



## 2025 Women's Rankings

Updated 12/22/2025 Ed Kutin

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### 2025 Squat Rankings

### Female

Weight Class: 44 / 97				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	60	132.2	Sue Lee	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	47.63	105	Lusi Korkis	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
3	42.5	93.6	Daenerys Dewolfe	Canada	Liftmas 2025	Calgary	Alberta
4	40	88.1	Jeanette Savage	US-NY	Owego Winter Classic	Owego	NY
5	37.5	82.6	Daenerys DeWolfe	Canada	Iron Challenge Competition	Medicine Hat	Alberta
6	35	77.1	Gabriella Person	US-PA	2025 Eerie Power	Erie	PA
7	30	66.1	Sylvia Hunter	US-NY	Owego Winter Classic	Owego	NY
8	25	55.1	Mia Saretsky	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

Weight Class: 48 / 105				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Karleigh Steiner	US-PA	2025 Eerie Power	Erie	PA
2	74.84	164.9	Dina Yarborough	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
3	72.5	159.8	Kimberly Price	US-VA	2025 Masters Nationals	York	PA
4	65	143.2	Logan White	US-NC	2025 NC State Championships	Jarvisburg	NC

Weight Class: 52 / 114				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Allison Freeman	US-NC	2025 Eastern NC Open	Williamson	NC
2	90	198.4	Mariela Olivares	US-MD	2025 American Challenge - MD	Kensington	MD
3	77.5	170.8	Bella Butler	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	52.5	115.7	Stephanie Branstine	US-NC	2025 Southern Open	Jarvisburg	NC
5	50	110.2	Christina Amendola	US-PA	2025 Eerie Power	Erie	PA

Weight Class: 56 / 123				Squat		Female	
Rank	Lift	lbs	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	110	242.5	Allison Freeman	US-NC	2025 OBX Open	Jarvisburg	NC
4	107.5	236.9	Audrey Martos	US-NV	Arnold Stronglifting Powerlifting	Columbus	OH
5	95	209.4	Jenna Yealick	US-IL	2025 American Challenge - IL	Casey	IL
6	91.5	201.7	Jasmine Touati	US-FL	2025 American Challenge - FL	Merritt Island	FL
7	85	187.3	Marcia Anderson	US-VA	2025 American Challenge - VA	Woodstock	VA
8	72.5	159.8	Janet Huntley	US-PA	2025 Masters Nationals	York	PA
9	70	154.3	Lori Christ	US-NM	Arnold Stronglifting Powerlifting	Columbus	OH
10	67.5	148.8	Ainslee Eastman	US-PA	2025 Ohio State Championship	Bedford Heights	OH
11	65	143.2	Victoria Wood	US-NC	2025 NC State Championships	Jarvisburg	NC
12	62.5	137.7	Jennifer Bowe	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
13	59	130	Elisabeth Conner	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
14	52.5	115.7	Alexis Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH
15	50	110.2	Atelen Cherico	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
16	48	105.8	Mariann Strain	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
17	45	99.2	Alexis Wright	US-PA	2025 American Challenge - OH	Bedford	OH

Weight Class: 60 / 132				Squat		Female	
Rank	Lift	lbs	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
	122.5	270	Angela Goldstein	US-MD	2025 American Challenge - MD	Kensington	MD
4	120.5	265.6	Catarina Aldi	US-PA	2025 American Challenge - PA	Myerstown	PA

5	120	264.5	Cydney Amoroso	US-PA	2025 Erie Power	Erie	PA
6	112.5	248	Rachel King	US-PA	2025 American Challenge - PA	Myerstown	PA
7	110	242.5	Sydney Worley	US-PA	2025 Great Lakes Championships	Erie	PA
	110	242.5	Alexandra Wood	US-NC	2025 American Challenge - NC	Elizabeth City	NC
9	107.5	236.9	Taylor Clarke	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
10	102.5	225.9	Alexandria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
	102.5	225.9	Caleigh Marie Craigle	US-PA	2025 American Challenge - PA	Myerstown	PA
	102.5	225.9	Debra Valentin	US-PA	Shenandoah Open	Woodstock	VA
13	93	205	Jennifer Zak	US-NC	2025 Southern Open	Jarvisburg	NC
14	92.5	203.9	Alex Wood	US-NC	2025 NC State Championships	Jarvisburg	NC
	92.5	203.9	Lorelei Golden	US-PA	2025 American Challenge - NY	Owego	NY
16	90	198.4	Layla Zylinsky	US-NY	2025 American Challenge - NY	Owego	NY
	90	198.4	Angela Kirstein	Canada	Liftmas 2025	Calgary	Alberta
18	87.5	192.9	Erin Buchart	US-NC	2025 American Challenge - NC	Elizabeth City	NC
	87.5	192.9	Laura Clancy	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
20	80	176.3	Claudia Bucher	US-PA	2025 American Challenge - PA	Myerstown	PA

Weight Class: 67.5 / 148 Squat Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Naomi Kutin	US-NJ	2025 American Challenge - OH	Bedford	OH
2	137.5	303.1	Alexis Kajencki	US-MD	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
3	132.5	292.1	Kristen Gordon	US-PA	2025 Great Lakes Championships	Erie	PA
4	130	286.5	Nena Pfeffer	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
5	120	264.5	Cydney Amoroso	US-PA	2025 Great Lakes Championships	Erie	PA
6	115	253.5	Lilian Kao	Canada	Liftmas 2025	Calgary	Alberta
7	112.5	248	Nicole Golden	US-PA	2025 American Challenge - NY	Owego	NY
	112.5	248	Madina Nurgaliyeva	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
9	107.5	236.9	Grace Rensing	US-FL	2025 American Challenge - FL	Merritt Island	FL
10	105	231.4	Rachel Hoffman	Canada	Iron Challenge Competition	Medicine Hat	Alberta
11	102.5	225.9	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA
	102.5	225.9	Ava Lucenti	US-NY	2025 American Challenge - NY	Owego	NY
13	92.5	203.9	Galaxia Planchez	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
14	87.5	192.9	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH
	87.5	192.9	Connie Dote	US-NY	2025 Erie Power	Erie	PA
16	82.5	181.8	Megan Wolbert	US-PA	2025 Erie Power	Erie	PA
	82.5	181.8	Christina Milie	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
18	77.5	170.8	Haley Hennessey	US-NY	2025 American Challenge - NY	Owego	NY
19	75	165.3	Sofia Corridean	US-NC	2025 American Challenge - NC	Elizabeth City	NC
20	72.5	159.8	Grace Nanney	US-PA	2025 Great Lakes Championships	Erie	PA

Weight Class: 75 / 165 Squat Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	132	291	McKenzie Davis	US-FL	2025 American Challenge - FL	Merritt Island	FL
2	130	286.5	Layna Morgan	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
3	127.5	281	Madisen O'Connor	Canada	2025 Tower of Power	Calgary	Alberta
4	122.5	270	Kayley Goraczyk	Canada	Ice Breaker II	Calgary	Alberta
5	120	264.5	Samantha Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
6	117.5	259	Nancy Breen	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
7	115	253.5	Natasha Beasley	US-VA	Arnold Stronglifting Powerlifting	Columbus	OH
8	110	242.5	Courtney Hansell	US-NY	Owego Winter Classic	Owego	NY
9	102.5	225.9	Ania Bayait	US-NY	2025 American Challenge - NY	Owego	NY
10	100	220.4	Raya Eilert	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
11	97.52	214.9	Alisha Abell	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
12	97.5	214.9	Rilyn Armstrong	Canada	Liftmas 2025	Calgary	Alberta
13	93	205	Evelyn Puisseau	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
14	85	187.3	Sarah Beech	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
15	82.5	181.8	Madelynn Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
16	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
	77.5	170.8	Madison Allen	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
19	75	165.3	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
20	70	154.3	Karla Cherico	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

