorothy Sosnicki	US-AZ	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
7	80	176.3	Malesia Taylor	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
8	75	165.3	Jenne Massie	US-DC	Big Gunz Open	Prince Frederick	MD
	75	165.3	Crystal Bridgforth	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
10	72.5	159.8	Ronda Bouie	US-FL	American Challenge - FL	Viera	FL
	72.5	159.8	Kristianne Bebout	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
12	70	154.3	Stephanie McIntosh	US-PA	2022 Great Lakes Championships	Erie	PA
	70	154.3	Erica Rojek	US-MD	American Challenge - MD	Prince Frederick	MD
14	65	143.2	Charlotte Baker	US-VA	2022 Masters Nationals	York	PA
	65	143.2	Ramandeep Kaur	India	International Powerlifting Championships		Dubai
16	60	132.2	Latasha Perez-Cantolina	US-PA	2022 Central PA Power Day	Clearfield	PA
17	57.5	126.7	Sarita Tams	Canada	Bridge Mania		Canada
18	55	121.2	Demetria Sarafis	US-NC	NC State Championship	Jarvisburg	NC
	55	121.2	Wanda Sommerfeld	Canada	Lift off		Canada
	55	121.2	Kathleen Delainey	Canada	International Powerlifting Championships		Dubai

2022 Deadlift Rankings Female

Weight Class: 97		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95	209.4	Natalie Norcross	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
2	86	189.5	Karen Poyner	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	83.5	184	Sofia Corridean	US-NC	American Challenge - NC	Elizabeth City	NC
4	79.3	174.8	Ashley Polacek	US-FL	American Challenge - FL	Viera	FL
5	77.5	170.8	Gracie Bushee	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
	77.5	170.8	Mia Spragis-McMullen	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
7	72.5	159.8	Gabrielle Saunders	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
	72.5	159.8	Kylie May	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
9	70	154.3	Gabbi Saunders	US-NC	2022 OBX Open	Jarvisburg	NC
10	67.5	148.8	Audriana Buitrago	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
11	65	143.2	Sophin Sydnor	US-VA	Eastern USA Open	Woodstock	PA
	65	143.2	Bella Butler	US-PA	2022 Central PA Power Day	Clearfield	PA
13	57.5	126.7	Leiselle Ethridge	US-NC	2022 Southern Open	Jarvisburg	NC
14	56.6	124.7	Susan Bohling	US-FL	American Challenge - FL	Viera	FL
15	54.4	119.9	Finleigh Caldwell	US-FL	American Challenge - FL	Viera	FL

16	52.5	115.7	Ashtyn Bushee	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
	52.5	115.7	Finley Dill	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
	52.5	115.7	Emma Bilak	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
	52.5	115.7	Noelle Persons	US-OH	Ohio State Championships	Bedford	OH
20	45	99.2	Ari Aude	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA

Weight Class: 105		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Jill Neziri	US-NY	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	111.5	245.8	Kimberly Price	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	97.5	214.9	Natalie Norcross	US-FL	American Challenge - FL	Viera	FL
4	90	198.4	Sofia Corridean	US-NC	2022 Southern Open	Jarvisburg	NC
5	77.5	170.8	Kenli Harris	US-NC	American Challenge - NC	Elizabeth City	NC
6	62.5	137.7	Maddie Welton	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA

Weight Class: 114		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105.5	232.5	Allison Freeman	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	105	231.4	Alexandra Bulluck	US-VA	2022 Mid Atlantic	Mechanicsville	VA
3	97.5	214.9	Janet Huntley	US-PA	2022 Great Lakes Championships	Erie	PA
4	87.5	192.9	Jodi McCain	US-MD	American Challenge - MD	Prince Frederick	MD
5	86.1	189.8	Mariam Miyzed	US-FL	American Challenge - FL	Viera	FL
6	82.5	181.8	Lela Pensyl	US-PA	Eastern USA Open	Woodstock	PA
	82.5	181.8	Alison Bulluck	US-VA	2022 Mid Atlantic	Mechanicsville	VA
	82.5	181.8	Mariam Miyzed	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
9	75	165.3	Karina Harris	Canada	Back to the Platform - Back Alley		Canada
	75	165.3	Lily Hirsche	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
11	65	143.2	Tarandeep Kaur	India	International Powerlifting Championships		Dubai
12	35	77.1	Kavita Tanwer	India	International Powerlifting Championships		Dubai

