



2010 Final Rankings

2010 Squat Rankings

Weight Class: 97 lb

Rank	Lift	Lifter	Country	Meet	Site
1	154	Maria Kuchikian	Armenia	Armenia Open Powerlifting Championship	Yerevan Armenia
2	132	Olga Derderyan	Armenia	Armenia Open Powerlifting Championship	Yerevan Armenia
3	128	Beth-El Algarin	USA	100% RAW/AAU Junior Olympics	Chesapeake VA
4	105	Laurel Trail	USA	Arizona State Powerlifting Championship	Prescott AZ
5	88	Amanda Henson	USA	100% RAW/AAU Junior Olympics	Chesapeake VA

2010 Bench Press Rankings

Weight Class: 97 lb

Rank	Lift	Lifter	Country	Meet	Site
1	90	Beth-El Algarin	USA	Northeast Regional Single Lift Champion	Johnson City NY
2	79	Amanda Henson	USA	100% RAW/AAU Junior Olympics	Chesapeake VA
3	77	Olga Derderyan	Armenia	Armenia Open Powerlifting Championship	Yerevan Armenia
4	72	Laurel Trail	USA	Arizona State Powerlifting Championship	Prescott AZ
5	66	Maria Kuchikian	Armenia	Armenia Open Powerlifting Championship	Yerevan Armenia
6	32	Adrienne Paternost	USA	Northeast Regional Single Lift Champion	Johnson City NY

2010 Deadlift Rankings

Weight Class: 97 lb

Rank	Lift	Lifter	Country	Meet	Site
1	209	Maria Kuchikian	Armenia	Armenia Open Powerlifting Championship	Yerevan Armenia
	209	Olga Derderyan	Armenia	Armenia Open Powerlifting Championship	Yerevan Armenia
3	182	Beth-El Algarin	USA	West Coast Single Lift Championships	Las Vegas NV
4	171	Laurel Trail	USA	Arizona State Powerlifting Championship	Prescott AZ
5	143	Amanda Henson	USA	100% RAW/AAU Junior Olympics	Chesapeake VA

2010 Strict Curl Rankings

Weight Class: 97 lb

Rank	Lift	Lifter	Country	Meet	Site
1	49	Beth-El Algarin	USA	West Coast Single Lift Championships	Las Vegas NV

2010 Total Rankings

Weight Class: 97 lb

Rank	Lift	Lifter	Country	Meet	Site
1	430	Maria Kuchikian	Armenia	Armenia Open Powerlifting Championship	Yerevan Armenia
2	419	Olga Derderyan	Armenia	Armenia Open Powerlifting Championship	Yerevan Armenia
3	402	Beth-El Algarin	USA	World Powerlifting Championships	Las Vegas NV
4	331	Laurel Trail	USA	Arizona State Powerlifting Championship	Prescott AZ
5	311	Amanda Henson	USA	100% RAW/AAU Junior Olympics	Chesapeake VA

2009 Squat Rankings

Weight Class: 105 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	165	Aylin Perpetsi	Armenia	Armenia Open Powerlifting Championships	Yerevan	Armenia
	165	Jaklin Ayginer	Armenia	Armenia Powerlifting Cup	Yerevan	Armenia
3	127	Adrienne Nickerson	Canada	2010 Western Canadian Nationals	Alberta	Canada
4	121	Sarah Hunt	USA	100% RAW/AAU Junior Olympics	Chesapeake	VA

2010 Bench Press Rankings

Weight Class: 105 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	127	Karen Poyner	USA	Ironman Nationals	Gordonsville	VA
2	88	Shauna Marcellino	USA	World Single Lift Championships	Norfolk	VA
3	83	Laurel Trail	USA	AZ American Challenge	Prescott	AZ
	83	Aylin Perpetsi	Armenia	Armenia Open Powerlifting Championships	Yerevan	Armenia
	83	Megan Brown	USA	World Single Lift Championships	Norfolk	VA
6	77	Jaklin Ayginer	Armenia	Armenia Open Powerlifting Championships	Yerevan	Armenia
7	72	Adrienne Nickerson	Canada	2010 Western Canadian Nationals	Alberta	Canada
8	61	Sarah Hunt	USA	100% RAW/AAU Junior Olympics	Chesapeake	VA