Weight Class: 82.5 / 181 Squat Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Madison Berry	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

2	117.5	259	Monica Mazzarino	US-CA	California Open	Santa Clara	CA
	117.5	259	Linda Arvey	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	115	253.5	Nancy Breen	US-VA	2025 OBX Open	Jarvisburg	NC
5	105	231.4	Kristen Corson	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
6	97.5	214.9	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA
	97.5	214.9	Lisa Klaus	US-IL	Shenandoah Open	Woodstock	VA
8	83.91	184.9	Ronda Bouie	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
9	82.5	181.8	Sarah Adams	US-PA	2025 Great Lakes Championships	Erie	PA
10	77.5	170.8	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA
	77.5	170.8	Zoe Livesay	US-NC	2025 American Challenge - NC	Elizabeth City	NC
12	75	165.3	Christine Cedzo	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
13	72.5	159.8	Janis Ferguson	US-PA	2025 Eerie Power	Erie	PA
14	67.5	148.8	Sonya Jones	US-VA	2025 Masters Nationals	York	PA
15	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	205	451.9	Mackenzie Taylor	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	165	363.7	Madison Berry	US-NC	2025 Southern Open	Jarvisburg	NC
3	140	308.6	Anna McCardle	New Zealand	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	122.5	270	Melissa Cruz	US-PA	2025 Great Lakes Championships	Erie	PA
5	117.5	259	Blanca Hernandez	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
6	110	242.5	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta
	110	242.5	Gabriella Simmons	US-AK	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
8	105	231.4	Casey Powell	US-AZ	Arnold Stronglifting Powerlifting	Columbus	OH
9	90	198.4	Karen Andela	US-NY	2025 American Challenge - NY	Owego	NY
	90	198.4	Stephanie Forman	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
11	85	187.3	Janis Ferguson	US-PA	2025 Great Lakes Championships	Erie	PA
12	75	165.3	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta
	75	165.3	Angela Gutierrez	US-PA	2025 Eerie Power	Erie	PA
14	70	154.3	Sonya Jones	US-VA	Shenandoah Open	Woodstock	VA

Weight Class: 90+ / 198+		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	195	429.8	Ashley Tinsley	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	172.5	380.2	Cynthia Schaefer	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
3	167.5	369.2	Rachel Clarke	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	165	363.7	Michelle Pushinsky	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
5	155	341.7	Madison Berry	US-NC	2025 NC State Championships	Jarvisburg	NC
	155	341.7	Erica Rojek	US-MD	2025 American Challenge - MD	Kensington	MD
7	150	330.6	Charlotte Baker	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
8	145	319.6	Samantha Hall	Canada	Ice Breaker II	Calgary	Alberta
9	142.5	314.1	Ivy Lander	US-PA	2025 Great Lakes Championships	Erie	PA
10	125	275.5	Savannah Glanville	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
11	120	264.5	Maria Anderson	Canada	Ice Breaker II	Calgary	Alberta
	120	264.5	Christine Royer	US-VA	Ironbuilt Classic	Ashland	VA
13	117.5	259	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA
14	115	253.5	Wanda Sommerfeld	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
15	113.4	250	Celestyne D'Almeida	US-NH	NH Kick Off Classic	Laconia	NH
16	110	242.5	Christina Szeto	Canada	Ice Breaker II	Calgary	Alberta
17	107.5	236.9	Michelle Lawson	US-PA	2025 Eerie Power	Erie	PA
18	102.5	225.9	Erin Lewis	US-PA	2025 Great Lakes Championships	Erie	PA
19	100	220.4	Karen Repino	US-PA	2025 Masters Nationals	York	PA
20	95	209.4	Bethany Kalie	US-PA	2025 Eerie Power	Erie	PA

## 2025 Bench Press Rankings

## Female

Weight Class: 44 / 97		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Karen Poyner	US-VA	2025 American Challenge - NC	Elizabeth City	NC
2	32.5	71.6	Sue Lee	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
3	30	66.1	Jeanette Savage	US-NY	Owego Winter Classic	Owego	NY
4	25.5	56.2	Daenerys Dewolfe	Canada	Liftmas 2025	Calgary	Alberta
5	22.5	49.6	Daenerys DeWolfe	Canada	Iron Challenge Competition	Medicine Hat	Alberta
6	20.41	44.9	Lusi Korkis	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
7	17.5	38.5	Sylvia Hunter	US-NY	Owego Winter Classic	Owego	NY
8	17	37.4	Mia Saretsky	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

9 16 35.2 Gabriella Person US-PA 2025 Eerie Power Erie PA

Weight Class: 48 / 105		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	62.5	137.7	Paulimar Balcom	US-PA	2025 Ironman World and US Single Lift Championship	York	PA
2	45	99.2	Karleigh Steiner	US-PA	2025 Eerie Power	Erie	PA
3	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
5	38.56	85	Dina Yarborough	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL

Weight Class: 52 / 114		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Allison Freeman	US-NC	2025 Eastern NC Open	Williamson	NC
2	57.5	126.7	Krystal Riley	US-OH	2025 American Challenge - OH	Bedford	OH
3	50	110.2	Mariela Olivares	US-MD	2025 American Challenge - MD	Kensington	MD
4	37.5	82.6	Bella Butler	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
5	30	66.1	Stephanie Branstine	US-NC	2025 Southern Open	Jarvisburg	NC
	30	66.1	Christina Amendola	US-PA	2025 Eerie Power	Erie	PA

Weight Class: 56 / 123		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77	169.7	Kerry Self	US-VA	2025 Ironman World and US Single Lift Championship	York	PA
2	67.5	148.8	Laura Siegle	US-VA	Ironbuilt Classic	Ashland	VA
3	65.5	144.4	Allison Freemann	US-NC	2025 OBX Open	Jarvisburg	NC
4	65	143.2	Catarina Aldi	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
5	52.5	115.7	Jennifer Bowe	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
	52.5	115.7	Ainslee Eastman	US-PA	2025 Ohio State Championship	Bedford Heights	OH
7	50	110.2	Allison Freeman	US-NC	2025 Battle of the Border	Currituck	NC
8	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
	47.5	104.7	Marcia Anderson	US-VA	2025 American Challenge - VA	Woodstock	VA
11	46	101.4	Jasmine Touati	US-FL	2025 American Challenge - FL	Merritt Island	FL
12	43.09	94.9	Elisabeth Conner	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
13	42.5	93.6	Beth Permelia	US-VA	2025 OBX Open	Jarvisburg	NC
14	40	88.1	Lori Christ	US-NM	Arnold Stronglifting Powerlifting	Columbus	OH
	40	88.1	Jenna Yealick	US-IL	2025 American Challenge - IL	Casey	IL
16	37.5	82.6	Victoria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
17	33.5	73.8	Mariann Strain	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
18	27.5	60.6	Alexis Wright	US-PA	2025 American Challenge - OH	Bedford	OH
19	25	55.1	Atelen Cherico	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
20	22.5	49.6	Alexis Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH

