



2010 Final Rankings

2010 Squat Rankings

| Weight Class: 105 lb & Under | | | | | | |
|------------------------------|------|------------------|---------|--|-----------|----|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 380 | Jasen Hinkel | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 2 | 138 | CJ Sanchez | USA | Western USA Championships | Prescott | AZ |
| 3 | 105 | Ashton Hickerson | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 4 | 88 | Nicholas Nasta | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 5 | 55 | Dante Nasta | USA | Arizona State Powerlifting Championships | Prescott | AZ |

2010 Bench Press Rankings

| Weight Class: 105 lb & Under | | | | | | |
|------------------------------|------|---------------------|---------|--|----------------|----|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 248 | Jasen Hinkel | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 2 | 171 | Robert Marcellino | USA | NJ American Challenge | Pitman | NJ |
| 3 | 128 | Michael Kahan | USA | Western USA Championships | Prescott | AZ |
| 4 | 121 | Dillon Hain | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 5 | 110 | Robert Tomasic | USA | Ironman Nationals | Gordonsville | VA |
| | 110 | Jake Brinn | USA | Ironman Nationals | Gordonsville | VA |
| 7 | 99 | Aaron Brooks | USA | NJ American Challenge | Pitman | NJ |
| 8 | 88 | Ashton Hickerson | USA | North Carolina Powerlifting Championships | Currituck | NC |
| | 88 | CJ Sanchez | USA | Western USA Championships | Prescott | AZ |
| 10 | 84 | Jakob Lewis | USA | VA American Challenge | Gordonsville | VA |
| | 84 | Mathias Algarin | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 12 | 77 | Kamryn Vasquez | USA | NE American Challenge | Omaha | NE |
| | 77 | Michael Lacroix | USA | NE Push/Pull Championships | Derry | NH |
| 14 | 73 | Demonte Southerla | USA | 100% RAW/AAU Junior Olympics | Chesapeake | VA |
| | 73 | Andrew Proudfoot | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 16 | 60 | Andrew Hedrich | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 17 | 55 | Tyler Corriveau | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 18 | 53 | William Hawkins, IV | USA | 100% RAW/AAU Junior Olympics | Chesapeake | VA |
| 19 | 50 | Nicholas Nasta | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| | 50 | Dante Nasta | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 20 | 32 | Michael McHargh | USA | Quad State Powerlifting Championships | Salem | OH |

2010 Deadlift Rankings

| Weight Class: 105 lb & Under | | | | | | |
|------------------------------|------|-------------------|---------|--|----------------|----|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 237 | Kamryn Vasquez | USA | NE American Challenge | Omaha | NE |
| 2 | 232 | Michael Kahan | USA | Western USA Championships | Prescott | AZ |
| | 232 | Jake Brinn | USA | Ironman Nationals | Gordonsville | VA |
| 4 | 226 | Robert Tomasic | USA | Ironman Nationals | Gordonsville | VA |
| 5 | 220 | Jasen Hinkel | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 6 | 210 | Dillon Hain | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 7 | 204 | Robert Marcellino | USA | NJ American Challenge | Pitman | NJ |
| 8 | 193 | CJ Sanchez | USA | Western USA Championships | Prescott | AZ |
| 9 | 138 | Dylan Pusey | USA | VA State Single Lift Championships | Stanardsville | VA |
| 10 | 132 | Jonathan Oms | USA | NJ American Challenge | Pitman | NJ |
| 11 | 121 | Ashton Hickerson | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 12 | 116 | Dante Nasta | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 13 | 105 | Caden Hale | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 105 | Nicholas Nasta | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 15 | 98 | Jordan Byrnes | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 16 | 88 | Colton Tomitz | USA | Western USA Championships | Prescott | AZ |



2010 Final Rankings

2010 Strict Curl Rankings

| Weight Class: 105 lb & Under | | | | | | | |
|------------------------------|------|-------------------|---------|---|-----------|----|--|
| Rank | Lift | Lifter | Country | Meet | Site | | |
| 1 | 74 | Robert Marcellino | USA | NJ American Challenge | Pitman | NJ | |
| 2 | 55 | Michael Kahan | USA | West Coast Single Lift Championships | Las Vegas | NV | |
| 3 | 49 | Matthias Algarin | USA | West Coast Single Lift Championships | Las Vegas | NV | |
| 4 | 28 | Dante Nasta | USA | Arizona State Single Lift Championships | Prescott | AZ | |
| | 28 | Nicholas Nasta | USA | Arizona State Single Lift Championships | Prescott | AZ | |
| 6 | 22 | Caden Hale | USA | NE American Challenge | Omaha | NE | |

2010 Total Rankings

| Weight Class: 105 lb & Under | | | | | | | |
|------------------------------|------|------------------|---------|--|-----------|----|--|
| Rank | Lift | Lifter | Country | Meet | Site | | |
| 1 | 848 | Jasen Hinkel | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE | |
| 2 | 419 | CJ Sanchez | USA | Western USA Championships | Prescott | AZ | |
| 3 | 314 | Ashton Hickerson | USA | North Carolina Powerlifting Championships | Currituck | NC | |
| 4 | 243 | Nicholas Nasta | USA | Arizona State Powerlifting Championships | Prescott | AZ | |
| 5 | 221 | Dante Nasta | USA | Arizona State Powerlifting Championships | Prescott | AZ | |



2010 Final Rankings

2010 Squat Rankings

| Weight Class: 114 lb | | | | | | |
|----------------------|------|--------------------|---------|---|-----------|---------|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 176 | Arshavir Asadoryan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 2 | 171 | Sam Stan | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 3 | 165 | Serkis Avant | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 4 | 154 | Martin Hodges | USA | North Carolina Powerlifting Championships | Currituck | NC |
| | 154 | Andre Buldisyan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 6 | 66 | Nick Kennedy | Canada | 2010 Western Canadian Nationals | Alberta | Canada |

2010 Bench Press Rankings

| Weight Class: 114 lb | | | | | | |
|----------------------|------|--------------------|---------|--|---------------|---------|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 187 | Robert Marcellino | USA | World Single Lift Championships | Norfolk | VA |
| 2 | 176 | Arshavir Asadoryan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| | 176 | Mircic Lazar | Serbia | Serbian Open Bench Press Championships | Backa Palanka | Serbia |
| 4 | 132 | Andre Buldisyan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| | 132 | Onur Gombul | Turkey | Turkey International Bench Press Competition | Antalya | Turkey |
| 6 | 121 | Richard Groff | USA | Quad State Powerlifting Championships | Salem | OH |
| 7 | 110 | Sam Stan | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| | 110 | Serkis Avant | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| | 110 | Benjamin Neuss | USA | New York State Single Lift Championships | East Syracuse | NY |
| 10 | 94 | Martin Hodges | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 11 | 72 | Patrick Tomasic | USA | Ironman Nationals | Gordonsville | VA |
| | 72 | Charlie Sanders | USA | Quad State Powerlifting Championships | Salem | OH |
| 13 | 61 | Nick Kennedy | Canada | 2010 Western Canadian Nationals | Alberta | Canada |

2010 Strict Curl Rankings

| Weight Class: 114 lb | | | | | | |
|----------------------|------|-------------------|---------|---------------------------------|-----------|----|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 89 | Robert Marcellino | USA | World Single Lift Championships | Norfolk | VA |
| 2 | 43 | Bryce Dowdy | USA | Battle of the Border | Currituck | NC |

2010 Deadlift Rankings

| Weight Class: 114 lb | | | | | | |
|----------------------|------|--------------------|---------|---|-----------|---------|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 237 | Martin Hodges | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 2 | 231 | Serkis Avant | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 3 | 226 | Dillon Hain | USA | NE American Challenge | Omaha | NE |
| 4 | 221 | Andre Buldisyan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 5 | 209 | Sam Stan | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 6 | 198 | Arshavir Asadoryan | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 7 | 143 | Nick Kennedy | Canada | 2010 Western Canadian Nationals | Alberta | Canada |

2010 Total Rankings

| Weight Class: 114 lb | | | | | | |
|----------------------|------|--------------------|---------|---|-----------|---------|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 550 | Arshavir Asadoryan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 2 | 506 | Serkis Avant | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 3 | 496 | Andre Buldisyan | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 4 | 491 | Sam Stan | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 5 | 485 | Martin Hodges | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 6 | 375 | Cooper Allen | USA | Southwest Regional Powerlifting Championships | Prescott | AZ |
| 7 | 340 | J. Cruz | USA | Southwest Regional Powerlifting Championships | Prescott | AZ |
| 8 | 320 | Luis Cruz | USA | Southwest Regional Powerlifting Championships | Prescott | AZ |
| 9 | 270 | Nick Kennedy | Canada | 2010 Western Canadian Nationals | Alberta | Canada |



2010 Final Rankings

2010 Squat Rankings

| Weight Class: 123 lb | | | | | | |
|----------------------|------|------------------|---------|---|-----------|--------|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 260 | Brady Cartwright | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 2 | 226 | Mike Burkeen | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 3 | 171 | Mathew Duckett | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 4 | 165 | Bryon Diaz | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 5 | 61 | Bryce Atkerson | USA | Western USA Championships | Prescott | AZ |
| 6 | 55 | Kyle Peach | USA | Arizona State Powerlifting Championships | Prescott | AZ |

2010 Bench Press Rankings

| Weight Class: 123 lb | | | | | | |
|----------------------|------|------------------|---------|--|----------------|---------|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 209 | Hunter Claypatch | USA | World Single Lift Championships | Norfolk | VA |
| 2 | 204 | Mike Burkeen | USA | World Powerlifting Championships | Las Vegas | NV |
| | 204 | Levi Meyer | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 4 | 198 | Sergey Chernov | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 5 | 193 | Scott Groce | USA | AZ American Challenge | Prescott | AZ |
| | 193 | Perry Kishaba | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 7 | 171 | Bryan Johns | USA | World Single Lift Championships | Norfolk | VA |
| 8 | 143 | Brady Cartwright | USA | North Carolina Powerlifting Championships | Currituck | NC |
| | 143 | Bryce Atkerson | USA | Western USA Championships | Prescott | AZ |
| 10 | 140 | Michael Gagnon | USA | Quaker Classic Championships | Salem | OH |
| 11 | 138 | Cody Kleitz | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 138 | Mathew Duckett | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 13 | 132 | Bryan Diaz | USA | World Single Lift Championships | Norfolk | VA |
| 14 | 121 | Travis Lilly | USA | VA American Challenge | Gordonsville | VA |
| 15 | 83 | Kyle Peach | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 16 | 77 | Matthew Campo | USA | Christmas Classic | Stanardsville | VA |