2010 Deadlift Rankings

Weight Class: 105 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	253	Karen Poyner	USA	Ironman Nationals	Gordonsville	VA
2	220	Jaklin Ayginer	Armenia	Armenia Open Powerlifting Championships	Yerevan	Armenia
3	209	Aylin Perpetsi	Armenia	Armenia Open Powerlifting Championships	Yerevan	Armenia
4	206	Laurel Trail	USA	West Coast Single Lift Championships	Las Vegas	NV
5	165	Sarah Hunt	USA	100% RAW/AAU Junior Olympics	Chesapeake	VA
6	154	Adrienne Nickerson	Canada	2010 Western Canadian Nationals	Alberta	Canada
7	110	Jenna Henkel	USA	Quaker Classic Championships	Salem	OH

2010 Strict Curl Rankings

Weight Class: 105 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	45	Shauna Marcellino	USA	World Single Lift Championships	Norfolk	VA
2	39	Laurel Trail	USA	AZ American Challenge	Prescott	AZ

2010 Total Rankings

Weight Class: 105 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	458	Aylin Perpetsi	Armenia	Armenia Open Powerlifting Championships	Yerevan	Armenia
2	441	Jaklin Ayginer	Armenia	Armenia Open Powerlifting Championships	Yerevan	Armenia
3	399	Laurel Trail	USA	World Powerlifting Championships	Las Vegas	NV
4	347	Sarah Hunt	USA	100% RAW/AAU Junior Olympics	Chesapeake	VA
5	320	Adrienne Nickerson	Canada	2010 Western Canadian Nationals	Alberta	Canada

2010 Squat Rankings

Weight Class: 114 lb

Rank	Lift	Lifter	USA	Meet	Site	
1	237	Kestrel Coon	USA	Old School Iron Wars	Burlington	VT
2	215	Preshani Maistry	Canada	2010 Western Canadian Nationals	Alberta	Canada
3	198	A.J. Facendi	Canada	2010 Western Canadian Nationals	Alberta	Canada
4	132	Elaine Huba	Canada	2010 Western Canadian Nationals	Alberta	Canada
5	66	Sarah Koghbatsi	Armenia	Armenia Open Powerlifting Championships	Yerevan	Armenia

2010 Bench Press Rankings

Weight Class: 114 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	117	A.J. Facendi	Canada	2010 Western Canadian Nationals	Alberta	Canada
	117	Kestrel Coon	USA	Old School Iron Wars	Burlington	VT
3	106	Liza Brice	USA	Masters Nationals/New England PL Championships	Burlington	VT
4	94	Preshani Maistry	Canada	2010 Western Canadian Nationals	Alberta	Canada
5	72	Bryce Dowdy	USA	Battle of the Border	Currituck	NC
6	66	Elaine Huba	Canada	2010 Western Canadian Nationals	Alberta	Canada
7	55	Sarah Koghbatsi	Armenia	Armenia Open Powerlifting Championships	Yerevan	Armenia

2010 Deadlift Rankings

Weight Class: 114 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	309	Kestrel Coon	USA	Old School Iron Wars	Burlington	VT
2	276	A.J. Facendi	Canada	West Coast Single Lift Championships	Las Vegas	NV
3	254	Preshani Maistry	Canada	2010 Western Canadian Nationals	Alberta	Canada
4	182	Elaine Huba	Canada	2010 Western Canadian Nationals	Alberta	Canada
5	154	Jenna Henkel	USA	Quad State Powerlifting Championships	Salem	OH
6	110	Sarah Koghbatsi	Armenia	Armenia Open Powerlifting Championships	Yerevan	Armenia

2010 Strict Curl Rankings

Weight Class: 114 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	61	Liza Brice	USA	Masters Nationals/New England PL Championships	Burlington	VT

