



2016 Masters 60+ Rankings

Updated 12/27/2016 Ed Kutin

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2016 Squat Rankings

Female

Weight Class: 97				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	56.5	124.5	Rocky Luedeker	USA	West Coast National	Prescott	AZ	

Weight Class: 105				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	80.5	177.4	Karen Poyner	USA	Masters Nationals	Zion Crossroads	VA	
2	47.5	104.7	Roxanne Chance	USA	American Challenge 2016 - AZ	Prescott	AZ	

Weight Class: 114				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	57.5	126.7	Mary Ann Little	USA	2016 Great Lakes Championships	Erie	PA	
2	45	99.2	Mary Kosmicki	USA	2016 Midwest Open	Omaha	NE	

Weight Class: 123				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	92.5	203.9	Patty Failla	USA	2016 Christmas Classic NE	Omaha	NE	
2	87.5	192.9	Janet Warne	Canada	2016 Worlds	Erie	PA	
3	60	132.2	Susan Drach	USA	Masters Nationals	Zion Crossroads	VA	

Weight Class: 132				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	73	160.9	Linda Leightley	USA	Mid Atlantic Regionals	Zions Crossroad	VA	
2	47.5	104.7	Sandy Becker	USA	Big Sky Games	Billings	MT	

Weight Class: 148				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	82.5	181.8	Chris Dover	USA	Big Sky Games	Billings	MT	
2	52.5	115.7	LuAnn Posey	USA	American Challenge 2016 - AZ	Prescott	AZ	
3	47.5	104.7	Tonnie Alliance	USA	2016 Worlds	Erie	PA	

Weight Class: 181				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	60	132.2	Margaret Estabrooks	Canada	2016 Worlds	Erie	PA	

2016 Bench Press Rankings

Female

Weight Class: 97				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	50	110.2	Karen Poyner	USA	Mid Atlantic Regionals	Zions Crossroad	VA	
2	38	83.7	Rocky Luedeker	USA	West Coast National	Prescott	AZ	

Weight Class: 105				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	53.5	117.9	Karen Poyner	USA	Masters Nationals	Zion Crossroads	VA	

2 30 66.1 Roxanne Chance USA American Challenge 2016 - AZ Prescott AZ

Weight Class: 114		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	32.5	71.6	Mary Ann Little	USA	2016 Great Lakes Championships	Erie	PA
2	30	66.1	Mary Kosmicki	USA	2016 Midwest Open	Omaha	NE

Weight Class: 123		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Susan Drach	USA	Masters Nationals	Zion Crossroads	VA
2	52.5	115.7	Patty Failla	USA	2016 Christmas Classic NE	Omaha	NE
3	47.5	104.7	Janet Warne	Canada	2016 Worlds	Erie	PA

Weight Class: 132		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Linda Leightley	USA	American Challenge 2016 - MD	Prince Frederick	MD
2	37.5	82.6	Dorothy Ott	USA	Big Sky Games	Billings	MT
3	35	77.1	Sandy Becker	USA	Big Sky Games	Billings	MT

Weight Class: 148		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Chris Dover	USA	Big Sky Games	Billings	MT
2	47.5	104.7	Susan Shofner	USA	Ohio State Championships	Bedford Heights	OH
3	45.5	100.3	Tonnie Alliance	USA	2016 Worlds	Erie	PA
4	42.5	93.6	Sara Gillott	USA	Northwest Regionals	Billings	MT
5	37.5	82.6	LuAnn Posey	USA	American Challenge 2016 - AZ	Prescott	AZ
6	20	44	Barrie Zucal	USA	Southern Open	Prince Frederick	MD

Weight Class: 181		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	92.5	203.9	Erika Grill	USA	American Challenge 2016 - AZ	Prescott	AZ
2	65	143.2	Andrea Frederick	USA	NC State Championships	Raleigh	NC
3	40	88.1	Margaret Estabrooks	Canada	2016 Western Canadian Championships	Calgary	Alberta

Weight Class: 198		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Hyacinth Joseph	USA	2016 Worlds	Erie	PA
2	37.5	82.6	Jill Bue	USA	Big Sky Games	Billings	MT

2016 Deadlift Rankings Female

Weight Class: 97		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Karen Poyner	USA	Mid Atlantic Regionals	Zions Crossroad	VA
2	83.5	184	Rocky Luedeker	USA	West Coast National	Prescott	AZ

Weight Class: 105		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	111	244.7	Karen Poyner	USA	Masters Nationals	Zion Crossroads	VA
2	72.5	159.8	Roxanne Chance	USA	American Challenge 2016 - AZ	Prescott	AZ