2010 Deadlift Rankings

| Weight Class: 123 lb | | | | | | |
|----------------------|------|------------------|---------|--|-----------------|---------|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 391 | Sergey Chernov | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 2 | 364 | Mike Burkeen | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 3 | 347 | Levi Meyer | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 4 | 314 | Brady Cartwright | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 5 | 281 | Cody Kleitz | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 6 | 275 | Bryan Johns | USA | VA American Challenge | Gordonsville | VA |
| 7 | 270 | Bryce Atkerson | USA | Western USA Championships | Prescott | AZ |
| | 270 | Bryon Diaz | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 9 | 182 | Mathew Duckett | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 10 | 143 | Kyle Peach | USA | Arizona State Powerlifting Championships | Prescott | AZ |



2010 Final Rankings

2010 Strict Curl Rankings

| Weight Class: | | 123 lb | | | | |
|---------------|------|------------------|---------|-----------------------------------|----------------|----|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 105 | Scott Groce | USA | AZ American Challenge | Prescott | AZ |
| 2 | 84 | Hunter Claypatch | USA | World Single Lift Championships | Norfolk | VA |
| 3 | 77 | Bryce Atkerson | USA | AZ American Challenge | Prescott | AZ |
| 4 | 75 | Levi Meyer | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 5 | 50 | Trey Osborn | USA | AZ American Challenge | Prescott | AZ |
| 6 | 44 | Kyle Peach | USA | AZ American Challenge | Prescott | AZ |

2010 Total Rankings

| Weight Class: | | 123 lb | | | | |
|---------------|------|------------------|---------|---|-----------------|--------|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 821 | Mike Burkeen | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 711 | Brady Cartwright | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 3 | 590 | Bryce Atkerson | USA | Western USA Championships | Prescott | AZ |
| 4 | 546 | Bryon Diaz | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 5 | 491 | Mathew Duckett | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 6 | 281 | Kyle Peach | USA | Arizona State Powerlifting Championships | Prescott | AZ |



2010 Final Rankings

2010 Squat Rankings

Weight Class: 132 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|------------|---------|
| 1 | 254 | Ben Henson | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 2 | 226 | Raymond Federwisc | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 3 | 187 | Arshavir Asadoryan | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 4 | 143 | Kyle Peach | USA | World Powerlifting Championships | Las Vegas | NV |
| 5 | 138 | Alexander Vasquez | USA | 100% RAW/AAU Junior Olympics | Chesapeake | VA |
| 6 | 132 | Billy Purcell | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 7 | 127 | Cooper Allen | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 8 | 61 | Kevin Atkerson | USA | Western USA Championships | Prescott | AZ |

2010 Bench Press Rankings

Weight Class: 132 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|-----------|--|----------------|---------|
| 1 | 287 | Peter Tishchenko | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 2 | 281 | Vincent Alvarado | USA | NE American Challenge | Omaha | NE |
| | 281 | Vance Edwards | USA | VT American Challenge | Burlington | VT |
| 4 | 270 | Sinath Sam | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 5 | 248 | Luke Froisland | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| | 248 | Robert Clark | USA | Ironman Nationals | Gordonsville | VA |
| 7 | 232 | Leon Arakian | Armenia | Armenia Bench Press Cup | Yerevan | Armenia |
| | 232 | Rob Mayer | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 232 | Josh Riley | USA | NV American Challenge | Las Vegas | NV |
| 10 | 226 | Radu Joka | Romania | Serbian Open Bench Press Championships | Backa Palanka | Serbia |
| 11 | 225 | Lonnie Gilbert | USA | Quaker Classic Championships | Salem | OH |
| 12 | 220 | Jordan Lasica | USA | Potomac Open | Woodbridge | VA |
| 13 | 216 | Logan Dallas | USA | Quad State Powerlifting Championships | Salem | OH |
| 14 | 212 | Ben Henson | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 15 | 209 | Sean Lewis | USA | Western USA Championships | Prescott | AZ |
| | 209 | Hunter Claypatch | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 17 | 204 | Trey Osborn | USA | AZ American Challenge | Prescott | AZ |
| 18 | 198 | Alireza Taheri | Iran | Tehran Bench Press Competition | Tehran | Iran |
| | 198 | Avzi Zeciri | Macedonia | Serbian Open Bench Press Championships | Backa Palanka | Serbia |
| | 198 | Scott Groce | USA | West Coast Single Lift Championships | Las Vegas | NV |
| | 198 | Shogher Stepaniyar | Armenia | Armenia Bench Press Cup | Yerevan | Armenia |
| 20 | 165 | Glenn Raisin | USA | World Single Lift Championships | Norfolk | VA |



2010 Final Rankings

2010 Deadlift Rankings

Weight Class: 132 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|----------------|---------|
| 1 | 457 | Peter Tishchenko | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 2 | 450 | Jim Marchio | USA | Potomac Open | Woodbridge | VA |
| 3 | 424 | Rob Mayer | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 4 | 407 | Vincent Alvarado | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 5 | 391 | Robert Clark | USA | Ironman Nationals | Gordonsville | VA |
| | 391 | Nicholas Kozma | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 7 | 375 | Adam Meinhardt | USA | World Single Lift Championships | Norfolk | VA |
| 8 | 353 | Dmitry Pankovskyy | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 9 | 342 | Ruslan Subbotin | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 10 | 322 | Ben Henson | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 11 | 309 | Michael Lopatin | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 12 | 298 | Oleg Polehenkyy | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| | 298 | Valentin Bondar | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 14 | 293 | Billy Purcell | USA | NE American Challenge | Omaha | NE |
| 15 | 286 | Raymond Federwisk | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 16 | 276 | Austin Bare | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| | 276 | Boris Mydlyk | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 18 | 270 | Glenn Raisin | USA | World Single Lift Championships | Norfolk | VA |
| 19 | 265 | Logan Dallas | USA | Quad State Powerlifting Championships | Salem | OH |
| 20 | 221 | Arshavir Asadoryan | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |

2010 Strict Curl Rankings

Weight Class: 132 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|----------------|---------|--|-----------------|----|
| 1 | 121 | Josh Robinson | USA | World Single Lift Championships | Norfolk | VA |
| 2 | 110 | Scott Groce | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 3 | 107 | Sinath Sam | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 107 | Jason Harpel | USA | Quaker Classic Championships | Salem | OH |
| 5 | 101 | Logan Dallas | USA | Quad State Powerlifting Championships | Salem | OH |
| 6 | 97 | Robert Clark | USA | Ironman Nationals | Gordonsville | VA |
| 7 | 89 | Adam Meinhardt | USA | World Single Lift Championships | Norfolk | VA |
| 8 | 77 | Steve Smith | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 9 | 68 | Tim Infinger | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 10 | 50 | Trey Osborn | USA | AZ American Challenge | Prescott | AZ |

2010 Total Rankings

Weight Class: 132 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|------------|---------|
| 1 | 787 | Ben Henson | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 2 | 683 | Raymond Federwisk | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 3 | 595 | Arshavir Asadoryan | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 4 | 463 | Cooper Allen | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 5 | 452 | Kyle Peach | USA | World Powerlifting Championships | Las Vegas | NV |
| 6 | 379 | Billy Purcell | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 7 | 356 | Alexander Vasquez | USA | 100% RAW/AAU Junior Olympics | Chesapeake | VA |
| 8 | 303 | Kevin Atkerson | USA | Western USA Championships | Prescott | AZ |



2010 Final Rankings

2010 Squat Rankings

Weight Class: 148 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|----------------|---------|---|------------|---------|
| 1 | 353 | George James | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 342 | Steven Foltin | USA | Western USA Championships | Prescott | AZ |
| | 342 | Amir Emami | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 4 | 325 | Jackson Glenn | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 5 | 314 | Odell Pui | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| | 314 | Justin Tripodi | USA | World Powerlifting Championships | Las Vegas | NV |
| 7 | 308 | Robert Clark | USA | North Carolina Powerlifting Championships | Currituck | NC |
| | 308 | Karbed Sivi | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 9 | 303 | Elias Sanchez | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| | 303 | Eric Hofman | USA | Old School Iron Wars | Burlington | VT |
| 11 | 298 | Jerry Moylan | USA | World Powerlifting Championships | Las Vegas | NV |
| 12 | 281 | Adam Meinhardt | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 13 | 276 | Tri Tran | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 14 | 264 | Gharni Melin | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 15 | 243 | Ray Federwisch | USA | Western USA Championships | Prescott | AZ |
| 16 | 237 | Beau Bennett | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 17 | 226 | Eric Hayne | USA | Western USA Championships | Prescott | AZ |
| | 226 | William DeVito | USA | World Powerlifting Championships | Las Vegas | NV |
| 19 | 215 | Keith Meyer | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 20 | 209 | Tim LaMaster | USA | Western USA Championships | Prescott | AZ |

2010 Bench Press Rankings

Weight Class: 148 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|---------------|---------|
| 1 | 375 | Adam Zehr | USA | VT American Challenge | Burlington | VT |
| 2 | 353 | Maksim Salavov | Russia | Armenia Bench Press Cup | Yerevan | Armenia |
| 3 | 320 | Tim McCoy | USA | World Single Lift Championships | Norfolk | VA |
| 4 | 309 | Justin Tripodi | USA | NJ American Challenge | Pitman | NJ |
| 5 | 298 | Hadi Mohammadi | Iran | Turkey International Bench Press Competition | Antalya | Turkey |
| 6 | 294 | Vance Edwards | USA | NE Push/Pull Championships | Derry | NH |
| 7 | 287 | Paul Gillott | USA | AZ American Challenge | Prescott | AZ |
| 8 | 281 | Michael Wong | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 281 | Christopher Byrnes | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 10 | 276 | Justin Bradt | USA | New York State Single Lift Championships | East Syracuse | NY |
| | 276 | Jermaine Kapolka | USA | New York State Single Lift Championships | East Syracuse | NY |
| 12 | 275 | Tony Yee | USA | VA American Challenge | Gordonsville | VA |
| 13 | 265 | Vahid Etminan | Iran | Tehran Bench Press Competition | Tehran | Iran |
| 14 | 259 | Robert Clark | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 15 | 254 | Kuburovic Ivan | Serbia | Serbian Open Bench Press Championships | Backa Palanka | Serbia |
| 16 | 250 | Willis McCoy | USA | Quaker Classic Championships | Salem | OH |
| | 250 | Jeff Menn | USA | Quaker Classic Championships | Salem | OH |
| 18 | 248 | Jason Leavitt | USA | Battle of the Border | Currituck | NC |
| | 248 | Tim Barrett | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 20 | 243 | Leon Ghelayan | Armenia | Armenia Bench Press Cup | Yerevan | Armenia |
| | 243 | Karbed Sivi | Armenia | Armenia Bench Press Cup | Yerevan | Armenia |