2010 Total Rankings

Weight Class: 114 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	662	Kestrel Coon	USA	Old School Iron Wars	Burlington	VT
2	584	A.J. Facendi	Canada	2010 Western Canadian Nationals	Calgary	Alberta
3	562	Preshani Maistry	Canada	2010 Western Canadian Nationals	Calgary	Alberta
4	380	Elaine Huba	Canada	2010 Western Canadian Nationals	Calgary	Alberta
5	232	Sarah Koghbatsi	Armenia	Armenia Open Powerlifting Championships	Yerevan	Armenia

2010 Squat Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	116	Gayle Pollard	USA	Old School Iron Wars	Burlington	VT

2010 Bench Press Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	176	Michelle Watts	USA	West Coast Single Lift Championships	Las Vegas	NV
2	171	Kerry Self	USA	Christmas Classic	Stanardsville	VA
3	149	Amy Eaton	USA	World Single Lift Championships	Norfolk	VA
4	141	Gayle Pollard	USA	NE Push/Pull Championships	Derry	NH
5	105	Shannon Wisdom	USA	VT American Challenge	Burlington	VT
6	94	Kedra Johnson	USA	Battle of the Border	Currituck	NC
7	82	Sarah Macburnie	USA	NE Push/Pull Championships	Derry	NH
8	61	Babin Bilja	Serbia	Serbian Open Bench Press Championships	Backa Palanka	Serbia
9	54	Chelsi Byrnes	USA	Northeast Regional Single Lift Championships	Johnson City	NY
10	50	Aniya Simmons	USA	100% RAW/AAU Junior Olympics	Chesapeake	VA

2010 Deadlift Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	276	Michelle Watts	USA	West Coast Single Lift Championships	Las Vegas	NV
2	248	Shannon Wisdom	USA	VT American Challenge	Burlington	VT
3	226	Kedra Johnson	USA	Battle of the Border	Currituck	NC
4	222	Gayle Pollard	USA	Old School Iron Wars	Burlington	VT
5	182	Sarah Macburnie	USA	NE Push/Pull Championships	Derry	NH
6	132	Aniya Simmons	USA	100% RAW/AAU Junior Olympics	Chesapeake	VA
7	104	Chelsi Byrnes	USA	Northeast Regional Single Lift Championships	Johnson City	NY

2010 Strict Curl Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	44	Heather Trail	USA	AZ American Challenge	Prescott	AZ
	44	Sarah MacBurnie	USA	NE Push/Pull Championships	Derry	NH

2010 Total Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	678	Michelle Watts	USA	World Powerlifting Championships	Las Vegas	NV
2	475	Gayle Pollard	USA	Old School Iron Wars	Burlington	VT

2010 Squat Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	136	Holly Stewart	USA	North Carolina Powerlifting Championships	Currituck	NC
2	55	Jordan Bowers	USA	Arizona State Powerlifting Championships	Prescott	AZ

2010 Bench Press Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	175	Kerry Self	USA	Freedom USA BP & Strict Curl	Leesburg	VA
2	160	Kelly Wescott	USA	Battle of the Border	Currituck	NC
3	154	Diane Brill	USA	West Coast Single Lift Championships	Las Vegas	NV
4	150	Kelly Matthews	USA	Potomac Open	Woodbridge	VA
	150	Darline Buchannon	USA	Ironman Nationals	Gordonsville	VA
6	141	Laura Monroe	USA	IL State Powerlifting & Bench Championships	Bloomington	IL
7	138	Judy Wolff	USA	NE Push/Pull Championships	Derry	NH
	138	Kate Alleman	USA	World Single Lift Championships	Norfolk	VA
9	112	Shannon Wisdom	USA	Granite City Iron Wars	Barre	VT
10	110	Courtenay Khoury	USA	VT American Challenge	Burlington	VT
11	99	Dianne MacMillian	USA	NE Push/Pull Championships	Derry	NH
12	88	Bev Charland	USA	NE Push/Pull Championships	Derry	NH
13	72	Jordan Bowers	USA	AZ American Challenge	Prescott	AZ
14	66	Holly Stewart	USA	North Carolina Powerlifting Championships	Currituck	NC
	66	Anicic Ivana	Serbia	Serbian Open Bench Press Championships	Backa Palanka	Serbia