Weight Class: 123		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	Jenny Hua	Canada	Back to the Platform - Back Alley		Canada
2	118	260.1	Allison Freeman	US-NC	2022 Southern Open	Jarvisburg	NC
3	117.9	259.9	Lisa Hoyt	US-WA	American Challenge - FL	Viera	FL
4	115	253.5	Denise Jaffe	US-OH	2022 Tri State Championships	Bedford Heights	OH
	115	253.5	Lori McMahon	US-PA	2022 Central PA Power Day	Clearfield	PA
6	112.5	248	Dana Sackett	US-OH	2022 Great Lakes Championships	Erie	PA
7	103	227	Marcia Anderson	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
8	102.5	225.9	Beth Ogne	US-MD	Big Gunz Open	Prince Frederick	MD
9	100	220.4	Beth Permelia	US-VA	2022 Mid Atlantic	Mechanicsville	VA
10	97.5	214.9	Mariela Olivares	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
11	95	209.4	Rylea Yanke	Canada	Retro Rewind		Canada
12	90	198.4	Lauren Doyle	Canada	Back to the Platform - Back Alley		Canada
	90	198.4	Geri-Lynn Hoffman	US-PA	2022 Masters Nationals	York	PA
	90	198.4	Karola Meyer	US-MD	9-11 Patriots Open	Prince Frederick	MD
15	82.5	181.8	Caroline Lee	US-NY	American Challenge - NJ	Fair Lawn	NJ
	82.5	181.8	Karina Harris	Canada	Retro Rewind		Canada
17	81.6	179.8	Ava Lorusson	US-FL	American Challenge - FL	Viera	FL
18	75.5	166.4	Carly Cooper	US-NC	2022 Southern Open	Jarvisburg	NC
19	72.5	159.8	Kendall Booth	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
20	67.5	148.8	Faith Rosenberg	US-OH	2022 Tri State Championships	Bedford Heights	OH

Weight Class: 132		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Elizabeth Hertzler-McCain	US-MD	American Challenge - MD	Prince Frederick	MD
2	130	286.5	Anaëlle Ravelojaona	Canada	Bridge Mania		Canada
3	125	275.5	Tatiana Onyschtschuk	Canada	Bridge Mania		Canada

4	122.5	270	Azlin Ferguson	Canada	Bridge Mania		Canada
5	120	264.5	Jenn Lee	Canada	International Powerlifting Championships		Dubai
6	115	253.5	Allison Freeman	US-NC	Archetype Power Showdown	Raleigh	NC
	115	253.5	Krysta Essic	US-NC	2022 OBX Open	Jarvisburg	NC
8	97.5	214.9	Evelyn Puisseau	US-FL	American Challenge - FL	Viera	FL
9	95	209.4	Mary Stull	Canada	Back to the Platform - Back Alley		Canada
10	92.5	203.9	Kristin Gulling	US-OH	Ohio State Championships	Bedford	OH
11	90	198.4	Geri-Lyn Hoffman	US-PA	2022 Central PA Power Day	Clearfield	PA
12	87.5	192.9	Kathryn Laird	US-NY	2022 NJ Open	Fair Lawn	NJ
	87.5	192.9	Reagan Charlton	US-NC	2022 OBX Open	Jarvisburg	NC
14	77.5	170.8	Carly Cooper	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
15	75	165.3	Karina Harris	Canada	Lift off		Canada

Weight Class: 148				Deadlift	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	183	403.4	Naomi Kutin	US-NJ	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	151.9	334.8	Suzanne LaForge	US-FL	American Challenge - FL	Viera	FL
3	147.5	325.1	Megan Jacoby	US-NY	American Challenge - NY	Owego	NY
4	145	319.6	Amberine Brown	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
	145	319.6	Melanie Kebel	Canada	Bridge Mania		Canada
6	142.8	314.8	Melissa Painter	US-WA	American Challenge - ID Championships	Couer D'Alene	ID
7	137.5	303.1	Orianna Clayton	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
8	130	286.5	Marlee Hull	US-PA	2022 Great Lakes Championships	Erie	PA
9	128	282.1	Skylar Yanke	Canada	International Powerlifting Championships		Dubai
10	127.5	281	Olivia Stevenson	Canada	Full Strong Atlantic		Canada
	127.5	281	Madison Berry	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
12	127	279.9	Cristi Woldridge	US-FL	American Challenge - FL	Viera	FL
13	125	275.5	Mia Gaylord	US-NY	American Challenge - NY	Owego	NY
14	120	264.5	Madelynn Bengel	US-PA	2022 Central PA Power Day	Clearfield	PA
15	117.5	259	Azlin Ferguson	Canada	Back to the Platform - Back Alley		Canada
	117.5	259	Kaylee Dumouchel	Canada	Retro Rewind		Canada
17	115	253.5	Allison Freeman	US-NC	NC State Championship	Jarvisburg	NC
	115	253.5	Jane Bickel	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
19	112.5	248	Mary Lou Norris	US-PA	Ohio State Championships	Bedford	OH
20	110	242.5	Erica Penner	Canada	Retro Rewind		Canada

