



2016 Masters 50-59 Rankings

Updated 1/2/2017 Ed Kutin

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2016 Squat Rankings				Female							
Weight Class: 114				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	72.5	159.8	Janet Huntley	USA	2016 Worlds	Erie	PA				
Weight Class: 123				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	75	165.3	Cindy Smith	USA	Operation Second Chance	Red Lodge	MT				
2	70	154.3	Lisa Scheffelmaier	Canada	2016 Battle of the North	Spruce Grove	Alberta				
3	60	132.2	Denise Jaffe	USA	Tri State Championship	Bedford Heights	OH				
4	52.5	115.7	Beth Permelia	USA	American Challenge 2016 - VA	Zion Crossroads	VA				
Weight Class: 132				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	72.5	159.8	Jane Bickel	USA	American Challenge 2016 - PA	Plymouth Meeting	PA				
2	55	121.2	Mechelle Keller-Curtin	USA	2016 Christmas Classic NE	Omaha	NE				
Weight Class: 148				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	85	187.3	Sherry Pridgen	USA	OBX Open	Jarvisburg	NC				
2	50	110.2	Norma Barber	USA	American Challenge 2016 - MA	Longmeadow	MA				
3	47.5	104.7	Diane Reyes	USA	2016 Midwest Open	Omaha	NE				
	47.5	104.7	Mary Beth Flagg	USA	American Challenge 2016 - MD	Prince Frederick	MD				
Weight Class: 165				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	95	209.4	Pamela Ferree	USA	American Challenge 2016 - AZ	Prescott	AZ				
2	80	176.3	Darlene Allan-Miller	Canada	Vernon Classic	Vernon	BC				
3	72.5	159.8	Allison MacNearney	Canada	2016 Western Canadian Championships	Calgary	Alberta				
Weight Class: 181				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	93	205	Kim Doutt	USA	2016 Worlds	Erie	PA				
2	80	176.3	Elizabeth Palandech	USA	Southwest Regionals	Prescott	AZ				
Weight Class: 198				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	102.5	225.9	Linda Kubiak	USA	American Challenge 2016 - AZ	Prescott	AZ				
Weight Class: 198+				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	135.5	298.7	Jose Potter	Canada	2016 Provincials	Calgary	Alberta				
2	65	143.2	Beth Harris	USA	Suffolk Open	Suffolk	VA				

2016 Bench Press Rankings Female

Weight Class: 114		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	48	105.8	Janet Huntley	USA	2016 Worlds	Erie	PA

Weight Class: 123		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Lisa Scheffelmaier	Canada	2016 Battle of the North	Spruce Grove	Alberta
2	57.5	126.7	Cindy Smith	USA	Operation Second Chance	Red Lodge	MT
3	45	99.2	Denise Jaffe	USA	American Challenge 2016 - OH	Bedford Heights	OH
4	42.5	93.6	Beth Permelia	USA	American Challenge 2016 - VA	Zion Crossroads	VA

Weight Class: 132		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	73.5	162	Diane Brill	USA	American Challenge 2016 - AZ	Prescott	AZ
2	61	134.4	Kelly Wescott	USA	American Challenge 2016 - NC	Currituck	NC
3	40	88.1	Jane Bickel	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
4	32.5	71.6	Mechelle Keller-Curtin	USA	2016 Christmas Classic NE	Omaha	NE

Weight Class: 148		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Susan Daigle-Leach	USA	West Coast National	Prescott	AZ
2	50	110.2	Norma Barber	USA	American Challenge 2016 - MA	Longmeadow	MA
	50	110.2	Sherry Pridgen	USA	OBX Open	Jarvisburg	NC
4	37.5	82.6	Mary Beth Flagg	USA	American Challenge 2016 - MD	Prince Frederick	MD
5	32.5	71.6	Beverly Hinkelday	USA	Eastern USA Open	Culpepper	VA
	32.5	71.6	Diane Reyes	USA	2016 Midwest Open	Omaha	NE

Weight Class: 165		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	52.5	115.7	Susan Gregory	USA	2016 Christmas Classic NE	Omaha	NE
2	47.5	104.7	Pamela Ferree	USA	American Challenge 2016 - AZ	Prescott	AZ
3	45	99.2	Darlene Allan-Miller	Canada	Vernon Classic	Vernon	BC
4	40	88.1	Allison MacNearney	Canada	2016 Western Canadian Championships	Calgary	Alberta

Weight Class: 181		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Kim Doult	USA	2016 Great Lakes Championships	Erie	PA
2	65	143.2	Mary Hodge	USA	Masters Nationals	Zion Crossroads	VA
	65	143.2	Mary Hodges	USA	2016 Worlds	Erie	PA
4	40	88.1	Isobel Parks	USA	Old Dominion Classic	Midlothian	VA
5	32.5	71.6	Elizabeth Palandech	USA	Southwest Regionals	Prescott	AZ

Weight Class: 198		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	83	182.9	Hyacinth Joseph	USA	NC State Championships	Raleigh	NC
2	57.5	126.7	Linda Kubiak	USA	American Challenge 2016 - AZ	Prescott	AZ
3	30	66.1	Vonda Martin	USA	Virginia State Single lifts	Zion Crossroads	VA