2010 Deadlift Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	270	Laura Monroe	USA	New York State Single Lift Championships	East Syracuse	NY
2	254	Diane Brill	USA	West Coast Single Lift Championships	Las Vegas	NV
3	204	Courtenay Khoury	USA	VT American Challenge	Burlington	VT
4	187	Holly Stewart	USA	North Carolina Powerlifting Championships	Currituck	NC
5	182	Bev Charland	USA	NE Push/Pull Championships	Derry	NH
6	154	Jordan Bowers	USA	Arizona State Powerlifting Championships	Prescott	AZ
7	138	Dianne MacMillian	USA	NE Push/Pull Championships	Derry	NH

2010 Strict Curl Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	72	Carla McComb	USA	Supreme Fitness Challenge	Brattleboro	VT
2	70	Darline Buchannon	USA	Ironman Nationals	Gordonsville	VA
3	55	Bev Charland	USA	NE Push/Pull Championships	Derry	NH
4	39	Jordan Bowers	USA	AZ American Challenge	Prescott	AZ

2010 Total Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	623	Diane Brill	USA	World Powerlifting Championships	Las Vegas	NV
2	386	Holly Stewart	USA	North Carolina Powerlifting Championships	Currituck	NC
3	269	Jordan Bowers	USA	Arizona State Powerlifting Championships	Prescott	AZ

2010 Squat Rankings

Weight Class: 148 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	243	Ashleigh Floyd	USA	Arizona State Powerlifting Championships	Prescott	AZ
2	232	Tara Steadman	USA	World Powerlifting Championships	Las Vegas	NV
	232	Marrena Glanville	USA	World Powerlifting Championships	Las Vegas	NV
4	226	Nona Hubbard	USA	Old School Iron Wars	Burlington	VT
5	215	Lindsey Brill	USA	World Powerlifting Championships	Las Vegas	NV
6	201	Laura Delay	USA	Masters Nationals/New England PL Championships	Burlington	VT
7	195	Cynthia Hochstotler	USA	IL State Powerlifting & Bench Championships	Bloomington	IL

2010 Bench Press Rankings

Weight Class: 148 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	187	Tara Steadman	USA	West Coast Single Lift Championships	Las Vegas	NV
2	160	Ginger Viera	USA	Christmas Classic	Stanardsville	VA
3	154	Kaitlyn Duncan	USA	World Single Lift Championships	Norfolk	VA
	154	Kelly Wescott	USA	World Single Lift Championships	Norfolk	VA
	154	Nona Hubbard	USA	NE Push/Pull Championships	Derry	NH
6	145	Cynthia Hochstotler	USA	IL State Powerlifting & Bench Championships	Bloomington	IL
7	138	Kristi Amerson	USA	NC American Challenge	Currituck	NC
	138	Rebecca Gruber	USA	Supreme Fitness Challenge	Brattleboro	VT
9	130	Lindsey Brill	USA	West Coast Single Lift Championships	Las Vegas	NV
10	127	Tierney Wallace	USA	Northeast Regional Single Lift Championships	Johnson City	NY
11	121	Laura Delay	USA	Masters Nationals/New England PL Championships	Burlington	VT
12	116	Laura Clancy	USA	World Single Lift Championships	Norfolk	VA
13	110	Madison James	USA	NV American Challenge	Las Vegas	NV
	110	Marrena Glanville	USA	World Single Lift Championships	Norfolk	VA
15	105	Ashleigh Floyd	USA	Arizona State Powerlifting Championships	Prescott	AZ
16	83	Carol Bowden	USA	NE Push/Pull Championships	Derry	NH
	83	Bonita Kershaw	USA	NE Push/Pull Championships	Derry	NH
18	72	Ivokovic Marijana	Serbia	Serbian Open Bench Press Championships	Backa Palanka	Serbia
19	61	Milakovic Maja	Serbia	Serbian Open Bench Press Championships	Backa Palanka	Serbia