2010 Final Rankings

2010 Deadlift Rankings

Weight Class: 148 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|------------------|---------|--|---------------|---------|
| 1 | 485 | Justin Tripodi | USA | NJ American Challenge | Pitman | NJ |
| 2 | 458 | George James | USA | World Powerlifting Championships | Las Vegas | NV |
| 3 | 424 | Tony Yee | USA | VA American Challenge | Gordonsville | VA |
| 4 | 419 | Steven Foltin | USA | Western USA Championships | Prescott | AZ |
| | 419 | Eric Hofman | USA | Old School Iron Wars | Burlington | VT |
| 6 | 415 | Willis McCoy | USA | Quaker Classic Championships | Salem | OH |
| 7 | 408 | Justin Bradt | USA | New York State Single Lift Championships | East Syracuse | NY |
| 8 | 386 | Sergei Lukashov | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 9 | 375 | Jerry Moylan | USA | West Coast Single Lift Championships | Las Vegas | NV |
| | 375 | Robert Clark | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 11 | 364 | Michael Grasso | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 364 | Andrew Maslyak | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 13 | 358 | Eric Hayne | USA | Western USA Championships | Prescott | AZ |
| 14 | 353 | Jackson Glenn | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| | 353 | Amir Emami | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| | 353 | Tri Tran | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| | 353 | Alexey Yurchenko | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 18 | 347 | Adam Meinhardt | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 19 | 336 | Logan Dallas | USA | World Single Lift Championships | Norfolk | VA |
| 20 | 331 | Vadim Grabar | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |

2010 Strict Curl Rankings

Weight Class: 148 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|----------------|---------|--|--------------|----|
| 1 | 123 | Justin Tripodi | USA | NJ American Challenge | Pitman | NJ |
| 2 | 110 | Jeff Menn | USA | Quaker Classic Championships | Salem | OH |
| 3 | 108 | Logan Dallas | USA | World Single Lift Championships | Norfolk | VA |
| 4 | 107 | Jason Leavitt | USA | World Single Lift Championships | Norfolk | VA |
| 5 | 105 | Paul Gillott | USA | AZ American Challenge | Prescott | AZ |
| 6 | 99 | Elias Sanchez | USA | Arizona State Single Lift Championships | Prescott | AZ |
| 7 | 95 | Brian Helgert | USA | World Single Lift Championships | Norfolk | VA |
| 8 | 94 | Skylar Groce | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 9 | 90 | John Ferris | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 10 | 89 | Sam Rosenberg | USA | World Single Lift Championships | Norfolk | VA |
| 11 | 84 | Brandon Forbes | USA | World Single Lift Championships | Norfolk | VA |



2010 Final Rankings

2010 Total Rankings

Weight Class: 148 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|----------------|---------|--|------------|---------|
| 1 | 1102 | Justin Tripodi | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 1031 | George James | USA | World Powerlifting Championships | Las Vegas | NV |
| 3 | 970 | Steven Foltin | USA | Western USA Championships | Prescott | AZ |
| 4 | 942 | Robert Clark | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 5 | 937 | Eric Hofman | USA | Old School Iron Wars | Burlington | VT |
| 6 | 915 | Amir Emami | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 7 | 904 | Jackson Glenn | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 8 | 865 | Tri Tran | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 9 | 854 | Elias Sanchez | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| | 854 | Jerry Moylan | USA | World Powerlifting Championships | Las Vegas | NV |
| 11 | 827 | Odell Pui | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 12 | 770 | Karbed Sivi | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 13 | 759 | Gharni Melin | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 14 | 755 | Adam Meinhardt | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 15 | 750 | Eric Hayne | USA | Western USA Championships | Prescott | AZ |
| 16 | 744 | Ronnie Garner | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 17 | 739 | Ray Federwisch | USA | Western USA Championships | Prescott | AZ |
| 18 | 728 | William DeVito | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 19 | 717 | Keith Meyer | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 20 | 700 | Tom Goad | USA | Masters Nationals/New England PL Championships | Burlington | VT |



2010 Final Rankings

2010 Squat Rankings

Weight Class: 165 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|-----------------|---------|
| 1 | 458 | Lance Pototschnik | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 444 | Chris Balance | USA | World Powerlifting Championships | Las Vegas | NV |
| 3 | 375 | Aziz Soluyian | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 4 | 363 | Artour Filko | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 5 | 353 | James Kallies | USA | Old School Iron Wars | Burlington | VT |
| | 353 | Edvard Zaran | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 7 | 347 | Anthony Yee | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| | 347 | Nicholas Grant | USA | World Powerlifting Championships | Las Vegas | NV |
| 9 | 342 | Dan Morgan | USA | Western USA Championships | Prescott | AZ |
| 10 | 331 | Sean Paes | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 11 | 319 | Armen Serkisyan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 12 | 308 | Sam Shapiro | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 13 | 303 | Zerak Renner | USA | World Powerlifting Championships | Las Vegas | NV |
| | 303 | Brian Torvinen | USA | World Powerlifting Championships | Las Vegas | NV |
| 15 | 298 | Shinjan Chatterjee | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 16 | 281 | Adam Parent | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 281 | Addison Grantham | USA | North Carolina Powerlifting Championships | Currituck | NC |
| | 281 | David Atkerson | USA | Western USA Championships | Prescott | AZ |
| | 281 | Stephen Callahan | USA | World Powerlifting Championships | Las Vegas | NV |
| 20 | 275 | Jeremiah Cameron | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| | 275 | David Boone | USA | North Carolina Powerlifting Championships | Currituck | NC |

2010 Bench Press Rankings

Weight Class: 165 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|------------------|---------|--|-----------------|--------|
| 1 | 364 | Jason Luster | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 2 | 360 | Ken Hedrick | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 3 | 356 | Daniel Henson | USA | World Single Lift Championships | Norfolk | VA |
| 4 | 336 | Chris Woolsey | USA | World Single Lift Championships | Norfolk | VA |
| 5 | 333 | Nick Apseloff | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 6 | 320 | Jeff Kepler | USA | Freedom USA BP & Strict Curl | Leesburg | VA |
| | 320 | Chris Livolsi | USA | NJ American Challenge | Pitman | NJ |
| 8 | 314 | Nicholas Romaine | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 9 | 309 | Darryl Sylvester | USA | NC American Challenge | Currituck | NC |
| | 309 | Anthony Yee | USA | World Single Lift Championships | Norfolk | VA |
| | 309 | Craig Hertle | USA | World Single Lift Championships | Norfolk | VA |
| 12 | 303 | Sean Paes | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| | 303 | Garry Fink | USA | Quad State Powerlifting Championships | Salem | OH |
| 14 | 300 | Clayton Norwood | USA | Potomac Open | Woodbridge | VA |
| | 300 | Matt Nicastro | USA | Potomac Open | Woodbridge | VA |
| 16 | 298 | Chris Balance | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 17 | 287 | Janos Zsofka | USA | NE Push/Pull Championships | Derry | NH |
| | 287 | Fred Wescott | USA | Battle of the Border | Currituck | NC |
| | 287 | Preradov Goran | Serbia | Serbian Open Bench Press Championships | Backa Palanka | Serbia |
| | 287 | Jason Hillman | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| | 287 | Darren Kimsey | USA | Supreme Fitness Challenge | Brattleboro | VT |
| 20 | 248 | Joseph Sanders | USA | World Single Lift Championships | Norfolk | VA |



2010 Final Rankings

2010 Deadlift Rankings

Weight Class: 165 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|---------------------|---------|--|-----------------|---------|
| 1 | 562 | Chris Balance | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 557 | Quinten Cody | USA | World Single Lift Championships | Norfolk | VA |
| 3 | 502 | Jason Luster | USA | Quad State Powerlifting Championships | Salem | OH |
| 4 | 496 | Mikael Oganessian | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 5 | 485 | Andre Watson | USA | New York State Single Lift Championships | East Syracuse | NY |
| 6 | 480 | Matt Nicastro | USA | Potomac Open | Woodbridge | VA |
| | 480 | Ryan Cross | USA | VT American Challenge | Burlington | VT |
| | 480 | Lance Pototschnik | USA | World Powerlifting Championships | Las Vegas | NV |
| 9 | 474 | Nicholas Grant | USA | World Powerlifting Championships | Las Vegas | NV |
| | 474 | Nicholas Kulish | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 11 | 468 | Alexander Vyhyvskyy | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 12 | 463 | Prus Games | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 13 | 452 | John Stallworth | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 452 | Anthony Yee | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| | 452 | Andrew Hurichev | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| | 452 | Darren Kimsey | USA | Supreme Fitness Challenge | Brattleboro | VT |
| 17 | 441 | Sean Paes | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| | 441 | Zerak Renner | USA | World Powerlifting Championships | Las Vegas | NV |
| | 441 | Alexander Maslyanyk | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 20 | 430 | Joe VanAllen | USA | Northeast Regional Single Lift Championships | Johnson City | NY |

2010 Strict Curl Rankings

Weight Class: 165 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-------------------|---------|--|-----------------|----|
| 1 | 143 | Andrew LeBrun | USA | VA American Challenge | Gordonsville | VA |
| 2 | 137 | Jason Luster | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 3 | 121 | Adam Parent | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 121 | Dan Morgan | USA | AZ American Challenge | Prescott | AZ |
| | 121 | Zerak Renner | USA | AZ American Challenge | Prescott | AZ |
| | 121 | Christian Kozub | USA | VA American Challenge | Gordonsville | VA |
| 7 | 120 | Steve Price | USA | Potomac Open | Woodbridge | VA |
| | 120 | Garry Fink | USA | Quaker Classic Championships | Salem | OH |
| 9 | 115 | Nicholas Romaine | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| | 115 | Joe Pizzoferrato | USA | Battle of the Border | Currituck | NC |
| 11 | 105 | David Atkerson | USA | AZ American Challenge | Prescott | AZ |
| | 105 | Thomas Hegarty | USA | NE Push/Pull Championships | Derry | NH |
| 13 | 102 | Wayne Claypatch | USA | Ironman Nationals | Gordonsville | VA |
| 14 | 99 | Paul Gillott | USA | Arizona State Single Lift Championships | Prescott | AZ |
| 15 | 95 | George Nabeshima | USA | World Single Lift Championships | Norfolk | VA |
| 16 | 94 | Tim Earl | USA | AZ American Challenge | Prescott | AZ |
| 17 | 83 | Jimmy Dilley | USA | AZ American Challenge | Prescott | AZ |
| 18 | 78 | Alex Hansen | Denmark | World Single Lift Championships | Norfolk | VA |
| 19 | 57 | Dustin Landgraver | USA | Quad State Powerlifting Championships | Salem | OH |



2010 Final Rankings

2010 Total Rankings

Weight Class: 165 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|-----------------|---------|
| 1 | 1301 | Chris Balance | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 1185 | Lance Pototschnik | USA | World Powerlifting Championships | Las Vegas | NV |
| 3 | 1091 | Anthony Yee | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 4 | 1086 | Nicholas Grant | USA | World Powerlifting Championships | Las Vegas | NV |
| 5 | 1075 | Sean Paes | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 6 | 1014 | Aziz Soluyian | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 7 | 1003 | Artour Filko | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 8 | 992 | Dan Morgan | USA | Western USA Championships | Prescott | AZ |
| 9 | 987 | Zerak Renner | USA | World Powerlifting Championships | Las Vegas | NV |
| 10 | 970 | James Kallies | USA | Old School Iron Wars | Burlington | VT |
| 11 | 948 | Sam Shapiro | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 12 | 942 | David Boone | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 13 | 898 | Brian Torvinen | USA | World Powerlifting Championships | Las Vegas | NV |
| 14 | 887 | Shinjan Chatterjee | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 15 | 882 | Edvard Zaran | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 16 | 876 | Adam Parent | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 876 | Jeremiah Cameron | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 18 | 865 | Addison Grantham | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 19 | 860 | Armen Serkisyan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| | 860 | David Atkerson | USA | Western USA Championships | Prescott | AZ |
| 20 | 832 | Stephen Callahan | USA | World Powerlifting Championships | Las Vegas | NV |