Weight Class: 165				Deadlift	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Tricia Floyd	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	162.5	358.2	Mackenzie Taylor	US-NC	2022 Christmas Classic	Woodstock	VA
3	160	352.7	Dominique Smith	Canada	Full Strong Atlantic		Canada
	160	352.7	Jamie Augustine	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
5	157.5	347.2	Janelle Ollivierre	US-DC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
6	155	341.7	Namroz Gill	Canada	Bridge Mania		Canada
7	152.5	336.2	Teresa Lei	Canada	Lift off		Canada
8	150	330.6	Natasha Beasley	US-VA	2022 Mid Atlantic	Mechanicsville	VA
9	147.5	325.1	Taylor Kennedy	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
10	142.5	314.1	Christie Tankersley	US-NC	2022 Southern Open	Jarvisburg	NC
11	140	308.6	Sandra Bates	US-NC	American Challenge - NC	Elizabeth City	NC
12	137.5	303.1	Alaina Litz	US-PA	2022 Great Lakes Championships	Erie	PA
13	135	297.6	Hannah Phillips	Canada	Retro Rewind		Canada
14	132.5	292.1	Julissa Solorzano	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
15	127.5	281	Jane Thompson	Canada	Full Strong Atlantic		Canada
	127.5	281	Samantha Bengel	US-PA	2022 Central PA Power Day	Clearfield	PA
17	125	275.5	Claudia Helmick	US-VA	2022 Christmas Classic	Woodstock	VA
18	122.5	270	Silvana Bitar	Canada	Full Strong Atlantic		Canada
19	120	264.5	Madison Berry	US-NC	2022 Mid Atlantic	Mechanicsville	VA
20	117.5	259	Hannah Morris	US-VA	2022 Mid Atlantic	Mechanicsville	VA

117.5 259 Isabella Smith US-NY 2022 Powerlifting and Single Lift Worlds Virginia Beach VA

Weight Class: 181		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	162.5	358.2	Mackenzie Taylor	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	155	341.7	Kathleen MacDonald	Canada	Bridge Mania		Canada
3	152.5	336.2	Courtney Johnston	Canada	Full Strong Atlantic		Canada
4	150	330.6	Sandra Bates	US-NC	2022 Southern Open	Jarvisburg	NC
5	140.5	309.7	Kimberlee Vroom	Canada	Retro Rewind		Canada
6	140	308.6	Julia Blackwood	Canada	Full Strong Atlantic		Canada
7	125	275.5	Neta Martens	Canada	Retro Rewind		Canada
8	124.7	274.9	Lily Smiley	US-FL	American Challenge - FL	Viera	FL
9	110	242.5	Lora Viator	US-VA	2022 Shenandoah Open	Woodstock	VA
		110	Andrea Lehman	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
11	107.5	236.9	Tyra Gutierrez	US-NC	2022 Southern Open	Jarvisburg	NC
12	102	224.8	Karen McLaughlin	US-WA	American Challenge - ID Championships	Couer D'Alene	ID
13	97.5	214.9	Susan Gregory	US-NE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
14	92.5	203.9	Isobel Parks	US-MD	American Challenge - MD	Prince Frederick	MD
15	90	198.4	Olivia Stedman	US-NC	2022 Southern Open	Jarvisburg	NC
16	82.5	181.8	Kaylee Newbern	US-NC	American Challenge - NC	Elizabeth City	NC
17	80	176.3	Laura Lofton	US-VA	2022 Shenandoah Open	Woodstock	VA
18	75	165.3	Crystal Rhoades	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 198		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.3	379.8	LaRiena Ferguson	US-FL	American Challenge - FL	Viera	FL
2	152.5	336.2	Ashley Lindsey	US-NC	NC State Championship	Jarvisburg	NC
3	135	297.6	Julia Bassett	Canada	Lift off		Canada
4	130	286.5	Helena Pettit	US-MD	American Challenge - MD	Prince Frederick	MD
		130	Makayla Rozsa-Grover	Canada	Full Strong Atlantic		Canada
6	120	264.5	Kamaljeet Kaur	India	International Powerlifting Championships		Dubai
7	112.5	248	Ammy Blenner-Hasset	Canada	Back to the Platform - Back Alley		Canada
8	100	220.4	Olivia Stedman	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
		100	Emma Pereira	Canada	Bridge Mania		Canada

