

2026 Senior World Championships Rankings - Women

Rankings as of 3/19/2026

	Athlete Name	Body Weight	Total	% of A Standard	Competition Total Achieved
1	Olivia Reeves	77	279	117.23%	2026 Virus Series 1
2	Mattie Rogers	77	256	107.56%	2026 Virus Series 1
3	Sophia Shaft	63	240	106.67%	2026 Virus Series 1
4	Miranda Ulrey	53	210	105.53%	2026 Virus Series 1
5	Ella Nicholson	86	251	103.72%	2026 Virus Series 1
*	Ella Nicholson	77	245	102.94%	2025 Virus Weightlifting Finals
6	Mary Theisen-Lappen	86+	269	102.28%	2025 IWF World Championships
7	Katie Witte	86	245	101.24%	2025 Virus Weightlifting Finals
*	Miranda Ulrey	58	215	100.00%	2025 IWF World Championships
*	Anna McElderry	86	240	99.17%	2025 Virus Weightlifting Finals
8	Katie Estep	63	223	99.11%	2025 IWF World Championships
9	Abigail Cooper	69	226	97.00%	2026 Virus Series 1
*	Ava Biesterfeld	77	227	95.38%	2026 Virus Series 1
*	Victoria Jefferson	86	230	95.04%	2025 Virus Weightlifting Finals
*	Sarah Barnett	86	230	95.04%	2025 Virus Weightlifting Finals

A Standard	
48	181
53	199
58	215
63	225
69	233
77	238
86	242
86+	263

B Standard - Minimum	
48	172
53	189
58	204
63	214
69	221
77	226
86	230
86+	250