2010 Final Rankings

2010 Squat Rankings

Weight Class: 181 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|-------------|---------|
| 1 | 458 | Tony Rodriguez | USA | World Powerlifting Championships | Las Vegas | NV |
| | 458 | David Szymanski | USA | World Powerlifting Championships | Las Vegas | NV |
| 3 | 435 | Brian Sealock | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 435 | Eric Ridings | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 5 | 430 | Michael Napolitano | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 430 | Eric Poulin | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 7 | 425 | Kevin Varriale | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| | 425 | Adam Dee | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 9 | 424 | Spencer Hess | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| | 424 | Travis Hlavka | USA | World Powerlifting Championships | Las Vegas | NV |
| 11 | 418 | Matt LaMaster | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 12 | 402 | Andy Dickey | USA | Western USA Championships | Prescott | AZ |
| 13 | 397 | Sadegh Minayee | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| | 397 | Vadim Suren | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 15 | 390 | Randy Hraban | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 16 | 385 | Clint Baldwin | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 385 | Norman Grantham | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 18 | 375 | Felix Nadimyan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| | 375 | Artur Mikaeil | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 20 | 363 | Kurt Pohlmann | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |

2010 Bench Press Rankings

Weight Class: 181 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|-----------------|--------|
| 1 | 390 | John Self | USA | Potomac Open | Woodbridge | VA |
| 2 | 380 | Larry Dyles | USA | Christmas Classic | Stanardsville | VA |
| 3 | 370 | Michael Rossi | USA | NE Push/Pull Championships | Derry | NH |
| | 370 | Andy Dickey | USA | Western USA Championships | Prescott | AZ |
| 5 | 364 | Djalus Boris | Serbia | Serbian Open Bench Press Championships | Backa Palanka | Serbia |
| | 364 | Brian Sealock | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 7 | 353 | Moslem Fili | Iran | Turkey International Bench Press Competition | Antalya | Turkey |
| 8 | 350 | Nick Apseloff | USA | Potomac Open | Woodbridge | VA |
| 9 | 342 | Brandon Branch | USA | Arizona State Single Lift Championships | Prescott | AZ |
| | 342 | Wayne Burrell | USA | Christmas Classic | Stanardsville | VA |
| 11 | 331 | Michael Napolitano | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 331 | Dan Henson | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 331 | Dave Umstead | USA | World Single Lift Championships | Norfolk | VA |
| 14 | 330 | Larry Nash | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 15 | 325 | Dylan Burns | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 325 | Mark Franklin | USA | NC American Challenge | Currituck | NC |
| 17 | 320 | Adam Rosario | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 320 | John Troiano | USA | Old School Iron Wars | Burlington | VT |
| 19 | 319 | Clint Baldwin | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 319 | Jason Hillman | USA | NE American Challenge | Omaha | NE |
| 20 | 314 | Pat Baird | USA | NE American Challenge | Omaha | NE |
| | 314 | Josh Dalton | USA | VA American Challenge | Gordonsville | VA |
| | 314 | Chris Kruchten | USA | VA American Challenge | Gordonsville | VA |
| | 314 | Paul Janoff | USA | West Coast Single Lift Championships | Las Vegas | NV |
| | 314 | Stan Burke | USA | Christmas Classic | Stanardsville | VA |



2010 Final Rankings

2010 Deadlift Rankings

Weight Class: 181 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|----------------|---------|
| 1 | 627 | David Hansen | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 2 | 612 | Tony Rodriguez | USA | World Powerlifting Championships | Las Vegas | NV |
| 3 | 601 | Rob Hanners | USA | World Single Lift Championships | Norfolk | VA |
| 4 | 594 | David Szymanski | USA | NE American Challenge | Omaha | NE |
| 5 | 585 | Eric Ridings | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 6 | 568 | Adam Rosario | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 7 | 551 | Brian Sealock | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 551 | Pavel Kovalchuk | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| | 551 | Vadim Snitkovsky | Ukraine | World Single Lift Championships | Norfolk | VA |
| 10 | 550 | Matt LaMaster | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 11 | 529 | Aaron Trail | USA | Western USA Championships | Prescott | AZ |
| | 529 | Larry Dyles | USA | Christmas Classic | Stanardsville | VA |
| 13 | 523 | Travis Roberts | USA | VA American Challenge | Gordonsville | VA |
| | 523 | Sergei Skorodumov | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 15 | 518 | Travis Hlavka | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 16 | 515 | Dasan Hollaway | USA | Potomac Open | Woodbridge | VA |
| 17 | 513 | Michael Napolitano | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 18 | 507 | Jerome Penn | USA | World Single Lift Championships | Norfolk | VA |
| | 507 | Ben Spanjer | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| | 507 | Greg Pike | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 20 | 505 | Donovan Muldrow | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |

2010 Strict Curl Rankings

Weight Class: 181 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-------------------|---------|--|----------------|----|
| 1 | 158 | Mark Wilhelm | USA | World Single Lift Championships | Norfolk | VA |
| 2 | 151 | Adam Rosario | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 3 | 150 | Tim Henriques | USA | World Single Lift Championships | Norfolk | VA |
| 4 | 138 | Dylan Burns | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 138 | Josh Dalton | USA | VA American Challenge | Gordonsville | VA |
| | 138 | Rick Lamarche | USA | Old School Iron Wars | Burlington | VT |
| 7 | 135 | Andy Stewardson | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 8 | 130 | Rick Staab | USA | Quaker Classic Championships | Salem | OH |
| 9 | 128 | Vadim Snitkovsky | Ukraine | World Single Lift Championships | Norfolk | VA |
| 10 | 127 | Wayne Burrell | USA | Christmas Classic | Stanardsville | VA |
| 11 | 125 | Jeremy McLaughlin | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| | 125 | Josh Wood | USA | Potomac Open | Woodbridge | VA |
| 13 | 121 | Aaron Trail | USA | AZ American Challenge | Prescott | AZ |
| | 121 | Wayne Ciddo | USA | Arizona State Single Lift Championships | Prescott | AZ |
| | 121 | Anthony Lara | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 16 | 117 | Dave Umstead | USA | World Single Lift Championships | Norfolk | VA |
| 17 | 111 | Jerome Penn | USA | World Single Lift Championships | Norfolk | VA |
| | 111 | Jason Dehenzel | USA | World Single Lift Championships | Norfolk | VA |
| 19 | 110 | Marion Hatchell | USA | Arizona State Single Lift Championships | Prescott | AZ |
| | 110 | Bill Deloney | USA | AZ American Challenge | Prescott | AZ |
| | 110 | Bret Kernoff | USA | Old School Iron Wars | Burlington | VT |
| 20 | 109 | Nick Williamson | USA | Battle of the Border | Currituck | NC |
| | 109 | Wayne Claypatch | USA | West Coast Single Lift Championships | Las Vegas | NV |



2010 Final Rankings

2010 Total Rankings

Weight Class: 181 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|-------------|---------|
| 1 | 1356 | Tony Rodriguez | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 1349 | Brian Sealock | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 3 | 1334 | David Szymanski | USA | World Powerlifting Championships | Las Vegas | NV |
| 4 | 1320 | Eric Ridings | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 5 | 1262 | Michael Napolitano | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 6 | 1235 | Matt LaMaster | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 7 | 1224 | Andy Dickey | USA | Western USA Championships | Prescott | AZ |
| 8 | 1193 | Aaron Trail | USA | Western USA Championships | Prescott | AZ |
| 9 | 1191 | Travis Hlavka | USA | World Powerlifting Championships | Las Vegas | NV |
| 10 | 1179 | Spencer Hess | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 11 | 1170 | Kevin Varriale | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 12 | 1152 | Eric Poulin | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 13 | 1144 | Clint Baldwin | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 14 | 1124 | John Troiano | USA | Old School Iron Wars | Burlington | VT |
| 15 | 1120 | Adam Dee | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 16 | 1108 | Greg Pike | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 17 | 1079 | Kurt Pohlmann | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 18 | 1065 | Randy Hraban | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 19 | 1058 | Sadegh Minaye | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 20 | 1036 | Norman Grantham | USA | North Carolina Powerlifting Championships | Currituck | NC |
| | 1036 | Vadim Suren | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| | 1036 | Artur Mikaeil | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |



2010 Squat Rankings

Weight Class: 198 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-------------------|---------|--|-----------------|---------|
| 1 | 512 | Chris Gallick | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 2 | 507 | Edvard Sirusiyani | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| | 507 | Dean Bellantoni | USA | Old School Iron Wars | Burlington | VT |
| 4 | 502 | Ryan Massey | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 5 | 500 | Shaun Trimarco | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 6 | 495 | Nate Glines | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 7 | 480 | Adam Price | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 8 | 468 | Ben Edwards | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 9 | 463 | Michael Berby | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 463 | Jorge Gonzalez | USA | World Powerlifting Championships | Las Vegas | NV |
| 11 | 446 | Tony Bonvechio | USA | Old School Iron Wars | Burlington | VT |
| 12 | 435 | Kevin Dickhut | USA | North Carolina Powerlifting Championships | Currituck | NC |
| | 435 | Starky Hedger | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 14 | 431 | Lutz Kaelber | USA | Old School Iron Wars | Burlington | VT |
| 15 | 429 | Rudy Martinez | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 16 | 424 | Andy Dickey | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 17 | 397 | Manuk Sirusiyani | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 18 | 390 | Michael Large | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 19 | 386 | Artour Amiryan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 20 | 380 | Garrett Smith | USA | World Powerlifting Championships | Las Vegas | NV |

