

2009 Squat Rankings

Weight Class:		66 lb			
Rank	Lift	Lifter	Meet	Site	
1	45	Xavier Nichols	Virginia State BP/DL/Strict Curl	Stanardsville	VA
1	45	DaMonte Southerland	Virginia State BP/DL/Strict Curl	Stanardsville	VA

2009 Bench Press Rankings

Weight Class:		66 lb			
Rank	Lift	Lifter	Meet	Site	
1	50	Tyler Corriveau	L/F/M Nationals and Ohio State Championships	Toledo	OH
2	30	Kevin McEwan	New York State Championships	Binghamton	NY

2009 Deadlift Rankings

Weight Class:		66 lb			
Rank	Lift	Lifter	Meet	Site	
1	75	Kevin McEwan	New York State Championships	Binghamton	NY
2	55.1	Xavier Nicholas	New York State Championships	Binghamton	NY
2	55.1	Demonte Southerland	Single Lift Worlds	Norfolk	VA
3	55	Jordan Byrnes	Single Lift Worlds	Norfolk	VA
4	44	Jalin Reid	Single Lift Worlds	Norfolk	VA
5	25.3	William Hawkins IV	Single Lift Worlds	Norfolk	VA

2009 Strict Curl Rankings

Weight Class:		66 lb			
Rank	Lift	Lifter	Meet	Site	
1	24.1	Kevin McEwan	New York State Championships	Binghamton	NY

2009 Total Rankings

Weight Class:		66 lb			
Rank					

2009 Squat Rankings

Weight Class:		77 lb			
Rank	Lift	Lifter	Meet	Site	
1	62.5	Desmond Mills	Virginia State BP/DL/Strict Curl	Stanardsville	VA
2	55	Kyle Rochefort	Virginia State BP/DL/Strict Curl	Stanardsville	VA

2009 Bench Press Rankings

Weight Class:		77 lb			
Rank	Lift	Lifter	Meet	Site	
1	75	Matthias Algarin	L/F/M Nationals and Ohio State Championships	Toledo	OH
2	66.1	Michah Wilson	Single Lift Worlds	Norfolk	VA

2009 Deadlift Rankings

Weight Class:		77 lb			
Rank	Lift	Lifter	Meet	Site	
1	155	Kyle Rochefort	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA

2009 Strict Curl Rankings

Weight Class:		77 lb			
Rank	Lift	Lifter	Meet	Site	
1	45	Matthias Algarin	L/F/M Nationals and Ohio State Championships	Toledo	OH

2009 Total Rankings

Weight Class: 77 lb

Rank

2009 Squat Rankings

Weight Class: 88 lb

Rank	Lift	Lifter	Meet	Site	
1	105	Kyle Rochefort	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
2	70	Chauncey Foster	Virginia State BP/DL/Strict Curl	Stanardsville	VA

2009 Bench Press Rankings

Weight Class: 88 lb

Rank	Lift	Lifter	Meet	Site	
1	104.7	Raymond Cortes III	Single Lift Worlds	Norfolk	VA
2	77.1	Michael Foor	Single Lift Worlds	Norfolk	VA
3	66.1	Desmond Mills	Single Lift Worlds	Norfolk	VA
3	66.1	Zion Copeland	Single Lift Worlds	Norfolk	VA
4	55	Kyle Rochefort	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
5	44	Brenda Foor	Single Lift Worlds	Norfolk	VA

2009 Deadlift Rankings

Weight Class: 88 lb

Rank	Lift	Lifter	Meet	Site	
1	155	Kyle Rochefort	National Masters/ North American Open Powerlifting	Zion Crossroads	VA

2009 Strict Curl Rankings

Weight Class: 88 lb

Rank	Lift	Lifter	Meet	Site	
1	46.3	Raymond Cortes III	Single Lift & Full Power Nationals	Marlowe Heights	MD

2009 Total Rankings

Weight Class: 88 lb

Rank

1	315	Kyle Rochefort	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
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2009 Squat Rankings

Weight Class: 97 lb

Rank	Lift	Lifter	Meet	Site	
1	65	Trenell Williams	Virginia State BP/DL/Strict Curl	Stanardsville	VA

2009 Bench Press Rankings

Weight Class: 97 lb

Rank	Lift	Lifter	Meet	Site	
1					

2009 Deadlift Rankings

Weight Class: 97 lb

Rank	Lift	Lifter	Meet	Site	
1					

2009 Strict Curl Rankings

Weight Class:		97 lb				
Rank	Lift	Lifter	Meet	Site		
1						

2009 Total Rankings

Weight Class:		97 lb				
Rank	Lift	Lifter	Meet	Site		

2009 Squat Rankings

Weight Class:		105 lb				
Rank	Lift	Lifter	Meet	Site		
1						

2009 Bench Press Rankings

Weight Class:		105 lb				
Rank	Lift	Lifter	Meet	Site		
1	115.7	Jake Brinn	Single Lift Worlds	Norfolk	VA	
2	82.6	Trenell Williams	Single Lift Worlds	Norfolk	VA	

2009 Deadlift Rankings

Weight Class:		105 lb				
Rank	Lift	Lifter	Meet	Site		
1						

2009 Strict Curl Rankings

Weight Class:		105 lb				
Rank	Lift	Lifter	Meet	Site		
1						

2009 Total Rankings

Weight Class:		105 lb				
Rank	Lift	Lifter	Meet	Site		

2009 Squat Rankings

Weight Class:		114 lb				
Rank	Lift	Lifter	Meet	Site		
1	210	Mike Burkeen	Southwest Regional Powerlifting Championships	Prescott	AZ	
2	115	Cooper Allen	Southwest Regional Powerlifting Championships	Prescott	AZ	
3	105	J. Cruz	Southwest Regional Powerlifting Championships	Prescott	AZ	
4	95	Luis Cruz	Southwest Regional Powerlifting Championships	Prescott	AZ	
5	75	Saquan Marrow	Virginia State BP/DL/Strict Curl	Stanardsville	VA	

2009 Bench Press Rankings

Weight Class:		114 lb				
Rank	Lift	Lifter	Meet	Site		
1	183	Mike Burkeen	Southwest Regional Powerlifting Championships	Prescott	AZ	
2	182	Robert Marcellino	Single Lift & Full Power Nationals	Marlowe Heights	MD	
3	132.24	Theodore Forsythe	Battle of the Border	Currituck	NC	
4	132	Anar Elchin	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)	
5	93.6	Markshon Davis	Single Lift Worlds	Norfolk	VA	
6	90	J. Cruz	Southwest Regional Powerlifting Championships	Prescott	AZ	
6	90	Luis Cruz	Southwest Regional Powerlifting Championships	Prescott	AZ	

7	85	Cooper Allen	Southwest Regional Powerlifting Championships	Prescott	AZ
8	60.6	Alexander Vasquez	Single Lift Worlds	Norfolk	VA
9	60	Ryan Hladik	New York State Championships	Binghamton	NY

2009 Strict Curl Rankings

Weight Class: 114 lb					
Rank	Lift	Lifter	Meet	Site	
1	88.2	Robert Marcellino	Single Lift & Full Power Nationals	Marlowe Heights	MD
2	30	Ryan Hladik	New York State Championships	Binghamton	NY

2009 Deadlift Rankings

Weight Class: 114 lb					
Rank	Lift	Lifter	Meet	Site	
1	320	Mike Burkeen	Southwest Regional Powerlifting Championships	Prescott	AZ
2	258.97	Theodore Forsythe	Battle of the Border	Currituck	NC
3	175	Cooper Allen	Southwest Regional Powerlifting Championships	Prescott	AZ
4	145	J. Cruz	Southwest Regional Powerlifting Championships	Prescott	AZ
5	135	Luis Cruz	Southwest Regional Powerlifting Championships	Prescott	AZ
6	121.2	Alexander Vasquez	Single Lift Worlds	Norfolk	VA
7	120	Ryan Hladik	New York State Championships	Binghamton	NY

2009 Total Rankings

Weight Class: 114 lb					
Rank	Lift	Lifter	Meet	Site	
1	712.5	Mike Burkeen	Southwest Regional Powerlifting Championships	Prescott	AZ
2	375	Cooper Allen	Southwest Regional Powerlifting Championships	Prescott	AZ
3	340	J. Cruz	Southwest Regional Powerlifting Championships	Prescott	AZ
4	320	Luis Cruz	Southwest Regional Powerlifting Championships	Prescott	AZ

2009 Squat Rankings

Weight Class: 123 lb					
Rank	Lift	Lifter	Meet	Site	
1	276	Robert Clark	World Powerlifting Championships	Las Vegas	NV
2	237	Mike Burkeen	World Powerlifting Championships	Las Vegas	NV
3	170	Austin Bare	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
3	170	Eric Cassetta	Southwest Regional Powerlifting Championships	Prescott	AZ
4	55.1	Nicholas Paternoster	Single Lift & Full Power Nationals	Marlowe Heights	MD

2009 Bench Press Rankings

Weight Class: 123 lb					
Rank	Lift	Lifter	Meet	Site	
1	242	Saman Khoda Karami	Tehran Bench Press Competition	Tehran	(Iran)
2	226	Robert Clark	World Powerlifting Championships	Las Vegas	NV
3	187	Mike Burkeen	World Powerlifting Championships	Las Vegas	NV
4	184.08	Ben Henson	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
5	176.3	Nate Jones	Single Lift Worlds	Norfolk	VA
6	176	Leon Arakian	Armenia & Iran Bench Press Competition	Yerevan	(Armenia)
6	176	Diogo Olario	Santa Catarina State Championships	Santa Catarina	(Brazil)
7	154	Asif Ulri	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
8	148.8	Glenn Raisin	Single Lift Worlds	Norfolk	VA
9	143	Rashed Uliye	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
10	138	Eric Cassetta	Southwest Regional Powerlifting Championships	Prescott	AZ
11	120	Travis Lilly	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
12	110	Mike Gagnon	Tri-State Powerlifting Championships	Martins Ferry	OH
13	104.7	Ty-travon Roberts	Single Lift Worlds	Norfolk	VA
14	93	Austin Bare	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
15	88.2	Nicholas Paternoster	Single Lift & Full Power Nationals	Marlowe Heights	MD
16	88	Azad Advin	Armenia & Iran Bench Press Competition	Yerevan	(Armenia)