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
	72.5	159.8	Rachel King	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	70	154.3	Nena Pfeffer	US-PA	Arnold Stronglifting Powerlifting	Columbus	OH
5	65	143.2	Sydney Worley	US-PA	2025 Great Lakes Championships	Erie	PA
6	62.5	137.7	Catarina Aldi	US-PA	2025 American Challenge - PA	Myerstown	PA
	62.5	137.7	Cydney Amoroso	US-PA	2025 Eerie Power	Erie	PA
8	60	132.2	Sarah Rudo	US-MD	2025 Battle of the Border	Currituck	NC
	60	132.2	Caleigh Marie Craigle	US-PA	2025 American Challenge - PA	Myerstown	PA
10	58	127.8	Jennifer Zak	US-NC	2025 NC State Championships	Jarvisburg	NC
11	57.5	126.7	Layla Zylinsky	US-NY	2025 American Challenge - NY	Owego	NY
	57.5	126.7	Lorelei Golden	US-PA	2025 American Challenge - NY	Owego	NY
13	52.5	115.7	Alex Wood	US-NC	2025 NC State Championships	Jarvisburg	NC
	52.5	115.7	Laura Clancy	US-VA	2025 American Challenge - NC	Elizabeth City	NC
	52.5	115.7	Alexandra Wood	US-NC	2025 American Challenge - NC	Elizabeth City	NC
	52.5	115.7	Angela Goldstein	US-MD	2025 American Challenge - MD	Kensington	MD
	52.5	115.7	Angela Kirstein	Canada	Liftmas 2025	Calgary	Alberta
18	50	110.2	Alexandria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
	50	110.2	Claudia Bucher	US-PA	2025 American Challenge - PA	Myerstown	PA
20	45.5	100.3	Debra Valentin	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

Weight Class: 67.5 / 148		Bench Press		Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	92.5	203.9	Alexis Kajencki	US-MD	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	80	176.3	Giuliana Hess	US-NJ	2025 NJ State Championships	Fair Lawn	NJ
3	75	165.3	Kristen Gordon	US-PA	2025 Great Lakes Championships	Erie	PA
4	70	154.3	Angie Miller	US-PA	2025 Erie Power	Erie	PA
			Nena Pfeffer	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
6	67.5	148.8	Nicole Golden	US-PA	2025 American Challenge - NY	Owego	NY
	67.5	148.8	Ava Lucenti	US-NY	2025 American Challenge - NY	Owego	NY
8	62.5	137.7	Naomi Kutin	US-NJ	2025 American Challenge - OH	Bedford	OH
	62.5	137.7	Grace Balcom	US-PA	2025 Ironman World and US Single Lift Championship	York	PA
10	60	132.2	Cydney Amoroso	US-PA	2025 Great Lakes Championships	Erie	PA
	60	132.2	Lilian Kao	Canada	Liftmas 2025	Calgary	Alberta
12	57.5	126.7	Galaxia Planchez	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
	57.5	126.7	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH
	57.5	126.7	Rachel Hoffman	Canada	Iron Challenge Competition	Medicine Hat	Alberta
15	55	121.2	Haley Hennessey	US-NY	2025 American Challenge - NY	Owego	NY
	55	121.2	Heidi Lightner	US-PA	2025 Christmas Classic	Woodstock	VA
17	53	116.8	Grace Rensing	US-FL	2025 American Challenge - FL	Merritt Island	FL
18	52.5	115.7	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA
	52.5	115.7	Madina Nurgaliyeva	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
	52.5	115.7	Christina Milie	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

**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	79	174.1	McKenzie Davis	US-FL	2025 American Challenge - FL	Merritt Island	FL
3	77.5	170.8	Layna Morgan	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
4	75	165.3	Madisen O'Connor	Canada	2025 Tower of Power	Calgary	Alberta
5	72.5	159.8	Linda Lee	US-VA	Shenandoah Open	Woodstock	VA
	72.5	159.8	Paige Waites	US-VA	2025 Christmas Classic	Woodstock	VA
7	70	154.3	Sarah Beech	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
	70	154.3	Raya Eilert	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
9	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
	62.5	137.7	Ania Bayait	US-NY	2025 American Challenge - NY	Owego	NY
	62.5	137.7	Nancy Breen	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
13	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
	52.5	115.7	Karla Cherico	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
16	52.16	114.9	Evelyn Puisseau	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
17	50.8	111.9	Alisha Abell	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
18	50	110.2	Rilyn Armstrong	Canada	Liftmas 2025	Calgary	Alberta
19	47.5	104.7	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
	47.5	104.7	Jennarose Reagan	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY

**Weight Class: 82.5 / 181 Bench Press Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	92.5	203.9	Mona Espinosa	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	90	198.4	Madison Berry	US-NC	2025 OBX Open	Jarvisburg	NC
3	85.5	188.4	Kristen Corson	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	81	178.5	Kimberly Lindner	US-MA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
5	80	176.3	Cynthia Crossland	US-OK	2025 NC State Championships	Jarvisburg	NC
6	77.5	170.8	Lisa Klaus	US-IL	Shenandoah Open	Woodstock	VA
7	75	165.3	Monique Brown	US-PA	2025 Ironman World and US Single Lift Championship	York	PA
8	70	154.3	Linda Arvey	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
	70	154.3	Rachel Bravenec	US-VA	2025 Christmas Classic	Woodstock	VA
10	65.7	144.8	Jennifer Dostie	US-NH	NH Record Breakers	Laconia	NH
11	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
13	55	121.2	Sarah Adams	US-PA	2025 Great Lakes Championships	Erie	PA
	55	121.2	Emerie Merritt	US-NC	2025 American Challenge - NC	Elizabeth City	NC
15	52.5	115.7	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA
	52.5	115.7	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA
	52.5	115.7	Terri Korba	US-NY	2025 American Challenge - NY	Owego	NY
18	52.16	114.9	Ronda Bouie	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
19	50	110.2	Christine Cedzo	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

20	45	99.2	Sonya Jones	US-VA	Ironbuilt Classic	Ashland	VA
	45	99.2	Monica Mazzarino	US-CA	California Open	Santa Clara	CA
	45	99.2	Janis Ferguson	US-PA	2025 Eerie Power	Erie	PA

Weight Class: 90 / 198							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	113.5	250.2	Mackenzie Taylor	US-NC	2025 Southern Open	Jarvisburg	NC
2	97.5	214.9	Leah Swartz	US-PA	2025 Eastern USA Open	Woodstock	VA
3	95	209.4	Mona Espinosa	US-NC	2025 Ironman World and US Single Lift Championship	York	PA
	95	209.4	Anna McCardle	New Zealand	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
5	91	200.6	Madison Berry	US-NC	2025 Southern Open	Jarvisburg	NC
6	77.5	170.8	Melissa Cruz	US-PA	2025 Great Lakes Championships	Erie	PA
7	70	154.3	Jennifer Tillet	US-NC	2025 NC State Championships	Jarvisburg	NC
	70	154.3	Linda Arvey	US-PA	2025 Ironman World and US Single Lift Championship	York	PA
9	68	149.9	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta
10	65	143.2	Angela Gutierrez	US-PA	2025 Eerie Power	Erie	PA
11	62.5	137.7	Blanca Hernandez	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
12	60	132.2	Casey Powell	US-AZ	Arnold Stronglifting Powerlifting	Columbus	OH
13	52.5	115.7	Katina James	US-VA	2025 Christmas Classic	Woodstock	VA
14	50	110.2	Gabriella Simmons	US-AK	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
15	48.5	106.9	Stephanie Forman	US-NC	2025 Southern Open	Jarvisburg	NC
16	47.5	104.7	Karen Andela	US-NY	2025 American Challenge - NY	Owego	NY
17	45	99.2	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta
	45	99.2	Ruth Rend	US-PA	2025 American Challenge - PA	Myerstown	PA
	45	99.2	Sonya Jones	US-VA	Shenandoah Open	Woodstock	VA
	45	99.2	Kira O'Donnell	US-CA	California Open	Santa Clara	CA