Weight Class: 198+		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	183.7	404.9	Teresa Thompson	US-ID	American Challenge - ID Championships	Couer D'Alene	ID
2	175	385.8	Malesia Taylor	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	160	352.7	Rebecca Tucker	US-NY	American Challenge - NJ	Fair Lawn	NJ
4	155	341.7	Demetria Sarafis	US-NC	NC State Championship	Jarvisburg	NC
		155	Erica Rojek	US-MD	American Challenge - MD	Prince Frederick	MD
6	152.5	336.2	Jenne Massie	US-DC	Big Gunz Open	Prince Frederick	MD
7	150	330.6	Crystal Bridgforth	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
		150	Latasha Perez-Cantolina	US-PA	2022 Central PA Power Day	Clearfield	PA
9	145	319.6	Stephanie McIntosh	US-PA	2022 Great Lakes Championships	Erie	PA
10	142.5	314.1	Beatrice Temple	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
		142.5	Anna Henderson	US-PA	2022 Central PA Power Day	Clearfield	PA
12	140	308.6	Wanda Sommerfeld	Canada	Lift off		Canada
13	135	297.6	Jillian Engler	Canada	Lift off		Canada
		135	Dakota Nolden	US-VA	2022 Mid Atlantic	Mechanicsville	VA
15	132.5	292.1	Isabel Barteaux	Canada	Full Strong Atlantic		Canada
16	130	286.5	Charlotte Baker	US-VA	2022 Masters Nationals	York	PA
		130	Ashley Roczkowsky	Canada	Lift off		Canada
		130	Sarita Tams	Canada	Bridge Mania		Canada
19	125	275.5	Kristianne Bebout	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
		125	Amanda Dellinger	US-VA	2022 Christmas Classic	Woodstock	VA

2022 Total Rankings

Female

Weight Class: 97				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	197.5	435.4	Natalie Norcross	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
2	170	374.7	Mia Spragis-McMullen	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
3	168.5	371.4	Sofia Corridean	US-NC	American Challenge - NC	Elizabeth City	NC	
4	167.5	369.2	Gracie Bushee	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
5	165	363.7	Ashley Polacek	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
6	145	319.6	Kylie May	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
	145	319.6	Bella Butler	US-PA	2022 Central PA Power Day	Clearfield	PA	
8	137.5	303.1	Gabbi Saunders	US-NC	2022 OBX Open	Jarvisburg	NC	
	137.5	303.1	Gabrielle Saunders	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
10	132.5	292.1	Audriana Buitrago	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
11	118	260.1	Leiselle Ethridge	US-NC	2022 Southern Open	Jarvisburg	NC	
12	112.5	248	Emma Bilak	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
13	107.5	236.9	Noelle Persons	US-OH	Ohio State Championships	Bedford	OH	
14	106.5	234.7	Ashtyn Bushee	US-NC	2022 OBX Open	Jarvisburg	NC	
15	105	231.4	Finley Dill	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
16	103.7	228.6	Finleigh Caldwell	US-FL	American Challenge - FL	Viera	FL	
17	95.9	211.4	Susan Bohling	US-FL	American Challenge - FL	Viera	FL	
18	90	198.4	Ari Aude	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
19	80	176.3	Alexis Brooks	US-PA	2022 Central PA Power Day	Clearfield	PA	

Weight Class: 105				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	232.5	512.5	Jill Neziri	US-NY	American Challenge - PA	Clearfield	PA	
2	225	496	Kimberly Price	US-VA	2022 Masters Nationals	York	PA	
3	208.1	458.7	Natalie Norcross	US-FL	American Challenge - FL	Viera	FL	
4	175	385.8	Sofia Corridean	US-NC	2022 Southern Open	Jarvisburg	NC	
5	172.5	380.2	Kenli Harris	US-NC	American Challenge - NC	Elizabeth City	NC	
6	125	275.5	Maddie Welton	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	

Weight Class: 114				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	248.5	547.8	Allison Freeman	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
2	212.5	468.4	Janet Huntley	US-PA	2022 Great Lakes Championships	Erie	PA	
3	185	407.8	Jodi McCain	US-MD	American Challenge - MD	Prince Frederick	MD	
4	181.3	399.6	Mariam Miyzed	US-FL	American Challenge - FL	Viera	FL	
5	175	385.8	Mariam Mized	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	
6	152.5	336.2	Lily Hirsche	US-FL	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA	