2009 Deadlift Rankings

Weight Class:		123 lb			
Rank	Lift	Lifter	Meet	Site	
1	385.8	Nate Jones	Single Lift Worlds	Norfolk	VA
2	352	Sadrolah Tajik	Tehran Single Lift Competition	Tehran	(Iran)
3	347	Robert Clark	World Powerlifting Championships	Las Vegas	NV
4	336	Mike Burkeen	World Powerlifting Championships	Las Vegas	NV
5	268	Meysam Ghohari	Tehran Single Lift Competition	Tehran	(Iran)
6	264	Amir Dehgani	Tehran Single Lift Competition	Tehran	(Iran)
7	256	Eric Cassetta	Southwest Regional Powerlifting Championships	Prescott	AZ
8	253.5	Glenn Raisin	Single Lift Worlds	Norfolk	VA
9	203	Austin Bare	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
10	176	Roque De Oliveira Filhc	Santa Catarina State Championships	Santa Catarina	(Brazil)
11	132	Nicholas Paternoster	Single Lift & Full Power Nationals	Marlowe Heights	MD

2009 Strict Curl Rankings

Weight Class:		123 lb			
Rank	Lift	Lifter	Meet	Site	
1	93.6	Nate Jones	Single Lift Worlds	Norfolk	VA
2	93.5	Claudemir Ferreira	Santa Catarina State Championships	Santa Catarina	(Brazil)
3	92.4	Celso Marques	Santa Catarina State Championships	Santa Catarina	(Brazil)
4	33.1	Nicholas Paternoster	Single Lift & Full Power Nationals	Marlowe Heights	MD

2009 Total Rankings

Weight Class:		123 lb			
Rank	Lift	Lifter	Meet	Site	
1	849	Robert Clark	World Powerlifting Championships	Las Vegas	NV
2	761	Mike Burkeen	World Powerlifting Championships	Las Vegas	NV
3	564	Eric Cassetta	Southwest Regional Powerlifting Championships	Prescott	AZ
4	466	Austin Bare	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
5	275.6	Nicholas Paternoster	Single Lift & Full Power Nationals	Marlowe Heights	MD

2009 Squat Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	347	Josh Sine	World Powerlifting Championships	Las Vegas	NV
2	290	Robert Clark	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
3	255	Jay Helms	L/F/M Nationals and Ohio State Championships	Toledo	OH
4	243	Ben Henson	World Powerlifting Championships	Las Vegas	NV
5	193	Bryan Johns	Single Lift & Full Power Nationals	Marlowe Heights	MD
6	190	Alex Graham	Southwest Regional Powerlifting Championships	Prescott	AZ
7	182	Eric Cassetta	World Powerlifting Championships	Las Vegas	NV
8	165	Ray Feterwisch	Southwest Regional Powerlifting Championships	Prescott	AZ
9	160	Christopher Burnett	Southwest Regional Powerlifting Championships	Prescott	AZ
10	127	Salvatore Morabito	World Powerlifting Championships	Las Vegas	NV
10	127	Jordan Jeffries	World Powerlifting Championships	Las Vegas	NV

2009 Bench Press Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	352.74	Adam Zehr	New England Powerlifting Championships	Burlington	VT
2	232	Josh Sine	World Powerlifting Championships	Las Vegas	NV
3	220	Jay Helms	L/F/M Nationals and Ohio State Championships	Toledo	OH
3	220	Leandro Simao	Santa Catarina State Championships	Santa Catarina	(Brazil)
3	220	Ahmad Khosh Halat	Tehran Bench Press Competition	Tehran	(Iran)

4	210	Robert Clark	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
5	204	Ben Henson	World Powerlifting Championships	Las Vegas	NV
6	190	Jim Marchio	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
7	189.6	Benjamin Hanson	New England Powerlifting Championships	Burlington	VT
8	187	Shogher Estpanyan	Armenia & Iran Bench Press Competition	Yerevan	(Armenia)
9	185	Alex Graham	Southwest Regional Powerlifting Championships	Prescott	AZ
10	176	Elmir Samir	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
11	171	Bryan Johns	Single Lift & Full Power Nationals	Marlowe Heights	MD
11	171	Rashed Nicat	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
12	165	Maicon Maccarini	Santa Catarina State Championships	Santa Catarina	(Brazil)
13	149	Salvatore Morabito	World Powerlifting Championships	Las Vegas	NV
14	145	Christopher Burnett	Southwest Regional Powerlifting Championships	Prescott	AZ
15	143	Eric Cassetta	World Powerlifting Championships	Las Vegas	NV
16	121	Juliano Correa	Santa Catarina State Championships	Santa Catarina	(Brazil)
17	120	Ray Feterwisch	Southwest Regional Powerlifting Championships	Prescott	AZ
18	115	Michael Nordberg	New York State Championships	Binghamton	NY
19	94	Jordan Jeffries	World Powerlifting Championships	Las Vegas	NV
20	93.6	Nicholas Paternoster	Single Lift Worlds	Norfolk	VA

2009 Deadlift Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	445	Jim Marchio	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
2	413	Josh Sine	World Powerlifting Championships	Las Vegas	NV
3	385	Ahmad Khoshhalat	Tehran Single Lift Competition	Tehran	(Iran)
4	380	Jay Helms	L/F/M Nationals and Ohio State Championships	Toledo	OH
5	374	Yadolah Sheykhi	Tehran Single Lift Competition	Tehran	(Iran)
6	369	Alireza Mohamadi	Tehran Single Lift Competition	Tehran	(Iran)
7	330	Leandro Simao	Santa Catarina State Championships	Santa Catarina	(Brazil)
8	305	Robert Clark	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
9	303	Ben Henson	World Powerlifting Championships	Las Vegas	NV
10	275	Clay Sawyer	North Carolina State Championships	Currituck	NC
11	264	Maicon Maccarini	Santa Catarina State Championships	Santa Catarina	(Brazil)
12	255	Michael Nordberg	New York State Championships	Binghamton	NY
12	255	Alex Graham	Southwest Regional Powerlifting Championships	Prescott	AZ
13	254	Bryan Johns	Single Lift & Full Power Nationals	Marlowe Heights	MD
13	254	Salvatore Morabito	World Powerlifting Championships	Las Vegas	NV
14	248	Eric Cassetta	World Powerlifting Championships	Las Vegas	NV
15	215	Ray Feterwisch	Southwest Regional Powerlifting Championships	Prescott	AZ
16	193	Jordan Jeffries	World Powerlifting Championships	Las Vegas	NV
17	175	Christopher Burnett	Southwest Regional Powerlifting Championships	Prescott	AZ
18	132.2	Nicholas Paternoster	Single Lift Worlds	Norfolk	VA

2009 Strict Curl Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	87	Eric Cassetta	West Coast Single Lift Championships	Las Vegas	NV
2	85.98	Benjamin Hanson	New England Powerlifting Championships	Burlington	VT
3	66	Maicon Maccarini	Santa Catarina State Championships	Santa Catarina	(Brazil)
4	64	Michael Nordberg	New York State Championships	Binghamton	NY
5	33	Nicholas Paternoster	Single Lift Worlds	Norfolk	VA

2009 Total Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	992	Josh Sine	World Powerlifting Championships	Las Vegas	NV
2	830	Jay Helms	L/F/M Nationals and Ohio State Championships	Toledo	OH
3	805	Robert Clark	National Masters/ North American Open Powerlifting	Zion Crossroads	VA

4	750	Ben Henson	World Powerlifting Championships	Las Vegas	NV
5	625	Alex Graham	Southwest Regional Powerlifting Championships	Prescott	AZ
6	617.3	Bryan Johns	Single Lift & Full Power Nationals	Marlowe Heights	MD
7	573	Eric Cassetta	World Powerlifting Championships	Las Vegas	NV
8	529	Salvatore Morabito	World Powerlifting Championships	Las Vegas	NV
9	500	Ray Feterwisch	Southwest Regional Powerlifting Championships	Prescott	AZ
10	480	Christopher Burnett	Southwest Regional Powerlifting Championships	Prescott	AZ
11	413	Jordan Jeffries	World Powerlifting Championships	Las Vegas	NV

2009 Squat Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	
1	375	Mike Seals	Tri-State Powerlifting Championships	Martins Ferry	OH
2	358	Lance Pototschnik	World Powerlifting Championships	Las Vegas	NV
3	347	Mike Robinson	World Powerlifting Championships	Las Vegas	NV
4	335	Adam Frausto	L/F/M Nationals and Ohio State Championships	Toledo	OH
5	315	Alex Lavens	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
6	275	Brandon Barndt	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
7	270	Brady Mengarelli	Southwest Regional Powerlifting Championships	Prescott	AZ
8	259	Chris Falkner	World Powerlifting Championships	Las Vegas	NV
9	254	Steve Callahan	World Powerlifting Championships	Las Vegas	NV
9	254	Joey Powell	World Powerlifting Championships	Las Vegas	NV
10	248	Joe Trader	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
11	245	Ken Woolard	North Carolina State Championships	Currituck	NC
12	235	Cody Peters	North Carolina State Championships	Currituck	NC
13	230	Yaqub Abour-Rahman	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
14	205	Justin Martin	North Carolina State Championships	Currituck	NC
14	205	James Bryant	North Carolina State Championships	Currituck	NC
14	205	Paul Gillott	Southwest Regional Powerlifting Championships	Prescott	AZ
15	198	William Devito	World Powerlifting Championships	Las Vegas	NV
16	195	Sequan Swint	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
17	187	Raymond Federwisch	World Powerlifting Championships	Las Vegas	NV
18	185	Abram Pastor	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
19	145	Zach Wilson	Southwest Regional Powerlifting Championships	Prescott	AZ
20	135	Ken Wilson	North Carolina State Championships	Currituck	NC