Weight Class: 90+ / 198+							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Ashley Tinsley	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	110	242.5	Celestynne D'Almeida	US-NH	NH Kick Off Classic	Laconia	NH
3	103	227	Michelle Pushinsky	US-PA	2025 Masters Nationals	York	PA
4	92.5	203.9	Mona Espinosa	US-NC	2025 American Challenge - VA Ironbuilt	Ashland	VA
5	90	198.4	Madison Berry	US-NC	2025 NC State Championships	Jarvisburg	NC
6	85	187.3	Savannah Glanville	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
7	82.5	181.8	Rachel Clarke	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
8	80	176.3	Tamra Dickau	Canada	Ice Breaker II	Calgary	Alberta
	80	176.3	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA
10	77.5	170.8	Maria Anderson	Canada	Ice Breaker II	Calgary	Alberta
	77.5	170.8	Erica Rojek	US-MD	2025 American Challenge - MD	Kensington	MD
	77.5	170.8	Dorothy Sosnicki	US-AZ	California Open	Santa Clara	CA
	77.5	170.8	Charlotte Baker	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
14	75	165.3	Cynthia Schaefer	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
15	72.5	159.8	Christine Royer	US-VA	Ironbuilt Classic	Ashland	VA
16	70	154.3	Christina Szeto	Canada	Ice Breaker II	Calgary	Alberta
	70	154.3	Samantha Hall	Canada	Ice Breaker II	Calgary	Alberta
18	67.5	148.8	Ivy Lander	US-PA	2025 Great Lakes Championships	Erie	PA
19	65	143.2	Bethany Kalie	US-PA	2025 Eerie Power	Erie	PA
20	62.5	137.7	Michelle Woods	US-VA	2025 OBX Open	Jarvisburg	NC
	62.5	137.7	Sydney Katz	US-MD	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

## 2025 Deadlift Rankings

## Female

Weight Class: 44 / 97							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	89	196.2	Karen Poyner	US-VA	2025 OBX Open	Jarvisburg	NC
2	82.5	181.8	Sue Lee	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
3	63	138.8	Daenerys Dewolfe	Canada	Liftmas 2025	Calgary	Alberta
4	62.5	137.7	Lusi Korkis	US-FL	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
5	60	132.2	Adela Cota	US-MD	2025 American Challenge - MD	Kensington	MD
	60	132.2	Lia Marquina-Rocha	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
7	57.5	126.7	Jeanette Savage	US-NY	Owego Winter Classic	Owego	NY
8	50	110.2	Daenerys DeWolfe	Canada	Iron Challenge Competition	Medicine Hat	Alberta
	50	110.2	Sylvia Hunter	US-NY	2025 American Challenge - NY	Owego	NY
10	47.5	104.7	Gabriella Person	US-PA	2025 Eerie Power	Erie	PA
11	40	88.1	Mia Saretsky	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

Weight Class: 48 / 105				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Logan White	US-NC	2025 American Challenge - NC	Elizabeth City	NC
2	107.5	236.9	Kimberly Price	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
3	104.32	229.9	Dina Yarborough	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
4	102.5	225.9	Karleigh Steiner	US-PA	2025 Eerie Power	Erie	PA

Weight Class: 52 / 114				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	137.5	303.1	Allison Freeman	US-NC	2025 Eastern NC Open	Williamson	NC
2	100	220.4	Mariela Olivares	US-MD	2025 American Challenge - MD	Kensington	MD
3	92.5	203.9	Bella Butler	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	90	198.4	Krystal Riley	US-OH	2025 American Challenge - OH	Bedford	OH
5	85	187.3	Stephanie Branstine	US-NC	2025 Southern Open	Jarvisburg	NC
6	70	154.3	Christina Amendola	US-PA	2025 Eerie Power	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
	142.5	314.1	Catarina Aldi	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	137.5	303.1	Allison Freeman	US-NC	2025 OBX Open	Jarvisburg	NC
5	117.5	259	Jasmine Touati	US-FL	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
6	115	253.5	Yamilet Rocha	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
7	110	242.5	Lori Christ	US-NM	Arnold Stronglifting Powerlifting	Columbus	OH
8	107.5	236.9	Marcia Anderson	US-VA	2025 American Challenge - VA	Woodstock	VA
9	105	231.4	Allison Freeman	US-NC	2025 Battle of the Border	Currituck	NC
10	97.5	214.9	Jennifer Bowe	US-VA	2025 American Challenge - NC	Elizabeth City	NC
11	95	209.4	Janet Huntley	US-PA	2025 Masters Nationals	York	PA
	95	209.4	Jenna Yealick	US-IL	2025 American Challenge - IL	Casey	IL
13	88.45	194.9	Elisabeth Conner	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
14	87.5	192.9	Beth Permelia	US-VA	2025 OBX Open	Jarvisburg	NC
15	82.5	181.8	Barbara Phillips	US-WA	2025 American Challenge - VA	Woodstock	VA
16	77.5	170.8	Alexis Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH
	77.5	170.8	Victoria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
18	75	165.3	Alexis Wright	US-PA	2025 American Challenge - OH	Bedford	OH
	75	165.3	Mariann Strain	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
20	65	143.2	Atelen Cherico	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

Weight Class: 60 / 132				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	168	370.3	Rachel King	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	137.5	303.1	Alexandra Wood	US-NC	2025 American Challenge - NC	Elizabeth City	NC
3	135.5	298.7	Erin Buchart	US-NC	2025 American Challenge - NC	Elizabeth City	NC
4	135	297.6	Taylor Clarke	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
	135	297.6	Cydney Amoroso	US-PA	2025 Eerie Power	Erie	PA
6	132.5	292.1	Angela Goldstein	US-MD	2025 American Challenge - MD	Kensington	MD
7	130	286.5	Tatiana Onyschtschuk	Canada	Ice Breaker II	Calgary	Alberta
	130	286.5	Alexandria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
	130	286.5	Catarina Aldi	US-PA	2025 American Challenge - PA	Myerstown	PA
	130	286.5	Lorelei Golden	US-PA	2025 American Challenge - NY	Owego	NY
11	125	275.5	Nena Pfeffer	US-PA	2025 Great Lakes Championships	Erie	PA
	125	275.5	Debra Valentin	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
13	120	264.5	Sherry Rowe	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
14	117.5	259	Sydney Worley	US-PA	2025 Great Lakes Championships	Erie	PA
	117.5	259	Caleigh Marie Craighle	US-PA	2025 American Challenge - PA	Myerstown	PA
	117.5	259	Layla Zylinsky	US-NY	2025 American Challenge - NY	Owego	NY
17	115	253.5	Alex Wood	US-NC	2025 NC State Championships	Jarvisburg	NC
18	112.5	248	Angela Kirstein	Canada	Liftmas 2025	Calgary	Alberta
19	107.5	236.9	Geri-Lyn Hoffman	US-PA	2025 Great Lakes Championships	Erie	PA
	107.5	236.9	Jennifer Zak	US-NC	2025 Southern Open	Jarvisburg	NC

Weight Class: 67.5 / 148				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Naomi Kutin	US-NJ	2025 American Challenge - OH	Bedford	OH
2	152.5	336.2	Alexis Kajencki	US-MD	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

