



2025 Women's Rankings

Updated 04/29/2025 Ed Kutin

edkutin@gmail.com

2025 Squat Rankings				Female				
Weight Class: 44 / 97			Squat	Female				
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	40	88.1	Jeanette Savage	US-NY	Owego Winter Classic	Owego	NY	
2	30	66.1	Sylvia Hunter	US-NY	Owego Winter Classic	Owego	NY	
Weight Class: 48 / 105			Squat	Female				
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	72.5	159.8	Kimberly Price	US-VA	2025 Masters Nationals	York	PA	
2	65	143.2	Logan White	US-NC	2025 NC State Championships	Jarvisburg	NC	
Weight Class: 52 / 114			Squat	Female				
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	62.5	137.7	Bella Butler	US-PA	2025 Great Lakes Championships	Erie	PA	
Weight Class: 56 / 123			Squat	Female				
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	120	264.5	Laura Siegle	US-VA	Ironbuilt Classic	Ashland	VA	
	120	264.5	Catarina Aldi	US-PA	2025 Masters Nationals	York	PA	
3	107.5	236.9	Audrey Martos	US-NV	Arnold Stronglifting Powerlifting	Columbus	OH	
4	72.5	159.8	Janet Huntley	US-PA	2025 Masters Nationals	York	PA	
5	70	154.3	Lori Christ	US-NM	Arnold Stronglifting Powerlifting	Columbus	OH	
6	65	143.2	Victoria Wood	US-NC	2025 NC State Championships	Jarvisburg	NC	
7	52.5	115.7	Alexis Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH	
Weight Class: 60 / 132			Squat	Female				
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	122.5	270	Tatiana Onyschtschuk	Canada	Ice Breaker II	Calgary	Alberta	
	122.5	270	Nena Pfeffer	US-PA	2025 Great Lakes Championships	Erie	PA	
3	110	242.5	Sydney Worley	US-PA	2025 Great Lakes Championships	Erie	PA	
4	107.5	236.9	Taylor Clarke	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH	
5	102.5	225.9	Alexandria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH	
6	92.5	203.9	Alex Wood	US-NC	2025 NC State Championships	Jarvisburg	NC	
	92.5	203.9	Jennifer Zak	US-NC	2025 NC State Championships	Jarvisburg	NC	
8	60	132.2	Geri-Lyn Hoffman	US-PA	2025 Great Lakes Championships	Erie	PA	
9	57.5	126.7	Geri Lyn Hoffman	US-PA	2025 Masters Nationals	York	PA	
10	52.5	115.7	Linda Leightley	US-VA	Ironbuilt Classic	Ashland	VA	
Weight Class: 67.5 / 148			Squat	Female				
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	132.5	292.1	Kristen Gordon	US-PA	2025 Great Lakes Championships	Erie	PA	
2	120	264.5	Cydney Amoroso	US-PA	2025 Great Lakes Championships	Erie	PA	
3	102.5	225.9	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA	
4	92.5	203.9	Galaxia Planchez	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH	
5	87.5	192.9	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH	
6	77.5	170.8	Christina Milie	US-PA	2025 Masters Nationals	York	PA	
7	72.5	159.8	Grace Nanney	US-PA	2025 Great Lakes Championships	Erie	PA	
Weight Class: 75 / 165			Squat	Female				
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	130	286.5	Layna Morgan	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH	

2	122.5	270	Kayley Goraczyk	Canada	Ice Breaker II	Calgary	Alberta
3	120	264.5	Samantha Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
4	115	253.5	Natasha Beasley	US-VA	Arnold Stronglifting Powerlifting	Columbus	OH
5	110	242.5	Courtney Hansell	US-NY	Owego Winter Classic	Owego	NY
6	85	187.3	Sarah Beech	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
7	82.5	181.8	Madelynn Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
8	77.5	170.8	Jennarose Reagan	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
	77.5	170.8	Leah Josey	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
10	75	165.3	Madison Allen	US-VA	Ironbuilt Classic	Ashland	VA
	75	165.3	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
12	62.5	137.7	Scarlet Deaton	US-NY	2025 NJ State Championships	Fair Lawn	NJ