2009 Bench Press Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	
1	314.1	Tim McCoy	Single Lift Worlds	Norfolk	VA
2	308.6	Justin Tripodi	Single Lift Worlds	Norfolk	VA
3	308	Evandro DeSouza	Santa Catarina State Championships	Santa Catarina	(Brazil)
4	290	Larry Miller	L/F/M Nationals and Ohio State Championships	Toledo	OH
5	283	Paul Gillott	Southwest Regional Powerlifting Championships	Prescott	AZ
6	270	Mike Robinson	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
6	270	Mike Seals	Tri-State Powerlifting Championships	Martins Ferry	OH
7	259	Pedro Maccarini	Santa Catarina State Championships	Santa Catarina	(Brazil)
8	250	Brandon Barndt	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
9	248	Joe Trader	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
9	248	Lance Pototschnik	World Powerlifting Championships	Las Vegas	NV
10	236.9	Wayne Claypatch	Single Lift Worlds	Norfolk	VA
11	235	Yaqub Abour-Rahman	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
12	232	Joey Powell	World Powerlifting Championships	Las Vegas	NV
13	231.4	Dave Jones	Single Lift Worlds	Norfolk	VA
13	231.4	Jacob Manuel	Single Lift Worlds	Norfolk	VA
14	226	Chris Falkner	World Powerlifting Championships	Las Vegas	NV
14	226	Mustafa Rustam	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
15	225.9	Ronnie Garner	Single Lift Worlds	Norfolk	VA
16	225	Cody Bartlett	New York State Championships	Binghamton	NY

16	225	Jason Leavitt	2009 Christmas Classic BP/DL/SC	Standardsville	VA
17	220	Adam Frausto	L/F/M Nationals and Ohio State Championships	Toledo	OH
17	220	Amil Elchin	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
18	215	Nicholas Rahn	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
18	215	Steve Callahan	World Powerlifting Championships	Las Vegas	NV
19	214.9	Elias Sanchez	West Coast Single Lift Championships	Las Vegas	NV
20	209.4	Christian Thompson	Single Lift Worlds	Norfolk	VA

2009 Deadlift Rankings

Weight Class: 148 lb					
Rank	Lift	Lifter	Meet	Site	
1	496	Mike Robinson	World Powerlifting Championships	Las Vegas	NV
2	480	Brandon Barndt	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
3	462.9	Justin Tripodi	Single Lift Worlds	Norfolk	VA
4	452	Lance Pototschnik	World Powerlifting Championships	Las Vegas	NV
5	440	Pedro Maccarini	Santa Catarina State Championships	Santa Catarina	(Brazil)
5	440	Omid Ganaat	Tehran Single Lift Competition	Tehran	(Iran)
6	396	Mohamad Sadegi	Tehran Single Lift Competition	Tehran	(Iran)
6	396	Mohamad Ahmadi	Tehran Single Lift Competition	Tehran	(Iran)
7	390	Yaqub Abour-Rahman	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
8	375	Chris Falkner	Southwest Regional Powerlifting Championships	Prescott	AZ
9	370	Mike Seals	Tri-State Powerlifting Championships	Martins Ferry	OH
10	360	Adam Frausto	L/F/M Nationals and Ohio State Championships	Toledo	OH
11	355	Ken Woolard	North Carolina State Championships	Currituck	NC
12	350	Alex Lavens	Mississippi River Rumble IA&L State Powerlifting Championships	Sherrard	IL
13	336	Steve Callahan	World Powerlifting Championships	Las Vegas	NV
14	335	James Bryant	North Carolina State Championships	Currituck	NC
14	335	Cody Peters	North Carolina State Championships	Currituck	NC
15	330	Laerte Premoli	Santa Catarina State Championships	Santa Catarina	(Brazil)
16	325	Nicholas Rahn	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
16	325	Ken Wilson	North Carolina State Championships	Currituck	NC
17	315	Brady Mengarelli	Southwest Regional Powerlifting Championships	Prescott	AZ
18	314.1	Ronnie Garner	Single Lift Worlds	Norfolk	VA
18	314.1	Aaron Jones	Single Lift Worlds	Norfolk	VA
19	314	Joe Trader	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
20	309	William Devito	World Powerlifting Championships	Las Vegas	NV

2009 Strict Curl Rankings

Weight Class: 148 lb					
Rank	Lift	Lifter	Meet	Site	
1	143	Evandro DeSouza	Santa Catarina State Championships	Santa Catarina	(Brazil)
2	121.2	Justin Tripodi	Single Lift Worlds	Norfolk	VA
3	110	Pedro Maccarini	Santa Catarina State Championships	Santa Catarina	(Brazil)
4	105	Joe Trader	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
5	99.2	Wayne Claypatch	Single Lift Worlds	Norfolk	VA
6	93.6	Ronnie Garner	Single Lift Worlds	Norfolk	VA
7	90.39	William Falla	New England Powerlifting Championships	Burlington	VT
8	85	James Bryant	North Carolina State Championships	Currituck	NC
9	82.6	Aaron Jones	Single Lift Worlds	Norfolk	VA
9	82.6	Elias Sanchez	West Coast Single Lift Championships	Las Vegas	NV
9	82.6	Joey Powell	West Coast Single Lift Championships	Las Vegas	NV
10	70.2	Robert Legg	New York State Championships	Binghamton	NY
11	60	Conner Dantzler	Virginia State BP/DL/Strict Curl	Standardsville	VA

2009 Total Rankings

Weight Class: 148 lb					
Rank	Lift	Lifter	Meet	Site	
1	1108	Mike Robinson	World Powerlifting Championships	Las Vegas	NV
2	1058	Lance Pototschnik	World Powerlifting Championships	Las Vegas	NV

3	1005	Brandon Barndt	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
4	1000	Mike Seals	Tri-State Powerlifting Championships	Martins Ferry	OH
5	900	Adam Frausto	L/F/M Nationals and Ohio State Championships	Toledo	OH
6	855	Yaqub Abour-Rahman	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
7	835	Chris Falkner	Southwest Regional Powerlifting Championships	Prescott	AZ
8	830	Alex Lavens	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
9	810	Joe Trader	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
10	805	Steve Callahan	World Powerlifting Championships	Las Vegas	NV
11	788	Joey Powell	World Powerlifting Championships	Las Vegas	NV
12	785	Ken Woolard	North Carolina State Championships	Currituck	NC
13	775	Brady Mengarelli	Southwest Regional Powerlifting Championships	Prescott	AZ
14	730	Cody Peters	North Carolina State Championships	Currituck	NC
15	713	Paul Gillott	Southwest Regional Powerlifting Championships	Prescott	AZ
16	705	James Bryant	North Carolina State Championships	Currituck	NC
17	650	Justin Martin	North Carolina State Championships	Currituck	NC
18	640	Abram Pastor	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
19	620	Ken Wilson	North Carolina State Championships	Currituck	NC
20	585	Sequan Swint	National Masters/ North American Open Powerlifting	Zion Crossroads	VA

2009 Squat Rankings

Weight Class: 165 lb					
Rank	Lift	Lifter	Meet	Site	
1	480	James Aikey	World Powerlifting Championships	Las Vegas	NV
2	452	Larry Dyles	Single Lift & Full Power Nationals	Marlowe Heights	MD
3	440	George Pluhar	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
4	424	David Petro-Roy	World Powerlifting Championships	Las Vegas	NV
5	400	Matt LaMaster	Southwest Regional Powerlifting Championships	Prescott	AZ
6	350	Dan Morgan	Southwest Regional Powerlifting Championships	Prescott	AZ
7	345	Thomas Threatts	North Carolina State Championships	Currituck	NC
8	314	Brendon Didiano	Single Lift & Full Power Nationals	Marlowe Heights	MD
9	303	Matthew Lee	Single Lift & Full Power Nationals	Marlowe Heights	MD
10	298	Anthony Yee	Single Lift & Full Power Nationals	Marlowe Heights	MD
11	297	Virgil Cockerham	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
12	276	Robert Cortez	World Powerlifting Championships	Las Vegas	NV
13	270	Zerak Renner	World Powerlifting Championships	Las Vegas	NV
14	264	Cole Hale	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
15	245	Leroy Fish	Southwest Regional Powerlifting Championships	Prescott	AZ
16	243	John Swingle	Single Lift & Full Power Nationals	Marlowe Heights	MD
17	221	Paul Gillott	World Powerlifting Championships	Las Vegas	NV
17	221	Matt Brimmer	World Powerlifting Championships	Las Vegas	NV
18	171	William Falla	World Powerlifting Championships	Las Vegas	NV

2009 Bench Press Rankings

Weight Class: 165 lb					
Rank	Lift	Lifter	Meet	Site	
1	353	Larry Dyles	Single Lift & Full Power Nationals	Marlowe Heights	MD
2	352.7	Michael Binkley	Single Lift Worlds	Norfolk	VA
3	345	George Pluhar	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
4	325.1	George Nabeshima	Single Lift Worlds	Norfolk	VA
5	320	James Aikey	World Powerlifting Championships	Las Vegas	NV
6	319.6	John Brown	Single Lift Worlds	Norfolk	VA
7	310	Christopher Byrnes	New York State Championships	Binghamton	NY
8	303	Anthony Yee	Single Lift & Full Power Nationals	Marlowe Heights	MD
9	300	Jason Luster	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
9	300	David See	L/F/M Nationals and Ohio State Championships	Toledo	OH
10	297.6	Darryl Sylvester	Single Lift Worlds	Norfolk	VA
11	297	Hamed Eldeniz	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
11	297	Erfan Yalchin	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
12	292.11	Donny Nelson	Single Lift Worlds	Norfolk	VA

13	286.6	Eric Hatchell	West Coast Single Lift Championships	Las Vegas	NV
14	286	Paulo Machado	Santa Catarina State Championships	Santa Catarina	(Brazil)
15	281	Brendon Didiano	Single Lift & Full Power Nationals	Marlowe Heights	MD
15	281	Iraly Elchin	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
15	281	Fred Wescott	Single Lift Worlds	Norfolk	VA
16	276	Paul Gillott	World Powerlifting Championships	Las Vegas	NV
17	275	Coy Wimer	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
17	275	Thomas Threatts	North Carolina State Championships	Currituck	NC
18	270	Christian Kozub	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
18	270	Michel Bento	Santa Catarina State Championships	Santa Catarina	(Brazil)
18	270	Dustin Bingham	West Coast Single Lift Championships	Las Vegas	NV
19	265	James Bathurst	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
19	265	Matt LaMaster	Southwest Regional Powerlifting Championships	Prescott	AZ
20	264	Reginaldo Costa	Santa Catarina State Championships	Santa Catarina	(Brazil)