Weight Class: 114		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	78	171.9	Mary Ann Little	USA	2016 Great Lakes Championships	Erie	PA
2	70	154.3	Mary Kosmicki	USA	2016 Midwest Open	Omaha	NE

Weight Class: 123		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	122.5	270	Patty Failla	USA	2016 Christmas Classic NE	Omaha	NE

2	112.5	248	Susan Drach	USA	Masters Nationals	Zion Crossroads	VA
3	95.5	210.5	Janet Warne	Canada	2016 Worlds	Erie	PA

Weight Class: 132		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	123	271.1	Linda Leightley	USA	Mid Atlantic Regionals	Zions Crossroad	VA
2	80	176.3	Sandy Becker	USA	Big Sky Games	Billings	MT

Weight Class: 148		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	122.5	270	Tonnie Alliance	USA	Tri State Championship	Bedford Heights	OH
2	107.5	236.9	Theresa Drzewiecki	USA	American Challenge 2016 - VA	Zion Crossroads	VA
3	102.5	225.9	Linda Gottlick	USA	OBX Open	Jarvisburg	NC
4	97.5	214.9	Chris Dover	USA	Big Sky Games	Billings	MT
5	92.5	203.9	LuAnn Posey	USA	American Challenge 2016 - AZ	Prescott	AZ
6	70	154.3	Barrie Zucal	USA	Southern Open	Prince Frederick	MD
7	57.5	126.7	Gladys Lopez	USA	United States Open	Zion Crossroads	VA

Weight Class: 181		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105.5	232.5	Margaret Estabrooks	Canada	2016 Worlds	Erie	PA

Weight Class: 198		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	133.5	294.3	Karen Hansen	USA	Mid Atlantic Regionals	Zions Crossroad	VA
2	132.5	292.1	Hyacinth Joseph	USA	2016 Worlds	Erie	PA

Weight Class: 198+		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Shirley Cole	USA	Empire State Open	Nichols	NY

2016 Total Rankings Female

Weight Class: 97		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	166	365.9	Rocky Luedeker	USA	Southwest Regionals	Prescott	AZ

Weight Class: 105		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	245	540.1	Karen Poyner	USA	Masters Nationals	Zion Crossroads	VA
2	150	330.6	Roxanne Chance	USA	American Challenge 2016 - AZ	Prescott	AZ

Weight Class: 114		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	168	370.3	Mary Ann Little	USA	2016 Worlds	Erie	PA
2	145	319.6	Mary Kosmicki	USA	2016 Midwest Open	Omaha	NE

Weight Class: 123		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	267.5	589.7	Patty Failla	USA	2016 Christmas Classic NE	Omaha	NE
2	228	502.6	Janet Warne	Canada	2016 Worlds	Erie	PA
3	227.5	501.5	Susan Drach	USA	Masters Nationals	Zion Crossroads	VA

Weight Class: 132		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	238.5	525.7	Linda Leightley	USA	Mid Atlantic Regionals	Zions Crossroad	VA
2	162.5	358.2	Sandy Becker	USA	Big Sky Games	Billings	MT

Weight Class: 148		Total		Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	230	507	Chris Dover	USA	Big Sky Games	Billings	MT
2	212.5	468.4	Tonnie Alliance	USA	2016 Worlds	Erie	PA
3	182.5	402.3	LuAnn Posey	USA	American Challenge 2016 - AZ	Prescott	AZ

Weight Class: 181			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	203	447.5	Margaret Estabrooks	Canada	2016 Worlds	Erie	PA

2016 Strict Curl Rankings Female

Weight Class: 97			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	31	68.3	Karen Poyner	USA	Mid Atlantic Regionals	Zions Crossroad	VA
2	15	33	Rocky Luedeker	USA	American Challenge 2016 - AZ	Prescott	AZ

Weight Class: 105			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	31	68.3	Karen Poyner	USA	Masters Nationals	Zion Crossroads	VA

Weight Class: 132			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	26	57.3	Linda Leightley	USA	American Challenge 2016 - MD	Prince Frederick	MD

Weight Class: 148			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	26.5	58.4	Sara Gillott	USA	Northwest Regionals	Billings	MT
2	23.5	51.8	Tonnie Alliance	USA	2016 Worlds	Erie	PA

2016 Squat Rankings Male

Weight Class: 132			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Jim Marchio	USA	American Challenge 2016 - VA	Zion Crossroads	VA
2	80	176.3	Mike Boston	USA	2016 Central PA Open	Bigler	PA

Weight Class: 148			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	136.5	300.9	Paul Griffith	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
2	130	286.5	Mark Evans	USA	Winter Iron Fest	Louisville	KY
3	121	266.7	Joe Stockinger	Canada	2016 Prairie Power Open	Calgary	Alberta
4	117.5	259	Italco Bonacci	USA	Keystone Iron Challenge	Nazerath	PA
	117.5	259	Lee Luedeker	USA	West Coast National	Prescott	AZ
6	80	176.3	Victor Shaffer	USA	2016 Great Lakes Championships	Erie	PA