Weight Class: 82.5 / 181 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Nancy Breen	US-VA	2025 Masters Nationals	York	PA
2	97.5	214.9	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA
3	82.5	181.8	Sarah Adams	US-PA	2025 Great Lakes Championships	Erie	PA
4	77.5	170.8	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA
5	67.5	148.8	Sonya Jones	US-VA	2025 Masters Nationals	York	PA
6	52.5	115.7	Symphanie Sharrock	US-NY	2025 NJ State Championships	Fair Lawn	NJ

Weight Class: 90 / 198 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Mackenzie Taylor	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
2	122.5	270	Melissa Cruz	US-PA	2025 Great Lakes Championships	Erie	PA
3	110	242.5	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta
4	105	231.4	Casey Powell	US-AZ	Arnold Stronglifting Powerlifting	Columbus	OH
5	85	187.3	Janis Ferguson	US-PA	2025 Great Lakes Championships	Erie	PA
6	75	165.3	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta
7	60	132.2	Stephanie Forman	US-NC	2025 NC State Championships	Jarvisburg	NC

Weight Class: 90+ / 198+ Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	165	363.7	Rachel Clarke	US-PA	2025 Masters Nationals	York	PA
2	160	352.7	Michelle Pushinsky	US-PA	2025 Masters Nationals	York	PA
3	155	341.7	Madison Berry	US-NC	2025 NC State Championships	Jarvisburg	NC
4	145	319.6	Samantha Hall	Canada	Ice Breaker II	Calgary	Alberta
5	142.5	314.1	Ivy Lander	US-PA	2025 Great Lakes Championships	Erie	PA
6	140	308.6	Charlotte Baker	US-VA	2025 Masters Nationals	York	PA
7	120	264.5	Maria Andersson	Canada	Ice Breaker II	Calgary	Alberta
	120	264.5	Christine Royer	US-VA	Ironbuilt Classic	Ashland	VA
9	117.5	259	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA
10	110	242.5	Christina Szeto	Canada	Ice Breaker II	Calgary	Alberta
11	102.5	225.9	Erin Lewis	US-PA	2025 Great Lakes Championships	Erie	PA
12	100	220.4	Karen Repino	US-PA	2025 Masters Nationals	York	PA
13	72.5	159.8	Stephanie Forman	US-NC	Ironbuilt Classic	Ashland	VA
14	65	143.2	Marquesses D Glazner	US-CA	Ironbuilt Classic	Ashland	VA
15	30	66.1	Barbara Rosario	US-NY	2025 NJ State Championships	Fair Lawn	NJ

2025 Bench Press Rankings				Female			
Weight Class: 44 / 97 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Jeanette Savage	US-NY	Owego Winter Classic	Owego	NY
2	17.5	38.5	Sylvia Hunter	US-NY	Owego Winter Classic	Owego	NY

Weight Class: 48 / 105 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Logan White	US-NC	2025 NC State Championships	Jarvisburg	NC
	42.5	93.6	Kimberly Price	US-VA	2025 Masters Nationals	York	PA

Weight Class: 52 / 114 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	35	77.1	Bella Butler	US-PA	2025 Great Lakes Championships	Erie	PA

Weight Class: 56 / 123			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Laura Siegle	US-VA	Ironbuilt Classic	Ashland	VA
2	62.5	137.7	Catarina Aldi	US-PA	2025 Masters Nationals	York	PA
3	50	110.2	Allison Freeman	US-NC	2025 Battle of the Border	Currituck	NC
4	47.5	104.7	Audrey Martos	US-NV	Arnold Stronglifting Powerlifting	Columbus	OH
	47.5	104.7	Janet Huntley	US-PA	2025 Masters Nationals	York	PA
6	40	88.1	Lori Christ	US-NM	Arnold Stronglifting Powerlifting	Columbus	OH
7	37.5	82.6	Victoria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
8	22.5	49.6	Alexis Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH
9	20.5	45.1	Audrey Keane	US-CA	NorCal Ironman Classic	Santa Clara	CA

