

2024 Female Powerlifting Worlds

Virginia Beach, VA 11/22/2024

Powerlifting

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Squat1	Squat2	Squat3	Squat4	Bench1	Bench2	Bench3	Bench4	DL 1	DL 2	DL 3	DL 4	Total	Placing
Cassidy Conaghan	Female	25	Canada	47.3	48/105.8	Open	142.5	150	155	157.5	67.5	72.5	75		147.5	157.5	165	167.5	395	1
KIMBERLY PRICE	Female	62	VA	46.9	48/105.8	Open	62.5	67.5	72.5		37.5	40	42.5		95	102.5	113.5		227.5	2
KIMBERLY PRICE	Female	62	VA	46.9	48/105.8	Masters (60-64)	62.5	67.5	72.5		37.5	40	42.5		95	102.5	113.5		227.5	1
Logan White	Female	17	NC	47.1	48/105.8	Teen (16-17)	55	60	62.5		35	-40	40		82.5	90	100		202.5	1
Katherine Lizarraga	Female	30	VA	51.6	52/114.6	Open	100	-112.5	-112.5		45	52.5	-60		105	122.5	132.5		285	1
Allison Freeman	Female	36	NC	50.2	52/114.6	Open	65	70	75		45	47.5			90	-100			212.5	2
Natalie Norcross	Female	16	FL	51	52/114.6	Teen (16-17)	75	-85	85		32.5	35	37.5		90	97.5	-105		220	1
Allison Freeman	Female	36	NC	50.2	52/114.6	Sub-Masters (35-39)	65	70	75		45	47.5			90	-100			212.5	1
Emma Bilak	Female	12	FL	52	52/114.6	Teen (12-13)													0	
Victoria Wood	Female	16	NC	52	52/114.6	Teen (16-17)	60	65	-67.5		-35	-35	-35		65	67.5	72.5		0	
Mariela Olivares	Female	48	MD	55.5	56/123.4	Open	-100	100	-105		55	57.5	-60		100	112.5	115		272.5	1
Lori Christ	Female	67	NM	54.9	56/123.4	Open	55	62.5	-67.5		32.5	37.5	40		95	105	107.5		210	2
Mariela Olivares	Female	48	MD	55.5	56/123.4	Masters (45-49)	-100	100	-105		55	57.5	-60		100	112.5	115		272.5	1
Lori Christ	Female	67	NM	54.9	56/123.4	Masters (65-69)	55	62.5	-67.5		32.5	37.5	40		95	105	107.5		210	1
Taylor Clarke	Female	31	NC	59	60/132.2	Open	65	80	100		-82.5	82.5	-85		120	130	140		322.5	1
Nena Pfeffer	Female	15	PA	56.7	60/132.2	Open	102.5	110	115		62.5	-70	-70		105	112.5	117.5		295	2
Alexandria Wood	Female	17	NC	59.1	60/132.2	Open	87.5	95	100		50	-55	-55		115	125	135		285	3
Vanaja Nair	Female	52	India	60	60/132.2	Open	65				35				95				195	4
Nena Pfeffer	Female	15	PA	56.7	60/132.2	Teen (14-15)	102.5	110	115		62.5	-70	-70		105	112.5	117.5		295	1
Alexandria Wood	Female	17	NC	59.1	60/132.2	Teen (16-17)	87.5	95	100		50	-55	-55		115	125	135		285	1
Sofia Corridean	Female	12	NC	60	60/132.2	Teen (12-13)	55	65	72.5		27.5	32.5	37.5		75	92.5	100		210	1
Caitlyn Curran	Female	17	NC	56.6	60/132.2	Teen (16-17)	60	65	70		25	30	35		75	85	95		200	2
Vanaja Nair	Female	52	India	60	60/132.2	Masters (50-54)	65				35				95				195	1
Erin Buchart	Female	16	NC	60	60/132.2	Teen (16-17)	-70				-35	-35	-35		-110				0	
Natasha Beasley	Female	42	VA	66.6	67.5/148.8	Open	100	115	-130		67	75	82.5		162.5	172.5	-187.5		370	1
Anna Elliott	Female	19	KS	64.2	67.5/148.8	Open	-77.5	80	87.5		62.5	65	-70		-115	117.5	125		277.5	2
Chris Nicole	Female	37	FL	63.1	67.5/148.8	Open	70	80	92.5		45	50	-55		-115	122.5	132.5		275	3
Galaxia Planchez	Female	42	FL	60.7	67.5/148.8	Open	70	82.5	90		42.5	50	-55		85	95	100		240	4
Christina Milie	Female	44	PA	62.5	67.5/148.8	Open	70	75	80		45	47.5	-50		102.5	110	-115		237.5	5
Laura Clancy	Female	59	VA	63.572	67.5/148.8	Open	72.5	82.5	92.5		45	52.5	-57.5		70	80	92.5		237.5	6
Tania De La Torre Pena	Female	24	VA	67.5	67.5/148.8	Open													0	
Anna Elliott	Female	19	KS	64.2	67.5/148.8	Teen (18-19)	-77.5	80	87.5		62.5	65	-70		-115	117.5	125		277.5	1
Galaxia Planchez	Female	42	FL	60.7	67.5/148.8	Masters (40-44)	70	82.5	90		42.5	50	-55		85	95	100		240	1
Christina Milie	Female	44	PA	62.5	67.5/148.8	Masters (40-44)	70	75	80		45	47.5	-50		102.5	110	-115		237.5	2
Laura Clancy	Female	59	VA	63.572	67.5/148.8	Masters (55-59)	72.5	82.5	92.5		45	52.5	-57.5		70	80	92.5		237.5	1
Marlena Morgan	Female	33	FL	71.6	75/165.3	Open	105	115	127.5		72.5	75	-77.5		172.5	182.5	190		392.5	1
Raya Eilert	Female	18	KS	71.7	75/165.3	Open	-82.5	87.5	92.5		62.5	67.5	72.5		125	-132.5	132.5		297.5	2
Jenelle Aspinwall	Female	41	MI	70	75/165.3	Open	70	80	-87.5		45	50	-60		105	115	127.5		257.5	3
Lisa Walker	Female	43	VA	73.6	75/165.3	Open	63.5	70	80		52.5	-57.5	-57.5		91	100	-107.5		232.5	4
Rebecca Meeder	Female	44	NY	71.5	75/165.3	Open	-67.5	67.5	-72.5		45	-50	-50		107.5	-110	110		222.5	5
Savannah Higgins	Female	17	NC	69.7	75/165.3	Open	87.5	-92.5	-92.5		-35	-35	35		95	97.5	-102.5		220	6