Weight Class: 123				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	325	716.4	Jenny Hua	Canada	Back to the Platform - Back Alley		Canada	
2	274.3	604.7	Lisa Hoyt	US-WA	American Challenge - FL	Viera	FL	
3	272.5	600.7	Lori McMahon	US-PA	2022 Central PA Power Day	Clearfield	PA	
4	270.5	596.3	Allison Freeman	US-NC	2022 Southern Open	Jarvisburg	NC	
5	242.5	534.6	Rylea Yanke	Canada	Retro Rewind		Canada	
6	240	529.1	Mariela Olivares	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
7	222.5	490.5	Dana Sackett	US-OH	2022 Great Lakes Championships	Erie	PA	
8	220.5	486.1	Marcia Anderson	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
9	212.5	468.4	Caroline Lee	US-NY	American Challenge - NJ	Fair Lawn	NJ	
10	207.5	457.4	Lauren Doyle	Canada	Back to the Platform - Back Alley		Canada	
11	182.5	402.3	Geri-Lynn Hoffman	US-PA	2022 Masters Nationals	York	PA	
	182.5	402.3	Beth Permelia	US-VA	2022 Mid Atlantic	Mechanicsville	VA	
13	179	394.6	Ava Lorusson	US-FL	American Challenge - FL	Viera	FL	
14	175	385.8	Karina Harris	Canada	Retro Rewind		Canada	

15	167.5	369.2	Kendall Booth	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
16	130	286.5	Carly Cooper	US-NC	2022 Southern Open	Jarvisburg	NC

Weight Class: 132				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	320	705.4	Elizabeth Hertzler-McCain	US-MD	American Challenge - MD	Prince Frederick	MD
2	303	667.9	Azlin Ferguson	Canada	Bridge Mania		Canada
3	297.5	655.8	Tatiana Onyschtschuk	Canada	Bridge Mania		Canada
4	267.5	589.7	Allison Freeman	US-NC	Archetype Power Showdown	Raleigh	NC
5	257.5	567.6	Krysta Essic	US-NC	2022 OBX Open	Jarvisburg	NC
6	255	562.1	Anaëlle Ravelojaona	Canada	Bridge Mania		Canada
7	233.5	514.7	Evelyn Puisseau	US-FL	American Challenge - FL	Viera	FL
8	205	451.9	Mary Stull	Canada	Back to the Platform - Back Alley		Canada
9	197.5	435.4	Kathryn Laird	US-NY	American Challenge - NJ	Fair Lawn	NJ
	197.5	435.4	Kristin Gulling	US-OH	Ohio State Championships	Bedford	OH
11	187.5	413.3	Reagan Charlton	US-NC	2022 OBX Open	Jarvisburg	NC
12	180	396.8	Geri-Lyn Hoffman	US-PA	2022 Central PA Power Day	Clearfield	PA
13	162.5	358.2	Karina Harris	Canada	Lift off		Canada
14	157.5	347.2	Carly Cooper	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA

Weight Class: 148				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	398	877.4	Naomi Kutin	US-NJ	2022 NJ Open	Fair Lawn	NJ
2	340	749.5	Megan Jacoby	US-NY	American Challenge - NY	Owego	NY
3	335.5	739.6	Suzanne LaForge	US-FL	American Challenge - FL	Viera	FL
4	315	694.4	Melissa Painter	US-WA	American Challenge - ID Championships	Couer D'Alene	ID
5	302.5	666.8	Amberine Brown	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
	302.5	666.8	Madison Berry	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA
	302.5	666.8	Melanie Kebel	Canada	Bridge Mania		Canada
8	292.4	644.6	Cristi Woldridge	US-FL	American Challenge - FL	Viera	FL
9	280	617.2	Olivia Stevenson	Canada	Full Strong Atlantic		Canada
10	277.5	611.7	Azlin Ferguson	Canada	Back to the Platform - Back Alley		Canada
11	275	606.2	Mia Gaylord	US-NY	American Challenge - NY	Owego	NY
12	260	573.1	Allison Freeman	US-NC	NC State Championship	Jarvisburg	NC
13	252.5	556.6	Mary Lou Norris	US-PA	American Challenge - OH	Bedford Heights	OH
14	250	551.1	Marlee Hull	US-PA	2022 Great Lakes Championships	Erie	PA
	250	551.1	Madelynn Bengel	US-PA	2022 Central PA Power Day	Clearfield	PA
16	247.5	545.6	Kaylee Dumouchel	Canada	Retro Rewind		Canada
17	235	518	Erica Penner	Canada	Retro Rewind		Canada
18	232.5	512.5	Elizabeth Eshack	US-NC	NC State Championship	Jarvisburg	NC
19	227.5	501.5	Jane Bickel	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
	227.5	501.5	Melissa Ewell	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 165				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	390	859.7	Mackenzie Taylor	US-NC	2022 OBX Open	Jarvisburg	NC
2	387.5	854.2	Jamie Augustine	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	342.5	755	Teresa Lei	Canada	Lift off		Canada
4	330	727.5	Alaina Litz	US-PA	2022 Great Lakes Championships	Erie	PA
5	327.5	722	Namroz Gill	Canada	Bridge Mania		Canada
6	315	694.4	Taylor Kennedy	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
7	300	661.3	Sandra Bates	US-NC	American Challenge - NC	Elizabeth City	NC
	300	661.3	Julissa Solorzano	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
9	290	639.3	Jane Thompson	Canada	Full Strong Atlantic		Canada
10	287.5	633.8	Silvana Bitar	Canada	Full Strong Atlantic		Canada
	287.5	633.8	Hannah Phillips	Canada	Retro Rewind		Canada
12	285	628.3	Samantha Bengel	US-PA	2022 Central PA Power Day	Clearfield	PA
13	284	626.1	Madison Berry	US-NC	2022 Mid Atlantic	Mechanicsville	VA