Weight Class: 165			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Ronnie Powell	USA	American Challenge 2016 - NE	Council Bluffs	IA
2	117.5	259	Lee Luedeker	USA	American Challenge 2016 - AZ	Prescott	AZ
	117.5	259	Donald Piazza	USA	American Challenge 2016 - OH	Bedford Heights	OH
4	42.5	93.6	Thomas Cenelli	USA	2016 Central PA Open	Bigler	PA

Weight Class: 181			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Gary Banks	USA	Masters Nationals	Zion Crossroads	VA
	155	341.7	Larry Emerson	USA	American Challenge 2016 - MA	Longmeadow	MA
3	145	319.6	Vinnie Gengaro	USA	2016 Worlds	Erie	PA
4	135	297.6	Joe Orenzia	USA	2016 Worlds	Erie	PA
5	130	286.5	Ed Regua	USA	West Coast National	Prescott	AZ

6	82.5	181.8	Yogi Sumner	USA	American Challenge 2016 - NC	Currituck	NC
7	80	176.3	Foster Smith	USA	Mid Atlantic Regionals	Zions Crossroad	VA
8	70	154.3	Mike Kane	USA	Southwest Regionals	Prescott	AZ
9	42.5	93.6	Arthur Gingrande	USA	2016 Worlds	Erie	PA

Weight Class: 198							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	203.5	448.6	Bugs Bayer	USA	2016 Worlds	Erie	PA
2	187.5	413.3	Kent Cassell	USA	Masters Nationals	Zion Crossroads	VA
3	185	407.8	Don Kuhns	USA	2016 Worlds	Erie	PA
4	150	330.6	Edward Eisenberg	USA	Mid Atlantic Regionals	Zions Crossroad	VA
5	145.5	320.7	Michael Shannon	USA	West Coast National	Prescott	AZ
6	102.5	225.9	Jeff Bieterman	USA	2016 Christmas Classic NE	Omaha	NE

Weight Class: 220							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	167.5	369.2	William Farrell	USA	Masters Nationals	Zion Crossroads	VA
2	165	363.7	Allen Marr	Canada	2016 Grind Powerlifting Challenge	Medicine Hat	Alberta
3	162.5	358.2	Dave Lhota	USA	2016 Worlds	Erie	PA
4	160	352.7	John Niedzwick	USA	Mid Atlantic Regionals	Zions Crossroad	VA
5	140	308.6	Domenick Amoroso	USA	2016 Great Lakes Championships	Erie	PA
6	122.5	270	Ira Brooks	USA	American Challenge 2016 - NC	Currituck	NC

Weight Class: 242							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	220	485	Rick Jenks	USA	2016 Worlds	Erie	PA
2	137.5	303.1	Ira Brooks	USA	NC State Championships	Raleigh	NC
3	85	187.3	Bill Faiband	USA	American Challenge 2016 - AZ	Prescott	AZ
4	75	165.3	Colin Bonneau	Canada	2016 Battle of the North	Spruce Grove	Alberta

Weight Class: 275							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	185	407.8	Tom Matlock	USA	Southwest Regionals	Prescott	AZ
2	140	308.6	Glen Tenove	USA	American Challenge 2016 - AZ	Prescott	AZ

Weight Class: 308							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	200	440.9	Mark Bowen	USA	2016 Worlds	Erie	PA
2	120	264.5	Glen Tenove	USA	Southwest Regionals	Prescott	AZ
3	82.5	181.8	Vaughn Maldfeld	USA	American Challenge 2016 - PA	Plymouth Meeting	PA

2016 Bench Press Rankings Male

Weight Class: 132							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	90	198.4	Jim Marchio	USA	American Challenge 2016 - VA	Zion Crossroads	VA
2	62.5	137.7	Mike Boston	USA	2016 Central PA Open	Bigler	PA

Weight Class: 148							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	135	297.6	Emerson Lynn	USA	2016 Worlds	Erie	PA
2	130	286.5	Guy Ha	USA	2016 Worlds	Erie	PA
3	125	275.5	Guy HA	USA	Southwestern VA Open	Roanoke	VA
4	102.5	225.9	Lee Luedeker	USA	West Coast National	Prescott	AZ
5	93	205	Mark Evans	USA	Winter Iron Fest	Louisville	KY
6	85	187.3	Fred Wescott	USA	American Challenge 2016 - NC	Currituck	NC
7	82.5	181.8	Joe Stockinger	Canada	2016 Prairie Power Open	Calgary	Alberta
	82.5	181.8	Victor Shaffer	USA	2016 Great Lakes Championships	Erie	PA
9	65	143.2	Paul Griffith	USA	American Challenge 2016 - PA	Plymouth Meeting	PA