Weight Class: 60 / 132			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Taylor Clarke	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
2	72.5	159.8	Tatiana Onyschtschuk	Canada	Ice Breaker II	Calgary	Alberta
3	70	154.3	Nena Pfeffer	US-PA	Arnold Stronglifting Powerlifting	Columbus	OH
4	65	143.2	Sydney Worley	US-PA	2025 Great Lakes Championships	Erie	PA
5	60	132.2	Sarah Rudo	US-MD	2025 Battle of the Border	Currituck	NC
6	58	127.8	Jennifer Zak	US-NC	2025 NC State Championships	Jarvisburg	NC
7	52.5	115.7	Alex Wood	US-NC	2025 NC State Championships	Jarvisburg	NC
8	50	110.2	Alexandria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
9	40	88.1	Lori Christ	US-NM	NorCal Ironman Classic	Santa Clara	CA
	40	88.1	Geri Lyn Hoffman	US-PA	2025 Masters Nationals	York	PA
	40	88.1	Geri-Lyn Hoffman	US-PA	2025 Great Lakes Championships	Erie	PA
12	35.5	78.2	Linda Leightley	US-VA	Ironbuilt Classic	Ashland	VA

Weight Class: 67.5 / 148			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Giuliana Hess	US-NJ	2025 NJ State Championships	Fair Lawn	NJ
2	75	165.3	Kristen Gordon	US-PA	2025 Great Lakes Championships	Erie	PA
3	60	132.2	Cydney Amoroso	US-PA	2025 Great Lakes Championships	Erie	PA
4	57.5	126.7	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH
	57.5	126.7	Galaxia Planchez	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
6	52.5	115.7	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA
7	50	110.2	Christina Milie	US-PA	2025 Masters Nationals	York	PA
8	49.8	109.7	Stephanie Leonard	US-NH	NH Record Breakers	Laconia	NH
9	45	99.2	Sherry Rowe	US-VA	2025 Eastern USA Open	Woodstock	VA
10	42.5	93.6	Grace Nanney	US-PA	2025 Great Lakes Championships	Erie	PA

Weight Class: 75 / 165			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Natasha Beasley	US-VA	Arnold Stronglifting Powerlifting	Columbus	OH
2	77.5	170.8	Layna Morgan	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
3	70	154.3	Sarah Beech	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
4	66.5	146.6	Linda Lee	US-VA	2025 Eastern USA Open	Woodstock	VA
5	62.5	137.7	Kayley Goraczyk	Canada	Ice Breaker II	Calgary	Alberta
	62.5	137.7	Samantha Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
7	52.5	115.7	Courtney Hansell	US-NY	Owego Winter Classic	Owego	NY
	52.5	115.7	Madelynn Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
9	47.5	104.7	Jennarose Reagan	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
	47.5	104.7	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
11	45	99.2	Madison Allen	US-VA	Ironbuilt Classic	Ashland	VA
	45	99.2	Leah Josey	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
13	35	77.1	Scarlet Deaton	US-NY	2025 NJ State Championships	Fair Lawn	NJ

Weight Class: 82.5 / 181			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Kristen Corson	US-VA	Ironbuilt Classic	Ashland	VA
2	80	176.3	Cynthia Crossland	US-OK	2025 NC State Championships	Jarvisburg	NC
3	65.7	144.8	Jennifer Dostie	US-NH	NH Record Breakers	Laconia	NH
4	65	143.2	Zoe Livesay	US-NC	2025 NC State Championships	Jarvisburg	NC
	65	143.2	Nancy Breen	US-VA	2025 Masters Nationals	York	PA
6	55	121.2	Sarah Adams	US-PA	2025 Great Lakes Championships	Erie	PA
7	52.5	115.7	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA

52.5	115.7	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA
9	45	99.2 Sonya Jones	US-VA	Ironbuilt Classic	Ashland	VA
10	40	88.1 Symphanie Sharrock	US-NY	2025 NJ State Championships	Fair Lawn	NJ
11	35	77.1 Isabelle Taylor	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY

Weight Class: 90 / 198			Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	105	231.4	Mackenzie Taylor	US-NC	2025 Battle of the Border	Currituck	NC	
2	97.5	214.9	Leah Swartz	US-PA	2025 Eastern USA Open	Woodstock	VA	
3	88	194	Madison Berry	US-NC	2025 Battle of the Border	Currituck	NC	
4	87.5	192.9	Mona Espinosa	US-NC	Virginia State Open	Woodstock	VA	
5	77.5	170.8	Melissa Cruz	US-PA	2025 Great Lakes Championships	Erie	PA	
6	70	154.3	Jennifer Tillet	US-NC	2025 NC State Championships	Jarvisburg	NC	
7	68	149.9	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta	
8	60	132.2	Casey Powell	US-AZ	Arnold Stronglifting Powerlifting	Columbus	OH	
9	45	99.2	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta	
10	42.5	93.6	Janis Ferguson	US-PA	2025 Great Lakes Championships	Erie	PA	
11	35	77.1	Stephanie Forman	US-NC	2025 NC State Championships	Jarvisburg	NC	

Weight Class: 90+ / 198+ Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	103	227	Michelle Pushinsky	US-PA	2025 Masters Nationals	York	PA
2	90	198.4	Madison Berry	US-NC	2025 NC State Championships	Jarvisburg	NC
3	80	176.3	Tamra Dickau	Canada	Ice Breaker II	Calgary	Alberta
5	80	176.3	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA
	77.5	170.8	Maria Andersson	Canada	Ice Breaker II	Calgary	Alberta
7	77.5	170.8	Rachel Clarke	US-PA	2025 Masters Nationals	York	PA
	72.5	159.8	Christine Royer	US-VA	Ironbuilt Classic	Ashland	VA
8	70	154.3	Christina Szeto	Canada	Ice Breaker II	Calgary	Alberta
	70	154.3	Samantha Hall	Canada	Ice Breaker II	Calgary	Alberta
	70	154.3	Charlotte Baker	US-VA	2025 Masters Nationals	York	PA
11	67.5	148.8	Dorothy Sosnicki	US-AZ	Arnold Stronglifting Powerlifting	Columbus	OH
	67.5	148.8	Ivy Lander	US-PA	2025 Great Lakes Championships	Erie	PA
13	60	132.2	Karen Repino	US-PA	2025 Masters Nationals	York	PA
14	57.5	126.7	Monique Lee	US-NY	Owego Winter Classic	Owego	NY
15	55	121.2	Marquesses D Glazner	US-CA	Ironbuilt Classic	Ashland	VA
16	52.5	115.7	Erin Lewis	US-PA	2025 Great Lakes Championships	Erie	PA
17	45	99.2	Stephanie Forman	US-NC	2025 Battle of the Border	Currituck	NC
18	42.5	93.6	Barbara Rosario	US-NY	2025 NJ State Championships	Fair Lawn	NJ

2025 Deadlift Rankings

Female

Weight Class: 44 / 97			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57.5	126.7	Jeanette Savage	US-NY	Owego Winter Classic	Owego	NY
2	40	88.1	Sylvia Hunter	US-NY	Owego Winter Classic	Owego	NY

Weight Class: 48 / 105			Deadlift	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	107.5	236.9	Logan White	US-NC	2025 NC State Championships	Jarvisburg	NC	
2	102.5	225.9	Kimberly Price	US-VA	2025 Masters Nationals	York	PA	

Weight Class: 52 / 114			Deadlift	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	80	176.3	Bella Butler	US-PA	2025 Great Lakes Championships	Erie	PA	

Weight Class: 56 / 123			Deadlift	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	165	363.7	Laura Siegle	US-VA	Ironbuilt Classic	Ashland	VA	
2	142.5	314.1	Audrey Martos	US-NV	Arnold Stronglifting Powerlifting	Columbus	OH	
3	140	308.6	Catarina Aldi	US-PA	2025 Masters Nationals	York	PA	
4	110	242.5	Lori Christ	US-NM	Arnold Stronglifting Powerlifting	Columbus	OH	
5	105	231.4	Allison Freeman	US-NC	2025 Battle of the Border	Currituck	NC	
6	95	209.4	Janet Huntley	US-PA	2025 Masters Nationals	York	PA	
7	77.5	170.8	Victoria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH	