3	147.5	325.1	Kristen Gordon	US-PA	2025 Great Lakes Championships	Erie	PA
4	142.5	314.1	Cydney Amoroso	US-PA	2025 Great Lakes Championships	Erie	PA
5	135	297.6	Rachel Hoffman	Canada	Iron Challenge Competition	Medicine Hat	Alberta
6	132.5	292.1	Nicole Golden	US-PA	2025 American Challenge - NY	Owego	NY
	132.5	292.1	Ava Lucenti	US-NY	2025 American Challenge - NY	Owego	NY
8	127.5	281	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH
	127.5	281	Madina Nurgaliyeva	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
10	125	275.5	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA
11	122.5	270	Nena Pfeffer	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
	122.5	270	Lilian Kao	Canada	Liftmas 2025	Calgary	Alberta
13	121	266.7	Grace Rensing	US-FL	2025 American Challenge - FL	Merritt Island	FL
14	120	264.5	Grace Nanney	US-PA	2025 Great Lakes Championships	Erie	PA
	120	264.5	Sherry Rowe	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
	120	264.5	Megan Wolbert	US-PA	2025 Eerie Power	Erie	PA
17	117.5	259	Connie Dote	US-NY	2025 Eerie Power	Erie	PA
18	115	253.5	Kaitlyn Kubacki	US-VA	2025 Christmas Classic	Woodstock	VA
19	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	158.5	349.4	McKenzie Davis	US-FL	2025 American Challenge - FL	Merritt Island	FL
4	150	330.6	Kayley Goraczyk	Canada	Ice Breaker II	Calgary	Alberta
	150	330.6	Madisen O'Connor	Canada	2025 Tower of Power	Calgary	Alberta
6	145	319.6	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
7	142.5	314.1	Samantha Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
8	140	308.6	Raya Eilert	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
9	137.5	303.1	Jennarose Reagan	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
10	132.5	292.1	Rilyn Armstrong	Canada	Liftmas 2025	Calgary	Alberta
11	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
13	126	277.7	Nancy Breen	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
14	120	264.5	Ania Bayait	US-NY	2025 American Challenge - NY	Owego	NY
	120	264.5	Paige Waites	US-VA	2025 Christmas Classic	Woodstock	VA
16	105	231.4	Madison Allen	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
17	104.32	229.9	Alisha Abell	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
18	102.5	225.9	Sarah Beech	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
19	100	220.4	Sumayya .	UAE	2025 Dubai Championships		Dubai
20	97.5	214.9	Scarlet Deaton	US-NY	2025 NJ State Championships	Fair Lawn	NJ

Weight Class: 82.5 / 181		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	165	363.7	Linda Arvey	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	162.5	358.2	Monique Brown	US-PA	2025 Ironman World and US Single Lift Championship	York	PA
3	156	343.9	Madison Berry	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	150.5	331.7	Christine Cedzo	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
5	147.5	325.1	Lisa Klaus	US-IL	Shenandoah Open	Woodstock	VA
6	137.5	303.1	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA
7	132.5	292.1	Kristen Corson	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
8	128	282.1	Nancy Breen	US-VA	2025 OBX Open	Jarvisburg	NC
9	127.5	281	Sonya Jones	US-VA	2025 Masters Nationals	York	PA
	127.5	281	Rebekah Babcock	US-CA	California Open	Santa Clara	CA
11	125	275.5	Monica Mazzarino	US-CA	California Open	Santa Clara	CA
12	122.5	270	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA
13	120	264.5	Zoe Livesay	US-NC	2025 NC State Championships	Jarvisburg	NC
14	117.5	259	Emerie Merritt	US-NC	2025 American Challenge - NC	Elizabeth City	NC
15	115.67	255	Ronda Bouie	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
16	112.5	248	Sarah Adams	US-PA	2025 Great Lakes Championships	Erie	PA
	112.5	248	Janis Ferguson	US-PA	2025 Eerie Power	Erie	PA
18	95	209.4	Maeghan Cotterill	Canada	2025 Stampede Roundup	Calgary	Alberta
19	90	198.4	Isabelle Taylor	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
	90	198.4	Diyora Saitmuratova	Kazakhstan	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

Weight Class: 90 / 198		Deadlift		Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Mackenzie Taylor	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	182.5	402.3	Leah Swartz	US-PA	2025 Eastern USA Open	Woodstock	VA
3	180	396.8	Anna McCardle	New Zealand	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	165	363.7	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta
	165	363.7	Madison Berry	US-NC	2025 Southern Open	Jarvisburg	NC
6	157.5	347.2	Melissa Cruz	US-PA	2025 Great Lakes Championships	Erie	PA
7	155	341.7	Linda Arvey	US-PA	2025 Ironman World and US Single Lift Championship	York	PA
8	147.5	325.1	Gabriella Simmons	US-AK	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
9	145	319.6	Blanca Hernandez	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
10	130	286.5	Karen Andela	US-NY	2025 American Challenge - NY	Owego	NY
11	127.5	281	Sonya Jones	US-VA	2025 Christmas Classic	Woodstock	VA
12	125	275.5	Casey Powell	US-AZ	Arnold Stronglifting Powerlifting	Columbus	OH
13	122.5	270	Janis Ferguson	US-PA	2025 Great Lakes Championships	Erie	PA
14	105	231.4	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta
15	102.5	225.9	Angela Gutierrez	US-PA	2025 Eerie Power	Erie	PA
16	100	220.4	Addison Chappell	US-NC	2025 Southern Open	Jarvisburg	NC
	100	220.4	Stephanie Forman	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

Weight Class: 90+ / 198+				Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	230	507	Ashley Tinsley	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA				
2	227.5	501.5	Rachel Clarke	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA				
3	177.5	391.3	Ivy Lander	US-PA	2025 Great Lakes Championships	Erie	PA				
4	175	385.8	Erica Rojek	US-MD	2025 American Challenge - MD	Kensington	MD				
5	173	381.3	Charlotte Baker	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA				
6	172.7	380.7	Celestynne D'Almeida	US-NH	NH Kick Off Classic	Laconia	NH				
7	172.5	380.2	Cynthia Schaefer	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA				
8	162.5	358.2	Michelle Pushinsky	US-PA	2025 Eerie Power	Erie	PA				
9	155	341.7	Christine Royer	US-VA	Ironbuilt Classic	Ashland	VA				
10	150	330.6	Maria Anderson	Canada	Ice Breaker II	Calgary	Alberta				
11	147.5	325.1	Madison Berry	US-NC	2025 NC State Championships	Jarvisburg	NC				
12	142.5	314.1	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA				
	142.5	314.1	Bethany Kalie	US-PA	2025 Eerie Power	Erie	PA				
14	140	308.6	Monique Lee	US-NY	Owego Winter Classic	Owego	NY				
15	135	297.6	Amanda Dellinger	US-VA	2025 Masters Nationals	York	PA				
	135	297.6	Wanda Sommerfeld	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA				
17	132.5	292.1	Samantha Hall	Canada	Ice Breaker II	Calgary	Alberta				
	132.5	292.1	Savannah Glanville	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA				
19	130	286.5	Christina Szeto	Canada	Ice Breaker II	Calgary	Alberta				
	130	286.5	Sydney Katz	US-MD	2025 American Challenge - MD	Kensington	MD				

2025 Total Rankings				Female							
Weight Class: 44 / 97				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	175	385.8	Sue Lee	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA				
2	131	288.8	Daenerys Dewolfe	Canada	Liftmas 2025	Calgary	Alberta				
3	127.5	281	Jeanette Savage	US-NY	Owego Winter Classic	Owego	NY				
4	125	275.5	Lusi Korkis	US-FL	2025 Powerlifting Worlds Women and Light Men	Ashland	VA				
5	110	242.5	Daenerys DeWolfe	Canada	Iron Challenge Competition	Medicine Hat	Alberta				
6	98.5	217.1	Gabriella Person	US-PA	2025 Eerie Power	Erie	PA				
7	87.5	192.9	Sylvia Hunter	US-NY	Owego Winter Classic	Owego	NY				
8	82	180.7	Mia Saretsky	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA				