2010 Bench Press Rankings

Weight Class: 198 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-----------------------|----------|--|-----------------|---------|
| 1 | 529 | Dennis Cieri | USA | NJ American Challenge | Pitman | NJ |
| 2 | 430 | Nick Mercorelli | USA | Potomac Open | Woodbridge | VA |
| 3 | 419 | Mohammad Mirzaee | Iran | Turkey International Bench Press Competition | Antalya | Turkey |
| 4 | 415 | Mike McHargh | USA | Quaker Classic Championships | Salem | OH |
| 5 | 408 | Ahmed Shafik | USA/Iraq | West Coast Single Lift Championships | Las Vegas | NV |
| 6 | 402 | Chris Walter | USA | World Single Lift Championships | Norfolk | VA |
| 7 | 397 | Jim VanAllen | USA | VT American Challenge | Burlington | VT |
| | 397 | Chad Rexrode | USA | VA American Challenge | Gordonsville | VA |
| 9 | 392 | Michael Berby | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 392 | Mario Valero | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 392 | Anthony Simpson | USA | NC American Challenge | Currituck | NC |
| 12 | 388 | Andy Dickey | USA | AZ American Challenge | Prescott | AZ |
| 13 | 385 | Sylvester Freeman, Jr | USA | NC American Challenge | Currituck | NC |
| | 385 | Colin Haller | USA | Potomac Open | Woodbridge | VA |
| 15 | 380 | Arthur Patterson | USA | Freedom USA BP & Strict Curl | Leesburg | VA |
| 16 | 375 | Ben Edwards | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 375 | Ryan Massey | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| | 375 | Bobby Parks | USA | Christmas Classic | Stanardsville | VA |
| 19 | 369 | Jim Vecchio | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 20 | 364 | Rinat Zaripov | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |



2010 Deadlift Rankings

Weight Class: 198 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|-----------------|---------|
| 1 | 662 | Nate Glines | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 2 | 650 | Dean Bellantoni | USA | Old School Iron Wars | Burlington | VT |
| 3 | 625 | Shaun Trimarco | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 4 | 618 | Rinat Zaripov | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 5 | 600 | Starky Hedger | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 6 | 573 | Gennady Zotov | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| | 573 | Kevin Dickhut | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 8 | 562 | Ryan Massey | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 9 | 557 | Jeffrey Strong | USA | New York State Single Lift Championships | East Syracuse | NY |
| 10 | 551 | Tamdan McCrory | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 551 | Chris Gallick | USA | World Powerlifting Championships | Las Vegas | NV |
| | 551 | Andrew Samogitia | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 13 | 539 | Chad Rexrode | USA | VA American Challenge | Gordonsville | VA |
| 14 | 534 | Rudy Martinez | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 15 | 529 | Michael Berby | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 529 | Vitaliy Volkov | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 17 | 524 | Anthony Campo | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 18 | 518 | Adam Price | Canada | 2010 Western Canadian Nationals | Albera | Canada |
| 19 | 507 | Nicholas Matvienko | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| | 507 | Yuri Chlek | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| | 507 | Tom Smith | USA | World Single Lift Championships | Norfolk | VA |
| 20 | 502 | David Dibble | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 502 | Mario Valero | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 502 | Ben Edwards | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 502 | Brett Johnson | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| | 502 | Cameron Fraser | USA | West Coast Single Lift Championships | Las Vegas | NV |
| | 502 | Jorge Gonzalez | USA | World Powerlifting Championships | Las Vegas | NV |
| | 502 | Chris Walter | USA | World Single Lift Championships | Norfolk | VA |
| | 502 | Tony Bonvechio | USA | Old School Iron Wars | Burlington | VT |

2010 Strict Curl Rankings

Weight Class: 198 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|------------------|---------|--|-----------------|----|
| 1 | 155 | Aaron Mobley | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 2 | 154 | Andy Dickey | USA | AZ American Challenge | Prescott | AZ |
| | 154 | Tyler Travis | USA | VA American Challenge | Gordonsville | VA |
| | 154 | Ken Mattson | USA | NE Push/Pull Championships | Derry | NH |
| | 154 | Bobby Parks | USA | VA State Single Lift Championships | Stanardsville | VA |
| | 154 | Alex Paluilis | USA | Supreme Fitness Challenge | Brattleboro | VT |
| 7 | 149 | Patrick Albright | USA | VA American Challenge | Gordonsville | VA |
| 8 | 143 | Michael Berby | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 143 | Keith Harbaugh | USA | VA American Challenge | Gordonsville | VA |
| | 143 | Steve Gruber | USA | Supreme Fitness Challenge | Brattleboro | VT |
| 11 | 135 | Chad Rexrode | USA | Ironman Nationals | Gordonsville | VA |
| 12 | 132 | Zach Ney | USA | Granite City Iron Wars | Barre | VT |
| | 132 | Travis Roberts | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 14 | 130 | Bob Dahlhamer | USA | Freedom USA BP & Strict Curl | Leesburg | VA |
| 15 | 127 | Jeff Holleyfield | USA | AZ American Challenge | Prescott | AZ |
| 16 | 121 | William Farrell | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 17 | 118 | Anthony Campo | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 18 | 116 | Frank Kaupa | USA | Arizona State Single Lift Championships | Prescott | AZ |
| | 116 | Tyler Wilson | USA | AZ American Challenge | Prescott | AZ |
| 20 | 101 | Nick Montgomery | USA | NJ American Challenge | Pitman | NJ |



2010 Total Rankings

Weight Class: 198 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|--------------------|---------|--|-----------------|---------|
| 1 | 1499 | Dean Bellantoni | USA | Old School Iron Wars | Burlington | VT |
| 2 | 1483 | Nate Glines | USA | World Powerlifting Championships | Las Vegas | NV |
| 3 | 1440 | Shaun Trimarco | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 4 | 1439 | Ryan Massey | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 5 | 1384 | Michael Berby | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 6 | 1380 | Starky Hedger | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 7 | 1378 | Chris Gallick | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 8 | 1344 | Edvard Sirusiyan | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 9 | 1343 | Ben Edwards | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 10 | 1339 | Kevin Dickhut | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 11 | 1317 | Adam Price | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| | 1317 | Jorge Gonzalez | USA | World Powerlifting Championships | Las Vegas | NV |
| 13 | 1295 | Rudy Martinez | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 14 | 1268 | Andy Dickey | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 15 | 1257 | Tony Bonvechio | USA | Old School Iron Wars | Burlington | VT |
| 16 | 1165 | Lutz Kalber | USA | Old School Iron Wars | Burlington | VT |
| 17 | 1119 | Brian Trail | USA | Western USA Championships | Prescott | AZ |
| 18 | 1102 | Artour Amiriyanyan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| | 1102 | Manuk Sirusiyan | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 20 | 1100 | Michael Large | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |



2010 Final Rankings

2010 Squat Rankings

Weight Class: 220 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-------------------|---------|--|-----------------|---------|
| 1 | 540 | Yarik Shahbazyan | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 2 | 535 | Pierre Ngo | USA | World Powerlifting Championships | Las Vegas | NV |
| 3 | 518 | Markar Davodiyany | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 4 | 502 | Peter Napolitano | USA | Old School Iron Wars | Burlington | VT |
| 5 | 474 | Glenn Melnick | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 474 | Jason Bourgoin | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 7 | 463 | Logan Kwiatkowski | Canada | World Powerlifting Championships | Las Vegas | NV |
| 8 | 458 | Derek Willis | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 9 | 435 | Shane Dixon | Canada | World Powerlifting Championships | Las Vegas | NV |
| 10 | 424 | John Sarginson | Canada | World Powerlifting Championships | Las Vegas | NV |
| | 424 | Brad Litchfield | USA | Old School Iron Wars | Burlington | VT |
| 12 | 419 | Leon Fox | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 13 | 413 | Josh Best | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 14 | 408 | Brian Ennis | USA | Old School Iron Wars | Burlington | VT |
| | 408 | Ian Gillaspie | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 16 | 386 | Eric Tuthill | USA | World Powerlifting Championships | Las Vegas | NV |
| 17 | 358 | Steve Schmidt | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 18 | 353 | Gavin Pehl | USA | World Powerlifting Championships | Las Vegas | NV |
| 19 | 320 | Bogdan Griffith | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 20 | 314 | Brian Trail | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| | 314 | Andrew Harding | Canada | 2010 Western Canadian Nationals | Alberta | Canada |

2010 Bench Press Rankings

Weight Class: 220 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-----------------------|---------|--|---------------|---------|
| 1 | 408 | Novakovic Jovica | Serbia | Serbian Open Bench Press Championships | Backa Palanka | Serbia |
| | 408 | Ray Ortiz | USA | West Coast Single Lift Championships | Las Vegas | NV |
| | 408 | James LeClerc | USA | Old School Iron Wars | Burlington | VT |
| 4 | 391 | Ronald Ayers | USA | West Coast Single Lift Championships | Las Vegas | NV |
| | 391 | Charles Parks | USA | Christmas Classic | Stanardsville | VA |
| 6 | 390 | John Jackson | USA | Potomac Open | Woodbridge | VA |
| 7 | 386 | Pierre Ngo | USA | World Powerlifting Championships | Las Vegas | NV |
| 8 | 380 | Yarik Shahbazyan | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 9 | 377 | Ron Wisdom | USA | Granite City Iron Wars | Barre | VT |
| | 377 | Tretyak Stanislav | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 11 | 375 | Ryan Kalbaugh | USA | Potomac Open | Woodbridge | VA |
| | 375 | Craig Perry | USA | VA American Challenge | Gordonsville | VA |
| | 375 | Ken Mattson | USA | VT American Challenge | Burlington | VT |
| | 375 | Fardin Vahedi | Iran | Tehran Bench Press Competition | Tehran | Iran |
| | 375 | Oleksander Dorgobuzov | Ukraine | Turkey International Bench Press Competition | Antalya | Turkey |
| 16 | 370 | John Jackson | USA | Freedom USA BP & Strict Curl | Leesburg | VA |
| 17 | 369 | Troy Valberg | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 18 | 364 | Josh Conner | USA | Western USA Championships | Prescott | AZ |
| | 364 | John Sarginson | Canada | World Powerlifting Championships | Las Vegas | NV |
| 20 | 358 | Mark Robb | USA | VA American Challenge | Gordonsville | VA |
| | 358 | Brian Shifflett | USA | Christmas Classic | Stanardsville | VA |



2010 Final Rankings

2010 Deadlift Rankings

Weight Class: 220 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|---------------------|---------|--|----------------|---------|
| 1 | 640 | Brendan Ridings | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| | 640 | Pierre Ngo | USA | World Powerlifting Championships | Las Vegas | NV |
| 3 | 601 | Shane Dixon | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 4 | 595 | Anatoly Khrabrov | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| | 595 | Alexander Lutsenko | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 6 | 584 | Peter Napolitano | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 584 | Mark Robb | USA | VA American Challenge | Gordonsville | VA |
| | 584 | Kurt Christofferson | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 9 | 574 | Didovik Sergii | Ukraine | World Single Lift Championships | Norfolk | VA |
| 10 | 568 | Troy Valberg | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 568 | Glenn Melnick | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 12 | 562 | Jason Bourgoin | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 562 | Aaron Stroup | USA | Quad State Powerlifting Championships | Salem | OH |
| 14 | 551 | Markar Davodiyani | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| | 551 | Alex Vasilenko | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 16 | 540 | John Sarginson | Canada | World Powerlifting Championships | Las Vegas | NV |
| | 540 | Frank Sowa | USA | VA State Single Lift Championships | Stanardsville | VA |
| | 540 | Eric Ogle | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 19 | 535 | DJ Satterfield | USA | World Single Lift Championships | Norfolk | VA |
| 20 | 529 | Logan Kwiatkowski | Canada | World Powerlifting Championships | Las Vegas | NV |
| | 529 | Vitaly Rishnyak | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| | 529 | Brian Shifflett | USA | Christmas Classic | Stanardsville | VA |