2010 Deadlift Rankings

Weight Class: 148 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	325	Callye Williams	USA	Christmas Classic	Stanardsville	VA
2	309	Melinda Berbert	USA	Northeast Regional Single Lift Championships	Johnson City	NY
	309	Marrena Glanville	USA	World Single Lift Championships	Norfolk	VA
4	298	Tara Steadman	USA	West Coast Single Lift Championships	Las Vegas	NV
5	292	Lindsey Brill	USA	West Coast Single Lift Championships	Las Vegas	NV
	292	Nona Hubbard	USA	Old School Iron Wars	Burlington	VT
7	281	Tierney Wallace	USA	Northeast Regional Single Lift Championships	Johnson City	NY
8	280	Cynthia Hochstotler	USA	IL State Powerlifting & Bench Championships	Bloomington	IL
9	276	Ginger Viera	USA	Christmas Classic	Stanardsville	VA
10	265	Laura Delay	USA	Masters Nationals/New England PL Championships	Burlington	VT
11	248	Kristi Amerson	USA	Battle of the Border	Currituck	NC
	248	Roxanne Fratezi	USA	New York State Single Lift Championships	East Syracuse	NY
13	243	Laura Clancy	USA	World Single Lift Championships	Norfolk	VA
14	231	Ashleigh Floyd	USA	Arizona State Powerlifting Championships	Prescott	AZ
15	204	Kaitlyn Duncan	USA	VA American Challenge	Gordonsville	VA
16	171	Carol Bowden	USA	NE Push/Pull Championships	Derry	NH
17	154	Bonita Kershaw	USA	NE Push/Pull Championships	Derry	NH

2010 Strict Curl Rankings

Weight Class: 148 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	84	Tierney Wallace	USA	Northeast Regional Single Lift Championships	Johnson City	NY
	84	Rebecca Gruber	USA	Supreme Fitness Challenge	Brattleboro	VT
3	70	Darline Buchannon	USA	Potomac Open	Woodbridge	VA
	70	Nona Hubbard	USA	NE Push/Pull Championships	Derry	NH
5	66	Kaitlyn Duncan	USA	VA American Challenge	Gordonsville	VA
6	61	Kristi Amerson	USA	Battle of the Border	Currituck	NC
	61	Marrena Glanville	USA	West Coast Single Lift Championships	Las Vegas	NV
8	56	Laura Clancy	USA	World Single Lift Championships	Norfolk	VA

2010 Total Rankings

Weight Class: 148 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	705	Tara Steadman	USA	World Powerlifting Championships	Las Vegas	NV
2	661	Nona Hubbard	USA	Old School Iron Wars	Burlington	VT
3	637	Lindsey Brill	USA	World Powerlifting Championships	Las Vegas	NV
4	635	Marrena Glanville	USA	World Powerlifting Championships	Las Vegas	NV
5	620	Cynthia Hochstotler	USA	IL State Powerlifting & Bench Championships	Bloomington	IL
6	586	Laura Delay	USA	Masters Nationals/New England PL Championships	Burlington	VT
7	579	Ashleigh Floyd	USA	Arizona State Powerlifting Championships	Prescott	AZ

2010 Squat Rankings

Weight Class: 165 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	237	Amanda Miskiel	USA	Arizona State Powerlifting Championships	Prescott	AZ
2	204	Laura Delay	USA	Old School Iron Wars	Burlington	VT
3	198	Jennifer Jubb	Canada	2010 Western Canadian Nationals	Alberta	Canada
4	193	Nahaomi Berby	USA	Masters Nationals/New England PL Championships	Burlington	VT
5	154	Brittany Mizelle	USA	North Carolina Powerlifting Championships	Currituck	NC

2010 Bench Press Rankings

Weight Class: 165 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	215	Tara Steadman	USA	AZ American Challenge	Prescott	AZ
2	154	Nahaomi Berby	USA	Granite City Iron Wars	Barre	VT
	154	Amanda Miskiel	USA	Arizona State Powerlifting Championships	Prescott	AZ
	154	Ashley Oursler	USA	Christmas Classic	Stanardsville	VA
5	138	Laura Delay	USA	Old School Iron Wars	Burlington	VT
6	127	Lanette Hanna	USA	West Coast Single Lift Championships	Las Vegas	NV
7	116	Jennifer Jubb	Canada	2010 Western Canadian Nationals	Alberta	Canada
8	105	Megan Hardesty	USA	Freedom USA BP & Strict Curl	Leesburg	VA
9	100	Brittany Mizelle	USA	North Carolina Powerlifting Championships	Currituck	NC
10	99	Avery Garfield	USA	Supreme Fitness Challenge	Brattleboro	VT
11	94	Kim Osterlund	USA	West Coast Single Lift Championships	Las Vegas	NV

