

MOST IMPROVED LIFTERS BY YEAR

2025

Light Platform

Squat - Bethany Prior (+58.37)

Bench - Myla White (+38.56)

Dead Lift - Myla White (+42.29)

Overall - Myla White (+113.18)

Heavy Platform

Squat - Dani Randerson (+71.90)

Bench - Holly Mullins (+42.51)

Dead Lift - Dani Randerson (+60.20)

Overall - Holly Mullins (+150.17)

2024

Light Platform

Squat - Bethany Prior (+90.99)

Bench - Bethany Prior (+43.10)

Dead Lift - Bethany Prior (+43.10)

Overall - Bethany Prior (+167.62)

Heavy Platform

Squat - Holly Mullins (+89.31)

Bench - Holly Mullins (+71.44)

Dead Lift - Holly Mullins (+85.03)

Overall - Holly Mullins (+245.78)