10	55	121.2	Italco Bonacci	USA	Keystone Iron Challenge	Nazerath	PA
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Weight Class: 165							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Scott Craig	USA	American Challenge 2016 - AZ	Prescott	AZ
2	120	264.5	Jerry Folkers	USA	2016 Christmas Classic NE	Omaha	NE
3	117.5	259	Ronnie Powell	USA	American Challenge 2016 - NE	Council Bluffs	IA
4	112.5	248	Bill Cross	USA	American Challenge 2016 - AZ	Prescott	AZ
5	110	242.5	Joseph Sanders	USA	NC State Championships	Raleigh	NC
6	105	231.4	Lee Luedeker	USA	American Challenge 2016 - AZ	Prescott	AZ
	105	231.4	Gerald Lindas	USA	2016 Worlds	Erie	PA
8	92.5	203.9	Ken Silvia	USA	Virginia State Single lifts	Zion Crossroads	VA
9	87.5	192.9	Donald Piazza	USA	Tri State Championship	Bedford Heights	OH
10	67.5	148.8	Conrad Mann	USA	Southside Regional Classic	Midlothain	VA
11	65	143.2	Alan Day	Canada	2016 Western Canadian Championships	Calgary	Alberta
12	62.5	137.7	Thomas Cenelli	USA	2016 Central PA Open	Bigler	PA

Weight Class: 181							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	William Beavin	USA	Derby City Open	Louisville	KY
2	132.5	292.1	Perry Bassett	USA	American Challenge 2016 - AZ	Prescott	AZ
	132.5	292.1	Vinnie Gengaro	USA	2016 Worlds	Erie	PA
	132.5	292.1	Ed Regua	USA	West Coast National	Prescott	AZ
5	120	264.5	Bill Lindsey	USA	Masters Nationals	Zion Crossroads	VA
	120	264.5	Bill Cross	USA	West Coast National	Prescott	AZ
7	115.5	254.6	Joseph Sanders	USA	OBX Open	Jarvisburg	NC
8	107.5	236.9	Chuck Cole	USA	2016 Power Day	Clearfield	PA
	107.5	236.9	Arthur Gingrande	USA	2016 Worlds	Erie	PA
10	102.5	225.9	Gary Banks	USA	Masters Nationals	Zion Crossroads	VA
11	97.5	214.9	Mike Kane	USA	Southwest Regionals	Prescott	AZ
	97.5	214.9	Dan Gordon	USA	American Challenge 2016 - AZ	Prescott	AZ
	97.5	214.9	Bob Nicholas	USA	2016 Worlds	Erie	PA
	97.5	214.9	Joe Oregia	USA	2016 Worlds	Erie	PA
15	92.5	203.9	Larry Emerson	USA	American Challenge 2016 - MA	Longmeadow	MA
16	87.5	192.9	Yogi Sumner	USA	NC State Championships	Raleigh	NC
17	75	165.3	Ed Vivier	USA	Ironman Challenge MA	Longmeadow	MA
18	42.5	93.6	Foster Smith	USA	Mid Atlantic Regionals	Zions Crossroad	VA

Weight Class: 198							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Michael Shannon	USA	Southwest Regionals	Prescott	AZ
2	142.5	314.1	Jim McKenna	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
3	125	275.5	Don Kuhns	USA	2016 Worlds	Erie	PA
4	120	264.5	Bill Lindsey	USA	Southwestern VA Open	Roanoake	VA
5	115	253.5	Kent Cassell	USA	Masters Nationals	Zion Crossroads	VA
6	105	231.4	Edward Eisenberg	USA	Mid Atlantic Regionals	Zions Crossroad	VA
7	92.5	203.9	Carl Augustine	USA	Keystone Iron Challenge	Nazerath	PA
8	90	198.4	Bugs Bayer	USA	2016 Worlds	Erie	PA
9	87.5	192.9	Joe Scalzitti	USA	Southwest Regionals	Prescott	AZ
	87.5	192.9	Ronnie Murray	USA	Battlefield Open	Fredericksburg	VA
11	78	171.9	Leroy Burton	USA	2016 Worlds	Erie	PA
12	77.5	170.8	Vito Lombardo	USA	Fall Festival of Power	Cary	NC
13	75	165.3	Jeff Bieterman	USA	2016 Christmas Classic NE	Omaha	NE
14	67.5	148.8	Craig Maurer	USA	American Challenge 2016 - PA	Plymouth Meeting	PA