Weight Class: 198+		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	78	171.9	Jose Potter	Canada	2016 Provincials	Calgary	Alberta
2	70	154.3	Maureen Hodges	USA	Southern Open	Jarvisburg	NC
3	52.5	115.7	Karen Posey	USA	American Challenge 2016 - MD	Prince Frederick	MD
4	45	99.2	Beth Harris	USA	Suffolk Open	Suffolk	VA

2016 Deadlift Rankings Female

Weight Class: 114				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Janet Huntley	USA	2016 Worlds	Erie	PA

Weight Class: 123				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Beth Permelia	USA	American Challenge 2016 - VA	Zion Crossroads	VA
2	115	253.5	Lisa Scheffelmaier	Canada	2016 Battle of the North	Spruce Grove	Alberta
	115	253.5	Cindy Smith	USA	Operation Second Chance	Red Lodge	MT
4	97.5	214.9	Denise Jaffe	USA	Tri State Championship	Bedford Heights	OH
5	80	176.3	Pantea Dougani	USA	NC State Championships	Raleigh	NC

Weight Class: 132				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110	242.5	Jane Bickel	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
2	107.5	236.9	Diane Brill	USA	American Challenge 2016 - AZ	Prescott	AZ
3	85	187.3	Kelly Wescott	USA	American Challenge 2016 - NC	Currituck	NC
4	80	176.3	Mechelle Keller-Curtin	USA	2016 Christmas Classic NE	Omaha	NE

Weight Class: 148				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Sherry Pridgen	USA	OBX Open	Jarvisburg	NC
2	92.5	203.9	Mary Beth Flagg	USA	American Challenge 2016 - MD	Prince Frederick	MD
	92.5	203.9	Susan Daigle-Leach	USA	American Challenge 2016 - AZ	Prescott	AZ
4	82.5	181.8	Norma Barber	USA	American Challenge 2016 - MA	Longmeadow	MA
5	75	165.3	Diane Reyes	USA	2016 Midwest Open	Omaha	NE

Weight Class: 165				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Pamela Ferree	USA	American Challenge 2016 - AZ	Prescott	AZ
2	120	264.5	Allison MacNearney	Canada	2016 Western Canadian Championships	Calgary	Alberta
3	105	231.4	Darlene Allan-Miller	Canada	Vernon Classic	Vernon	BC

Weight Class: 181				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Mary Hodge	USA	Masters Nationals	Zion Crossroads	VA
	117.5	259	Kim Doult	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
	117.5	259	Mary Hodges	USA	2016 Worlds	Erie	PA
4	100	220.4	Elizabeth Palandech	USA	Southwest Regionals	Prescott	AZ
	100	220.4	Isobel Parks	USA	Old Dominion Classic	Midlothian	VA
6	95	209.4	Penny Muire	USA	Old Dominion Classic	Midlothian	VA

Weight Class: 198				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	135	297.6	Linda Kubiak	USA	American Challenge 2016 - AZ	Prescott	AZ
2	127.5	281	Hyacinth Joseph	USA	American Challenge 2016 - NC	Currituck	NC
3	67.5	148.8	Vonda Martin	USA	Virginia State Single lifts	Zion Crossroads	VA

Weight Class: 198+				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	162.5	358.2	Jose Potter	Canada	2016 Provincials	Calgary	Alberta
2	135.5	298.7	Johann DeWolfe	Canada	2016 Grind Powerlifting Challenge	Medicine Hat	Alberta
3	122.5	270	Maureen Hodges	USA	Southern Open	Jarvisburg	NC
4	80	176.3	Beth Harris	USA	Suffolk Open	Suffolk	VA

2016 Total Rankings Female

Weight Class: 114				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	223	491.6	Janet Huntley	USA	2016 Worlds	Erie	PA	

Weight Class: 123				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	250	551.1	Lisa Scheffelmaier	Canada	2016 Battle of the North	Spruce Grove	Alberta	
2	247.5	545.6	Cindy Smith	USA	Operation Second Chance	Red Lodge	MT	
3	212.5	468.4	Beth Permelia	USA	American Challenge 2016 - VA	Zion Crossroads	VA	
4	200	440.9	Denise Jaffe	USA	Tri State Championship	Bedford Heights	OH	

Weight Class: 132				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	222.5	490.5	Jane Bickel	USA	American Challenge 2016 - PA	Plymouth Meeting	PA	
2	167.5	369.2	Mechelle Keller-Curtin	USA	2016 Christmas Classic NE	Omaha	NE	

Weight Class: 148				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	242.5	534.6	Sherry Pridgen	USA	OBX Open	Jarvisburg	NC	
2	182.5	402.3	Norma Barber	USA	American Challenge 2016 - MA	Longmeadow	MA	
3	177.5	391.3	Mary Beth Flagg	USA	American Challenge 2016 - MD	Prince Frederick	MD	
4	155	341.7	Diane Reyes	USA	2016 Midwest Open	Omaha	NE	

Weight Class: 165				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	287.5	633.8	Pamela Ferree	USA	American Challenge 2016 - AZ	Prescott	AZ	
2	232.5	512.5	Allison MacNearney	Canada	2016 Western Canadian Championships	Calgary	Alberta	
3	230	507	Darlene Allan-Miller	Canada	Vernon Classic	Vernon	BC	