2009 Deadlift Rankings

Weight Class: 165 lb					
Rank	Lift	Lifter	Meet	Site	
1	606.1	Michael Ticknor	Battle of the Border	Currituck	NC
2	579	James Aikey	World Powerlifting Championships	Las Vegas	NV
3	573.1	Rob Hanners	Single Lift Worlds	Norfolk	VA
4	535	Larry Dyles	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
5	505	Matt LaMaster	Southwest Regional Powerlifting Championships	Prescott	AZ
6	500	George Pluhar	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
7	491	David Petro-Roy	World Powerlifting Championships	Las Vegas	NV
8	479.5	Daniel Miller	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
9	463	Matthew Lee	Single Lift & Full Power Nationals	Marlowe Heights	MD
10	462	Thiago Benvenho	Santa Catarina State Championships	Santa Catarina	(Brazil)
11	455	James Bathurst	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
12	440	Ali Salahmand	Tehran Single Lift Competition	Tehran	(Iran)
13	435	Brendon Didiano	Single Lift & Full Power Nationals	Marlowe Heights	MD
14	429	CJ Peters	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
14	429	Paulo Machado	Santa Catarina State Championships	Santa Catarina	(Brazil)
15	425	Rickie Young	New York State Championships	Binghamton	NY
15	425	Thomas Threatts	North Carolina State Championships	Currituck	NC
16	418	Mehran Razavizadeh	Tehran Single Lift Competition	Tehran	(Iran)
17	413.36	Clint Merrill	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
18	410	Dan Morgan	Southwest Regional Powerlifting Championships	Prescott	AZ
19	407	Mohammadreza Abbasi	Tehran Single Lift Competition	Tehran	(Iran)
20	405	George Pluhar	National Masters/ North American Open Powerlifting	Zion Crossroads	VA

2009 Strict Curl Rankings

Weight Class: 165 lb					
Rank	Lift	Lifter	Meet	Site	
1	160	Andrew LeBrun	100% RAW Freedom USA Open	Leesburg	VA
2	135.2	Rickie Young	New York State Championships	Binghamton	NY
3	132.28	Dana Merrill	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
4	132	Brendon Didiano	Single Lift & Full Power Nationals	Marlowe Heights	MD
5	121.25	Daniel Miller	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
6	120.1	Eric Hatchell	West Coast Single Lift Championships	Las Vegas	NV
7	115	James Bathurst	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
8	110	Christian Kozub	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
8	110	Paulo Machado	Santa Catarina State Championships	Santa Catarina	(Brazil)
8	110	Rangel Dias	Santa Catarina State Championships	Santa Catarina	(Brazil)
8	110	Lucio Schutz	Santa Catarina State Championships	Santa Catarina	(Brazil)
9	104.69	Skylar May	Battle of the Border	Currituck	NC
9	104.69	Aaron Lindsey	Battle of the Border	Currituck	NC
10	103.6	Paul Gillott	West Coast Single Lift Championships	Las Vegas	NV
11	99.21	Clint Merrill	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA

12	98.1	Dennis Cain	West Coast Single Lift Championships	Las Vegas	NV
12	98.1	William Falla	West Coast Single Lift Championships	Las Vegas	NV
13	88.16	Kenneth Wilson	Battle of the Border	Currituck	NC
13	88.16	Justin Stone	Battle of the Border	Currituck	NC

2009 Total Rankings

Weight Class: 165 lb					
Rank	Lift	Lifter	Meet	Site	
1	1377	James Aikey	World Powerlifting Championships	Las Vegas	NV
2	1328	Larry Dyles	Single Lift & Full Power Nationals	Marlowe Heights	MD
3	1190	George Pluhar	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
4	1170	Matt LaMaster	Southwest Regional Powerlifting Championships	Prescott	AZ
5	1157	David Petro-Roy	World Powerlifting Championships	Las Vegas	NV
6	1045	Thomas Threatts	North Carolina State Championships	Currituck	NC
7	1031	Brendon Didiano	Single Lift & Full Power Nationals	Marlowe Heights	MD
8	1000	Dan Morgan	Southwest Regional Powerlifting Championships	Prescott	AZ
9	992.1	Anthony Yee	Single Lift & Full Power Nationals	Marlowe Heights	MD
10	981	Matthew Lee	Single Lift & Full Power Nationals	Marlowe Heights	MD
11	860	Zerak Renner	World Powerlifting Championships	Las Vegas	NV
12	838	Robert Cortez	World Powerlifting Championships	Las Vegas	NV
13	810.2	John Swingle	Single Lift & Full Power Nationals	Marlowe Heights	MD
14	805	Paul Gillott	World Powerlifting Championships	Las Vegas	NV
15	803	Virgil Cockerham	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
16	775	Leroy Fish	Southwest Regional Powerlifting Championships	Prescott	AZ
17	761	Matt Brimmer	World Powerlifting Championships	Las Vegas	NV
18	759	Cole Hale	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
19	562	William Falla	World Powerlifting Championships	Las Vegas	NV

2009 Squat Rankings

Weight Class: 181 lb					
Rank	Lift	Lifter	Meet	Site	
1	460	Mark Neuman	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
2	440	David Szymanski	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
3	435	Tim Pinkerton	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
3	435	Brian Sealock	World Powerlifting Championships	Las Vegas	NV
4	419	Matt LaMaster	World Powerlifting Championships	Las Vegas	NV
5	385	Kurt Pohlmann	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
6	369	Daniel Storm	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
7	364	Anthony Campo	World Powerlifting Championships	Las Vegas	NV
8	353	Jerome Penn	Single Lift & Full Power Nationals	Marlowe Heights	MD
8	353	Michael Jones	Single Lift & Full Power Nationals	Marlowe Heights	MD
8	353	Michael Jeffries	World Powerlifting Championships	Las Vegas	NV
9	369.2	Dan Henson	Single Lift Worlds	Norfolk	VA
10	336	Garrett Smith	World Powerlifting Championships	Las Vegas	NV
11	335	Jorge Matos	Tri-State Powerlifting Championships	Martins Ferry	OH
11	335	Martel Cooper	North Carolina State Championships	Currituck	NC
12	331	Nick Woolstenhulme	World Powerlifting Championships	Las Vegas	NV
13	330	Ed Molesky	North Carolina State Championships	Currituck	NC
14	325	Colt Vieselmeyer	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
15	319	Clint Baldwin	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
16	315	Ryan Wilkerson	Mississippi River Rumble IA&L State Powerlifting Championships	Sherrard	IL
16	315	Evan Allen	Southwest Regional Powerlifting Championships	Prescott	AZ
17	305	Brant Morgan	Southwest Regional Powerlifting Championships	Prescott	AZ
18	303	Michael Milton	World Powerlifting Championships	Las Vegas	NV
18	303	Shawn Suda	World Powerlifting Championships	Las Vegas	NV
19	295	Aaron Trail	Southwest Regional Powerlifting Championships	Prescott	AZ
20	290	Johnny Jackson	Southwest Regional Powerlifting Championships	Prescott	AZ

2009 Bench Press Rankings

Weight Class: 181 lb					
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Rank	Lift	Lifter	Meet	Site	
1	385	John Self	100% RAW Freedom USA Open	Leesburg	VA
2	375	Larry Dyles	Virginia State BP/DL/Strict Curl	Stanardsville	VA
3	370	Jim VanAllen	New York State Championships	Binghamton	NY
4	369.2	Dan Henson	Single Lift Worlds	Norfolk	VA
5	358	Brian Sealock	World Powerlifting Championships	Las Vegas	NV
6	352.7	Michael Napoliatano	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
6	352.7	George Pluhar	Single Lift Worlds	Norfolk	VA
7	335	Adam Rosario	New York State Championships	Binghamton	NY
8	330.69	Dylan Burns	New England Powerlifting Championships	Burlington	VT
9	330	Stanley Burke	100% RAW Freedom USA Open	Leesburg	VA
10	325.1	Brad Bennett	Single Lift Worlds	Norfolk	VA
11	315	William Bogue	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
12	314.1	Jim Moore	Single Lift Worlds	Norfolk	VA
13	310	Mark Moyer	2009 Christmas Classic BP/DL/SC	Standardsville	VA
14	309	Travis Roberts	Single Lift & Full Power Nationals	Marlowe Heights	MD
14	309	Michael Jeffries	World Powerlifting Championships	Las Vegas	NV
15	305	Tom Harris	New York State Championships	Binghamton	NY
16	303.1	Gregory Pike	Single Lift Worlds	Norfolk	VA
16	303.1	Glenn Miller	West Coast Single Lift Championships	Las Vegas	NV
17	300	Damon Etheridge	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
18	298	Michael Milton	World Powerlifting Championships	Las Vegas	NV
19	297	Arnoldo Vicente Filho	Santa Catarina State Championships	Santa Catarina	(Brazil)
19	297	Ismail Natiq	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
20	292.1	Brian Thompson	Single Lift Worlds	Norfolk	VA
20	292.1	Matt Wilson	Single Lift Worlds	Norfolk	VA

2009 Deadlift Rankings

Weight Class:		181 lb			
Rank	Lift	Lifter	Meet	Site	
1	650	Spencer Gill	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
2	600.7	Bruce Graser	Single Lift Worlds	Norfolk	VA
3	551	David Szymanski	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
4	540	Michael Jeffries	World Powerlifting Championships	Las Vegas	NV
5	535	Larry Dyles	2009 Christmas Classic BP/DL/SC	Standardsville	VA
6	530.6	Adam Rosario	New York State Championships	Binghamton	NY
7	529.1	Michael Napoliatano	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
8	528	Jose Rocha Neto	Santa Catarina State Championships	Santa Catarina	(Brazil)
9	524	Brian Sealock	World Powerlifting Championships	Las Vegas	NV
10	523.5	Gregory Pike	Single Lift Worlds	Norfolk	VA
11	520	Mark Neuman	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
12	518.1	Travis Roberts	Single Lift & Full Power Nationals	Marlowe Heights	MD
13	515	Martel Cooper	North Carolina State Championships	Currituck	NC
14	513	Matt LaMaster	World Powerlifting Championships	Las Vegas	NV
15	512.57	Drew Markey	New England Powerlifting Championships	Burlington	VT
16	507	Kevin McCarragher	Single Lift Worlds	Norfolk	VA
16	507	Vadim Snitkovsky	Single Lift Worlds	Norfolk	VA
17	502	Jerome Penn	Single Lift & Full Power Nationals	Marlowe Heights	MD
17	502	Anthony Campo	World Powerlifting Championships	Las Vegas	NV
18	500	Ed Molesky	North Carolina State Championships	Currituck	NC
19	485	Tim Pinkerton	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
20	480	Jerome Penn	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
20	480	Aaron Trail	Southwest Regional Powerlifting Championships	Prescott	AZ