Weight Class: 48 / 105				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	232.5	512.5	Karleigh Steiner	US-PA	2025 Eerie Power	Erie	PA				
2	220	485	Kimberly Price	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA				
3	217.72	479.9	Dina Yarborough	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL				
4	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	305	672.4	Allison Freeman	US-NC	2025 Eastern NC Open	Williamson	NC				
2	238	524.6	Mariela Olivares	US-MD	2025 American Challenge - MD	Kensington	MD				
3	207.5	457.4	Bella Butler	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA				

4	167.5	369.2	Stephanie Branstine	US-NC	2025 Southern Open	Jarvisburg	NC
5	150	330.6	Christina Amendola	US-PA	2025 Eerie Power	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	320	705.4	Catarina Aldi	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
3	313	690	Allison Freemann	US-NC	2025 OBX Open	Jarvisburg	NC
4	297.5	655.8	Audrey Martos	US-NV	Arnold Stronglifting Powerlifting	Columbus	OH
5	254	559.9	Jasmine Touati	US-FL	2025 American Challenge - FL	Merritt Island	FL
6	240	529.1	Marcia Anderson	US-VA	2025 American Challenge - VA	Woodstock	VA
7	225	496	Jenna Yealick	US-IL	2025 American Challenge - IL	Casey	IL
8	220	485	Lori Christ	US-NM	Arnold Stronglifting Powerlifting	Columbus	OH
9	215	473.9	Janet Huntley	US-PA	2025 Masters Nationals	York	PA
10	207.5	457.4	Jennifer Bowe	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
11	190.54	420	Elisabeth Conner	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
12	180	396.8	Ainslee Eastman	US-PA	2025 Ohio State Championship	Bedford Heights	OH
13	175	385.8	Victoria Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
14	152.5	336.2	Alexis Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH
15	151.5	333.9	Mariann Strain	US-PA	2025 Eerie Power	Erie	PA
16	147.5	325.1	Alexis Wright	US-PA	2025 American Challenge - OH	Bedford	OH
17	140	308.6	Atelen Cherico	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

Weight Class: 60 / 132			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	350.5	772.7	Rachel King	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	325	716.4	Tatiana Onyschtschuk	Canada	Ice Breaker II	Calgary	Alberta
3	322.5	710.9	Taylor Clarke	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
4	317.5	699.9	Cydney Amoroso	US-PA	2025 Eerie Power	Erie	PA
5	313	690	Catarina Aldi	US-PA	2025 American Challenge - PA	Myerstown	PA
6	310	683.4	Nena Pfeffer	US-PA	2025 Great Lakes Championships	Erie	PA
7	307.5	677.9	Angela Goldstein	US-MD	2025 American Challenge - MD	Kensington	MD
8	292.5	644.8	Sydney Worley	US-PA	2025 Great Lakes Championships	Erie	PA
		644.8	Alexandra Wood	US-NC	2025 American Challenge - NC	Elizabeth City	NC
10	282.5	622.7	Alexandra Wood	US-NC	Arnold Stronglifting Powerlifting	Columbus	OH
11	280	617.2	Caleigh Marie Craigie	US-PA	2025 American Challenge - PA	Myerstown	PA
		617.2	Lorelei Golden	US-PA	2025 American Challenge - NY	Owego	NY
13	273	601.8	Debra Valentin	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
14	265	584.2	Layla Zylinsky	US-NY	2025 American Challenge - NY	Owego	NY
15	263	579.8	Erin Buchart	US-NC	2025 American Challenge - NC	Elizabeth City	NC
16	260	573.1	Alex Wood	US-NC	2025 NC State Championships	Jarvisburg	NC
17	258	568.7	Jennifer Zak	US-NC	2025 Southern Open	Jarvisburg	NC
18	255	562.1	Angela Kirstein	Canada	Liftmas 2025	Calgary	Alberta
19	232.5	512.5	Claudia Bucher	US-PA	2025 American Challenge - PA	Myerstown	PA
		512.5	Laura Clancy	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA

Weight Class: 67.5 / 148			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	382.5	843.2	Alexis Kajencki	US-MD	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	377.5	832.2	Naomi Kutin	US-NJ	2025 American Challenge - OH	Bedford	OH
3	355	782.6	Kristen Gordon	US-PA	2025 Great Lakes Championships	Erie	PA
4	322.5	710.9	Cydney Amoroso	US-PA	2025 Great Lakes Championships	Erie	PA
		710.9	Nena Pfeffer	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
6	312.5	688.9	Nicole Golden	US-PA	2025 American Challenge - NY	Owego	NY
7	302.5	666.8	Ava Lucenti	US-NY	2025 American Challenge - NY	Owego	NY
8	297.5	655.8	Rachel Hoffman	Canada	Iron Challenge Competition	Medicine Hat	Alberta
		655.8	Lilian Kao	Canada	Liftmas 2025	Calgary	Alberta
10	292.5	644.8	Madina Nurgaliyeva	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
11	281.5	620.5	Grace Rensing	US-FL	2025 American Challenge - FL	Merritt Island	FL
12	280	617.2	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA
13	272.5	600.7	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH
14	262.5	578.7	Galaxia Planchez	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
15	245	540.1	Connie Dote	US-NY	2025 Eerie Power	Erie	PA
		540.1	Christina Milie	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
17	235	518	Grace Nanney	US-PA	2025 Great Lakes Championships	Erie	PA
		518	Megan Wolbert	US-PA	2025 Eerie Power	Erie	PA

19	225	496	Haley Hennessey	US-NY	2025 American Challenge - NY	Owego	NY
20	220	485	Sofia Corridean	US-NC	2025 American Challenge - NC	Elizabeth City	NC