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Tanya Renne	Female	54	DC	71.8	75/165.3	Open	42	-45	45	47.5	-50	-50	77.5	87.5	90	182.5	7	
Heather Flottmann	Female	52	NY	75	75/165.3	Open										0		
Paige Karolak	Female	31	Canada	75	75/165.3	Open										0		
McKenzie Davis	Female	20	FL	72.5	75/165.3	Junior (20-24)	-105	120	127.5	-60	60	67.5	127.5	142.5	157.5	352.5	1	
Raya Eilert	Female	18	KS	71.7	75/165.3	Teen (18-19)	-82.5	87.5	92.5	62.5	67.5	72.5	125	-132.5	132.5	297.5	1	
Rebecca Meeder	Female	44	NY	71.5	75/165.3	Masters (40-44)	-67.5	67.5	-72.5	45	-50	-50	107.5	-110	110	222.5	1	
Savannah Higgins	Female	17	NC	69.7	75/165.3	Teen (16-17)	87.5	-92.5	-92.5	-35	-35	35	95	97.5	-102.5	220	1	
Tanya Renne	Female	54	DC	71.8	75/165.3	Masters (50-54)	42	-45	45	47.5	-50	-50	77.5	87.5	90	182.5	1	
Heather Flottmann	Female	52	NY	75	75/165.3	Masters (50-54)										0		
Crystal Rhoades	Female	61	NC	75	75/165.3	Masters (60-64)										0		
Lisa Walker	Female	43	VA	73.6	75/165.3	Law/Fire/Military	63.5	70	80	52.5	-57.5	-57.5	91	100	-107.5	232.5	1	
Mackenzie Taylor	Female	16	NC	80	82.5/181.8	Open	127.5	140	147.5	82.5	92.5	95	-100	127.5	145	157.5	400	1
Sarah Adams	Female	17	PA	82.5	82.5/181.8	Open										0		
Mackenzie Taylor	Female	16	NC	80	82.5/181.8	Teen (16-17)	127.5	140	147.5	82.5	92.5	95	-100	127.5	145	157.5	400	1
Sarah Adams	Female	17	PA	82.5	82.5/181.8	Teen (16-17)										0		
Lizzy Welch	Female	18	KS	88.5	90/198.4	Open	175	-185	-197.5	-75	75	-85	102.5	142.5	-150	392.5	1	
Madison Berry	Female	12	NC	87.7	90/198.4	Open	127.5	137.5	142.5	77.5	82.5	87.5	-90	125	137.5	145	375	2
Sydnee Jackson	Female	22	KS	82.8	90/198.4	Open	127.5	-137.5	140	62.5	70	-75	142.5	147.5	-152.5	357.5	3	
Tomi Dement	Female	37	VA	85.3	90/198.4	Open	100	107.5	112.5	67.5	75	-77.5	145	162.5	-167.5	350	4	
Casey Powell	Female	35	AZ	89.3	90/198.4	Open	-85	92.5	112.5	52.5	-65	-65	102.5	-125	125	290	5	
Lizzy Welch	Female	18	KS	88.5	90/198.4	Teen (18-19)	175	-185	-197.5	-75	75	-85	102.5	142.5	-150	392.5	1	
Madison Berry	Female	12	NC	87.7	90/198.4	Teen (12-13)	127.5	137.5	142.5	77.5	82.5	87.5	-90	125	137.5	145	375	1
Sydnee Jackson	Female	22	KS	82.8	90/198.4	Junior (20-24)	127.5	-137.5	140	62.5	70	-75	142.5	147.5	-152.5	357.5	1	