2009 Strict Curl Rankings

Weight Class:		181 lb			
Rank	Lift	Lifter	Meet	Site	
1	155.2	Adam Rosario	New York State Championships	Binghamton	NY
2	154.3	Mark Wilhelm	Single Lift Worlds	Norfolk	VA

3	143.2	Jim Moore	Single Lift Worlds	Norfolk	VA
4	137.7	Anthony Bannerman	Battle of the Border	Currituck	NC
4	137.7	Scott Russell	Single Lift Worlds	Norfolk	VA
5	132.2	Dan Henson	New England Powerlifting Championships	Burlington	VT
5	132.2	Vadim Snitkovsky	Single Lift Worlds	Norfolk	VA
6	121.22	Gregory Pike	Battle of the Border	Currituck	NC
7	115	Anthony Campo	New York State Championships	Binghamton	NY
8	109.1	William Deloney	West Coast Single Lift Championships	Las Vegas	NV
9	104	Stephen Fessenden	New York State Championships	Binghamton	NY
10	88	Celestino DaSilva	Santa Catarina State Championships	Santa Catarina	(Brazil)
10	88	Arnoldo Vicente Filho	Santa Catarina State Championships	Santa Catarina	(Brazil)
11	85.2	Robert Cseh	New York State Championships	Binghamton	NY

2009 Total Rankings

Weight Class:		181 lb			
Rank	Lift	Lifter	Meet	Site	
1	1283	Brian Sealock	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
2	1277	David Szymanski	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
3	1265	Mark Neuman	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
4	1195	Tim Pinkerton	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
5	1146	Jerome Penn	Single Lift & Full Power Nationals	Marlowe Heights	MD
6	1111	Kurt Pohlmann	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
7	1063	Daniel Storm	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
8	1055	Aaron Trail	Southwest Regional Powerlifting Championships	Prescott	AZ
9	1050	Ed Molesky	North Carolina State Championships	Currituck	NC
10	1025	Martel Cooper	North Carolina State Championships	Currituck	NC
11	1024	Colt Vieselmeyer	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
12	1010	Jorge Matos	Tri-State Powerlifting Championships	Martins Ferry	OH
13	940	Garrett Smith	Southwest Regional Powerlifting Championships	Prescott	AZ
14	925.9	Michael Jones	Single Lift & Full Power Nationals	Marlowe Heights	MD
15	925	Evan Allen	Southwest Regional Powerlifting Championships	Prescott	AZ
16	920	Johnny Jackson	Southwest Regional Powerlifting Championships	Prescott	AZ
17	908	Clint Baldwin	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
18	905	Ryan Wilkerson	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
19	903.89	Raul Gonzalez	New England Powerlifting Championships	Burlington	VT
20	880	Jose Ruiz	Southwest Regional Powerlifting Championships	Prescott	AZ

2009 Squat Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1	540	Dale Christopher	World Powerlifting Championships	Las Vegas	NV
2	513	Chris Vaccaro	Single Lift & Full Power Nationals	Marlowe Heights	MD
3	501.55	Michael Berby	New England Powerlifting Championships	Burlington	VT
4	480	Grant McCaulley	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
4	480	Chris Gallick	World Powerlifting Championships	Las Vegas	NV
5	452	Jorge Gonzalez	World Powerlifting Championships	Las Vegas	NV
6	451	Ben Edwards	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
7	424	Ian Gillaspie	World Powerlifting Championships	Las Vegas	NV
8	408	John Winterrowd	World Powerlifting Championships	Las Vegas	NV
9	405	Mathew Brandys	L/F/M Nationals and Ohio State Championships	Toledo	OH
9	405	J. Andy Dickey	Southwest Regional Powerlifting Championships	Prescott	AZ
10	402	Kevin Dickhut	World Powerlifting Championships	Las Vegas	NV
11	391	Josh Best	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
12	380.29	Lester Mumley	New England Powerlifting Championships	Burlington	VT
13	380	Eric Cieplinski	World Powerlifting Championships	Las Vegas	NV
14	375	Tom Hughes	Single Lift & Full Power Nationals	Marlowe Heights	MD
15	374	Aaron Cerrone	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
16	353	Harmanpreet Nagi	Single Lift & Full Power Nationals	Marlowe Heights	MD
16	353	Tyler Winterrowd	World Powerlifting Championships	Las Vegas	NV
17	350	Paul Bersticker	L/F/M Nationals and Ohio State Championships	Toledo	OH

18	345	Gregory Pike	North Carolina State Championships	Currituck	NC
19	340	Rey Palacios	L/F/M Nationals and Ohio State Championships	Toledo	OH
20	330	Francis Werner	National Masters/ North American Open Powerlifting	Zion Crossroads	VA

2009 Bench Press Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1	435.4	Aaron Johnson	Single Lift Worlds	Norfolk	VA
2	407.5	Nick Mercorelli	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
3	405	Chris Devol	Virginia State BP/DL/Strict Curl	Standardsville	VA
3	405	Michael McHargh	Tri-State Powerlifting Championships	Martins Ferry	OH
3	405	Andre DeCastro	North Carolina State Championships	Currituck	NC
3	405	Mike McHargh	L/F/M Nationals and Ohio State Championships	Toledo	OH
4	391.32	Michael Berby	New England Powerlifting Championships	Burlington	VT
5	385.8	Sylvester Freeman	Single Lift Worlds	Norfolk	VA
5	385.8	Adonis Kazouris	Single Lift Worlds	Norfolk	VA
6	385	Greg Tester	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
7	380	Chad Rexrode	2009 Christmas Classic BP/DL/SC	Standardsville	VA
8	375	Chris Gallick	World Powerlifting Championships	Las Vegas	NV
9	368	J. Andy Dickey	Southwest Regional Powerlifting Championships	Prescott	AZ
10	360	Michael Richards	100% RAW Freedom USA Open	Leesburg	VA
11	358	Chris Vaccaro	Single Lift & Full Power Nationals	Marlowe Heights	MD
12	353	Jorge Gonzalez	World Powerlifting Championships	Las Vegas	NV
13	352	Ben Edwards	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
14	350	Dwain Koser	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
14	350	Anthony Payton	L/F/M Nationals and Ohio State Championships	Toledo	OH
15	341.7	Tim Henriques	Single Lift Worlds	Norfolk	VA
16	340	Patrick Albright	100% RAW Freedom USA Open	Leesburg	VA
17	336.11	Kenneth Pitt	Battle of the Border	Currituck	NC
18	336	Kevin Dickhut	Single Lift & Full Power Nationals	Marlowe Heights	MD
19	330	Kim Hansen	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
19	330	Shawn Bostwick	New York State Championships	Binghamton	NY
20	325.1	George Walker	Single Lift Worlds	Norfolk	VA
20	325.1	Jeff Holeyfield	West Coast Single Lift Championships	Las Vegas	NV

2009 Deadlift Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1	601	Dale Christopher	World Powerlifting Championships	Las Vegas	NV
2	584	Chris Vaccaro	Single Lift & Full Power Nationals	Marlowe Heights	MD
3	573.2	Michael Berby	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
4	573.1	Aaron Johnson	Single Lift Worlds	Norfolk	VA
5	551.2	Ryan Massey	Single Lift & Full Power Nationals	Marlowe Heights	MD
6	551.1	Tim Henriques	Single Lift Worlds	Norfolk	VA
7	551	Kevin Dickhut	World Powerlifting Championships	Las Vegas	NV
8	550	Mohammad Hosein	Min Tehran Single Lift Competition	Tehran	(Iran)
9	535	Jorge Gonzalez	World Powerlifting Championships	Las Vegas	NV
10	530	Nick Mercorelli	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
11	528	Moshen Mehri	Tehran Single Lift Competition	Tehran	(Iran)
12	520	Marshall Dornink	New York State Championships	Binghamton	NY
12	520	Grant McCaulley	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
12	520	Chad Rexrode	2009 Christmas Classic BP/DL/SC	Standardsville	VA
13	507	Eric Cieplinski	World Powerlifting Championships	Las Vegas	NV
13	507	Justin Davis	Single Lift Worlds	Norfolk	VA
14	502	Steve Thompson	World Powerlifting Championships	Las Vegas	NV
15	501.5	Michael Richards	Single Lift Worlds	Norfolk	VA
16	500	Gregory Pike	North Carolina State Championships	Currituck	NC
16	500	Paul Bersticker	L/F/M Nationals and Ohio State Championships	Toledo	OH
17	496	Ben Edwards	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
18	485	Chris Gallick	World Powerlifting Championships	Las Vegas	NV

18	485	Bob Cook	2009 Christmas Classic BP/DL/SC	Standardsville	VA
19	484	Hamid Ahmadi	Tehran Single Lift Competition	Tehran	(Iran)
20	480	Ian Gillaspie	World Powerlifting Championships	Las Vegas	NV
20	480	Mathew Brandys	L/F/M Nationals and Ohio State Championships	Toledo	OH

2009 Strict Curl Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1	160	Patrick Albright	100% RAW Freedom USA Open	Leesburg	VA
2	159.8	Tim Henriques	Single Lift Worlds	Norfolk	VA
3	154	Chris Vaccaro	Single Lift & Full Power Nationals	Marlowe Heights	MD
4	150	Aaron Mobley	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
4	150	David A Meyers	New York State Championships	Binghamton	NY
4	150	Marshall Dornink	New York State Championships	Binghamton	NY
5	149	Sergio Guiraldilli	Santa Catarina State Championships	Santa Catarina	(Brazil)
6	148	Aaron Mobley	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
7	145	Chad Rexrode	2009 Christmas Classic BP/DL/SC	Standardsville	VA
8	137.5	Dwain Koser	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
9	137	Eraldi Luiz Filho	Santa Catarina State Championships	Santa Catarina	(Brazil)
10	136.6	John Winterrowd	West Coast Single Lift Championships	Las Vegas	NV
11	135	William Liles	100% RAW Freedom USA Open	Leesburg	VA
12	130	Shawn Bostwick	New York State Championships	Binghamton	NY
12	130	Bob Dahlhamer	2009 Christmas Classic BP/DL/SC	Standardsville	VA
12	130	Bob Cook	2009 Christmas Classic BP/DL/SC	Standardsville	VA
13	115.74	Maurice Cherry	New England Powerlifting Championships	Burlington	VT
14	115	John Ferrell	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
15	114.6	Tyler Winterrowd	West Coast Single Lift Championships	Las Vegas	NV
16	110	Jose Saavedra	New York State Championships	Binghamton	NY
17	109.1	Jeff Holeyfield	West Coast Single Lift Championships	Las Vegas	NV
18	105	Marcio DaCosta	Santa Catarina State Championships	Santa Catarina	(Brazil)
19	104	Paul E Meyers	New York State Championships	Binghamton	NY
20	100	Ronnie Tolbert	Tri-State Powerlifting Championships	Martins Ferry	OH