Weight Class: 181				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	277.5	611.7	Kim Doutt	USA	American Challenge 2016 - PA	Plymouth Meeting	PA	
2	212.5	468.4	Elizabeth Palandech	USA	Southwest Regionals	Prescott	AZ	

Weight Class: 198				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	295	650.3	Linda Kubiak	USA	American Challenge 2016 - AZ	Prescott	AZ	

Weight Class: 198+				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	373.5	823.4	Jose Potter	Canada	2016 Provincials	Calgary	Alberta	
2	190	418.8	Beth Harris	USA	Suffolk Open	Suffolk	VA	

2016 Strict Curl Rankings Female

Weight Class: 123				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	30	66.1	Denise Jaffe	USA	Ohio State Championships	Bedford Heights	OH	

Weight Class: 132				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	30	66.1	Diane Brill	USA	American Challenge 2016 - AZ	Prescott	AZ	

Weight Class: 148				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	27.7	61	Norma Barber	USA	American Challenge 2016 - MA	Longmeadow	MA	
2	22.5	49.6	Beverly Hinkelday	USA	Eastern USA Open	Culpepper	VA	

Weight Class: 165				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	25.7	56.6	Susan Gregory	USA	2016 Christmas Classic NE	Omaha	NE	

Weight Class: 181				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	35	77.1	Mary Hodge	USA	Masters Nationals	Zion Crossroads	VA	
	35	77.1	Mary Hodges	USA	2016 Worlds	Erie	PA	
3	31	68.3	Kim Doult	USA	2016 Central PA Open	Bigler	PA	
4	25	55.1	Penny Muire	USA	Old Dominion Classic	Midlothian	VA	

Weight Class: 198				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	20	44	Vonda Martin	USA	Virginia State Single lifts	Zion Crossroads	VA	

2016 Squat Rankings Male

Weight Class: 105				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	62.5	137.7	Michael Kahan	USA	American Challenge 2016 - AZ	Prescott	AZ	

Weight Class: 132				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	115	253.5	Gary Teeter	USA	American Challenge 2016 - PA	Plymouth Meeting	PA	

Weight Class: 148				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	102.5	225.9	Gary Teeter	USA	Southside Regional Classic	Midlothian	VA	

Weight Class: 165				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	145	319.6	Dan Morgan	USA	West Coast National	Prescott	AZ	
2	140	308.6	Michael Frey	USA	2016 Worlds	Erie	PA	
3	137.5	303.1	John Permelia	USA	American Challenge 2016 - VA	Zion Crossroads	VA	
4	115	253.5	David Quier	USA	Keystone Iron Challenge	Nazerath	PA	
5	92.5	203.9	Tim Metcalf	USA	American Challenge 2016 - NC	Currituck	NC	

Weight Class: 181				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	205	451.9	Joseph Braca	USA	2016 Worlds	Erie	PA	
2	182.5	402.3	Larry Nash	USA	OBX Open	Jarvisburg	NC	
3	170	374.7	Kevin Haberl	Canada	Vernon Classic	Vernon	BC	
	170	374.7	Brian Ennis	USA	2016 Central PA Open	Bigler	PA	
5	162.5	358.2	Colin Mullaney	Canada	2016 Worlds	Erie	PA	
6	132.5	292.1	Terry Hendricks	USA	American Challenge 2016 - PA	Plymouth Meeting	PA	
7	115	253.5	Shane Sheets	USA	Operation Second Chance	Red Lodge	MT	

Weight Class: 198				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	205	451.9	Lutz Kaelber	USA	Northeast Regionals	Burlington	VT	
2	192.5	424.3	Gene Santomartino	USA	American Challenge 2016 - MD	Prince Frederick	MD	
3	182.5	402.3	Patrick Huntley	USA	2016 Worlds	Erie	PA	
4	177.5	391.3	Donald Silveus	USA	Masters Nationals	Zion Crossroads	VA	
5	165	363.7	Tim Blatt	USA	American Challenge 2016 - WY	Powell	WY	
	165	363.7	Dennis Affinati	USA	2016 Worlds	Erie	PA	
7	160	352.7	Pat Huntley	USA	2016 Great Lakes Championships	Erie	PA	
8	150	330.6	Ray Berry	USA	Southern Open	Jarvisburg	NC	
9	145	319.6	Rob Burson	USA	Southwest Regionals	Prescott	AZ	
10	100	220.4	Colin Mullaney	Canada	2016 Western Canadian Championships	Calgary	Alberta	

Weight Class: 220				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	217.5	479.5	Robert Ludwig	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
2	192.5	424.3	Ed Kutin	USA	American Challenge 2016 - MA	Longmeadow	MA
3	182.5	402.3	Ronnie Biggs	USA	NC State Championships	Raleigh	NC
4	175	385.8	Tony DiLucente	USA	American Challenge 2016 - OH	Bedford Heights	OH
5	155	341.7	Ray Berry	USA	American Challenge 2016 - NC	Currituck	NC