14	282.5	622.7	Christie Tankersley	US-NC	2022 Southern Open	Jarvisburg	NC
15	252.5	556.6	Isabella Smith	US-NY	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
16	232.5	512.5	Angelina Grieb	US-PA	American Challenge - PA	Clearfield	PA
17	230	507	Madelynn Bengel	US-PA	2022 Great Lakes Championships	Erie	PA
18	222.5	490.5	Rebecca Ryan	US-VA	2022 Mid Atlantic	Mechanicsville	VA
19	212.5	468.4	Andrea Lehman	US-PA	American Challenge - PA	Clearfield	PA
20	172.5	380.2	Lynne Michaud	Canada	Lift off		Canada

Weight Class: 181		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	403	888.4	Mackenzie Taylor	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	370	815.7	Kathleen MacDonald	Canada	Bridge Mania		Canada
3	324.2	714.7	Lily Smiley	US-FL	American Challenge - FL	Viera	FL
4	315	694.4	Julia Blackwood	Canada	Full Strong Atlantic		Canada
5	307.5	677.9	Sandra Bates	US-NC	2022 Southern Open	Jarvisburg	NC
6	305.5	673.5	Kimberlee Vroom	Canada	Retro Rewind		Canada
7	285	628.3	Neta Martens	Canada	Retro Rewind		Canada
8	255.5	563.2	Tyra Gutierrez	US-NC	2022 Southern Open	Jarvisburg	NC
9	235	518	Andrea Lehman	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
10	231.2	509.7	Karen McLaughlin	US-WA	American Challenge - ID Championships	Couer D'Alene	ID
11	222.5	490.5	Susan Gregory	US-NE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
12	191	421	Olivia Stedman	US-NC	2022 Southern Open	Jarvisburg	NC
13	180	396.8	Kaylee Newbern	US-NC	American Challenge - NC	Elizabeth City	NC
14	157.5	347.2	Crystal Rhoades	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 198		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	430.7	949.5	LaRiena Ferguson	US-FL	American Challenge - FL	Viera	FL
2	325	716.4	Ashley Lindsey	US-NC	2022 Southern Open	Jarvisburg	NC
		325	716.4	Makayla Rozsa-Grover	Canada	Full Strong Atlantic	Canada
4	257.5	567.6	Ammy Blenner-Hasset	Canada	Back to the Platform - Back Alley		Canada
5	252.5	556.6	Julia Bassett	Canada	Lift off		Canada
6	225	496	Olivia Stedman	US-NC	2022 Powerlifting and Single Lift Youth Worlds	Virginia Beach	VA

Weight Class: 198+		Total		Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	417.2	919.7	Teresa Thompson	US-ID	American Challenge - ID Championships	Couer D'Alene	ID	
2	400	881.8	Malesia Taylor	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
3	382.5	843.2	Rebecca Tucker	US-NY	American Challenge - NJ	Fair Lawn	NJ	
4	365	804.6	Stephanie McIntosh	US-PA	2022 Great Lakes Championships	Erie	PA	
5	350	771.6	Erica Rojek	US-MD	American Challenge - MD	Prince Frederick	MD	
6	337.5	744	Dakota Nolden	US-VA	2022 Mid Atlantic	Mechanicsville	VA	
7	335	738.5	Latasha Perez-Cantolina	US-PA	2022 Central PA Power Day	Clearfield	PA	
8	332.5	733	Demetria Sarafis	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
9	327.5	722	Anna Henderson	US-PA	2022 Central PA Power Day	Clearfield	PA	
10	312.8	689.5	Ronda Bouie	US-FL	American Challenge - FL	Viera	FL	
11	296.9	654.5	Beatrice Temple	US-FL	American Challenge - FL	Viera	FL	
12	295.5	651.4	Wanda Sommerfeld	Canada	Lift off		Canada	
13	292.5	644.8	Isabel Barteaux	Canada	Full Strong Atlantic		Canada	
		292.5	644.8	Sarita Tams	Canada	Bridge Mania	Canada	
15	287.5	633.8	Charlotte Baker	US-VA	2022 Masters Nationals	York	PA	
16	280	617.2	Jillian Engler	Canada	Lift off		Canada	
17	275	606.2	Ashley Roczkowsky	Canada	Lift off		Canada	
18	252.5	556.6	Elaine Ostrander	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
19	250	551.1	Erin Lewis	US-PA	2022 Great Lakes Championships	Erie	PA	
		250	551.1	Savannah Glanville	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