2010 Strict Curl Rankings

Weight Class: 220 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|----------------|---------|--|----------------|----|
| 1 | 173 | Charles Parks | USA | Christmas Classic | Stanardsville | VA |
| 2 | 171 | Chris Campbell | USA | VA American Challenge | Gordonsville | VA |
| 3 | 166 | Jeffrey Madden | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 4 | 161 | Didovik Sergii | Ukraine | World Single Lift Championships | Norfolk | VA |
| 5 | 160 | Ken Mattson | USA | VT American Challenge | Burlington | VT |
| | 160 | Josh Conner | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 7 | 154 | Mark Robb | USA | VA American Challenge | Gordonsville | VA |
| 8 | 150 | Glen Melnick | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| | 150 | Gavin Pehl | USA | AZ American Challenge | Prescott | AZ |
| 10 | 143 | Dean Pusey | USA | VA State Single Lift Championships | Stanardsville | VA |
| 11 | 139 | Bill Purcell | USA | World Single Lift Championships | Norfolk | VA |
| | 139 | Michael Primak | USA | World Single Lift Championships | Norfolk | VA |
| 13 | 135 | Joe Tholen Jr. | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 14 | 133 | John Bope | USA | World Single Lift Championships | Norfolk | VA |
| 15 | 130 | Alan Berry | USA | Quaker Classic Championships | Salem | OH |
| 16 | 127 | Brian Trail | USA | Arizona State Single Lift Championships | Prescott | AZ |
| | 127 | Kenny Rogers | USA | Battle of the Border | Currituck | NC |
| 18 | 122 | DJ Satterfield | USA | World Single Lift Championships | Norfolk | VA |
| | 122 | Maurice Cherry | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 20 | 115 | Dallas Cooley | USA | Potomac Open | Woodbridge | VA |



2010 Final Rankings

2010 Total Rankings

Weight Class: 220 lb

| Rank | Lift | Lifter | | Meet | Site | |
|------|------|-------------------|---------|--|-----------------|---------|
| 1 | 1560 | Pierre Ngo | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 1422 | Peter Napolitano | USA | Old School Iron Wars | Burlington | VT |
| 3 | 1400 | Markar Davodiyani | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 4 | 1377 | Glenn Melnick | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 5 | 1356 | Shane Dixon | Canada | World Powerlifting Championships | Las Vegas | NV |
| 6 | 1334 | Yarik Shahbazyan | Armenia | Armenia Powerlifting Cup | Yerevan | Armenia |
| 7 | 1328 | John Sarginson | Canada | World Powerlifting Championships | Las Vegas | NV |
| | 1328 | Logan Kwiatkowski | Canada | World Powerlifting Championships | Las Vegas | NV |
| 9 | 1306 | Jason Bourgoin | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 1306 | Brad Litchfield | USA | Old School Iron Wars | Burlington | VT |
| 11 | 1301 | Derek Willis | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 12 | 1246 | Brian Ennis | USA | Old School Iron Wars | Burlington | VT |
| 13 | 1207 | Eric Tuthill | USA | World Powerlifting Championships | Las Vegas | NV |
| 14 | 1191 | Leon Fox | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 15 | 1173 | Kyle Kruse | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 16 | 1172 | Josh Best | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 17 | 1168 | Gavin Pehl | USA | World Powerlifting Championships | Las Vegas | NV |
| 18 | 1163 | Ian Gillaspie | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 19 | 1081 | Brian Trail | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 20 | 1029 | Steve Schmidt | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |



2010 Final Rankings

2010 Squat Rankings

Weight Class: 242 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-------------------|---------|--|-----------------|---------|
| 1 | 568 | James Bartlett | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 2 | 540 | Mark Lagasse | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 3 | 534 | Bret Carter | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 4 | 529 | Edvard Maksim | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 5 | 524 | James Loach | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 6 | 507 | Anthony Brill | USA | World Powerlifting Championships | Las Vegas | NV |
| | 507 | Lynn Corbin | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 8 | 485 | Jeff Deigan | USA | Old School Iron Wars | Burlington | VT |
| 9 | 463 | David Kraft | USA | World Powerlifting Championships | Las Vegas | NV |
| 10 | 452 | Andrew Gurry | USA | Old School Iron Wars | Burlington | VT |
| 11 | 441 | Melvin Kochar | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| | 441 | Glenn Finley | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 13 | 435 | Logan Kwiatkowski | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 14 | 430 | Kris Dulmer | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 15 | 424 | Joseph Diancin | USA | World Powerlifting Championships | Las Vegas | NV |
| 16 | 420 | Giovanni Giuliano | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 17 | 380 | Eric Tuthill | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 18 | 375 | Julian Badger | USA | Old School Iron Wars | Burlington | VT |
| | 375 | Andy Baldwin | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 20 | 364 | Anthony Burnham | USA | Masters Nationals/New England PL Championships | Burlington | VT |

2010 Bench Press Rankings

Weight Class: 242 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-----------------|---------|--|---------------|----|
| 1 | 468 | John Franks | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 2 | 452 | Kris Dulmer | USA | New York State Single Lift Championships | East Syracuse | NY |
| 3 | 435 | Steve Baglio | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 4 | 430 | Scott Kowalczyk | USA | Quad State Powerlifting Championships | Salem | OH |
| 5 | 425 | Ronald Thomas | USA | Ironman Nationals | Gordonsville | VA |
| | 425 | Wayne Mudrack | USA | VT American Challenge | Burlington | VT |
| 7 | 420 | Josh Smith | USA | Potomac Open | Woodbridge | VA |
| 8 | 418 | Brett Carter | USA | NE American Challenge | Omaha | NE |
| 9 | 413 | Chris Campbell | USA | VA American Challenge | Gordonsville | VA |
| | 413 | James LaGrange | USA | New York State Single Lift Championships | East Syracuse | NY |
| | 413 | Nick Hansen | USA | West Coast Single Lift Championships | Las Vegas | NV |
| | 413 | David Hall | USA | VA State Single Lift Championships | Stanardsville | VA |
| 13 | 402 | Todd Campo | USA | Christmas Classic | Stanardsville | VA |
| 14 | 397 | Joseph Rascoe | USA | Battle of the Border | Currituck | NC |
| | 397 | Nick Ariba | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 16 | 391 | Jeff Deigan | USA | Old School Iron Wars | Burlington | VT |
| | 391 | Frank Schuetz | USA | Christmas Classic | Stanardsville | VA |
| 18 | 386 | Daniel Kroh | USA | Christmas Classic | Stanardsville | VA |
| 19 | 385 | Bryan Hall | USA | Potomac Open | Woodbridge | VA |
| | 385 | Gary Kurlik | USA | Potomac Open | Woodbridge | VA |
| | 385 | David Moeller | USA | NE American Challenge | Omaha | NE |
| 20 | 380 | John Svalina | USA | Freedom USA BP & Strict Curl | Leesburg | VA |
| | 380 | Josh Jenkins | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 380 | Cliff Tallman | USA | NJ American Challenge | Pitman | NJ |
| | 380 | Bob Muretta | USA | VA American Challenge | Gordonsville | VA |
| | 380 | Carl Mueller | USA | NE Push/Pull Championships | Derry | NH |
| | 380 | Craig Perry | USA | World Single Lift Championships | Norfolk | VA |



2010 Final Rankings

2010 Deadlift Rankings

Weight Class: 242 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-------------------|---------|--|---------------|---------|
| 1 | 639 | James Bartlett | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 2 | 634 | Gregory Distin | USA | World Single Lift Championships | Norfolk | VA |
| 3 | 617 | David Kraft | USA | World Powerlifting Championships | Las Vegas | NV |
| 4 | 606 | James Loach | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| | 606 | Donny Cornell | USA | New York State Single Lift Championships | East Syracuse | NY |
| | 606 | Jeff Deigan | USA | Old School Iron Wars | Burlington | VT |
| 7 | 601 | Anthony Brill | USA | World Powerlifting Championships | Las Vegas | NV |
| 8 | 595 | Andrew Gurry | USA | Old School Iron Wars | Burlington | VT |
| | 595 | Ronald Thomas | USA | VA American Challenge | Gordonsville | VA |
| 10 | 590 | Nick Ariba | USA | Potomac Open | Woodbridge | VA |
| | 590 | Yuri Lunev | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| | 590 | John Franks | USA | World Single Lift Championships | Norfolk | VA |
| 13 | 568 | Glenn Melnick | USA | World Single Lift Championships | Norfolk | VA |
| 14 | 565 | Giovanni Giuliano | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 15 | 561 | Chris Jackson | USA | Ironman Nationals | Gordonsville | VA |
| 16 | 557 | Mark Lagasse | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 17 | 551 | Jesse Jobe | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 551 | Joseph Diancin | USA | World Powerlifting Championships | Las Vegas | NV |
| 19 | 550 | Bob Gilmore | USA | Quaker Classic Championships | Salem | OH |
| | 550 | Lynn Corbin | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 20 | 546 | James Hourihan | USA | World Single Lift Championships | Norfolk | VA |

2010 Strict Curl Rankings

Weight Class: 242 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-----------------|---------|--|-----------------|----|
| 1 | 184 | John Franks | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 2 | 171 | Charles Parks | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| | 171 | Clint Bartolic | USA | Quaker Classic Championships | Salem | OH |
| 4 | 168 | Scott Kowalczyk | USA | Quad State Powerlifting Championships | Salem | OH |
| 5 | 163 | Chris Campbell | USA | Ironman Nationals | Gordonsville | VA |
| 6 | 161 | Nick Ariba | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| | 161 | Glenn Melnick | USA | World Single Lift Championships | Norfolk | VA |
| 8 | 160 | Luke Petry | USA | NE American Challenge | Omaha | NE |
| | 160 | Carl Mueller | USA | NE Push/Pull Championships | Derry | NH |
| 10 | 154 | Carl Lyons | USA | Christmas Classic | Stanardsville | VA |
| 11 | 150 | Michael Primak | USA | Freedom USA BP & Strict Curl | Leesburg | VA |
| | 150 | Tsynda Oleksii | Ukraine | World Single Lift Championships | Norfolk | VA |
| 13 | 143 | David Moeller | USA | NE American Challenge | Omaha | NE |
| 14 | 140 | Gary Kurlick | USA | Potomac Open | Woodbridge | VA |
| 15 | 138 | Eric Tuthill | USA | AZ American Challenge | Prescott | AZ |
| 16 | 133 | Shane Peterson | USA | World Single Lift Championships | Norfolk | VA |
| | 133 | Mike Smith | USA | Arizona State Single Lift Championships | Prescott | AZ |
| | 133 | Andy Baldwin | USA | Battle of the Border | Currituck | NC |
| 19 | 130 | Bob Muretta | USA | Freedom USA BP & Strict Curl | Leesburg | VA |
| 20 | 127 | Daniel Kroh | USA | Christmas Classic | Stanardsville | VA |