Weight Class: 242				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Jeff Lett	USA	2016 Worlds	Erie	PA
2	212.5	468.4	Gene Berry	USA	NC State Championships	Raleigh	NC
3	210	462.9	Nate Matthews	USA	2016 Worlds	Erie	PA
4	180	396.8	Brent Woolnough	Canada	2016 Provincials	Calgary	Alberta
5	115	253.5	Mike Proskow	Canada	2016 Western Canadian Championships	Calgary	Alberta

Weight Class: 275				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	245	540.1	Jeff Lawson	USA	American Challenge 2016 - OH	Bedford Heights	OH
2	200	440.9	Gene Berry	USA	Southern Open	Jarvisburg	NC
3	182.5	402.3	Cliff Miller	Canada	Vernon Classic	Vernon	BC
4	180	396.8	William Ogden	USA	2016 Worlds	Erie	PA
5	175	385.8	Raymond Clasing	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
6	165	363.7	James Prendergast	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
7	25	55.1	Jeffrey House	USA	Masters Nationals	Zion Crossroads	VA

Weight Class: 308				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	245	540.1	Robert Gains	USA	2016 Worlds	Erie	PA
2	170	374.7	Raymond Clasing	USA	Southern Open	Jarvisburg	NC

2016 Bench Press Rankings Male

Weight Class: 105				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57.5	126.7	Michael Kahan	USA	American Challenge 2016 - AZ	Prescott	AZ

Weight Class: 132				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110	242.5	Gary Teeter	USA	American Challenge 2016 - PA	Plymouth Meeting	PA

Weight Class: 148				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Gary Teeter	USA	Old Dominion Classic	Midlothian	VA
2	115	253.5	James Lomeo	USA	2016 Power Day	Clearfield	PA
3	107.5	236.9	Fred Wescott	USA	NC State Championships	Raleigh	NC

Weight Class: 165				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Raymond Harris	USA	United States Open	Zion Crossroads	VA
2	125	275.5	Jason Leavitt	USA	American Challenge 2016 - VA	Zion Crossroads	VA
3	120	264.5	John Permelia	USA	American Challenge 2016 - VA	Zion Crossroads	VA
4	112.5	248	Michael Frey	USA	2016 Worlds	Erie	PA
5	105	231.4	Dan Morgan	USA	West Coast National	Prescott	AZ
6	102.5	225.9	Tim Metcalf	USA	American Challenge 2016 - NC	Currituck	NC
7	87.5	192.9	Ray Barber	USA	American Challenge 2016 - MA	Longmeadow	MA
8	70	154.3	David Quier	USA	Keystone Iron Challenge	Nazerath	PA

Weight Class: 181				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	138	304.2	John Bessette	USA	NC State Championships	Raleigh	NC
2	137.5	303.1	Brian Ennis	USA	2016 Worlds	Erie	PA
3	135	297.6	James Moore	USA	American Challenge 2016 - AZ	Prescott	AZ
4	133	293.2	Michael Habina	Canada	2016 Grind Powerlifting Challenge	Medicine Hat	Alberta
5	132.5	292.1	Joseph Braca	USA	2016 Worlds	Erie	PA
	132.5	292.1	Colin Mullaney	Canada	2016 Worlds	Erie	PA
	132.5	292.1	Larry Nash	USA	OBX Open	Jarvisburg	NC
8	105	231.4	Shane Sheets	USA	Operation Second Chance	Red Lodge	MT
9	100	220.4	Randy Price	USA	Mid Atlantic Regionals	Zions Crossroad	VA
10	97.5	214.9	Kevin Haberl	Canada	Vernon Classic	Vernon	BC
	97.5	214.9	Dave Heintzel	USA	2016 Worlds	Erie	PA
12	95	209.4	Gary Leach	USA	West Coast National	Prescott	AZ
13	92.5	203.9	Terry Hendricks	USA	American Challenge 2016 - PA	Plymouth Meeting	PA

Weight Class: 198				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	165	363.7	Tim Blatt	USA	American Challenge 2016 - WY	Powell	WY
2	145	319.6	Gene Santomartino	USA	American Challenge 2016 - MD	Prince Frederick	MD
	145	319.6	Ray Berry	USA	Southern Open	Jarvisburg	NC
4	135	297.6	Lutz Kaelber	USA	Northeast Regionals	Burlington	VT
5	132.5	292.1	Colin Mullaney	Canada	2016 Western Canadian Championships	Calgary	Alberta
6	127.5	281	Patrick Huntley	USA	2016 Worlds	Erie	PA
7	125	275.5	Pat Huntley	USA	2016 Great Lakes Championships	Erie	PA
8	115	253.5	Rob Burson	USA	Southwest Regionals	Prescott	AZ
	115	253.5	Dennis Affinati	USA	2016 Worlds	Erie	PA
10	102.5	225.9	Donald Silveus	USA	Masters Nationals	Zion Crossroads	VA
11	87.5	192.9	Graham Bartholomew	USA	Southern Open	Prince Frederick	MD