2009 Total Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1	1455	Chris Vaccaro	Single Lift & Full Power Nationals	Marlowe Heights	MD
2	1444.01	Michael Berby	New England Powerlifting Championships	Burlington	VT
3	1339	Jorge Gonzalez	World Powerlifting Championships	Las Vegas	NV
3	1339	Chris Gallick	World Powerlifting Championships	Las Vegas	NV
4	1299	Ben Edwards	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
5	1285	Grant McCaulley	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
6	1273	Kevin Dickhut	World Powerlifting Championships	Las Vegas	NV
7	1210	J. Andy Dickey	Southwest Regional Powerlifting Championships	Prescott	AZ
8	1185	Ian Gillaspie	World Powerlifting Championships	Las Vegas	NV
9	1168.44	Lester Mumley	New England Powerlifting Championships	Burlington	VT
10	1163	Eric Cieplinski	World Powerlifting Championships	Las Vegas	NV
11	1160	Mathew Brandys	L/F/M Nationals and Ohio State Championships	Toledo	OH
12	1155	Paul Bersticker	L/F/M Nationals and Ohio State Championships	Toledo	OH
13	1150	Josh Best	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
14	1141	Dale Christopher	World Powerlifting Championships	Las Vegas	NV
15	1125	Gregory Pike	North Carolina State Championships	Currituck	NC
16	1122	Aaron Cerrone	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
17	1119	John Winterrowd	World Powerlifting Championships	Las Vegas	NV
18	1080	Joe Young	World Powerlifting Championships	Las Vegas	NV
19	990	Brad Miller	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
20	986.6	Harmanpreet Nagi	Single Lift & Full Power Nationals	Marlowe Heights	MD

2009 Squat Rankings

Weight Class:		220 lb			
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Rank	Lift	Lifter	Meet	Site	
1	628	Chad Smith	World Powerlifting Championships	Las Vegas	NV
2	530	Dale Christopher	Southwest Regional Powerlifting Championships	Prescott	AZ
3	518	Josh Winterrowd	World Powerlifting Championships	Las Vegas	NV
4	510	Scott Fressie	L/F/M Nationals and Ohio State Championships	Toledo	OH
5	502	Pierre Ngo	World Powerlifting Championships	Las Vegas	NV
6	495	Brandon Salls	North Carolina State Championships	Currituck	NC
7	474	Vito Paiazzolo	World Powerlifting Championships	Las Vegas	NV
8	452	Derek Willis	Single Lift & Full Power Nationals	Marlowe Heights	MD
9	451	Jesse Frederickson	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
10	450	Ian Gillaspie	Southwest Regional Powerlifting Championships	Prescott	AZ
11	441	Lionel Stull	Single Lift & Full Power Nationals	Marlowe Heights	MD
12	435	Ray Ortiz	World Powerlifting Championships	Las Vegas	NV
13	430	Amiri Burke	Single Lift & Full Power Nationals	Marlowe Heights	MD
14	402	Eric Tuthill	World Powerlifting Championships	Las Vegas	NV
15	400	Wayne Pappas	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
16	390	Greg Hopkins	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
17	370	James Stratton	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
18	365	Cody Congdon	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
19	350	Ziba Dearden	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
20	340	Ryan Nicaastro	North Carolina State Championships	Currituck	NC

2009 Bench Press Rankings

Weight Class: 220 lb					
Rank	Lift	Lifter	Meet	Site	
1	474	Chad Smith	World Powerlifting Championships	Las Vegas	NV
2	446.4	Donald Acus	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
2	446.4	Bill Blackstone	Single Lift Worlds	Norfolk	VA
3	440.9	Joe Smith	West Coast Single Lift Championships	Las Vegas	NV
4	430	Dale Christopher	Southwest Regional Powerlifting Championships	Prescott	AZ
5	429.8	Kris Dulmer	Single Lift Worlds	Norfolk	VA
6	425	Aaron Johnson	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
7	407.8	Joseph Rascoe	Single Lift Worlds	Norfolk	VA
8	405	Chris Campbell	2009 Christmas Classic BP/DL/SC	Standardsville	VA
9	395	Chris Hoffman	Potomac Open Bench/Deadlift Championships	Woodbridge	VA
10	391.32	Ron Wisdom	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
11	391.21	Donnie Haddock Sr.	Battle of the Border	Currituck	NC
12	390	Dave Leslie	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
13	386	Vito Paiazzolo	World Powerlifting Championships	Las Vegas	NV
14	385	Jackson Reed	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
14	385	Christian Hoffman	100% RAW Freedom USA Open	Leesburg	VA
15	380	Ray Ortiz	World Powerlifting Championships	Las Vegas	NV
16	375	Joe Blessman	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
17	374	Claudir Rosa	Santa Catarina State Championships	Santa Catarina	(Brazil)
18	363	Yarik Shahbaziyan	Armenia & Iran Bench Press Competition	Yerevan	(Armenia)
19	360	Erick Peterson	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
19	360	Shawn Jenkins	2009 Christmas Classic BP/DL/SC	Standardsville	VA
20	358	Pierre Ngo	World Powerlifting Championships	Las Vegas	NV

2009 Deadlift Rankings

Weight Class: 220 lb					
Rank	Lift	Lifter	Meet	Site	
1	611.7	John Mays	Single Lift Worlds	Norfolk	VA
2	601	Pierre Ngo	World Powerlifting Championships	Las Vegas	NV
3	600	Greg Hopkins	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
4	590	Dale Christopher	Southwest Regional Powerlifting Championships	Prescott	AZ
5	578.7	Theodore Linn	Single Lift Worlds	Norfolk	VA
6	573	Lionel Stull	Single Lift & Full Power Nationals	Marlowe Heights	MD

7	567.5	Jackson Reed	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
8	565	Aaron Johnson	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
9	551	Chad Smith	World Powerlifting Championships	Las Vegas	NV
10	550	Daniel Gustafson	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
11	545	Scott Fressie	L/F/M Nationals and Ohio State Championships	Toledo	OH
12	540.1	Roy Andrew	Single Lift Worlds	Norfolk	VA
13	540	Jesse Frederickson	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
13	540	Josh Winterrowd	World Powerlifting Championships	Las Vegas	NV
14	530	Ryan Nicastro	North Carolina State Championships	Currituck	NC
14	530	Brandon Salls	North Carolina State Championships	Currituck	NC
15	529	Amiri Burke	Single Lift & Full Power Nationals	Marlowe Heights	MD
16	528	Reza Rah Jodi	Tehran Single Lift Competition	Tehran	(Iran)
17	524	Derek Willis	Single Lift & Full Power Nationals	Marlowe Heights	MD
18	520	Cody Congdon	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
19	517	Habib Babakhani	Tehran Single Lift Competition	Tehran	(Iran)
20	510	Kirk Hubbard	2009 Christmas Classic BP/DL/SC	Standardsville	VA

2009 Strict Curl Rankings

Weight Class: 220 lb					
Rank	Lift	Lifter	Meet	Site	
1	170.2	Tyler Bowman	New York State Championships	Binghamton	NY
2	160	Chris Campbell	2009 Christmas Classic BP/DL/SC	Standardsville	VA
3	159.8	John Mays	Single Lift Worlds	Norfolk	VA
4	148	Dave Leslie	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
5	145	Clinton Beach	2009 Christmas Classic BP/DL/SC	Standardsville	VA
6	143.3	Billy Ray Powell	West Coast Single Lift Championships	Las Vegas	NV
7	140	Daniel Gustafson	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
7	140	Scott Fressie	L/F/M Nationals and Ohio State Championships	Toledo	OH
8	138	John Bosley	Single Lift & Full Power Nationals	Marlowe Heights	MD
9	136.6	Eric Tuthill	West Coast Single Lift Championships	Las Vegas	NV
9	136.6	Clint DeMoss	West Coast Single Lift Championships	Las Vegas	NV
10	131.1	Matthew Soria	West Coast Single Lift Championships	Las Vegas	NV
11	115	Bob Vastine	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
12	110.2	Dennis Palmer	Battle of the Border	Currituck	NC
13	110	George Woodbury	New York State Championships	Binghamton	NY
14	105	Dennis Haywood	Single Lift & Full Power Nationals	Marlowe Heights	MD
14	105	William Wilkinson	New York State Championships	Binghamton	NY
15	90.36	Alex Berryman	Battle of the Border	Currituck	NC

2009 Total Rankings

Weight Class: 220 lb					
Rank	Lift	Lifter	Meet	Site	
1	1653	Chad Smith	World Powerlifting Championships	Las Vegas	NV
2	1550	Dale Christopher	Southwest Regional Powerlifting Championships	Prescott	AZ
3	1461	Pierre Ngo	World Powerlifting Championships	Las Vegas	NV
4	1361	Josh Winterrowd	World Powerlifting Championships	Las Vegas	NV
4	1361	Vito Paiazzolo	World Powerlifting Championships	Las Vegas	NV
5	1335	Scott Fressie	L/F/M Nationals and Ohio State Championships	Toledo	OH
6	1334	Lionel Stull	Single Lift & Full Power Nationals	Marlowe Heights	MD
7	1325	Brandon Salls	North Carolina State Championships	Currituck	NC
8	1317	Ray Ortiz	World Powerlifting Championships	Las Vegas	NV
9	1306	Derek Willis	Single Lift & Full Power Nationals	Marlowe Heights	MD
10	1300	Greg Hopkins	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
11	1277	Jesse Frederickson	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
12	1262	Amiri Burke	Single Lift & Full Power Nationals	Marlowe Heights	MD
13	1220	Wayne Pappas	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
14	1205	Ian Gillaspie	Southwest Regional Powerlifting Championships	Prescott	AZ
15	1185	Eric Tuthill	World Powerlifting Championships	Las Vegas	NV
16	1115	Ryan Nicastro	North Carolina State Championships	Currituck	NC
17	1080	Cody Congdon	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL

18	1000	James Stratton	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
18	1000	Brian Trail	Southwest Regional Powerlifting Championships	Prescott	AZ
19	990	Ziba Dearden	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
20	976	Clint DeMoss	World Powerlifting Championships	Las Vegas	NV

2009 Squat Rankings

Weight Class:		242 lb			
Rank	Lift	Lifter	Meet	Site	
1	590	Brandon Cox	Southwest Regional Powerlifting Championships	Prescott	AZ
2	565	Jason Wahl	Tri-State Powerlifting Championships	Martins Ferry	OH
3	512	Bret Carter	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
4	502	Nick Ariba	Single Lift & Full Power Nationals	Marlowe Heights	MD
5	470	Glen Frames	L/F/M Nationals and Ohio State Championships	Toledo	OH
6	463	James Eidenmiller	World Powerlifting Championships	Las Vegas	NV
7	455	Paul Robles	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
7	455	Mark Robb	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
8	446	John Johnson	World Powerlifting Championships	Las Vegas	NV
9	430	Mike Williams	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
10	419	Jamey Woolridge	World Powerlifting Championships	Las Vegas	NV
11	391	Karl Frederickson	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
12	347	Jeremy Keith	Single Lift & Full Power Nationals	Marlowe Heights	MD
13	303	Shaun Satterfield	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
14	245	TJ Adams	North Carolina State Championships	Currituck	NC

2009 Bench Press Rankings

Weight Class:		242 lb			
Rank	Lift	Lifter	Meet	Site	
1	501.5	Paul Bossi	Single Lift Worlds	Norfolk	VA
2	462.9	John Franks	Single Lift Worlds	Norfolk	VA
3	460	Bill Blackstone	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
4	451.9	Alvin Waldon	West Coast Single Lift Championships	Las Vegas	NV
5	440	Jarrett Amber	100% RAW Freedom USA Open	Leesburg	VA
6	429	Jose Maia Jr	Santa Catarina State Championships	Santa Catarina	(Brazil)
7	408	Jeremy Wright	Single Lift & Full Power Nationals	Marlowe Heights	MD
8	402.3	Chris Campbell	Single Lift Worlds	Norfolk	VA
9	402	Bret Carter	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
10	386	Ray Berry	Single Lift & Full Power Nationals	Marlowe Heights	MD
11	385	Shane Peterson	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
12	375	Mark Robb	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
12	375	Nick Ariba	Single Lift & Full Power Nationals	Marlowe Heights	MD
12	375	Brandon Cox	World Powerlifting Championships	Las Vegas	NV
13	374	Mohammad Zahir	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
14	370	Reggie Dorsainvil	2009 Christmas Classic BP/DL/SC	Standardsville	VA
15	365	Sid Zullinger	100% RAW Freedom USA Open	Leesburg	VA
15	365	John Svalina	Potomac Open Bench/Deadlift Championships	Woodbridge	VA
16	363.7	Wakelin Stoneman	Single Lift Worlds	Norfolk	VA
17	358.2	Craig Perry	Single Lift Worlds	Norfolk	VA
18	358	John Johnson	World Powerlifting Championships	Las Vegas	NV
19	352.7	Wes Shropshire	Single Lift Worlds	Norfolk	VA
20	350	Jason Wahl	North Carolina State Championships	Currituck	NC
20	350	Paul Robles	National Masters/ North American Open Powerlifting	Zion Crossroads	VA

2009 Deadlift Rankings

Weight Class:		242 lb			
Rank	Lift	Lifter	Meet	Site	
1	750	Brandon Cox	World Powerlifting Championships	Las Vegas	NV
2	640	Jason Wahl	Tri-State Powerlifting Championships	Martins Ferry	OH

3	606	Jamey Woolridge	World Powerlifting Championships	Las Vegas	NV
4	600	Joe Galloway	Virginia State BP/DL/Strict Curl	Stanardsville	VA
5	589.7	Nick Ariba	Single Lift Worlds	Norfolk	VA
6	575	Paul Robles	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
7	567.6	Sid Zullinser	Single Lift Worlds	Norfolk	VA
8	555	Mark Robb	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
9	534	Bret Carter	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
10	528	Morteza Garaiee	Tehran Single Lift Competition	Tehran	(Iran)
10	528	Saeed Nabilolahi	Tehran Single Lift Competition	Tehran	(Iran)
11	523	Mohamad Motjaded	Tehran Single Lift Competition	Tehran	(Iran)
12	515	Terry Reynolds	L/F/M Nationals and Ohio State Championships	Toledo	OH
13	502	James Eidenmiller	World Powerlifting Championships	Las Vegas	NV
14	500	Glen Frames	L/F/M Nationals and Ohio State Championships	Toledo	OH
15	473.86	TJ Adams	Battle of the Border	Currituck	NC
16	460	Ed Stine	Potomac Open Bench/Deadlift Championships	Woodbridge	VA
17	457.45	Dennis Brennick	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
18	452	John Johnson	World Powerlifting Championships	Las Vegas	NV
19	450	David Orié	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
20	445	Mike Williams	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
			West Coast Single Lift Championships	Las Vegas	NV

2009 Strict Curl Rankings

Weight Class:		242 lb			
Rank	Lift	Lifter	Meet	Site	
1	165.3	John Franks	Single Lift Worlds	Norfolk	VA
2	154.3	Nick Ariba	Single Lift Worlds	Norfolk	VA
2	154.3	Wakelin Stoneman	Single Lift Worlds	Norfolk	VA
3	148.8	Bill Robertson	Single Lift Worlds	Norfolk	VA
4	143	Marcio Pacheco	Santa Catarina State Championships	Santa Catarina	(Brazil)
5	140	Tom Cockerham	100% RAW Freedom USA Open	Leesburg	VA
6	132.2	Michael Primak	Single Lift Worlds	Norfolk	VA
6	132.2	Wes Shropshire	Single Lift Worlds	Norfolk	VA
7	131.1	Josh Winterrowd	West Coast Single Lift Championships	Las Vegas	NV
8	130	Andrew F Aronstam	New York State Championships	Binghamton	NY
9	126.7	Ira Brooks	Single Lift Worlds	Norfolk	VA
10	125	Shane Peterson	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
11	110.2	TJ Adams	Battle of the Border	Currituck	NC
11	110.2	Gary Fogle	Single Lift Worlds	Norfolk	VA
12	100	Dennis Haywood	2009 Christmas Classic BP/DL/SC	Standardsville	VA
13	93.6	Ben Stavish	Single Lift Worlds	Norfolk	VA

2009 Total Rankings

Weight Class:		242 lb			
Rank	Lift	Lifter	Meet	Site	
1	1703	Brandon Cox	World Powerlifting Championships	Las Vegas	NV
2	1688	John Johnson	World Powerlifting Championships	Las Vegas	NV
3	1525	Jason Wahl	North Carolina State Championships	Currituck	NC
4	1461	Nick Ariba	Single Lift & Full Power Nationals	Marlowe Heights	MD
5	1448	Bret Carter	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
6	1385	Paul Robles	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
6	1385	Mark Robb	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
7	1356	Jamey Woolridge	World Powerlifting Championships	Las Vegas	NV
8	1312	James Eidenmiller	World Powerlifting Championships	Las Vegas	NV
9	1290	Glen Frames	L/F/M Nationals and Ohio State Championships	Toledo	OH
10	1185	Mike Williams	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
11	1156	Karl Frederickson	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
12	958	Shaun Satterfield	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
13	915	TJ Adams	North Carolina State Championships	Currituck	NC

2009 Squat Rankings

Weight Class: 275 lb

Rank	Lift	Lifter	Meet	Site	
1	595	Zack Best	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
2	562	Patrick McMillan Sr	World Powerlifting Championships	Las Vegas	NV
3	523	Kyle Eliker	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
4	520	Kevin Barbeau	L/F/M Nationals and Ohio State Championships	Toledo	OH
5	502	Tyler Wilmer	Single Lift & Full Power Nationals	Marlowe Heights	MD
6	496	Elton Hart	World Powerlifting Championships	Las Vegas	NV
7	451.94	Willis Tromblee	New England Powerlifting Championships	Burlington	VT
8	405	Sam Smith	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
9	402	Robert Kinney	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
9	402	Kevin Molczyk	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
10	391	Jacob Bittman	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
11	325	Carl Lyons	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
12	225	TJ Adams	Tri-State Powerlifting Championships	Martins Ferry	OH

2009 Bench Press Rankings**Weight Class: 275 lb**

Rank	Lift	Lifter	Meet	Site	
1	525	Jermaine Jones	North Carolina State Championships	Currituck	NC
2	495	Jeffery Henderson	North Carolina State Championships	Currituck	NC
3	485.01	Greg Curatola	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
4	474	Zack Best	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
5	462.84	Donald Owens	Battle of the Border	Currituck	NC
6	435.4	Gregory Hartranft	Single Lift Worlds	Norfolk	VA
7	429	Mohammed Elnur	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
8	425	Andy Petty	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
9	420	Brandon McEwan	New York State Championships	Binghamton	NY
10	419	Patrick McMillan Sr	World Powerlifting Championships	Las Vegas	NV
11	413.36	Willis Tromblee	New England Powerlifting Championships	Burlington	VT
12	410	Raymond Clasing Sr.	North Carolina State Championships	Currituck	NC
13	407.74	Anthony Roberts	Battle of the Border	Currituck	NC
14	405	Jack Daniels	Tri-State Powerlifting Championships	Martins Ferry	OH
14	405	Steve Antczak	New York State Championships	Binghamton	NY
14	405	Chad Clark	2009 Christmas Classic BP/DL/SC	Standardsville	VA
14	405	Allen Elliott	Southwest Regional Powerlifting Championships	Prescott	AZ
15	396	Alexandre Hoffman	Santa Catarina State Championships	Santa Catarina	(Brazil)
16	386	Pete Mayo	Single Lift & Full Power Nationals	Marlowe Heights	MD
16	386	Elton Hart	World Powerlifting Championships	Las Vegas	NV
17	385.8	Ron Beuch	Single Lift Worlds	Norfolk	VA
18	385	Lee Wilson	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
18	385	Albert Stacey	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
19	374	Robert Kubat Jr.	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
20	365	David Stewart	Potomac Open Bench/Deadlift Championships	Woodbridge	VA