2022 Strict Curl Rankings Female

Weight Class: 97				Strict Curl		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	27.5	60.6	Karen Poyner	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA	
2	18.5	40.7	Gracie Bushee	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA	
3	14.5	31.9	Kylie May	US-NC	2022 OBX Open	Jarvisburg	NC	
4	13	28.6	Lesly Quinteros	US-MD	2022 Christmas Classic	Woodstock	VA	
5	11	24.2	Ashtyn Bushee	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA	
6	10	22	Gabbi Saunders	US-NC	2022 OBX Open	Jarvisburg	NC	

Weight Class: 105				Strict Curl		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	21	46.2	Avaya Berge	US-NC	American Challenge - NC	Elizabeth City	NC	
2	20	44	Isabella Costantino	US-PA	2022 Central PA Power Day	Clearfield	PA	

Weight Class: 114				Strict Curl		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	32.5	71.6	Allison Freeman	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA	
2	23.5	51.8	Jill Sheakley	US-PA	2022 Mid Atlantic	Mechanicsville	VA	
3	21	46.2	Patti Mangone	US-PA	American Challenge - PA	Clearfield	PA	

Weight Class: 123				Strict Curl		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	36.5	80.4	Krystal Brown	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA	
2	36	79.3	Kerry Self	US-VA	2022 Christmas Classic	Woodstock	VA	
3	34.5	76	Allison Freeman	US-NC	2022 OBX Open	Jarvisburg	NC	
4	31.5	69.4	Ang Krom	US-CT	Christmas Curl and Bench	Cheshire	CT	
5	31	68.3	Mariela Olivares	US-MD	2022 Masters Nationals	York	PA	
6	29.5	65	Beth Ogne	US-MD	Big Gunz Open	Prince Frederick	MD	
	29.5	65	Jo Hendon	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA	
8	29	63.9	Denise Jaffe	US-OH	2022 Tri State Championships	Bedford Heights	OH	
9	28	61.7	Bianca Rivera	US-NY	American Challenge - NY	Owego	NY	
10	25	55.1	Karina Harris	Canada	Retro Rewind		Canada	
11	21.5	47.3	Karola Meyer	US-MD	Big Gunz Open	Prince Frederick	MD	
12	18.5	40.7	Carly Cooper	US-NC	2022 Southern Open	Jarvisburg	NC	

Weight Class: 132				Strict Curl		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	36.5	80.4	Krystal Brown	US-VA	2022 Masters Nationals	York	PA	
2	34	74.9	Allison Freeman	US-NC	Archetype Power Showdown	Raleigh	NC	
3	32	70.5	Mariela Olivares	US-MD	2022 Strict Curl Worlds	Virginia Beach	VA	
4	29.5	65	Reagan Charlton	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA	
5	23.5	51.8	Jenn Lee	Canada	International Powerlifting Championships		Dubai	
6	23	50.7	Carly Cooper	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA	
	23	50.7	Kathryn Laird	US-NY	2022 Strict Curl Worlds	Virginia Beach	VA	
8	22	48.5	Valerie Dixon	US-PA	American Challenge - PA	Clearfield	PA	

Weight Class: 148				Strict Curl		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	54.5	120.1	Tricia Floyd	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA	
2	34	74.9	Christina Zart	US-OH	Ohio State Championships	Bedford	OH	
	34	74.9	Nicole Costantino	US-PA	2022 Central PA Power Day	Clearfield	PA	
4	32.5	71.6	Skylar Yanke	Canada	International Powerlifting Championships		Dubai	
5	32	70.5	Allison Freeman	US-NC	NC State Championship	Jarvisburg	NC	
6	31.5	69.4	Mia Gaylord	US-NY	American Challenge - NY	Owego	NY	
7	31	68.3	Kaydence Morton	US-NC	2022 Battle of the Border	Currituck	NC	
	31	68.3	Kimberly Capers	US-MD	9-11 Patriots Open	Prince Frederick	MD	