Casey Powell	Female	35	AZ	89.3	90/198.4	Sub-Masters (35-39)	-85	92.5	112.5	52.5	-65	-65	102.5	-125	125	290	1	
Tomi Dement	Female	37	VA	85.3	90/198.4	Law/Fire/Military	100	107.5	112.5	67.5	75	-77.5	145	162.5	-167.5	350	1	
Casey Powell	Female	35	AZ	89.3	90/198.4	Law/Fire/Military	-85	92.5	112.5	52.5	-65	-65	102.5	-125	125	290	2	
Rachel Clarke	Female	36	PA	104.4	90+/198.5+ (F)	Open	145	152.5	160	62.5	70	75	195	205	210	212.5	445	1
Charlotte Baker	Female	56	VA	115	90+/198.5+ (F)	Open	125	132.5	137.5	67.5	70	-72.5	162.5	170	-175	377.5	2	
Ivy Lander	Female	25	PA	94.1	90+/198.5+ (F)	Open	127.5	140	145	60	62.5	-67.5	147	165	-175	372.5	3	
Janelle Shollenberger	Female	42	PA	116	90+/198.5+ (F)	Open	-120	120	-130	72.5	77.5	-80	125	135	142.5	340	4	
Erin Gorney	Female	44	PA	97.1	90+/198.5+ (F)	Open	-105	105	107.5	70	77.5	-82.5	117.5	127.5	137.5	322.5	5	
Elaine Ostrander	Female	66	MD	95.9	90+/198.5+ (F)	Open	72.5	85	92.5	40	45	47.5	110	120	130	270	6	
Rebecca Hall	Female	37	NM	91	90+/198.5+ (F)	Open										0		
Rachel Clarke	Female	36	PA	104.4	90+/198.5+ (F)	Sub-Masters (35-39)	145	152.5	160	62.5	70	75	195	205	210	212.5	445	1
Rebecca Tucker	Female	41	NY	115.5	90+/198.5+ (F)	Masters (40-44)	150	155	160	85	90	92.5	165	175	-182.5	427.5	1	
Erica Rojek	Female	44	MD	98.5	90+/198.5+ (F)	Masters (40-44)	140	147.5	155	70	75	77.5	165	175	-182.5	407.5	2	
Charlotte Baker	Female	56	VA	115	90+/198.5+ (F)	Masters (55-59)	125	132.5	137.5	67.5	70	-72.5	162.5	170	-175	377.5	1	
Janelle Shollenberger	Female	42	PA	116	90+/198.5+ (F)	Masters (40-44)	-120	120	-130	72.5	77.5	-80	125	135	142.5	340	3	
Erin Gorney	Female	44	PA	97.1	90+/198.5+ (F)	Masters (40-44)	-105	105	107.5	70	77.5	-82.5	117.5	127.5	137.5	322.5	4	
Kaitlyn Dortch	Female	16	VA	97.5	90+/198.5+ (F)	Teen (16-17)	91	97.5	-107.5	43	50	-52.5	127.5	137.5	142.5	290	1	
Elaine Ostrander	Female	66	MD	95.9	90+/198.5+ (F)	Masters (65-69)	72.5	85	92.5	40	45	47.5	110	120	130	270	1	
Savannah Glanville	Female	17	NC	109.2	90+/198.5+ (F)	Teen (16-17)	-102.5	102.5	-125	-77.5	-77.5	-77.5	125	-135	-135	0		
Charlotte Baker	Female	56	VA	115	90+/198.5+ (F)	Law/Fire/Military	125	132.5	137.5	67.5	70	-72.5	162.5	170	-175	377.5	1	