Weight Class: 220				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Anthony Brigidini	USA	Eastern USA Open	Culpepper	VA
2	162.5	358.2	Ray Matusko	USA	American Challenge 2016 - NC	Currituck	NC
3	160.5	353.8	Robert Ludwig	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
4	145	319.6	Ray Berry	USA	Battle of the Border	Currituck	NC
	145	319.6	Stuart Hough	USA	2016 Power Day	Clearfield	PA
	145	319.6	Ed Kutin	USA	American Challenge 2016 - MA	Longmeadow	MA
7	142.5	314.1	Tony DiLucente	USA	Tri State Championship	Bedford Heights	OH
8	140	308.6	Paul Allen	USA	Finger Lakes Open	Ithaca	NY
9	135	297.6	Ronnie Biggs	USA	NC State Championships	Raleigh	NC
10	127.5	281	Anthony Campiere	USA	2016 Power Day	Clearfield	PA
11	122.5	270	Dave Purpura	USA	American Challenge 2016 - OH	Bedford Heights	OH
	122.5	270	John Shifflett	USA	Battlefield Open	Fredericksburg	VA
13	110	242.5	Don Waltz	USA	2016 Great Lakes Championships	Erie	PA
	110	242.5	Bob Dunn	USA	2016 Great Lakes Championships	Erie	PA
15	107.5	236.9	Don Witter	USA	American Challenge 2016 - VA	Zion Crossroads	VA

Weight Class: 242				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	188.2	414.9	Tom Mullaney	USA	2016 Powerhouse Gym Push/Pull Winter Challenge	Louisville	KY
2	185	407.8	Waldo Ferreras	USA	Masters Nationals	Zion Crossroads	VA
	185	407.8	Nate Matthews	USA	Tri State Championship	Bedford Heights	OH
4	175	385.8	Joseph Rascoe	USA	Southern Open	Jarvisburg	NC
5	165	363.7	Jeff Lett	USA	American Challenge 2016 - MA	Longmeadow	MA
	165	363.7	Phil Bloyd	USA	2016 Worlds	Erie	PA
7	157.5	347.2	Gene Berry	USA	NC State Championships	Raleigh	NC
	157.5	347.2	Dan Scott	USA	2016 Power Day	Clearfield	PA
9	155	341.7	Ray Berry	USA	NC State Championships	Raleigh	NC
	155	341.7	John Probasco	USA	American Challenge 2016 - NE	Council Bluffs	IA
11	152.5	336.2	Rodd Ramey	USA	Eastern USA Open	Culpepper	VA
	152.5	336.2	Rick Osborn	USA	2016 Midwest Open	Omaha	NE
	152.5	336.2	Larry Savage	USA	American Challenge 2016 - AZ	Prescott	AZ
14	150	330.6	Andy Brough	USA	2016 Power Day	Clearfield	PA

	150	330.6	Gary Edwards	USA	American Challenge 2016 - NC	Currituck	NC
16	147.5	325.1	James Storch	USA	Empire State Open	Nichols	NY
17	142.5	314.1	Brent Woolnough	Canada	2016 Provincials	Calgary	Alberta
	142.5	314.1	Rick Osborn	USA	2016 Christmas Classic NE	Omaha	NE
19	140	308.6	Mike Proskow	Canada	2016 Prairie Power Open	Calgary	Alberta
20	137.5	303.1	Paul Allen	USA	Empire State Open	Nichols	NY

Weight Class: 275		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	197.5	435.4	Clifton Burse	USA	American Challenge 2016 - NC	Currituck	NC
2	170	374.7	Dennis Henderson	USA	2016 Power Day	Clearfield	PA
	170	374.7	Raymond Clasing	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
4	167.5	369.2	William Ogden	USA	2016 Worlds	Erie	PA
5	160	352.7	Gene Berry	USA	Southern Open	Jarvisburg	NC
	160	352.7	Earl Smiley	USA	Winter Iron Fest	Louisville	KY
7	157.5	347.2	Brad Lovejoy	USA	2016 Great Lakes Championships	Erie	PA
8	150	330.6	Tom Hoekstra	Canada	2016 Western Canadian Championships	Calgary	Alberta
9	142.5	314.1	Jeff Lawson	USA	2016 Great Lakes Championships	Erie	PA
10	125	275.5	Jeffrey House	USA	United States Open	Zion Crossroads	VA
11	122.5	270	James Prendergast	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
12	112.5	248	Cliff Miller	Canada	Vernon Classic	Vernon	BC
13	107.5	236.9	Bill Parks	USA	Old Dominion Classic	Midlothian	VA

Weight Class: 308		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	226.5	499.3	Marvin Rodenbeck	USA	2016 Worlds	Erie	PA
2	200	440.9	Robert Gains	USA	2016 Worlds	Erie	PA
3	185	407.8	Raymond Clasing	USA	Battle of the Border	Currituck	NC
4	182.5	402.3	Hakim Shakir	USA	Old Dominion Classic	Midlothian	VA
5	167.5	369.2	Chris Senter	USA	NC State Championships	Raleigh	NC
6	155	341.7	Michael Madigan	USA	American Challenge 2016 - NE	Council Bluffs	IA

Weight Class: SHW		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	207.5	457.4	Robert Cutts	USA	American Challenge 2016 - MA	Longmeadow	MA

2016 Deadlift Rankings Male

Weight Class: 105		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Michael Kahan	USA	American Challenge 2016 - AZ	Prescott	AZ

Weight Class: 132		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Gary Teeter	USA	Masters Nationals	Zion Crossroads	VA