2010 Final Rankings

2010 Total Rankings

Weight Class: 242 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-------------------|---------|--|-----------------|---------|
| 1 | 1538 | James Bartlett | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 2 | 1505 | James Loach | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 3 | 1483 | Jeff Deigan | USA | Old School Iron Wars | Burlington | VT |
| 4 | 1465 | Bret Carter | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 5 | 1439 | Anthony Brill | USA | World Powerlifting Championships | Las Vegas | NV |
| 6 | 1427 | Mark Lagasse | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 7 | 1405 | David Kraft | USA | World Powerlifting Championships | Las Vegas | NV |
| | | Andrew Gurry | USA | Old School Iron Wars | Burlington | VT |
| 9 | 1400 | Lynn Corbin | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 10 | 1345 | Kris Dulmer | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 1345 | Edvard Maksim | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 12 | 1320 | Giovanni Giuliano | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 13 | 1290 | Glenn Finley | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 14 | 1284 | Joseph Diancin | USA | World Powerlifting Championships | Las Vegas | NV |
| 15 | 1251 | Logan Kwiatkowski | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 16 | 1207 | Eric Tuthill | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 17 | 1174 | Melvin Kochar | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 18 | 1165 | Jason Headle | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 19 | 1146 | Julian Badger | USA | Old School Iron Wars | Burlington | VT |
| 20 | 1113 | Aaron Forsithe | Canada | 2010 Western Canadian Nationals | Alberta | Canada |



2010 Final Rankings

2010 Squat Rankings

| Weight Class: 275 lb | | | | | | |
|----------------------|------|----------------------|---------|--|-----------------|---------|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 656 | Michael Eaton | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 2 | 650 | Nate Butler | USA | World Powerlifting Championships | Las Vegas | NV |
| 3 | 628 | Zack Best | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 4 | 600 | Patrick McMillan Sr. | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 5 | 578 | Brandon Cox | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 6 | 562 | Bob Toth | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 562 | Velademir Samson | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 8 | 551 | Viktor Kuzmenko | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 9 | 546 | Austin Shipley | USA | World Powerlifting Championships | Las Vegas | NV |
| 10 | 507 | Jimmy Doyle | USA | World Powerlifting Championships | Las Vegas | NV |
| 11 | 480 | Pete Gisondi | USA | Old School Iron Wars | Burlington | VT |
| 12 | 435 | Kevin Molczyk | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 13 | 430 | Steve Brown | USA | World Powerlifting Championships | Las Vegas | NV |
| 14 | 419 | Andre DeJesus | USA | Old School Iron Wars | Burlington | VT |
| 15 | 413 | David Stewart | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 16 | 407 | Karl Frederickson | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 17 | 405 | Mike Cooper | USA | IL State Powerlifting & Bench Championships | Bloomington | IL |
| 18 | 385 | Stan Dickey | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 19 | 364 | Glenn Stiller | Canada | 2010 Western Canadian Nationals | Alberta | Canada |
| 20 | 347 | Louie Nasta | USA | Arizona State Powerlifting Championships | Prescott | AZ |

2010 Bench Press Rankings

| Weight Class: 275 lb | | | | | | |
|----------------------|------|----------------------|---------|--|-----------------|----|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 507 | Paul Bossi | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 2 | 502 | Carl Elliott | USA | Battle of the Border | Currituck | NC |
| 3 | 470 | Craig Peters | USA | Potomac Open | Woodbridge | VA |
| 4 | 469 | Nate Butler | USA | World Powerlifting Championships | Las Vegas | NV |
| | 469 | Gregory Hartranft | USA | World Single Lift Championships | Norfolk | VA |
| | 469 | Kevin Robinson | USA | World Single Lift Championships | Norfolk | VA |
| 7 | 463 | Zack Best | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 8 | 458 | Donald Owens | USA | World Single Lift Championships | Norfolk | VA |
| 9 | 441 | Kevin Hutchinson | USA | NE American Challenge | Omaha | NE |
| 10 | 430 | Ken McCree | USA | Western USA Championships | Prescott | AZ |
| 11 | 424 | Michael Eaton | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 12 | 419 | Raymond Clasing Sr. | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| | 419 | Patrick McMillan Sr. | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 14 | 413 | Ben Mitchell | USA | Battle of the Border | Currituck | NC |
| | 413 | Austin Shipley | USA | World Powerlifting Championships | Las Vegas | NV |
| 16 | 405 | Jack Daniels | USA | Quaker Classic Championships | Salem | OH |
| 17 | 402 | Lee Wilson | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| | 402 | Robert Muretta | USA | World Single Lift Championships | Norfolk | VA |
| 19 | 397 | David Eddy | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 20 | 391 | Michael James | USA | VA American Challenge | Gordonsville | VA |



2010 Final Rankings

2010 Deadlift Rankings

| Weight Class: 275 lb | | | | | | |
|----------------------|------|----------------------|---------|--|--------------|---------|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 751 | Michael Eaton | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 750 | Brandon Cox | USA | AZ American Challenge | Prescott | AZ |
| 3 | 733 | Gregory Hartanft | USA | VT American Challenge | Burlington | VT |
| 4 | 650 | Zack Best | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 650 | Pete Gisondi | USA | Old School Iron Wars | Burlington | VT |
| 6 | 638 | Patrick McMillan Sr. | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 7 | 611 | Nate Butler | USA | World Powerlifting Championships | Las Vegas | NV |
| | 611 | Brad Phillips | USA | Ironman Nationals | Gordonsville | VA |
| | 611 | Austin Shipley | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 10 | 606 | Jimmy Doyle | USA | World Powerlifting Championships | Las Vegas | NV |
| 11 | 578 | Michael James | USA | VA American Challenge | Gordonsville | VA |
| 12 | 573 | Hoary Games | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 13 | 568 | Bob Toth | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 568 | Kevin Molczyk | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 15 | 561 | Stan Dickey | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 16 | 540 | David Eddy | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 17 | 529 | Veladimir Samson | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 18 | 518 | Basil Holivets | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| | 518 | Sharif Issa | USA | World Single Lift Championships | Norfolk | VA |
| 20 | 506 | Karl Fredrickson | USA | NE American Challenge | Omaha | NE |

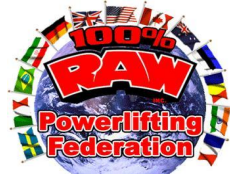
2010 Strict Curl Rankings

| Weight Class: 275 lb | | | | | | |
|----------------------|------|---------------------|---------|--|-----------------|----|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 177 | Clint Bartolic | USA | World Single Lift Championships | Norfolk | VA |
| 2 | 160 | Raymond Clasing Sr. | USA | Quaker Classic Championships | Salem | OH |
| | 160 | Michael James | USA | VA American Challenge | Gordonsville | VA |
| | 160 | Brandon Cox | USA | AZ American Challenge | Prescott | AZ |
| 5 | 154 | Carl Lyons | USA | VA American Challenge | Gordonsville | VA |
| 6 | 150 | Lee Wilson | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 7 | 149 | David Stewart | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 8 | 140 | Lee Stewart | USA | Freedom USA BP & Strict Curl | Leesburg | VA |
| 9 | 139 | Sharif Issa | USA | World Single Lift Championships | Norfolk | VA |
| 10 | 138 | Clint DeMoss | USA | AZ American Challenge | Prescott | AZ |
| 11 | 132 | Louie Nasta | USA | Arizona State Single Lift Championships | Prescott | AZ |
| | 132 | Paul DeSimone | USA | Granite City Iron Wars | Barre | VT |
| 13 | 127 | Bob Borofsky | USA | VT American Challenge | Burlington | VT |
| 14 | 117 | Ed Horowitz | USA | World Single Lift Championships | Norfolk | VA |
| 15 | 115 | Bob Feeney | USA | Potomac Open | Woodbridge | VA |
| 16 | 109 | Keyshawn Norman | USA | Battle of the Border | Currituck | NC |
| 17 | 105 | Justin Hugh | USA | Potomac Open | Woodbridge | VA |
| | 105 | Gene Lawrence | USA | AZ American Challenge | Prescott | AZ |
| 19 | 100 | Jervis Penn | USA | World Single Lift Championships | Norfolk | VA |
| 20 | 85 | Vaughn Maldfeld | USA | Northeast Regional Single Lift Championships | Johnson City | NY |



2010 Final Rankings

| 2010 Total Rankings | | | | | | | |
|----------------------|------|----------------------|---------|--|-----------------|---------|--|
| Weight Class: 275 lb | | | | | | | |
| Rank | Lift | Lifter | Country | Meet | Site | | |
| 1 | 1802 | Michael Eaton | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD | |
| 2 | 1741 | Zack Best | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE | |
| 3 | 1731 | Nate Butler | USA | World Powerlifting Championships | Las Vegas | NV | |
| 4 | 1692 | Brandon Cox | USA | Arizona State Powerlifting Championships | Prescott | AZ | |
| 5 | 1659 | Patrick McMillan Sr. | USA | North Carolina Powerlifting Championships | Currituck | NC | |
| 6 | 1532 | Austin Shipley | USA | World Powerlifting Championships | Las Vegas | NV | |
| 7 | 1510 | Pete Gisondi | USA | Old School Iron Wars | Burlington | VT | |
| 8 | 1483 | Bob Toth | USA | Masters Nationals/New England PL Championships | Burlington | VT | |
| 9 | 1461 | Jimmy Doyle | USA | World Powerlifting Championships | Las Vegas | NV | |
| 10 | 1444 | Veladimir Samson | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia | |
| 11 | 1378 | Viktor Kuzmenko | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia | |
| 12 | 1367 | Stan Dickey | USA | Arizona State Powerlifting Championships | Prescott | AZ | |
| 13 | 1294 | Kevin Molczyk | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE | |
| 14 | 1284 | David Stewart | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD | |
| | 1284 | Steve Brown | USA | World Powerlifting Championships | Las Vegas | NV | |
| 16 | 1246 | Louie Nasta | USA | Arizona State Powerlifting Championships | Prescott | AZ | |
| 17 | 1227 | Karl Frederickson | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE | |
| 18 | 1225 | Mike Cooper | USA | IL State Powerlifting & Bench Championships | Bloomington | IL | |
| 19 | 1213 | Brad Lovejoy | USA | World Powerlifting Championships | Las Vegas | NV | |
| 20 | 1141 | Andre De Jesus | USA | Old School Iron Wars | Burlington | VT | |



2010 Final Rankings

2010 Squat Rankings

Weight Class: 308 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|---------------------|---------|---|-----------|----|
| 1 | 601 | Chad Larson | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 418 | Perris Magneson | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 3 | 402 | Raymond Clasing Sr. | USA | World Powerlifting Championships | Las Vegas | NV |
| 4 | 243 | Gene Lawrence | USA | World Powerlifting Championships | Las Vegas | NV |
| 5 | 100 | Dan Corridean | USA | North Carolina Powerlifting Championships | Currituck | NC |