2010 Deadlift Rankings

Weight Class: 165 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	303	Tara Steadman	USA	AZ American Challenge	Prescott	AZ
2	298	Jennifer Jubb	Canada	2010 Western Canadian Nationals	Alberta	Canada
3	277	Laura Delay	USA	Old School Iron Wars	Burlington	VT
4	275	Avery Garfield	USA	Supreme Fitness Challenge	Brattleboro	VT
5	259	Nahaomi Berby	USA	Masters Nationals/New England PL Championships	Burlington	VT
6	254	Lanette Hanna	USA	West Coast Single Lift Championships	Las Vegas	NV
7	231	Kim Osterlund	USA	West Coast Single Lift Championships	Las Vegas	NV
8	220	Amanda Miskiel	USA	Arizona State Powerlifting Championships	Prescott	AZ
	220	Brittany Mizelle	USA	North Carolina Powerlifting Championships	Currituck	NC
10	155	Kelly Zimmerman	USA	Potomac Open	Woodbridge	VA

2010 Strict Curl Rankings

Weight Class: 165 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	72	Nahaomi Berby	USA	Masters Nationals/New England PL Championships	Burlington	VT
	72	Avery Garfield	USA	Supreme Fitness Challenge	Brattleboro	VT
3	70	Megan Hardesty	USA	Freedom USA BP & Strict Curl	Leesburg	VA
4	66	Lanette Hanna	USA	West Coast Single Lift Championships	Las Vegas	NV
	66	Kim Osterlund	USA	West Coast Single Lift Championships	Las Vegas	NV
6	60	Blake Copeland	USA	NC American Challenge	Currituck	NC
7	50	Kelly Zimmerman	USA	Potomac Open	Woodbridge	VA
8	45	Jessica Greenblatt	USA	World Single Lift Championships	Norfolk	VA

2010 Total Rankings

Weight Class: 165 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	618	Laura Delay	USA	Old School Iron Wars	Burlington	VT
2	606	Amanda Miskiel	USA	Arizona State Powerlifting Championships	Prescott	AZ
	606	Jennifer Jubb	Canada	2010 Western Canadian Nationals	Alberta	Canada
4	601	Nahaomi Berby	USA	Masters Nationals/New England PL Championships	Burlington	VT
5	457	Brittany Mizelle	USA	North Carolina Powerlifting Championships	Currituck	NC

2010 Squat Rankings

Weight Class: 181 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	143	Janet Zullo	USA	Old School Iron Wars	Burlington	VT

2010 Bench Press Rankings

Weight Class: 181 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	237	Tammy Walker	USA	NC American Challenge	Barco	NC
2	225	Kathy Roberts	USA	Freedom USA BP & Strict Curl	Leesburg	VA
3	165	Anna Knapski	USA	Quad State Powerlifting Championships	Salem	OH
4	77	Janet Zullo	USA	Old School Iron Wars	Burlington	VT
5	61	Laura Bateman	Canada	West Coast Single Lift Championships	Las Vegas	NV

2010 Deadlift Rankings

Weight Class: 181 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	408	Cristi Bartlett	USA	World Single Lift Championships	Norfolk	VA
2	331	Anna Knapski	USA	Quad State Powerlifting Championships	Salem	OH
3	254	Janet Zullo	USA	Old School Iron Wars	Burlington	VT

2010 Strict Curl Rankings

Weight Class: 181 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	74	Anna Knapski	USA	Quad State Powerlifting Championships	Salem	OH

2010 Total Rankings

Weight Class: 181 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	474	Janet Zullo	USA	Old School Iron Wars	Burlington	VT