Weight Class: 220							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Timothy Day	USA	American Challenge 2016 - OH	Bedford Heights	OH
2	157.5	347.2	Craig Perry	USA	Old Dominion Classic	Midlothian	VA

3	140	308.6	Allen Marr	Canada	2016 Grind Powerlifting Challenge	Medicine Hat	Alberta
4	137.5	303.1	Dale Storch	USA	American Challenge 2016 - OH	Bedford Heights	OH
5	130	286.5	Dave Lhota	USA	2016 Worlds	Erie	PA
6	115	253.5	John Moore	USA	American Challenge 2016 - VA	Zion Crossroads	VA
7	112.5	248	John Niedzwick	USA	Mid Atlantic Regionals	Zions Crossroad	VA
8	105	231.4	William Farrell	USA	2016 Worlds	Erie	PA
9	95	209.4	Clyde Ryce	USA	2016 Power Day	Clearfield	PA
10	92.5	203.9	Ira Brooks	USA	American Challenge 2016 - NC	Currituck	NC
11	85	187.3	Domenick Amoroso	USA	2016 Great Lakes Championships	Erie	PA
12	67.5	148.8	Jerry Dunn	USA	Ohio State Championships	Bedford Heights	OH

Weight Class: 242 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	Colin Bonneau	Canada	2016 Battle of the North	Spruce Grove	Alberta
2	135	297.6	Dale Storch	USA	2016 Worlds	Erie	PA
3	127.5	281	Bill Faiband	USA	American Challenge 2016 - AZ	Prescott	AZ
4	125	275.5	Bernie Rhodes	USA	Battle of the Border	Currituck	NC
	125	275.5	James Clark	USA	American Challenge 2016 - NC	Currituck	NC
6	117.5	259	Michael Hawkins	USA	Southwest Regionals	Prescott	AZ
	117.5	259	Rick Jenks	USA	2016 Worlds	Erie	PA
8	105	231.4	Ira Brooks	USA	NC State Championships	Raleigh	NC

Weight Class: 275 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	195	429.8	Glen Tenove	USA	American Challenge 2016 - AZ	Prescott	AZ
2	117.5	259	Bernie Rhoades	USA	Virginia State Single lifts	Zion Crossroads	VA
3	100	220.4	Tom Matlock	USA	Southwest Regionals	Prescott	AZ

Weight Class: 308 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	207.5	457.4	Glen Tenove	USA	Southwest Regionals	Prescott	AZ
2	152.5	336.2	Bill Schnepf	USA	Mid Atlantic Regionals	Zions Crossroad	VA
3	132.5	292.1	Ed Lucas	USA	West Coast National	Prescott	AZ
4	127.5	281	Mark Bowen	USA	2016 Worlds	Erie	PA
5	120	264.5	George Neal	USA	Old Dominion Classic	Midlothian	VA
6	72.5	159.8	Vaughn Maldfeld	USA	American Challenge 2016 - PA	Plymouth Meeting	PA

Weight Class: SHW Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	122.5	270	George Neal	USA	Battlefield Open	Fredericksburg	VA

2016 Deadlift Rankings Male

Weight Class: 132 Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	197.5	435.4	Jim Marchio	USA	American Challenge 2016 - VA	Zion Crossroads	VA
2	127.5	281	Mike Boston	USA	2016 Central PA Open	Bigler	PA

Weight Class: 148 Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	202	445.3	Joe Stockinger	Canada	2016 Prairie Power Open	Calgary	Alberta
2	190	418.8	Mark Evans	USA	Winter Iron Fest	Louisville	KY
3	182.5	402.3	Fred Wescott	USA	American Challenge 2016 - NC	Currituck	NC
	182.5	402.3	Lee Luedeker	USA	West Coast National	Prescott	AZ
5	167.5	369.2	Victor Shaffer	USA	2016 Great Lakes Championships	Erie	PA
6	142.5	314.1	Paul Griffith	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
7	132.5	292.1	Italco Bonacci	USA	Keystone Iron Challenge	Nazerath	PA

Weight Class: 165 Deadlift Male							
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	207.5	457.4	Ronnie Powell	USA	2016 Christmas Classic NE	Omaha	NE
2	205	451.9	Al Annunziato	USA	Battlefield Open	Fredericksburg	VA
3	185	407.8	Lee Luedeker	USA	American Challenge 2016 - AZ	Prescott	AZ
4	170	374.7	Ken Silvia	USA	Virginia State Single lifts	Zion Crossroads	VA
5	162.5	358.2	Donald Piazza	USA	American Challenge 2016 - OH	Bedford Heights	OH
6	155	341.7	Conrad Mann	USA	Southside Regional Classic	Midlothain	VA
7	72.5	159.8	Thomas Cenelli	USA	2016 Central PA Open	Bigler	PA