77.5	170.8	Alexis Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH
------	-------	--------------	-------	-----------------------------------	----------	----

Weight Class: 60 / 132			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	135	297.6	Taylor Clarke	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
2	130	286.5	Tatiana Onyschtschuk	Canada	Ice Breaker II	Calgary	Alberta
	130	286.5	Alexandria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
4	125	275.5	Nena Pfeffer	US-PA	2025 Great Lakes Championships	Erie	PA
5	117.5	259	Sydney Worley	US-PA	2025 Great Lakes Championships	Erie	PA
6	115	253.5	Alex Wood	US-NC	2025 NC State Championships	Jarvisburg	NC
7	107.5	236.9	Geri-Lyn Hoffman	US-PA	2025 Great Lakes Championships	Erie	PA
8	102.5	225.9	Jennifer Zak	US-NC	2025 NC State Championships	Jarvisburg	NC
	102.5	225.9	Geri Lyn Hoffman	US-PA	2025 Masters Nationals	York	PA
10	95.5	210.5	Linda Leightley	US-VA	Ironbuilt Classic	Ashland	VA
11	90	198.4	Karina Harris	Canada	Ice Breaker II	Calgary	Alberta

Weight Class: 67.5 / 148			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Kristen Gordon	US-PA	2025 Great Lakes Championships	Erie	PA
2	142.5	314.1	Cydney Amoroso	US-PA	2025 Great Lakes Championships	Erie	PA
3	127.5	281	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH
4	125	275.5	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA
5	120	264.5	Grace Nanney	US-PA	2025 Great Lakes Championships	Erie	PA
6	117.5	259	Sherry Rowe	US-VA	2025 Eastern USA Open	Woodstock	VA
7	112.5	248	Galaxia Planchez	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
	112.5	248	Christina Milie	US-PA	2025 Masters Nationals	York	PA

Weight Class: 75 / 165			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Layna Morgan	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
2	170	374.7	Natasha Beasley	US-VA	Arnold Stronglifting Powerlifting	Columbus	OH
3	150	330.6	Kayley Goraczyk	Canada	Ice Breaker II	Calgary	Alberta
4	145	319.6	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
5	142.5	314.1	Samantha Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
6	137.5	303.1	Jennarose Reagan	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
7	127.5	281	Courtney Hansell	US-NY	Owego Winter Classic	Owego	NY
	127.5	281	Madelynn Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
9	102.5	225.9	Sarah Beech	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
10	97.5	214.9	Scarlet Deaton	US-NY	2025 NJ State Championships	Fair Lawn	NJ
	97.5	214.9	Madison Allen	US-VA	Ironbuilt Classic	Ashland	VA
12	82.5	181.8	Leah Josey	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY

Weight Class: 82.5 / 181			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	137.5	303.1	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA
2	127.5	281	Sonya Jones	US-VA	2025 Masters Nationals	York	PA
3	122.5	270	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA
4	120	264.5	Zoe Livesay	US-NC	2025 NC State Championships	Jarvisburg	NC
	120	264.5	Nancy Breen	US-VA	2025 Masters Nationals	York	PA
6	112.5	248	Sarah Adams	US-PA	2025 Great Lakes Championships	Erie	PA
7	90	198.4	Isabelle Taylor	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
8	87.5	192.9	Symphanie Sharrock	US-NY	2025 NJ State Championships	Fair Lawn	NJ

Weight Class: 90 / 198			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Mackenzie Taylor	US-NC	2025 Battle of the Border	Currituck	NC
2	182.5	402.3	Leah Swartz	US-PA	2025 Eastern USA Open	Woodstock	VA
3	165	363.7	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta
4	157.5	347.2	Melissa Cruz	US-PA	2025 Great Lakes Championships	Erie	PA
5	147.5	325.1	Madison Berry	US-NC	2025 Battle of the Border	Currituck	NC
6	125	275.5	Casey Powell	US-AZ	Arnold Stronglifting Powerlifting	Columbus	OH
7	122.5	270	Janis Ferguson	US-PA	2025 Great Lakes Championships	Erie	PA
8	105	231.4	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta
9	91	200.6	Stephanie Forman	US-NC	2025 NC State Championships	Jarvisburg	NC