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	369.5	814.5	McKenzie Davis	US-FL	2025 American Challenge - FL	Merritt Island	FL
4	352.5	777.1	Madisen O'Connor	Canada	2025 Tower of Power	Calgary	Alberta
5	335	738.5	Kayley Goraczyk	Canada	Ice Breaker II	Calgary	Alberta
6	325	716.4	Samantha Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
7	310	683.4	Raya Eilert	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
8	306	674.6	Nancy Breen	US-VA	2025 American Challenge - VA Ironbult	Ashland	VA
9	290	639.3	Courtney Hansell	US-NY	Owego Winter Classic	Owego	NY
10	285	628.3	Ania Bayait	US-NY	2025 American Challenge - NY	Owego	NY
11	280	617.2	Rilyn Armstrong	Canada	Liftmas 2025	Calgary	Alberta
12	265	584.2	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
13	262.5	578.7	Madelynn Bengel	US-PA	2025 Great Lakes Championships	Erie	PA
	262.5	578.7	Jennarose Reagan	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
15	257.5	567.6	Sarah Beech	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
16	252.64	556.9	Alisha Abell	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
17	238.16	525	Evelyn Puisseau	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
18	225	496	Madison Allen	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
19	205	451.9	Leah Josey	US-NY	2025 New York State High School Powerlifting State Championships	Endicott	NY
20	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	388.5	856.4	Madison Berry	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	347.5	766	Linda Arvey	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
3	322.5	710.9	Lisa Klaus	US-IL	Shenandoah Open	Woodstock	VA
4	320.5	706.5	Kristen Corson	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
5	308	679	Nancy Breen	US-VA	2025 OBX Open	Jarvisburg	NC
6	287.5	633.8	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA
	287.5	633.8	Monica Mazzarino	US-CA	California Open	Santa Clara	CA
8	275.5	607.3	Christine Cedzo	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
9	252.5	556.6	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA
10	251.74	554.9	Ronda Bouie	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
11	250	551.1	Sarah Adams	US-PA	2025 Great Lakes Championships	Erie	PA
	250	551.1	Zoe Livesay	US-NC	2025 American Challenge - NC	Elizabeth City	NC
13	240	529.1	Sonya Jones	US-VA	2025 Masters Nationals	York	PA
14	230	507	Janis Ferguson	US-PA	2025 Erie Power	Erie	PA
15	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	515	1135.3	Mackenzie Taylor	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	421	928.1	Madison Berry	US-NC	2025 Southern Open	Jarvisburg	NC
3	405	892.8	Anna McCardle	New Zealand	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	357.5	788.1	Melissa Cruz	US-PA	2025 Great Lakes Championships	Erie	PA
5	343	756.1	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta
6	325	716.4	Blanca Hernandez	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
7	307.5	677.9	Gabriella Simmons	US-AK	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
8	290	639.3	Casey Powell	US-AZ	Arnold Stronglifting Powerlifting	Columbus	OH
9	267.5	589.7	Karen Andela	US-NY	2025 American Challenge - NY	Owego	NY
10	250	551.1	Janis Ferguson	US-PA	2025 Great Lakes Championships	Erie	PA
11	242.5	534.6	Angela Gutierrez	US-PA	2025 Erie Power	Erie	PA
12	237.5	523.5	Stephanie Forman	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
13	227.5	501.5	Sonya Jones	US-VA	Shenandoah Open	Woodstock	VA
14	225	496	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta

Weight Class: 90+ / 198+				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	540	1190.4	Ashley Tinsley	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	465	1025.1	Rachel Clarke	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
3	425	936.9	Michelle Pushinsky	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

4	420	925.9	Cynthia Schaefer	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
5	407.5	898.3	Erica Rojek	US-MD	2025 American Challenge - MD	Kensington	MD
6	400.5	882.9	Charlotte Baker	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
7	396.1	873.2	Celestynne D'Almeida	US-NH	NH Kick Off Classic	Laconia	NH
8	387.5	854.2	Ivy Lander	US-PA	2025 Great Lakes Championships	Erie	PA
9	385	848.7	Madison Berry	US-NC	2025 NC State Championships	Jarvisburg	NC
10	347.5	766	Maria Anderson	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
13	342.5	755	Savannah Glanville	US-NC	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
14	340	749.5	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA
15	310	683.4	Christina Szeto	Canada	Ice Breaker II	Calgary	Alberta
16	305	672.4	Wanda Sommerfeld	Canada	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
17	302.5	666.8	Bethany Kalie	US-PA	2025 Eerie Power	Erie	PA
18	290	639.3	Michelle Lawson	US-PA	2025 Eerie Power	Erie	PA
19	282.5	622.7	Karen Repino	US-PA	2025 Masters Nationals	York	PA
20	262.5	578.7	Erin Lewis	US-PA	2025 Great Lakes Championships	Erie	PA

## 2025 Strict Curl Rankings

## Female

Weight Class: 44 / 97				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	22.5	49.6	Karen Poyner	US-VA	2025 American Challenge - NC	Elizabeth City	NC
2	17.5	38.5	Adela Cota	US-MD	2025 American Challenge - MD	Kensington	MD
3	14	30.8	Sylvia Hunter	US-NY	2025 American Challenge - NY	Owego	NY
4	7.5	16.5	Jaylynn Berge	US-NC	2025 OBX Open	Jarvisburg	NC
5	7.1	15.6	Madison Freeman	US-NC	North Carolina Open Strict Curl	Elizabeth City	NC

Weight Class: 48 / 105				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Logan White	US-NC	2025 American Challenge - NC	Elizabeth City	NC

Weight Class: 52 / 114				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	39	85.9	Allison Freeman	US-NC	2025 Eastern NC Open	Williamson	NC
2	29	63.9	Mariela Olivares	US-MD	2025 Strict Curl Worlds	Ashland	VA
3	27	59.5	Nicole Collins	Canada	Ice Breaker II	Calgary	Alberta
4	19.5	42.9	Duneesha Goontilleke	Canada	2025 Stampede Roundup	Calgary	Alberta
5	13.5	29.7	Stephanie Costantino	US-PA	2025 Ironman World and US Single Lift Championship	York	PA

Weight Class: 56 / 123				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	39	85.9	Allison Freeman	US-NC	2025 OBX Open	Jarvisburg	NC
	39	85.9	Kerry Self	US-VA	2025 Strict Curl Worlds	Ashland	VA
3	35	77.1	Lori Christ	US-NM	California Open Strict Curl Pro Qualifier	Santa Clara	CA
4	32.5	71.6	Denise Jaffe	US-OH	2025 Great Lakes Strict Curl Championships	Bedford Heights	OH
5	30	66.1	Ainslee Eastman	US-PA	2025 Ohio State Championship	Bedford Heights	OH
6	27	59.5	Jennifer Bowe	US-VA	2025 Strict Curl Worlds	Ashland	VA
7	23.5	51.8	Marcia Anderson	US-VA	2025 American Challenge - VA	Woodstock	VA
8	22	48.5	Carina Canete	US-CA	Curlhirstmas III	Santa Clara	CA
9	19	41.8	Audrey Keane	US-CA	NorCal Ironman Classic	Santa Clara	CA
10	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	42	92.5	Ardith Bravenec	US-TX	2025 Christmas Classic	Woodstock	VA
2	38	83.7	Taylor Clarke	US-FL	Miami International Fitness Pro-Am	Miami	FL
3	37.5	82.6	Allison Freeman	US-NC	North Carolina Open Strict Curl	Elizabeth City	NC
	37.5	82.6	Angela Goldstein	US-MD	2025 Strict Curl Worlds	Ashland	VA
5	36.5	80.4	Lori Christ	US-NM	Miami International Fitness Pro-Am	Miami	FL
6	35.5	78.2	Krystal Brown	US-NC	2025 American Challenge - NC	Elizabeth City	NC
7	33	72.7	Angela Krompier	US-NJ	2025 Strict Curl Worlds	Ashland	VA
8	32.5	71.6	Jennifer Zak	US-NC	2025 NC State Championships	Jarvisburg	NC
9	31.5	69.4	Susan Kozlowski	US-VA	2025 Southern Open	Jarvisburg	NC
10	30.5	67.2	Sarah Rudo	US-MD	2025 Battle of the Border	Currituck	NC
11	30	66.1	Alex Wood	US-NC	2025 NC State Championships	Jarvisburg	NC
12	25.5	56.2	Caitlin Keane	US-CA	California Open Strict Curl Pro Qualifier	Santa Clara	CA

13	25	55.1	Layla Zylinsky	US-NY	2025 American Challenge - NY	Owego	NY
	25	55.1	Lorelei Golden	US-PA	2025 American Challenge - NY	Owego	NY
15	23	50.7	Linda Leightley	US-VA	Ironbult Classic	Ashland	VA
	23	50.7	Galaxia Planchez	US-FL	Miami International Fitness Pro-Am	Miami	FI
17	19	41.8	Audrey Keane	US-CA	California Open Strict Curl Pro Qualifier	Santa Clara	CA
18	16.5	36.3	Alexis Brown	US-KY	Miami International Fitness Pro-Am	Miami	FI