Weight Class: 181			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	220	485	Larry Emerson	USA	American Challenge 2016 - MA	Longmeadow	MA
2	200	440.9	Don Swingle	USA	2016 Worlds	Erie	PA
3	190.5	419.9	Joe Oregia	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
4	182.5	402.3	Vinnie Gengaro	USA	2016 Worlds	Erie	PA
5	172.5	380.2	Ed Regua	USA	American Challenge 2016 - AZ	Prescott	AZ
6	167.5	369.2	Gary Banks	USA	Masters Nationals	Zion Crossroads	VA
7	137.5	303.1	Yogi Sumner	USA	Masters Nationals	Zion Crossroads	VA
8	118.5	261.2	Foster Smith	USA	Mid Atlantic Regionals	Zions Crossroad	VA
9	112.5	248	Arthur Gingrande	USA	2016 Worlds	Erie	PA
10	97.5	214.9	Mike Kane	USA	Southwest Regionals	Prescott	AZ
11	92.5	203.9	Ed Vivier	USA	Ironman Challenge MA	Longmeadow	MA

Weight Class: 198			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	242.5	534.6	Kent Cassell	USA	Masters Nationals	Zion Crossroads	VA
2	228	502.6	Bugs Bayer	USA	2016 Worlds	Erie	PA
3	222.5	490.5	Don Kuhns	USA	2016 Worlds	Erie	PA
4	205	451.9	Fred Rice	USA	Eastern USA Open	Culpepper	VA
5	187.5	413.3	Brian Brindle	USA	Eastern USA Open	Culpepper	VA
6	185	407.8	Edward Eisenberg	USA	Mid Atlantic Regionals	Zions Crossroad	VA
7	160.5	353.8	Michael Shannon	USA	West Coast National	Prescott	AZ
8	157.5	347.2	Joe Scalzitti	USA	Southwest Regionals	Prescott	AZ
9	152.5	336.2	Tom Alexander	USA	Northwest Regionals	Billings	MT
10	145	319.6	Leroy Burton	USA	2016 Great Lakes Championships	Erie	PA
11	137.5	303.1	Jeff Bieterman	USA	2016 Christmas Classic NE	Omaha	NE
12	115	253.5	Craig Maurer	USA	American Challenge 2016 - PA	Plymouth Meeting	PA

Weight Class: 220			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	210	462.9	Allen Marr	Canada	2016 Grind Powerlifting Challenge	Medicine Hat	Alberta
2	200	440.9	Domenick Amoroso	USA	2016 Great Lakes Championships	Erie	PA
3	195	429.8	William Farrell	USA	2016 Worlds	Erie	PA
4	190	418.8	Dave Lhota	USA	2016 Worlds	Erie	PA
5	182.5	402.3	Clyde Ryce	USA	2016 Power Day	Clearfield	PA
6	170	374.7	John Niedzwick	USA	Mid Atlantic Regionals	Zions Crossroad	VA
7	160	352.7	James Johnson	USA	Eastern USA Open	Culpepper	VA
		160	Ira Brooks	USA	American Challenge 2016 - NC	Currituck	NC

Weight Class: 242			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Rick Jenks	USA	2016 Worlds	Erie	PA
2	235	518	Joe Gregory	USA	Virginia State Single lifts	Zion Crossroads	VA
3	160	352.7	Ira Brooks	USA	NC State Championships	Raleigh	NC
4	150	330.6	Colin Bonneau	Canada	2016 Battle of the North	Spruce Grove	Alberta
5	125	275.5	Bill Faiband	USA	American Challenge 2016 - AZ	Prescott	AZ

Weight Class: 275			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	197.5	435.4	Bob Shirley	USA	Mid Atlantic Regionals	Zions Crossroad	VA
2	195	429.8	Glen Tenove	USA	American Challenge 2016 - AZ	Prescott	AZ
		195	Bob Feeny	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
4	192.5	424.3	Tom Matlock	USA	Southwest Regionals	Prescott	AZ
5	190	418.8	Robert Shirely	USA	Battle of the Border	Currituck	NC

Weight Class: 308		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Bill Schnepf	USA	Mid Atlantic Regionals	Zions Crossroad	VA
2	227.5	501.5	Mark Bowen	USA	2016 Worlds	Erie	PA
3	200	440.9	Bob Shirley	USA	Virginia State Single lifts	Zion Crossroads	VA
4	195	429.8	George Neal	USA	Old Dominion Classic	Midlothian	VA
5	182.5	402.3	Glen Tenove	USA	Southwest Regionals	Prescott	AZ
6	152.5	336.2	Gord Goodman	Canada	2016 Prairie Power Open	Calgary	Alberta
7	127.5	281	Vaughn Maldfeld	USA	American Challenge 2016 - PA	Plymouth Meeting	PA