9	30.5	67.2	Kaydance Morton	US-NC	NC State Championship	Jarvisburg	NC
	30.5	67.2	Orianna Clayton	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
11	29.5	65	Madison Berry	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA
12	28	61.7	Suzanne Jeffers	US-NY	American Challenge - PA	Clearfield	PA
13	27.5	60.6	Meghan Wallace	US-OH	American Challenge - OH	Bedford Heights	OH
14	27	59.5	Melissa Erickson	US-NC	American Challenge - NJ	Fair Lawn	NJ
	27	59.5	Melissa Ewell	US-NC	2022 OBX Open	Jarvisburg	NC
16	26.5	58.4	Karen Walsh	US-OH	2022 Tri State Championships	Bedford Heights	OH
17	22.5	49.6	Emily Faint	US-NY	American Challenge - NJ	Fair Lawn	NJ
18	22	48.5	Vanaja Nair	UAE	2022 Strict Curl Worlds	Virginia Beach	VA
19	21.5	47.3	Kyla Titus	US-CT	Christmas Curl and Bench	Cheshire	CT
20	18	39.6	Marlene Henriques	US-VA	Eastern USA Open	Woodstock	PA

Weight Class: 165		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45.5	100.3	Mackenzie Taylor	US-NC	2022 Christmas Classic	Woodstock	VA
2	42.5	93.6	Sandra Bates	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA
3	39.5	87	Jamie Augustine	US-PA	2022 Strict Curl Worlds	Virginia Beach	VA
4	38.5	84.8	Lisa Walker	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
	38.5	84.8	Cynthia Virgil	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
6	38	83.7	Natasha Beasley	US-VA	2022 Mid Atlantic	Mechanicsville	VA
7	37.5	82.6	Ninoshka Guerra	US-VA	2022 Shenandoah Open	Woodstock	VA
8	37	81.5	Carol Levasseur	US-MA	2022 Strict Curl Worlds	Virginia Beach	VA
9	34	74.9	Claudia Helmick	US-VA	2022 Christmas Classic	Woodstock	VA
10	27.5	60.6	Christie Tankersley	US-NC	2022 Southern Open	Jarvisburg	NC
11	25.5	56.2	Madison Berry	US-NC	2022 Mid Atlantic	Mechanicsville	VA
12	20.5	45.1	Andrea Lehman	US-PA	American Challenge - PA	Clearfield	PA
	20.5	45.1	Crystal Rhoades	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA
14	10	22	Geetanjali Sharma	India	International Powerlifting Championships		Dubai

Weight Class: 181		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45.5	100.3	Mackenzie Taylor	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA
2	40	88.1	Linda Lee	US-VA	2022 Mid Atlantic	Mechanicsville	VA
3	39.5	87	Sandra Bates	US-NC	2022 Southern Open	Jarvisburg	NC
4	32	70.5	Laura Lofton	US-VA	2022 Shenandoah Open	Woodstock	VA
5	31.5	69.4	Tyra Gutierrez	US-NC	2022 Southern Open	Jarvisburg	NC
6	28	61.7	Andrea Lehman	US-PA	2022 Strict Curl Worlds	Virginia Beach	VA
7	27	59.5	Alicia Kindred	US-VA	American Challenge - VA	Fredericksburg	VA
8	25	55.1	Lora Viator	US-VA	2022 Shenandoah Open	Woodstock	VA
9	21	46.2	Olivia Stedman	US-NC	2022 Southern Open	Jarvisburg	NC
10	20	44	Crystal Rhoades	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 198		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40	88.1	Ashley Lindsey	US-NC	NC State Championship	Jarvisburg	NC
2	38.5	84.8	Mona Espinosa	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
3	33	72.7	Gwen Bailey	US-MD	2022 Strict Curl Worlds	Virginia Beach	VA
4	30.5	67.2	Helena Pettit	US-MD	American Challenge - MD	Prince Frederick	MD
5	30	66.1	Lori McWatters	Canada	International Powerlifting Championships		Dubai
6	29.5	65	Julie Binckley	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA
7	26.5	58.4	Olivia Stedman	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 198+		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Kierstyn Bourdeau	US-CT	Christmas Curl and Bench	Cheshire	CT
2	46	101.4	Gwenasia Herring	US-NC	NC State Championship	Jarvisburg	NC
3	43.5	95.9	Demetria Sarafis	US-NC	American Challenge - NC	Elizabeth City	NC

4	43	94.7 Dorothy Sosnicki	US-AZ	American Challenge - Dubai		Dubai
5	38	83.7 Erica Rojek	US-MD	American Challenge - MD	Prince Frederick	MD
6	36.5	80.4 Dakata Nolden	US-VA	2022 Mid Atlantic	Mechanicsville	VA
7	32	70.5 Kristianne Bebout	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA
8	30	66.1 Kathleen Delainey	Canada	International Powerlifting Championships		Dubai
	30	66.1 Savannah Glanville	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA
10	27.5	60.6 Wanda Sommerfeld	Canada	International Powerlifting Championships		Dubai