Weight Class: 67.5 / 148 Strict Curl Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	52.5	115.7	Alexis Kajencki	US-MD	2025 Strict Curl Worlds	Ashland	VA
2	43.5	95.9	Katy Gaglione	US-DE	2025 Strict Curl Worlds	Ashland	VA
3	38.5	84.8	Madison Jaffe	US-OH	2025 Great Lakes Strict Curl Championships	Bedford Heights	OH
	38.5	84.8	Stephanie Heslep	US-DE	2025 Strict Curl Worlds	Ashland	VA
5	36	79.3	Krystal Brown	US-NC	2025 NC State Championships	Jarvisburg	NC
6	34.5	76	Nicole Costantino	US-PA	2025 Ironman World and US Single Lift Championship	York	PA
7	34	74.9	Nicole Golden	US-PA	2025 American Challenge - NY	Owego	NY
8	27.5	60.6	Alicia Loveday	Canada	2025 Tower of Power	Calgary	Alberta
9	25	55.1	Heidi Lightner	US-PA	2025 Christmas Classic	Woodstock	VA
10	18.5	40.7	Lucette Simpson	Canada	2025 Stampede Roundup	Calgary	Alberta
11	18	39.6	Anjitha .	UAE	2025 Dubai Championships		Dubai
12	17	37.4	Uma .	UAE	2025 Dubai Championships		Dubai

Weight Class: 75 / 165 Strict Curl Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	48	105.8	Kimberly Lindner	US-MA	2025 Strict Curl Worlds	Ashland	VA
2	44.5	98.1	Michele Fettner	US-MD	2025 Strict Curl Worlds	Ashland	VA
3	44	97	Lisa Walker	US-VA	2025 American Challenge - VA Ironbult	Ashland	VA
4	41.5	91.4	Linda Lee	US-VA	Virginia State Open	Woodstock	VA
5	37.5	82.6	Gwendolynne Krebs	US-CA	Curlhirstmas III	Santa Clara	CA
6	35	77.1	Linda Eggleston	US-NY	Owego Winter Classic	Owego	NY
7	32	70.5	Paige Waites	US-VA	2025 Christmas Classic	Woodstock	VA
8	25	55.1	Tracey Katsabanis	Canada	2025 Stampede Roundup	Calgary	Alberta
	25	55.1	Mina Taboh	UAE	2025 Dubai Championships		Dubai
10	20	44	Sumayya .	UAE	2025 Dubai Championships		Dubai

Weight Class: 82.5 / 181 Strict Curl Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	43.5	95.9	Madison Berry	US-NC	2025 OBX Open	Jarvisburg	NC
	43.5	95.9	Rebekah Babcock	US-CA	Curlhirstmas III	Santa Clara	CA
3	43	94.7	Mona Espinosa	US-NC	2025 Strict Curl Worlds	Ashland	VA
4	39	85.9	Emily Knox	US-MD	2025 Strict Curl Worlds	Ashland	VA
5	37	81.5	Rachel Bravenec	US-VA	2025 Christmas Classic	Woodstock	VA
6	36.5	80.4	Emerie Merritt	US-NC	2025 American Challenge - NC	Elizabeth City	NC
	36.5	80.4	Monica Mazzarino	US-CA	Curlhirstmas III	Santa Clara	CA
8	35	77.1	Lisa Klaus	US-IL	Shenandoah Open	Woodstock	VA
9	34	74.9	Linda Arvey	US-PA	2025 Strict Curl Worlds	Ashland	VA
10	33	72.7	Gwen Bailey	US-MD	2025 American Challenge - MD	Kensington	MD
11	30	66.1	Hannah Mokoko	UAE	2025 Dubai Championships		Dubai
12	29.5	65	Cynthia Crossland	US-OK	2025 NC State Championships	Jarvisburg	NC
13	27	59.5	Zoe Livesay	US-NC	2025 NC State Championships	Jarvisburg	NC
14	21	46.2	Terri Korba	US-NY	2025 American Challenge - NY	Owego	NY

Weight Class: 90 / 198 Strict Curl Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	56	123.4	Mackenzie Taylor	US-NC	2025 American Challenge - NC	Elizabeth City	NC
2	50	110.2	Anna McCardle	New Zealand	2025 Strict Curl Worlds	Ashland	VA
3	46.5	102.5	Leah Swartz	US-PA	2025 Eastern USA Open	Woodstock	VA
4	45.5	100.3	Mona Espinosa	US-NC	2025 Ironman World and US Single Lift Championship	York	PA
	45.5	100.3	Madison Berry	US-NC	2025 Southern Open	Jarvisburg	NC
6	37.5	82.6	Ellen Plumart	US-MD	2025 Strict Curl Worlds	Ashland	VA
7	36.5	80.4	Linda Arvey	US-PA	2025 Ironman World and US Single Lift Championship	York	PA
8	34.5	76	Katina James	US-VA	2025 Christmas Classic	Woodstock	VA
9	33	72.7	Gwen Bailey	US-MD	Mid Atlantic Strict Curl Pro Qualifier	Milton	DE
10	32.5	71.6	Addison Chappell	US-NC	2025 Southern Open	Jarvisburg	NC
11	31	68.3	Kira O'Donnell	US-CA	California Open Strict Curl Pro Qualifier	Santa Clara	CA
12	29.5	65	Jennifer Tillet	US-NC	2025 NC State Championships	Jarvisburg	NC

13 29 63.9 Ruth Rend US-PA 2025 Strict Curl Worlds Ashland VA

Weight Class: 90+ / 198+			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	47.1	103.8	Mona Espinosa	US-NC	2025 American Challenge - VA Ironbuilt	Ashland	VA
2	47	103.6	Sydney Katz	US-MD	2025 American Challenge - MD	Kensington	MD
3	44.5	98.1	Madison Berry	US-NC	2025 NC State Championships	Jarvisburg	NC
4	40.5	89.2	Christine Royer	US-VA	Ironbuilt Classic	Ashland	VA
5	40	88.1	Tamra Dickau	Canada	Ice Breaker II	Calgary	Alberta
6	39.5	87	Dorothy Sosnicki	US-AZ	California Open Strict Curl Pro Qualifier	Santa Clara	CA
7	38.5	84.8	Sarah Helwig	US-CA	Curlhirstmas III	Santa Clara	CA
8	35.5	78.2	Linda Sutton	US-NC	2025 Eastern NC Open	Williamson	NC
9	33	72.7	Stephanie Malcolm	US-CA	California Open Strict Curl Pro Qualifier	Santa Clara	CA
10	32.5	71.6	Kira O'Donnell	US-CA	NorCal Ironman Classic	Santa Clara	CA
11	30.5	67.2	Wanda Sommerfeld	Canada	2025 Tower of Power	Calgary	Alberta
12	30	66.1	Cynthia Schaefer	US-PA	2025 American Challenge - PA	Myerstown	PA
13	29	63.9	Meghan Swedish	Canada	Iron Challenge Competition	Medicine Hat	Alberta
14	28.5	62.8	Jessica Clark	US-CA	NorCal Ironman Classic	Santa Clara	CA
15	27	59.5	Abhirami .	UAE	2025 Dubai Championships		Dubai
16	25	55.1	Marquesses Glazner	US-CA	Ironbuilt Classic	Ashland	VA
	25	55.1	Jan LeRoy	Canada	Iron Challenge Competition	Medicine Hat	Alberta
18	18	39.6	Stephanie Forman	US-NC	2025 American Challenge - NC	Elizabeth City	NC