Weight Class: SHW		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	George Neal	USA	Battlefield Open	Fredericksburg	VA

2016 Total Rankings Male

Weight Class: 132		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	405	892.8	Jim Marchio	USA	American Challenge 2016 - VA	Zion Crossroads	VA
2	262.5	578.7	Mike Boston	USA	2016 Central PA Open	Bigler	PA

Weight Class: 148		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	413	910.4	Mark Evans	USA	Winter Iron Fest	Louisville	KY
2	402.5	887.3	Lee Luedeker	USA	West Coast National	Prescott	AZ
3	398.5	878.5	Joe Stockinger	Canada	2016 Prairie Power Open	Calgary	Alberta
4	340	749.5	Paul Griffith	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
5	330	727.5	Victor Shaffer	USA	2016 Great Lakes Championships	Erie	PA
6	305	672.4	Italco Bonacci	USA	Keystone Iron Challenge	Nazerath	PA

Weight Class: 165		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	445	981	Ronnie Powell	USA	American Challenge 2016 - NE	Council Bluffs	IA
2	407.5	898.3	Lee Luedeker	USA	American Challenge 2016 - AZ	Prescott	AZ
3	365	804.6	Donald Piazza	USA	American Challenge 2016 - OH	Bedford Heights	OH
4	177.5	391.3	Thomas Cenelli	USA	2016 Central PA Open	Bigler	PA

Weight Class: 181		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	467.5	1030.6	Larry Emerson	USA	American Challenge 2016 - MA	Longmeadow	MA
2	460	1014.1	Vinnie Gengaro	USA	2016 Worlds	Erie	PA
3	425.5	938	Ed Regua	USA	West Coast National	Prescott	AZ
4	425	936.9	Gary Banks	USA	Masters Nationals	Zion Crossroads	VA
5	418	921.5	Joe Oregia	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
6	305	672.4	Yogi Sumner	USA	Masters Nationals	Zion Crossroads	VA
7	265	584.2	Mike Kane	USA	Southwest Regionals	Prescott	AZ
8	262.5	578.7	Arthur Gingrande	USA	2016 Worlds	Erie	PA
9	230	507	Foster Smith	USA	Mid Atlantic Regionals	Zions Crossroad	VA

Weight Class: 198		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	545	1201.5	Kent Cassell	USA	Masters Nationals	Zion Crossroads	VA
2	532.5	1173.9	Don Kuhns	USA	2016 Worlds	Erie	PA

3	513	1130.9	Bugs Bayer	USA	2016 Worlds	Erie	PA
4	451	994.2	Michael Shannon	USA	West Coast National	Prescott	AZ
5	440	970	Edward Eisenberg	USA	Mid Atlantic Regionals	Zions Crossroad	VA
6	315	694.4	Jeff Bieterman	USA	2016 Christmas Classic NE	Omaha	NE

Weight Class: 220		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	510	1124.3	Allen Marr	Canada	2016 Grind Powerlifting Challenge	Medicine Hat	Alberta
2	482.5	1063.7	Dave Lhota	USA	2016 Worlds	Erie	PA
3	457.5	1008.6	William Farrell	USA	2016 Worlds	Erie	PA
4	442.5	975.5	John Niedzwick	USA	Mid Atlantic Regionals	Zions Crossroad	VA
5	425	936.9	Domenick Amoroso	USA	2016 Great Lakes Championships	Erie	PA
6	375	826.7	Ira Brooks	USA	American Challenge 2016 - NC	Currituck	NC

Weight Class: 242		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	587.5	1295.2	Rick Jenks	USA	2016 Worlds	Erie	PA
2	402.5	887.3	Ira Brooks	USA	NC State Championships	Raleigh	NC
3	372.5	821.2	Colin Bonneau	Canada	2016 Battle of the North	Spruce Grove	Alberta
4	337.5	744	Bill Faiband	USA	American Challenge 2016 - AZ	Prescott	AZ

Weight Class: 275		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	530	1168.4	Glen Tenove	USA	American Challenge 2016 - AZ	Prescott	AZ
2	477.5	1052.6	Tom Matlock	USA	Southwest Regionals	Prescott	AZ

Weight Class: 308		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	547.5	1207	Mark Bowen	USA	2016 Worlds	Erie	PA
2	510	1124.3	Glen Tenove	USA	Southwest Regionals	Prescott	AZ
3	282.5	622.7	Vaughn Maldfeld	USA	American Challenge 2016 - PA	Plymouth Meeting	PA