Weight Class: 148		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Fred Wescott	USA	NC State Championships	Raleigh	NC
2	135	297.6	Gary Teeter	USA	Southside Regional Classic	Midlothain	VA

Weight Class: 165		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Dan Morgan	USA	West Coast National	Prescott	AZ
2	175	385.8	John Permelia	USA	American Challenge 2016 - VA	Zion Crossroads	VA
3	162.5	358.2	Michael Frey	USA	2016 Worlds	Erie	PA
4	147.5	325.1	Tim Metcalf	USA	American Challenge 2016 - NC	Currituck	NC
5	112.5	248	David Quier	USA	Keystone Iron Challenge	Nazerath	PA

Weight Class: 181		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	275	606.2	Joseph Braca	USA	2016 Worlds	Erie	PA
2	212.5	468.4	Brian Ennis	USA	2016 Worlds	Erie	PA
3	207.5	457.4	Dave Heintzel	USA	American Challenge 2016 - OH	Bedford Heights	OH
	207.5	457.4	Colin Mullaney	Canada	2016 Worlds	Erie	PA

5	197.5	435.4	Randy Price	USA	Mid Atlantic Regionals	Zions Crossroad	VA
6	190	418.8	Larry Nash	USA	OBX Open	Jarvisburg	NC
7	187.5	413.3	Terry Hendricks	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
8	172.5	380.2	Randy Rivoire	USA	Southside Regional Classic	Midlothain	VA
	172.5	380.2	James Rivoire	USA	Masters Nationals	Zion Crossroads	VA
10	167.5	369.2	John Krawchison	USA	Winter Iron Fest	Louisville	KY
11	160	352.7	Kevin Haberl	Canada	Vernon Classic	Vernon	BC
	160	352.7	Shane Sheets	USA	Operation Second Chance	Red Lodge	MT
13	155	341.7	John Krawchinson	USA	American Challenge 2016 - KY	Louisville	KY
14	125	275.5	Gary Leach	USA	Southwest Regionals	Prescott	AZ

Weight Class: 198		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	263.5	580.9	Gene Santomartino	USA	American Challenge 2016 - MD	Prince Frederick	MD
2	261	575.4	Roy Apseloff	USA	2016 Worlds	Erie	PA
3	220	485	Lutz Kaelber	USA	Northeast Regionals	Burlington	VT
4	212.5	468.4	Graham Bartholomew	USA	Masters Nationals	Zion Crossroads	VA
5	192.5	424.3	Pat Huntley	USA	2016 Great Lakes Championships	Erie	PA
	192.5	424.3	Patrick Huntley	USA	2016 Worlds	Erie	PA
7	187.5	413.3	Tim Blatt	USA	American Challenge 2016 - WY	Powell	WY
	187.5	413.3	Ray Berry	USA	Southern Open	Jarvisburg	NC
9	185	407.8	Rob Burson	USA	Southwest Regionals	Prescott	AZ
	185	407.8	Dennis Affinati	USA	2016 Worlds	Erie	PA
11	167.5	369.2	Donald Silveus	USA	Masters Nationals	Zion Crossroads	VA
12	140	308.6	Terry McCarthy	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
13	100	220.4	Colin Mullaney	Canada	2016 Western Canadian Championships	Calgary	Alberta

Weight Class: 220		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Frank Sowa	USA	Virginia State Single lifts	Zion Crossroads	VA
2	245	540.1	Ed Kutin	USA	American Challenge 2016 - MA	Longmeadow	MA
	245	540.1	Robert Ludwig	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
4	235	518	Stuart Hough	USA	2016 Power Day	Clearfield	PA
5	220	485	Tony DiLucente	USA	2016 Worlds	Erie	PA
6	207.5	457.4	Ronnie Biggs	USA	NC State Championships	Raleigh	NC
7	200	440.9	Ray Berry	USA	Battle of the Border	Currituck	NC
	200	440.9	Zack Weber	USA	Empire State Open	Nichols	NY
9	180	396.8	Anthony Campiere	USA	2016 Power Day	Clearfield	PA
10	165	363.7	Don Witter	USA	American Challenge 2016 - VA	Zion Crossroads	VA
11	147.5	325.1	Bob Dunn	USA	2016 Great Lakes Championships	Erie	PA

Weight Class: 242		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	290	639.3	Nate Matthews	USA	Tri State Championship	Bedford Heights	OH
2	277.5	611.7	Jeff Lett	USA	American Challenge 2016 - MA	Longmeadow	MA
3	250	551.1	James Storch	USA	Empire State Open	Nichols	NY
4	242.5	534.6	Bill George	USA	2016 Worlds	Erie	PA
5	230	507	Gene Berry	USA	NC State Championships	Raleigh	NC
6	217.5	479.5	Phil Bloyd	USA	2016 Worlds	Erie	PA
7	192.5	424.3	Larry Savage	USA	American Challenge 2016 - AZ	Prescott	AZ
	192.5	424.3	Todd King	USA	Southern Open	Jarvisburg	NC
9	185	407.8	Gary Edwards	USA	Battle of the Border	Currituck	NC
10	180	396.8	Brent Woolnough	Canada	2016 Provincials	Calgary	Alberta
11	170	374.7	Mike Proskow	Canada	2016 Western Canadian Championships	Calgary	Alberta