Weight Class: 90+ / 198+ Deadlift				Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	205	451.9	Rachel Clarke	US-PA	2025 Masters Nationals	York	PA	
2	177.5	391.3	Ivy Lander	US-PA	2025 Great Lakes Championships	Erie	PA	
3	172.5	380.2	Charlotte Baker	US-VA	2025 Masters Nationals	York	PA	
4	155	341.7	Christine Royer	US-VA	Ironbuilt Classic	Ashland	VA	
	155	341.7	Michelle Pushinsky	US-PA	2025 Masters Nationals	York	PA	
6	150	330.6	Maria Andersson	Canada	Ice Breaker II	Calgary	Alberta	
7	147.5	325.1	Madison Berry	US-NC	2025 NC State Championships	Jarvisburg	NC	
8	142.5	314.1	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA	
9	140	308.6	Monique Lee	US-NY	Owego Winter Classic	Owego	NY	
10	135	297.6	Amanda Dellinger	US-VA	2025 Masters Nationals	York	PA	
11	132.5	292.1	Samantha Hall	Canada	Ice Breaker II	Calgary	Alberta	
12	130	286.5	Christina Szeto	Canada	Ice Breaker II	Calgary	Alberta	
13	122.5	270	Karen Repino	US-PA	2025 Masters Nationals	York	PA	
14	107.5	236.9	Erin Lewis	US-PA	2025 Great Lakes Championships	Erie	PA	
15	100	220.4	Marquesses D Glazner	US-CA	Ironbuilt Classic	Ashland	VA	
16	97.5	214.9	Stephanie Forman	US-NC	2025 Battle of the Border	Currituck	NC	
17	87.5	192.9	Barbara Rosario	US-NY	2025 NJ State Championships	Fair Lawn	NJ	

2025 Total Rankings				Female				
Weight Class: 44 / 97 Total				Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	127.5	281	Jeanette Savage	US-NY	Owego Winter Classic	Owego	NY	
2	87.5	192.9	Sylvia Hunter	US-NY	Owego Winter Classic	Owego	NY	

Weight Class: 48 / 105 Total				Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	217.5	479.5	Kimberly Price	US-VA	2025 Masters Nationals	York	PA	
2	212.5	468.4	Logan White	US-NC	2025 NC State Championships	Jarvisburg	NC	

Weight Class: 52 / 114 Total				Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	177.5	391.3	Bella Butler	US-PA	2025 Great Lakes Championships	Erie	PA	

Weight Class: 56 / 123 Total				Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	352.5	777.1	Laura Siegle	US-VA	Ironbuilt Classic	Ashland	VA	
2	318	701	Catarina Aldi	US-PA	2025 Masters Nationals	York	PA	
3	297.5	655.8	Audrey Martos	US-NV	Arnold Stronglifting Powerlifting	Columbus	OH	
4	220	485	Lori Christ	US-NM	Arnold Stronglifting Powerlifting	Columbus	OH	
5	215	473.9	Janet Huntley	US-PA	2025 Masters Nationals	York	PA	
6	175	385.8	Victoria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH	
7	152.5	336.2	Alexis Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH	

Weight Class: 60 / 132 Total				Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	325	716.4	Tatiana Onyschtschuk	Canada	Ice Breaker II	Calgary	Alberta	
2	322.5	710.9	Taylor Clarke	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH	
3	310	683.4	Nena Pfeffer	US-PA	2025 Great Lakes Championships	Erie	PA	
4	292.5	644.8	Sydney Worley	US-PA	2025 Great Lakes Championships	Erie	PA	
5	282.5	622.7	Alexandria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH	
6	260	573.1	Alex Wood	US-NC	2025 NC State Championships	Jarvisburg	NC	
7	252	555.5	Jennifer Zak	US-NC	2025 NC State Championships	Jarvisburg	NC	
8	207.5	457.4	Geri-Lyn Hoffman	US-PA	2025 Great Lakes Championships	Erie	PA	
9	200	440.9	Geri Lyn Hoffman	US-PA	2025 Masters Nationals	York	PA	
10	183.5	404.5	Linda Leightley	US-VA	Ironbuilt Classic	Ashland	VA	