2016 Strict Curl Rankings Male

Weight Class: 148		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	52.5	115.7	Lee Luedeker	USA	Southwest Regionals	Prescott	AZ
2	47.5	104.7	Mark Evans	USA	Winter Iron Fest	Louisville	KY

Weight Class: 165		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	52.5	115.7	Lee Luedeker	USA	American Challenge 2016 - AZ	Prescott	AZ
2	52	114.6	Ken Silvia	USA	Virginia State Single lifts	Zion Crossroads	VA
3	50.5	111.3	Kenneth Silvia	USA	2016 Worlds	Erie	PA
4	50	110.2	Bill Cross	USA	West Coast National	Prescott	AZ
5	47.5	104.7	Donald Piazza	USA	American Challenge 2016 - OH	Bedford Heights	OH
6	46.7	102.9	Edward Flanders	USA	American Challenge 2016 - MA	Longmeadow	MA
7	45.5	100.3	Joseph Sanders	USA	Battle of the Border	Currituck	NC
8	37.5	82.6	Gerald Lindas	USA	2016 Worlds	Erie	PA
9	33.5	73.8	Thomas Cenelli	USA	2016 Central PA Open	Bigler	PA

Weight Class: 181		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	60	132.2	Calvin Tucker	USA	American Challenge 2016 - MD	Prince Frederick	MD
2	55	121.2	William Beavin	USA	American Challenge 2016 - KY	Louisville	KY
3	48.5	106.9	Chuck Cole	USA	2016 Power Day	Clearfield	PA
4	47.5	104.7	Joseph Sanders	USA	NC Record		USA
5	45	99.2	Mike Kane	USA	Southwest Regionals	Prescott	AZ
	45	99.2	Ed Regua	USA	Southwest Regionals	Prescott	AZ

7	43.5	95.9	Joe Oregia	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
	43.5	95.9	Don Swingle	USA	2016 Central PA Open	Bigler	PA
9	42.5	93.6	Yogi Sumner	USA	Masters Nationals	Zion Crossroads	VA
	42.5	93.6	Bob Nicholas	USA	2016 Worlds	Erie	PA
11	37.5	82.6	Arthur Gingrande	USA	2016 Worlds	Erie	PA

Weight Class: 198							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55.7	122.7	Thomas Hart	USA	American Challenge 2016 - MA	Longmeadow	MA
2	53.5	117.9	Michael Shannon	USA	West Coast National	Prescott	AZ
3	52.5	115.7	Brian Brindle	USA	Eastern USA Open	Culpepper	VA
4	50	110.2	Ronnie Murray	USA	Battlefield Open	Fredericksburg	VA
	50	110.2	George Roy	USA	Iron Wars	Burlington	VT
6	45.7	100.7	Jeff Bieterman	USA	2016 Christmas Classic NE	Omaha	NE
7	41	90.3	Jerry Dunn	USA	2016 Central PA Open	Bigler	PA
8	40	88.1	Edward Eisenberg	USA	Masters Nationals	Zion Crossroads	VA

Weight Class: 220							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57.5	126.7	Dale Storch	USA	American Challenge 2016 - OH	Bedford Heights	OH
2	55.5	122.3	Thomas Hart	USA	Ironman Challenge MA	Longmeadow	MA
3	53.5	117.9	William Farrell	USA	Masters Nationals	Zion Crossroads	VA
4	41	90.3	Clyde Ryce	USA	2016 Power Day	Clearfield	PA
5	40	88.1	Jerry Dunn	USA	Ohio State Championships	Bedford Heights	OH

Weight Class: 242							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	58	127.8	Joe Gregory	USA	Virginia State Single lifts	Zion Crossroads	VA
2	55	121.2	William Farrell	USA	2016 Worlds	Erie	PA
3	50	110.2	Dale Storch	USA	2016 Worlds	Erie	PA

Weight Class: 275							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Glen Tenove	USA	American Challenge 2016 - AZ	Prescott	AZ
2	60	132.2	Bill Hill	USA	2016 Worlds	Erie	PA
3	55	121.2	Tom Matlock	USA	Southwest Regionals	Prescott	AZ
4	53.5	117.9	Bob Feeney	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
5	40	88.1	Bob Shirley	USA	Eastern USA Open	Culpepper	VA

Weight Class: 308							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Glen Tenove	USA	Southwest Regionals	Prescott	AZ
2	55	121.2	George Neal	USA	Masters Nationals	Zion Crossroads	VA
3	45	99.2	Ed Lucas	USA	West Coast National	Prescott	AZ
4	38.5	84.8	Vaughn Maldfeld	USA	American Challenge 2016 - PA	Plymouth Meeting	PA

Weight Class: SHW							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	60	132.2	George Neal	USA	Battlefield Open	Fredericksburg	VA