Weight Class: 275				Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	285	628.3	Brian Bajsert	USA	Virginia State Single lifts	Zion Crossroads	VA	
2	277.5	611.7	Jeff Lawson	USA	2016 Worlds	Erie	PA	
3	260	573.1	William Ogden	USA	2016 Worlds	Erie	PA	
4	227.5	501.5	Gene Berry	USA	Southern Open	Jarvisburg	NC	
5	210	462.9	Cliff Miller	Canada	Vernon Classic	Vernon	BC	
6	205	451.9	Raymond Clasing	USA	American Challenge 2016 - PA	Plymouth Meeting	PA	
7	190	418.8	James Prendergast	USA	American Challenge 2016 - PA	Plymouth Meeting	PA	
8	137.5	303.1	Jeffrey House	USA	United States Open	Zion Crossroads	VA	

Weight Class: 308				Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	272.5	600.7	Robert Gains	USA	American Challenge 2016 - KY	Louisville	KY	
2	220	485	Raymond Clasing	USA	Battle of the Border	Currituck	NC	
3	202.5	446.4	Grant Heller	USA	American Challenge 2016 - AZ	Prescott	AZ	
	202.5	446.4	Hakim Shakir	USA	Old Dominion Classic	Midlothian	VA	

2016 Total Rankings Male

Weight Class: 105				Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	217.5	479.5	Michael Kahan	USA	American Challenge 2016 - AZ	Prescott	AZ	

Weight Class: 132				Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	365	804.6	Gary Teeter	USA	American Challenge 2016 - PA	Plymouth Meeting	PA	

Weight Class: 148				Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	347.5	766	Gary Teeter	USA	Southside Regional Classic	Midlothian	VA	

Weight Class: 165				Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	440	970	Dan Morgan	USA	West Coast National	Prescott	AZ	
2	432.5	953.4	John Permelia	USA	American Challenge 2016 - VA	Zion Crossroads	VA	
3	415	914.9	Michael Frey	USA	2016 Worlds	Erie	PA	
4	342.5	755	Tim Metcalf	USA	American Challenge 2016 - NC	Currituck	NC	
5	297.5	655.8	David Quier	USA	Keystone Iron Challenge	Nazerath	PA	

Weight Class: 181				Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	612.5	1350.3	Joseph Braca	USA	2016 Worlds	Erie	PA	
2	515	1135.3	Brian Ennis	USA	2016 Worlds	Erie	PA	
3	502.5	1107.8	Colin Mullaney	Canada	2016 Worlds	Erie	PA	
4	495	1091.2	Larry Nash	USA	OBX Open	Jarvisburg	NC	
5	427.5	942.4	Kevin Haberl	Canada	Vernon Classic	Vernon	BC	
6	412.5	909.3	Terry Hendricks	USA	American Challenge 2016 - PA	Plymouth Meeting	PA	
7	380	837.7	Shane Sheets	USA	Operation Second Chance	Red Lodge	MT	

Weight Class: 198				Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	601	1324.9	Gene Santomartino	USA	American Challenge 2016 - MD	Prince Frederick	MD	
2	560	1234.5	Lutz Kaelber	USA	Northeast Regionals	Burlington	VT	
3	517.5	1140.8	Tim Blatt	USA	American Challenge 2016 - WY	Powell	WY	
4	502.5	1107.8	Patrick Huntley	USA	2016 Worlds	Erie	PA	
5	482.5	1063.7	Ray Berry	USA	Southern Open	Jarvisburg	NC	
6	477.5	1052.6	Pat Huntley	USA	2016 Great Lakes Championships	Erie	PA	
7	465	1025.1	Dennis Affinati	USA	2016 Worlds	Erie	PA	
8	447.5	986.5	Donald Silveus	USA	Masters Nationals	Zion Crossroads	VA	
9	445	981	Rob Burson	USA	Southwest Regionals	Prescott	AZ	
10	332.5	733	Colin Mullaney	Canada	2016 Western Canadian Championships	Calgary	Alberta	

Weight Class: 220				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	623	1373.4	Robert Ludwig	USA	American Challenge 2016 - PA	Plymouth Meeting	PA	
2	582.5	1284.1	Ed Kutin	USA	American Challenge 2016 - MA	Longmeadow	MA	
3	535	1179.4	Tony DiLucente	USA	American Challenge 2016 - OH	Bedford Heights	OH	
4	525	1157.4	Ronnie Biggs	USA	NC State Championships	Raleigh	NC	
5	495	1091.2	Ray Berry	USA	American Challenge 2016 - NC	Currituck	NC	

Weight Class: 242				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	692.5	1526.6	Jeff Lett	USA	2016 Worlds	Erie	PA	
2	682.5	1504.6	Nate Matthews	USA	Tri State Championship	Bedford Heights	OH	
3	600	1322.7	Gene Berry	USA	NC State Championships	Raleigh	NC	
4	502.5	1107.8	Brent Woolnough	Canada	2016 Provincials	Calgary	Alberta	
5	425	936.9	Mike Proskow	Canada	2016 Western Canadian Championships	Calgary	Alberta	