2010 Bench Press Rankings

Weight Class: 308 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|------------------|---------|--|-----------------|--------|
| 1 | 540 | Jerry Gunther | USA | NC American Challenge | Currituck | NC |
| 2 | 480 | Donald Owens | USA | Battle of the Border | Currituck | NC |
| 3 | 468 | Kevin Robinson | USA | Quad State Powerlifting Championships | Salem | OH |
| 4 | 441 | Steve Hensel | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 441 | Hosein Shiravani | Iran | Turkey International Bench Press Competition | Antalya | Turkey |
| | 441 | Chad Larson | USA | World Powerlifting Championships | Las Vegas | NV |
| 7 | 430 | Dan Corridean | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 8 | 419 | Josh Lehman | USA | Arizona State Single Lift Championships | Prescott | AZ |
| 9 | 386 | Raymond Clasing | USA | Eastern USA Powerlifting Championships | Marlowe Heights | MD |
| 10 | 380 | Ron Armstead | USA | Ironman Nationals | Gordonsville | VA |
| 11 | 375 | Anthony Cuttrel | USA | World Single Lift Championships | Norfolk | VA |
| | 375 | Vince Vincent | USA | World Single Lift Championships | Norfolk | VA |
| 13 | 364 | Dustin Newsom | USA | Arizona State Single Lift Championships | Prescott | AZ |
| 14 | 358 | Mike Miller | USA | Quad State Powerlifting Championships | Salem | OH |
| 15 | 353 | Robert Kubat Jr. | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| | 353 | Farzad Ghadiri | Iran | Turkey International Bench Press Competition | Antalya | Turkey |
| 17 | 350 | Aaron White | USA | Quaker Classic Championships | Salem | OH |
| 18 | 342 | Bob Percy | USA | Quad State Powerlifting Championships | Salem | OH |
| 19 | 331 | Murat Tugrul | Turkey | Turkey International Bench Press Competition | Antalya | Turkey |
| 20 | 330 | Edward McGarvey | USA | Quaker Classic Championships | Salem | OH |



2010 Final Rankings

2010 Deadlift Rankings

Weight Class: 308 lb

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-----------------|---------|---|----------------|---------|
| 1 | 661 | Dan Corridean | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 2 | 622 | Chad Larson | USA | NV American Challenge | Las Vegas | NV |
| 3 | 600 | William Lewis | USA | VA American Challenge | Gordonsville | VA |
| 4 | 546 | Michael Doherty | USA | World Single Lift Championships | Norfolk | VA |
| 5 | 523 | Ron Armstead | USA | Ironman Nationals | Gordonsville | VA |
| 6 | 507 | Vince Vincent | USA | World Single Lift Championships | Norfolk | VA |
| 7 | 501 | Perris Magnuson | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 8 | 485 | Aaron White | USA | Quaker Classic Championships | Salem | OH |
| 9 | 480 | Edward McGarvey | USA | Quaker Classic Championships | Salem | OH |
| 10 | 441 | Raymond Clasing | USA | World Single Lift Championships | Norfolk | VA |
| | 441 | Troy Atkins | USA | Quaker Classic Championships | Salem | OH |
| 12 | 408 | Gene Lawrence | USA | World Powerlifting Championships | Las Vegas | NV |
| 13 | 397 | Leonid Vysokin | Ukraine | Ukrainian Single Lift Championships | Kyiv | Ukraine |
| 14 | 330 | Andy Roche | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 15 | 220 | Derek McGarvey | USA | Quaker Classic Championships | Salem | OH |



2010 Final Rankings

2010 Strict Curl Rankings

| Weight Class: 308 lb | | | | | | |
|----------------------|------|-----------------|---------|---|----------------|----|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 172 | Vince Vincent | USA | World Single Lift Championships | Norfolk | VA |
| 2 | 155 | Raymond Clasing | USA | World Single Lift Championships | Norfolk | VA |
| 3 | 149 | Dustin Newsom | USA | Arizona State Single Lift Championships | Prescott | AZ |
| 4 | 145 | Edward McGarvey | USA | Quaker Classic Championships | Salem | OH |
| 5 | 143 | Joel Callison | USA | NV American Challenge | Las Vegas | NV |
| 6 | 140 | Mike Miller | USA | Quad State Powerlifting Championships | Salem | OH |
| 7 | 133 | Michael Doherty | USA | World Single Lift Championships | Norfolk | VA |
| | 133 | Jack Griffin | USA | NE American Challenge | Omaha | NE |
| 9 | 110 | Gene Lawrence | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 10 | 90 | Andy Roche | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 11 | 60 | Derek McGarvey | USA | Quaker Classic Championships | Salem | OH |

2010 Total Rankings

| Weight Class: 308 lb | | | | | | |
|----------------------|------|-----------------|---------|---|-----------|----|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 1637 | Chad Larson | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 1224 | Perris Magnuson | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 3 | 1185 | Dan Corridean | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 4 | 1080 | Raymond Clasing | USA | World Powerlifting Championships | Las Vegas | NV |
| 5 | 898 | Gene Lawrence | USA | World Powerlifting Championships | Las Vegas | NV |



2010 Final Rankings

2010 Squat Rankings

Weight Class: SHW

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-----------------------|---------|--|------------|---------|
| 1 | 628 | Dan Corridean | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 501 | Joe Anderson | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 3 | 441 | Christopher Cadorette | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 441 | Edvard Amoyyea | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 5 | 385 | Daniel Bunch | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 6 | 363 | Manu Hailame | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 7 | 354 | James Campbell | USA | World Powerlifting Championships | Las Vegas | NV |
| 8 | 314 | Joel Callison | USA | World Powerlifting Championships | Las Vegas | NV |
| 9 | 154 | Thomas Dillard | USA | North Carolina Powerlifting Championships | Currituck | NC |

2010 Bench Press Rankings

Weight Class: SHW

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-----------------------|----------|---|----------------|---------|
| 1 | 601 | Pedro Mejia | USA | World Single Lift Championships | Norfolk | VA |
| 2 | 557 | Jerry Gunter | USA | Battle of the Border | Currituck | NC |
| 3 | 529 | Anthony Davie | USA | World Single Lift Championships | Norfolk | VA |
| 4 | 496 | Jankovic Gregor | Slovenia | Serbian Open Bench Press Championships | Backa Palanka | Serbia |
| 5 | 485 | Marinkovic Radojica | Serbia | Serbian Open Bench Press Championships | Backa Palanka | Serbia |
| 6 | 470 | Lonnie Atkins | USA | Quaker Classic Championships | Salem | OH |
| 7 | 462 | Thomas Dillard | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 8 | 457 | Christopher Cadorette | USA | Granite City Iron Wars | Barre | VT |
| 9 | 450 | Lee Anderson | USA | Freedom USA BP & Strict Curl | Leesburg | VA |
| 10 | 424 | Michael Madigan | USA | NE American Challenge | Omaha | NE |
| | 424 | Todd Jensen | USA | NE American Challenge | Omaha | NE |
| 12 | 413 | John Fontes | USA | Western USA Championships | Prescott | AZ |
| 13 | 410 | Jesse Kosegi | USA | Quaker Classic Championships | Salem | OH |
| 14 | 402 | Kevin Coughlin | USA | NJ American Challenge | Pitman | NJ |
| | 402 | Dan Corridean | USA | World Powerlifting Championships | Las Vegas | NV |
| 16 | 380 | Manu Hailame | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 17 | 375 | Ted Brooks | USA | World Single Lift Championships | Norfolk | VA |
| 18 | 369 | Joel Callison | USA | World Powerlifting Championships | Las Vegas | NV |
| 19 | 336 | Dan Bunch | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 20 | 331 | Edvard Amoyyea | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |



2010 Final Rankings

2010 Deadlift Rankings

| Weight Class: SHW | | | | | | |
|-------------------|------|-----------------------|---------|--|--------------|---------|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 715 | Thomas Dillard | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 2 | 661 | Dan Corridean | USA | World Single Lift Championships | Norfolk | VA |
| 3 | 650 | Pedro Mejia | USA | World Single Lift Championships | Norfolk | VA |
| 4 | 561 | Joe Anderson | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 5 | 501 | Dan Bunch | USA | NE American Challenge | Omaha | NE |
| 6 | 479 | Joel Callison | USA | NV American Challenge | Las Vegas | NV |
| 7 | 474 | Christopher Cadorette | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| 8 | 468 | Manu Hailame | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 9 | 430 | Paul Tomkins | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 10 | 420 | Ty Atkins | USA | Quaker Classic Championships | Salem | OH |
| 11 | 419 | Edvard Amoyyea | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 12 | 413 | John Tabarlet | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 13 | 408 | Ted Brooks | USA | World Single Lift Championships | Norfolk | VA |
| 14 | 320 | James Campbell | USA | World Powerlifting Championships | Las Vegas | NV |
| 15 | 176 | Charles Hellickson | USA | NE American Challenge | Omaha | NE |

2010 Strict Curl Rankings

| Weight Class: SHW | | | | | | |
|-------------------|------|--------------------|---------|--|----------------|----|
| Rank | Lift | Lifter | Country | Meet | Site | |
| 1 | 160 | Richard Vincent | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| 2 | 144 | Ted Brooks | USA | World Single Lift Championships | Norfolk | VA |
| 3 | 140 | Paul Tomkins | USA | Northeast Regional Single Lift Championships | Johnson City | NY |
| 4 | 129 | Pedro Mejia | USA | NJ American Challenge | Pitman | NJ |
| 5 | 121 | Dan Bunch | USA | Midwest Single Lift Championships | Council Bluffs | IA |
| | 121 | Joel Callison | USA | West Coast Single Lift Championships | Las Vegas | NV |
| 7 | 45 | Charles Hellickson | USA | NE American Challenge | Omaha | NE |



2010 Final Rankings

2010 Total Rankings

Weight Class: SHW

| Rank | Lift | Lifter | Country | Meet | Site | |
|------|------|-----------------------|---------|--|------------|---------|
| 1 | 1642 | Dan Corridean | USA | World Powerlifting Championships | Las Vegas | NV |
| 2 | 1394 | Joe Anderson | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 3 | 1334 | Christopher Cadorette | USA | Masters Nationals/New England PL Championships | Burlington | VT |
| | 1334 | Thomas Dillard | USA | North Carolina Powerlifting Championships | Currituck | NC |
| 5 | 1213 | Manu Hailame | USA | Arizona State Powerlifting Championships | Prescott | AZ |
| 6 | 1191 | Edvard Amoyyea | Armenia | Armenia Open Powerlifting Championships | Yerevan | Armenia |
| 7 | 1150 | Dan Bunch | USA | 2010 Nebraska State Powerlifting Championships | Omaha | NE |
| 8 | 1108 | Joel Callison | USA | World Powerlifting Championships | Las Vegas | NV |
| 9 | 733 | James Campbell | USA | World Powerlifting Championships | Las Vegas | NV |