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Push-pull

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	DL 1	DL 2	DL 3	DL 4	Total	Placing
Sofia Corridean	Female	12	NC	60	60/132.2	Teen (12-13)	27.5	32.5	37.5		75	92.5	100		137.5	1
Emma Schenk	Female	17	VA	63.4	67.5/148.8	Teen (16-17)	40	45	50		90	95	-97.5		145	1
Mackenzie Taylor	Female	16	NC	80	82.5/181.8	Open	82.5	92.5	95	-100	127.5	145	157.5		252.5	1
Madison Berry	Female	12	NC	87.7	90/198.4	Open	77.5	82.5	87.5	-90	125	137.5	145		232.5	1
Sydney Katz	Female	40	MD	100.7	90+/198.5+ (F)	Open	60	-62.5	-62.5		122.5	130	-135		190	1
Elaine Ostrander	Female	66	MD	95.9	90+/198.5+ (F)	Open	40	45	47.5		110	120	130		177.5	2
Sydney Katz	Female	40	MD	100.7	90+/198.5+ (F)	Masters (40-44)	60	-62.5	-62.5		122.5	130	-135		190	1
Elaine Ostrander	Female	66	MD	95.9	90+/198.5+ (F)	Masters (65-69)	40	45	47.5		110	120	130		177.5	1

Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	Total	Placing
Elva Dudley	Female	57	NJ	51.5	52/114.6	Masters (55-59)	-42.5	42.5	47.5		47.5	1
Kerry Self	Female	51	VA	54.4	56/123.4	Masters (50-54)	72.5	-75	75	76	75	1
Linda Lee	Female	65	VA	64	67.5/148.8	Open	-55	55	65		65	1
Linda Lee	Female	65	VA	64	67.5/148.8	Masters (65-69)	-55	55	65		65	1
Mackenzie Taylor	Female	16	NC	80	82.5/181.8	Open	82.5	92.5	95	-100	95	1
Mackenzie Taylor	Female	16	NC	80	82.5/181.8	Teen (16-17)	82.5	92.5	95	-100	95	1
Madison Berry	Female	12	NC	87.7	90/198.4	Open	77.5	82.5	87.5	-90	87.5	1
Madison Berry	Female	12	NC	87.7	90/198.4	Teen (12-13)	77.5	82.5	87.5	-90	87.5	1
Mona Espinosa	Female	43	VA	90.7	90+/198.5+ (F)	Open	70	75	80		80	1
Dorothy Sosnicki	Female	60	AZ	101.2	90+/198.5+ (F)	Open	67.5	73.5	-75		72.5	2
Sydney Katz	Female	40	MD	100.7	90+/198.5+ (F)	Open	60	-62.5	-62.5		60	3
Mona Espinosa	Female	43	VA	90.7	90+/198.5+ (F)	Masters (40-44)	70	75	80		80	1
Dorothy Sosnicki	Female	60	AZ	101.2	90+/198.5+ (F)	Masters (60-64)	67.5	73.5	-75		72.5	1
Sydney Katz	Female	40	MD	100.7	90+/198.5+ (F)	Masters (40-44)	60	-62.5	-62.5		60	2
Mona Espinosa	Female	43	VA	90.7	90+/198.5+ (F)	Law/Fire/Military	70	75	80		80	1

Deadlift

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	DL 1	DL 2	DL 3	DL 4	Total	Placing
Lori Christ	Female	67	NM	54.9	56/123.4	Open	95	105	107.5		107.5	1
Lori Christ	Female	67	NM	54.9	56/123.4	Masters (65-69)	95	105	107.5		107.5	1
Sofia Corridean	Female	12	NC	60	60/132.2	Teen (12-13)	75	92.5	100		100	1
Rachel Clarke	Female	36	PA	104.4	90+/198.5+ (F)	Open	195	205	210	212.5	210	1
Charlotte Baker	Female	56	VA	115	90+/198.5+ (F)	Open	162.5	170	-175		170	2
Elaine Ostrander	Female	66	MD	95.9	90+/198.5+ (F)	Open	110	120	130		130	3
Rachel Clarke	Female	36	PA	104.4	90+/198.5+ (F)	Sub-Masters (35-39)	195	205	210	212.5	210	1
Elaine Ostrander	Female	66	MD	95.9	90+/198.5+ (F)	Masters (65-69)	110	120	130		130	1