Weight Class: 275				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	658.5	1451.7	Jeff Lawson	USA	2016 Great Lakes Championships	Erie	PA	
2	607.5	1339.2	William Ogden	USA	2016 Worlds	Erie	PA	
3	587.5	1295.2	Gene Berry	USA	Southern Open	Jarvisburg	NC	
4	550	1212.5	Raymond Clasing	USA	American Challenge 2016 - PA	Plymouth Meeting	PA	
5	505	1113.3	Cliff Miller	Canada	Vernon Classic	Vernon	BC	
6	477.5	1052.6	James Prendergast	USA	American Challenge 2016 - PA	Plymouth Meeting	PA	
7	277.5	611.7	Jeffrey House	USA	Masters Nationals	Zion Crossroads	VA	

Weight Class: 308				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	703	1549.8	Robert Gains	USA	American Challenge 2016 - KY	Louisville	KY	
2	550	1212.5	Raymond Clasing	USA	Southern Open	Jarvisburg	NC	

2016 Strict Curl Rankings Male

Weight Class: 105				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	30	66.1	Michael Kahan	USA	American Challenge 2016 - AZ	Prescott	AZ	

Weight Class: 132				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	52.5	115.7	Gary Teeter	USA	2016 Worlds	Erie	PA	

Weight Class: 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	60	132.2	Craig Curtis	USA	Masters Nationals	Zion Crossroads	VA	
2	52.5	115.7	Gary Teeter	USA	Old Dominion Classic	Midlothian	VA	

Weight Class: 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	54.5	120.1	Jason Leavitt	USA	Virginia State Single lifts	Zion Crossroads	VA	
2	53.2	117.2	Ray Barber	USA	American Challenge 2016 - MA	Longmeadow	MA	
3	52.5	115.7	Christian Kozub	USA	American Challenge 2016 - VA	Zion Crossroads	VA	
4	50	110.2	Dan Morgan	USA	West Coast National	Prescott	AZ	
5	46	101.4	Tim Metcalf	USA	American Challenge 2016 - NC	Currituck	NC	

Weight Class: 181				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	67.5	148.8	Gary Kessler	USA	2016 Worlds	Erie	PA	
2	63	138.8	Colin Mullaney	Canada	2016 Worlds	Erie	PA	
3	60	132.2	Carl Lyons	USA	Battlefield Open	Fredericksburg	VA	
4	50	110.2	Ronald Sannicandro	USA	Ironman Challenge MA	Longmeadow	MA	
5	47.5	104.7	John Krawchison	USA	Derby City Open	Louisville	KY	
6	45.3	99.8	John Krawchinson	USA	2016 Powerhouse Gym Push/Pull Winter Challenge	Louisville	KY	

Weight Class: 198		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	63	138.8	Colin Mullaney	Canada	2016 Peak Power Single Lift Challenge	Calgary	Alberta
2	47.5	104.7	Ray Berry	USA	Southern Open	Jarvisburg	NC

Weight Class: 220		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	63	138.8	Tony DiLucente	USA	2016 Worlds	Erie	PA
2	62.5	137.7	Tony DiLucente	USA	Tri State Championship	Bedford Heights	OH
3	60	132.2	Herb Veckenstedt	Canada	2016 Peak Power Single Lift Challenge	Calgary	Alberta
4	55	121.2	Don Witter	USA	American Challenge 2016 - VA	Zion Crossroads	VA
	55	121.2	Dave Purpura	USA	American Challenge 2016 - OH	Bedford Heights	OH
6	51	112.4	Bob Dunn	USA	2016 Central PA Open	Bigler	PA
7	47	103.6	John Shifflett	USA	Southern Open	Prince Frederick	MD
8	45	99.2	Ray Berry	USA	American Challenge 2016 - NC	Currituck	NC

Weight Class: 242		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Nate Matthews	USA	2016 Worlds	Erie	PA
2	67.5	148.8	Rodd Ramey	USA	Eastern USA Open	Culpepper	VA
3	65	143.2	Todd King	USA	Fall Festival of Power	Cary	NC
4	62.5	137.7	Phillip Roehner	USA	2016 Worlds	Erie	PA
5	55.7	122.7	Rick Osborn	USA	2016 Christmas Classic NE	Omaha	NE
6	52.5	115.7	Gene Berry	USA	American Challenge 2016 - NC	Currituck	NC
7	46	101.4	John Shifflett	USA	American Challenge 2016 - VA	Zion Crossroads	VA
8	42.5	93.6	Ray Berry	USA	OBX Open	Jarvisburg	NC

Weight Class: 275		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57.5	126.7	Jeffrey House	USA	United States Open	Zion Crossroads	VA
	57.5	126.7	Earl Smiley	USA	Winter Iron Fest	Louisville	KY
3	55	121.2	Gene Berry	USA	OBX Open	Jarvisburg	NC
4	53.5	117.9	James Prendergast	USA	American Challenge 2016 - PA	Plymouth Meeting	PA
5	47.5	104.7	Bill Parks	USA	Old Dominion Classic	Midlothian	VA

Weight Class: 308		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	62.5	137.7	Grant Heller	USA	American Challenge 2016 - AZ	Prescott	AZ
	62.5	137.7	Hakim Shakir	USA	Old Dominion Classic	Midlothian	VA