Weight Class: 67.5 / 148 Total				Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	355	782.6	Kristen Gordon	US-PA	2025 Great Lakes Championships	Erie	PA	
2	322.5	710.9	Cydney Amoroso	US-PA	2025 Great Lakes Championships	Erie	PA	
3	280	617.2	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA	
4	272.5	600.7	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH	

5	262.5	578.7	Galaxia Planchez	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
6	240	529.1	Christina Milie	US-PA	2025 Masters Nationals	York	PA
7	235	518	Grace Nanney	US-PA	2025 Great Lakes Championships	Erie	PA

Weight Class: 75 / 165 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	390	859.7	Layna Morgan	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
2	372.5	821.2	Natasha Beasley	US-VA	Arnold Stronglifting Powerlifting	Columbus	OH
3	335	738.5	Kayley Goraczyk	Canada	Ice Breaker II	Calgary	Alberta
4	325	716.4	Samantha Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
5	290	639.3	Courtney Hansell	US-NY	Owego Winter Classic	Owego	NY
6	265	584.2	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
7	262.5	578.7	Jennarose Reagan	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
	262.5	578.7	Madelynn Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
9	257.5	567.6	Sarah Beech	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
10	217.5	479.5	Madison Allen	US-VA	Ironbuilt Classic	Ashland	VA
11	205	451.9	Leah Josey	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
12	195	429.8	Scarlet Deaton	US-NY	2025 NJ State Championships	Fair Lawn	NJ

Weight Class: 82.5 / 181 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	292.5	644.8	Nancy Breen	US-VA	2025 Masters Nationals	York	PA
2	287.5	633.8	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA
3	252.5	556.6	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA
4	250	551.1	Sarah Adams	US-PA	2025 Great Lakes Championships	Erie	PA
5	240	529.1	Sonya Jones	US-VA	2025 Masters Nationals	York	PA
6	180	396.8	Symphanie Sharrock	US-NY	2025 NJ State Championships	Fair Lawn	NJ

Weight Class: 90 / 198 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	455	1003	Mackenzie Taylor	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
2	357.5	788.1	Melissa Cruz	US-PA	2025 Great Lakes Championships	Erie	PA
3	343	756.1	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta
4	290	639.3	Casey Powell	US-AZ	Arnold Stronglifting Powerlifting	Columbus	OH
5	250	551.1	Janis Ferguson	US-PA	2025 Great Lakes Championships	Erie	PA
6	225	496	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta
7	172.5	380.2	Stephanie Forman	US-NC	2025 NC State Championships	Jarvisburg	NC

Weight Class: 90+ / 198+ Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	447.5	986.5	Rachel Clarke	US-PA	2025 Masters Nationals	York	PA
2	417.5	920.4	Michelle Pushinsky	US-PA	2025 Masters Nationals	York	PA
3	387.5	854.2	Ivy Lander	US-PA	2025 Great Lakes Championships	Erie	PA
4	385	848.7	Madison Berry	US-NC	2025 NC State Championships	Jarvisburg	NC
5	382.5	843.2	Charlotte Baker	US-VA	2025 Masters Nationals	York	PA
6	347.5	766	Maria Andersson	Canada	Ice Breaker II	Calgary	Alberta
	347.5	766	Samantha Hall	Canada	Ice Breaker II	Calgary	Alberta
	347.5	766	Christine Royer	US-VA	Ironbuilt Classic	Ashland	VA
9	340	749.5	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA
10	310	683.4	Christina Szeto	Canada	Ice Breaker II	Calgary	Alberta
11	282.5	622.7	Karen Repino	US-PA	2025 Masters Nationals	York	PA
12	262.5	578.7	Erin Lewis	US-PA	2025 Great Lakes Championships	Erie	PA
13	220	485	Marquesses D Glazner	US-CA	Ironbuilt Classic	Ashland	VA
14	200	440.9	Stephanie Forman	US-NC	Ironbuilt Classic	Ashland	VA
15	160	352.7	Barbara Rosario	US-NY	2025 NJ State Championships	Fair Lawn	NJ