2009 Deadlift Rankings**Weight Class: 275 lb**

Rank	Lift	Lifter	Meet	Site	
1	727.5	Michael Eaton	Single Lift Worlds	Norfolk	VA
2	705.4	Gregory Hartranft	Single Lift Worlds	Norfolk	VA
3	650.3	Patrick McMillan Sr	West Coast Single Lift Championships	Las Vegas	NV
4	610	Bradley Phillips	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
5	606	Zack Best	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
6	575	Kevin Barbeau	L/F/M Nationals and Ohio State Championships	Toledo	OH
7	573	Kyle Eliker	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
8	555	Troy Taylor	L/F/M Nationals and Ohio State Championships	Toledo	OH
9	550	Brandon McEwan	New York State Championships	Binghamton	NY
10	545	Sam Smith	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
11	529	Elton Hart	World Powerlifting Championships	Las Vegas	NV
12	523.6	Dan Corridean	Single Lift & Full Power Nationals	Marlowe Heights	MD
13	523.5	Ronald Beuch	Single Lift Worlds	Norfolk	VA

14	520	Carl Lyons	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
15	502	Tyler Wilmer	Single Lift & Full Power Nationals	Marlowe Heights	MD
16	501	Kevin Molczyk	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
17	495	Mehdi Bolverdi	Tehran Single Lift Competition	Tehran	(Iran)
18	484	Alexandre Hoffman	Santa Catarina State Championships	Santa Catarina	(Brazil)
19	483.1	Darryl Crans	New York State Championships	Binghamton	NY
20	462.97	Willis Tromblee	New England Powerlifting Championships	Burlington	VT

2009 Strict Curl Rankings

Weight Class:		275 lb			
Rank	Lift	Lifter	Meet	Site	
1	175.2	Brandon McEwan	New York State Championships	Binghamton	NY
2	159.8	Carl Lyons	Single Lift Worlds	Norfolk	VA
3	157	Raymond Clasing Sr.	North Carolina State Championships	Currituck	NC
4	156.3	Steve Antczak	New York State Championships	Binghamton	NY
5	145	Samuel Smith	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
6	140	Lee Wilson	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
7	136.6	Donald Owens	Battle of the Border	Currituck	NC
7	136.6	Jamey Woolridge	West Coast Single Lift Championships	Las Vegas	NV
8	104.7	Kyshawn Norman	Single Lift Worlds	Norfolk	VA
9	100	TJ Adams	Tri-State Powerlifting Championships	Martins Ferry	OH
10	80.2	Vaughn Maldfeld	New York State Championships	Binghamton	NY

2009 Total Rankings

Weight Class:		275 lb			
Rank	Lift	Lifter	Meet	Site	
1	1675	Zack Best	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
2	1631	Patrick McMillan Sr	World Powerlifting Championships	Las Vegas	NV
3	1420	Kevin Barbeau	L/F/M Nationals and Ohio State Championships	Toledo	OH
4	1411	Elton Hart	World Powerlifting Championships	Las Vegas	NV
5	1328.27	Willis Tromblee	New England Powerlifting Championships	Burlington	VT
6	1295	Sam Smith	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
7	1273	Tyler Wilmer	Single Lift & Full Power Nationals	Marlowe Heights	MD
8	1178	Kevin Molczyk	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
9	1175	Carl Lyons	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
10	1095	Robert Kinney	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
11	1002	Jacob Bittman	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
12	865	TJ Adams	Tri-State Powerlifting Championships	Martins Ferry	OH

2009 Squat Rankings

Weight Class:		275+ lb			
Rank	Lift	Lifter	Meet	Site	
1	650	Dave Villeneuve	World Powerlifting Championships	Las Vegas	NV
2	601	Chad Larson	Single Lift & Full Power Nationals	Marlowe Heights	MD
3	600	Denvel Sutton	North Carolina State Championships	Currituck	NC
4	502	Johnathan Newby	World Powerlifting Championships	Las Vegas	NV
5	452	Steve Brown	World Powerlifting Championships	Las Vegas	NV
6	430	Edward McGarvey	L/F/M Nationals and Ohio State Championships	Toledo	OH
7	425	Ed Ward	North Carolina State Championships	Currituck	NC
8	424	Daniel Bunch	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
9	369	Joel Callison	World Powerlifting Championships	Las Vegas	NV
10	350	Jervis Penn	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
11	315	Ben Seller	Southwest Regional Powerlifting Championships	Prescott	AZ
12	270	Andy Roche	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE

2009 Bench Press Rankings

Weight Class:		275+ lb			
Rank	Lift	Lifter	Meet	Site	
1	545.49	Jerry Gunther	Battle of the Border	Currituck	NC

2	507	Anthony Davie	Single Lift Worlds	Norfolk	VA
3	490	Jonathan Newby	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
4	462.9	Thomas Dillard	Single Lift Worlds	Norfolk	VA
5	457.4	Joel Anderson	Single Lift Worlds	Norfolk	VA
6	455	Chris Nunn	2009 Christmas Classic BP/DL/SC	Standardsville	VA
7	450	WT Franklin	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
8	446	Aslan Faiq	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)
9	445	Lonnie Atkins	Tri-State Powerlifting Championships	Martins Ferry	OH
9	445	Jesse Kosegi	Tri-State Powerlifting Championships	Martins Ferry	OH
9	445	Lee Anderson	100% RAW Freedom USA Open	Leesburg	VA
10	435	Chad Larson	World Powerlifting Championships	Las Vegas	NV
11	430	Dave Villeneuve	World Powerlifting Championships	Las Vegas	NV
12	419	Joe Bates	Single Lift & Full Power Nationals	Marlowe Heights	MD
13	418.8	Raymond Classing	Single Lift Worlds	Norfolk	VA
13	418.8	Todd Jensen	Single Lift Worlds	Norfolk	VA
14	410	Mike Madigan	Virginia State BP/DL/Strict Curl	Standardsville	VA
15	402.3	Paul McKirdy Jr	Single Lift Worlds	Norfolk	VA
16	400	Jeff Owens	North Carolina State Championships	Currituck	NC
17	395	Kevin Coughlin	New York State Championships	Binghamton	NY
18	385.7	Denvel Sutton	Battle of the Border	Currituck	NC
19	380	Avery Crenshaw	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
19	380	Joel Callison	World Powerlifting Championships	Las Vegas	NV
20	374	Camil Mahir	Ankara 100% RAW Bench Press Competition	Ankara	(Turkey)

2008 Deadlift Rankings

Weight Class: 275+ lb					
Rank	Lift	Lifter	Meet	Site	
1	722	Dave Villeneuve	World Powerlifting Championships	Las Vegas	NV
2	705.4	Thomas Dillard	Single Lift Worlds	Norfolk	VA
3	650	Reese Bulmash	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
4	600.59	Denvel Sutton	Battle of the Border	Currituck	NC
5	590	Chad Larson	World Powerlifting Championships	Las Vegas	NV
6	555	Chris Nunn	2009 Christmas Classic BP/DL/SC	Standardsville	VA
7	551.1	Corey Rodgers	Single Lift Worlds	Norfolk	VA
8	551.1	Steve Brown	World Powerlifting Championships	Las Vegas	NV
8	551.1	Johnathan Newby	West Coast Single Lift Championships	Las Vegas	NV
9	540.1	Paul McKirdy Jr	Single Lift Worlds	Norfolk	VA
10	529.1	Jervis Penn	Single Lift Worlds	Norfolk	VA
11	496	Daniel Bunch	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
12	460	Edward McGarvey	L/F/M Nationals and Ohio State Championships	Toledo	OH
13	451.9	Kevin Prosser	Single Lift & Full Power Nationals	Marlowe Heights	MD
14	445	Ben Seller	Southwest Regional Powerlifting Championships	Prescott	AZ
15	440.8	Jerald Jones	Battle of the Border	Currituck	NC
16	408	Joel Callison	World Powerlifting Championships	Las Vegas	NV
17	400	Ed Ward	North Carolina State Championships	Currituck	NC
18	380	Jamie Waytasik	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
19	336	Andy Roche	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE

2009 Strict Curl Rankings

Weight Class: 275+ lb					
Rank	Lift	Lifter	Meet	Site	
1	160	Jim Weterhall	L/F/M Nationals and Ohio State Championships	Toledo	OH
2	154.3	Raymond Classing	Single Lift Worlds	Norfolk	VA
3	143.2	Joel Anderson	Single Lift Worlds	Norfolk	VA
3	143.2	Jack Griffin	Single Lift Worlds	Norfolk	VA
4	132.24	Denvel Sutton	Battle of the Border	Currituck	NC
5	120	Lee Anderson	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
5	120	Daniel Bunch	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
6	115.7	Destin Newsom	West Coast Single Lift Championships	Las Vegas	NV

7	115	Jamie Waytasik	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
8	110.2	Jervis Penn	Single Lift Worlds	Norfolk	VA
9	90	Andy Roche	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE

2009 Total Rankings

Weight Class:		275+ lb			
Rank	Lift	Lifter	Meet	Site	
1	1802	Dave Villeneuve	World Powerlifting Championships	Las Vegas	NV
2	1604	Chad Larson	World Powerlifting Championships	Las Vegas	NV
3	1570	Denvel Sutton	North Carolina State Championships	Currituck	NC
4	1367	Steve Brown	World Powerlifting Championships	Las Vegas	NV
5	1256	Daniel Bunch	100% RAW 2009 Nebraska State Powerlifting Championships	Omaha	NE
6	1230	Edward McGarvey	L/F/M Nationals and Ohio State Championships	Toledo	OH
7	1190	Jervis Penn	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
8	1157	Joel Callison	World Powerlifting Championships	Las Vegas	NV
9	1120	Ed Ward	North Carolina State Championships	Currituck	NC
10	1053	Johnathan Newby	World Powerlifting Championships	Las Vegas	NV
11	970	Ben Seller	Southwest Regional Powerlifting Championships	Prescott	AZ