2010 Squat Rankings

Weight Class: 198 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	227	Janine Wheeler	Canada	World Powerlifting Championships	Las Vegas	NV

2010 Bench Press Rankings

Weight Class: 198 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	149	Janine Wheeler	Canada	West Coast Single Lift Championships	Las Vegas	NV

2010 Strict Curl Rankings

Weight Class: 198 lb

Rank	Lift	Lifter	Country	Meet	Site	
------	------	--------	---------	------	------	--

2010 Deadlift Rankings

Weight Class: 198 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	410	Kathy Roberts	USA	Potomac Open	Woodbridge	VA
2	287	Janine Wheeler	Canada	World Powerlifting Championships	Las Vegas	NV
3	231	Maryann Heath	USA	Old School Iron Wars	Burlington	VT

2010 Strict Curl Rankings

Weight Class: 198 lb

Rank	Lift	Lifter	Country	Meet	Site	
------	------	--------	---------	------	------	--

2010 Total Rankings

Weight Class: 198 lb

Rank	Lift	Lifter	Country	Meet	Site	
1	634	Janine Wheeler	Canada	World Powerlifting Championships	Las Vegas	NV

2010 Squat Rankings

Weight Class:		SHW Ib				
Rank	Lift	Lifter	Country	Meet	Site	
1	242	Shri Drake	USA	Arizona State Powerlifting Championships	Prescott	AZ
2	220	Victoria Vasquez	USA	100% RAW/AAU Junior Olympics	Chesapeake	VA

2010 Bench Press Rankings

Weight Class:		SHW Ib				
Rank	Lift	Lifter	Country	Meet	Site	
1	193	Shri Drake	USA	Arizona State Powerlifting Championships	Prescott	AZ
2	176	Kacie Sharp	USA	NE American Challenge	Omaha	NE
3	160	Amber Lynn	USA	Northeast Regional Single Lift Championships	Johnson City	NY
	160	Aliyah Jones	USA	100% RAW/AAU Junior Olympics	Chesapeake	VA
5	151	Victoria Vasquez	USA	100% RAW/AAU Junior Olympics	Chesapeake	VA
6	143	Janine Wheeler	Canada	World Single Lift Championships	Norfolk	VA
7	132	Kristina Hawkins	USA	Arizona State Single Lift Championships	Prescott	AZ
8	127	Jacqueline Malone	USA	Ironman Nationals	Gordonsville	VA
9	105	Heather Stiller	Canada	2010 Western Canadian Nationals	Alberta	Canada
10	94	Sara Beth Simpson	USA	World Single Lift Championships	Norfolk	VA
11	55	Helene Benedikte	USA	Arizona State Powerlifting Championships	Prescott	AZ

2010 Deadlift Rankings

Weight Class:		SHW Ib				
Rank	Lift	Lifter	Country	Meet	Site	
1	363	Kacie Sharp	USA	NE American Challenge	Omaha	NE
2	303	Victoria Vasquez	USA	100% RAW/AAU Junior Olympics	Chesapeake	VA
3	298	Amber Lynn	USA	Northeast Regional Single Lift Championships	Johnson City	NY
4	292	Janine Wheeler	USA	World Single Lift Championships	Norfolk	VA
5	281	Shri Drake	USA	Arizona State Powerlifting Championships	Prescott	AZ
6	253	Jacqueline Malone	USA	VA American Challenge	Gordonsville	VA
7	220	Sara Beth Simpson	USA	World Single Lift Championships	Norfolk	VA
8	149	Helene Benedikte	USA	Arizona State Powerlifting Championships	Prescott	AZ

2010 Strict Curl Rankings

Weight Class:		SHW Ib				
Rank	Lift	Lifter	Country	Meet	Site	
1	62	Sara Beth Simpson	USA	World Single Lift Championships	Norfolk	VA

2010 Total Rankings

Weight Class:		SHW Ib				
Rank	Lift	Lifter	Country	Meet	Site	
1	700	Shri Drake	USA	Arizona State Powerlifting Championships	Prescott	AZ
2	675	Victoria Vasquez	USA	100% RAW/AAU Junior Olympics	Chesapeake	VA