2025 Strict Curl Rankings Female

Weight Class: 44 / 97 Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	11	24.2	Sylvia Hunter	US-NY	Owego Winter Classic	Owego	NY

Weight Class: 48 / 105 Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	29	63.9	Logan White	US-NC	2025 NC State Championships	Jarvisburg	NC

Weight Class: 52 / 114			Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	27	59.5	Nicole Collins	Canada	Ice Breaker II	Calgary	Alberta	
Weight Class: 56 / 123			Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	32.5	71.6	Denise Jaffe	US-OH	2025 Great Lakes Strict Curl Championships	Bedford Heights	OH	
2	32	70.5	Allison Freeman	US-NC	2025 Battle of the Border	Currituck	NC	
3	19	41.8	Audrey Keane	US-CA	NorCal Ironman Classic	Santa Clara	CA	
4	17	37.4	Victoria Wood	US-NC	2025 NC State Championships	Jarvisburg	NC	
Weight Class: 60 / 132			Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	34.5	76	Lori Christ	US-NM	NorCal Ironman Classic	Santa Clara	CA	
2	32.5	71.6	Jennifer Zak	US-NC	2025 NC State Championships	Jarvisburg	NC	
3	30.5	67.2	Sarah Rudo	US-MD	2025 Battle of the Border	Currituck	NC	
4	30	66.1	Alex Wood	US-NC	2025 NC State Championships	Jarvisburg	NC	
5	23	50.7	Linda Leightley	US-VA	Ironbuilt Classic	Ashland	VA	
Weight Class: 67.5 / 148			Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	38.5	84.8	Madison Jaffe	US-OH	2025 Great Lakes Strict Curl Championships	Bedford Heights	OH	
2	36	79.3	Krystal Brown	US-NC	2025 NC State Championships	Jarvisburg	NC	
Weight Class: 75 / 165			Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	41.5	91.4	Linda Lee	US-VA	Virginia State Open	Woodstock	VA	
2	35	77.1	Linda Eggleston	US-NY	Owego Winter Classic	Owego	NY	
Weight Class: 82.5 / 181			Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	37.5	82.6	Rebekah Babcock	US-CA	NorCal Ironman Classic	Santa Clara	CA	
2	29.5	65	Cynthia Crossland	US-OK	2025 NC State Championships	Jarvisburg	NC	
3	27	59.5	Zoe Livesay	US-NC	2025 NC State Championships	Jarvisburg	NC	
Weight Class: 90 / 198			Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	50.5	111.3	Mackenzie Taylor	US-NC	2025 Battle of the Border	Currituck	NC	
2	46.5	102.5	Leah Swartz	US-PA	2025 Eastern USA Open	Woodstock	VA	
3	43.5	95.9	Mona Espinosa	US-NC	2025 Masters Nationals	York	PA	
4	41	90.3	Madison Berry	US-NC	2025 Battle of the Border	Currituck	NC	
5	29.5	65	Jennifer Tillet	US-NC	2025 NC State Championships	Jarvisburg	NC	
Weight Class: 90+ / 198+			Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	44.5	98.1	Madison Berry	US-NC	2025 NC State Championships	Jarvisburg	NC	
2	42	92.5	Mona Espinosa	US-NC	Ironbuilt Classic	Ashland	VA	
3	40.5	89.2	Christine Royer	US-VA	Ironbuilt Classic	Ashland	VA	
4	40	88.1	Tamra Dickau	Canada	Ice Breaker II	Calgary	Alberta	
5	32.5	71.6	Kira O'Donnell	US-CA	NorCal Ironman Classic	Santa Clara	CA	
			32.5 Stephanie Malcolm	US-CA	NorCal Ironman Classic	Santa Clara	CA	
7	28.5	62.8	Jessica Clark	US-CA	NorCal Ironman Classic	Santa Clara	CA	
8	25	55.1	Marquesses D Glazner	US-CA	Ironbuilt Classic	Ashland	VA	