

2009 Squat Rankings

Weight Class:		66 lb				
Rank	Lift	Lifter	Meet	Site		
1						

2009 Bench Press Rankings

Weight Class:		66 lb				
Rank	Lift	Lifter	Meet	Site		
1						

2009 Deadlift Rankings

Weight Class:		66 lb				
Rank	Lift	Lifter	Meet	Site		
1						

2009 Strict Curl Rankings

Weight Class:		66 lb				
Rank	Lift	Lifter	Meet	Site		
1	32.5	Rebecca Moyer	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA	

2009 Total Rankings

Weight Class:		66 lb				
Rank	Lift	Lifter	Meet	Site		
1						

2009 Squat Rankings

Weight Class:		97 lb				
Rank	Lift	Lifter	Meet	Site		
1						

2009 Bench Press Rankings

Weight Class:		97 lb				
Rank	Lift	Lifter	Meet	Site		
1	77.1	Beth-el Algarin	Single Lift Worlds	Norfolk	VA	
2	71.65	Megan Brown	Single Lift & Full Power Nationals	Marlowe Heights	MD	
3	55.1	Brianna Bubbitt	Single Lift Worlds	Norfolk	VA	

2009 Deadlift Rankings

Weight Class:		97 lb				
Rank	Lift	Lifter	Meet	Site		
1	130	Aniya Simmons	North Carolina State Championships	Currituck	NC	

2009 Strict Curl Rankings

Weight Class:		97 lb				
Rank	Lift	Lifter	Meet	Site		
1	38.58	Beth-el Algarin	Single Lift Worlds	Norfolk	VA	

2009 Total Rankings

Weight Class:		97 lb				
Rank	Lift	Lifter	Meet	Site		
1						

2009 Squat Rankings

Weight Class:		105 lb			
Rank	Lift	Lifter	Meet	Site	
1	190	Karen Poyner	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
2	160	Kim Ryman	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
3	121	Krystine Loring	World Powerlifting Championships	Las Vegas	NV
4	75	Tiarra Small	Virginia State BP/DL/Strict Curl	Standardsville	VA

2009 Bench Press Rankings

Weight Class:		105 lb			
Rank	Lift	Lifter	Meet	Site	
1	130	Karen Poyner	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
2	105	Kim Ryman	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
3	99.2	Patricia Azlin	Single Lift Worlds	Norfolk	VA
4	88	Krystine Loring	World Powerlifting Championships	Las Vegas	NV

2009 Strict Curl Rankings

Weight Class:		123 lb			
Rank	Lift	Lifter	Meet	Site	
1	40	Beth-el Algarin	L/F/M Nationals and Ohio State Championships	Toledo	OH

2009 Deadlift Rankings

Weight Class:		105 lb			
Rank	Lift	Lifter	Meet	Site	
1	270	Kim Ryman	World Powerlifting Championships	Las Vegas	NV
2	265	Karen Poyner	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
3	226	Krystine Loring	World Powerlifting Championships	Las Vegas	NV
4	209.4	Patricia Azlin	Single Lift Worlds	Norfolk	VA

2009 Total Rankings

Weight Class:		105 lb			
Rank	Lift	Lifter	Meet	Site	
1	585	Karen Poyner	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
2	535	Kim Ryman	World Powerlifting Championships	Las Vegas	NV
3	435	Krystine Loring	World Powerlifting Championships	Las Vegas	NV

2009 Squat Rankings

Weight Class:		114 lb			
Rank	Lift	Lifter	Meet	Site	
1					

2009 Bench Press Rankings

Weight Class:		114 lb			
Rank	Lift	Lifter	Meet	Site	
1	75	Niki Wilkerson	Virginia State BP/DL/Strict Curl	Standardsville	VA
2	71.65	Shauna Marcellino	Single Lift & Full Power Nationals	Marlowe Heights	MD
3	66.1	Theresa Seykora	Single Lift Worlds	Norfolk	VA
4	45	Chelsi Byrnes	New York State Championships	Binghamton	NY
5	44	Aniya Simmons	Single Lift Worlds	Norfolk	VA

2009 Deadlift Rankings

Weight Class:		114 lb			
Rank	Lift	Lifter	Meet	Site	
1	198	Juliana Dos Santos	Santa Catarina State Championships	Santa Catarina	(Brazil)
2	154.3	Aniya Simmons	Single Lift Worlds	Norfolk	VA

2009 Total Rankings

Weight Class:		114 lb			
Rank	Lift	Lifter	Meet	Site	
1					
2					

2009 Squat Rankings

Weight Class:		123 lb			
Rank	Lift	Lifter	Meet	Site	
1	237	Kelly Moore	World Powerlifting Championships	Las Vegas	NV
2	232	Michelle Watts	World Powerlifting Championships	Las Vegas	NV
3	190	Pat Azlin	National Masters/ North American Open Powerlifting	Zion Crossroads	VA

2009 Bench Press Rankings

Weight Class:		123 lb			
Rank	Lift	Lifter	Meet	Site	
1	171	Michelle Watts	World Powerlifting Championships	Las Vegas	NV
2	165	Kelly Moore	World Powerlifting Championships	Las Vegas	NV
3	121	Daiana Pillati	Santa Catarina State Championships	Santa Catarina	(Brazil)
4	105	Ariel Bulmash	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
5	100	Pat Azlin	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
6	82.67	Virginia Eng-Havelick	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
7	66.1	Anecia Wilkerson	Single Lift Worlds	Norfolk	VA

2009 Strict Curl Rankings

Weight Class:		123 lb			
Rank	Lift	Lifter	Meet	Site	
1	55.12	Virginia Eng-Havelick	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
2	45	Ariel Bulmash	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
3	44.09	Diana Kernoff	New England Powerlifting Championships	Burlington	VT

2009 Deadlift Rankings

Weight Class:		123 lb			
Rank	Lift	Lifter	Meet	Site	
1	320	Kelly Moore	World Powerlifting Championships	Las Vegas	NV
2	265	Michelle Watts	World Powerlifting Championships	Las Vegas	NV
3	240	Pat Azlin	National Masters/ North American Open Powerlifting	Zion Crossroads	VA

2009 Total Rankings

Weight Class:		123 lb			
Rank	Lift	Lifter	Meet	Site	
1	530	Pat Azlin	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
2	447	Michelle Watts	World Powerlifting Championships	Las Vegas	NV
3	328	Kelly Moore	World Powerlifting Championships	Las Vegas	NV

2009 Squat Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	221	Tonya Hart	World Powerlifting Championships	Las Vegas	NV
2	180	Sarah Boraas	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
2	180	Nicole Fressie	L/F/M Nationals and Ohio State Championships	Toledo	OH
3	155	Susan Boyce	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
4	149	Jennifer Graves	World Powerlifting Championships	Las Vegas	NV
5	125	Jessica Furr	North Carolina State Championships	Currituck	NC

2009 Bench Press Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	154.3	Kelly Wescott	Single Lift Worlds	Norfolk	VA
2	143	Tonya Hart	World Powerlifting Championships	Las Vegas	NV
3	121.25	Shannon Wisdom	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
3	121.25	Judith Wolff	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
4	115	Nicole Fressie	L/F/M Nationals and Ohio State Championships	Toledo	OH
5	100	Sarah Boraas	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
6	99.21	Dianne MacMillan	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
7	95	Susan Boyce	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
8	93.6	Chelsea Wooton	Battle of the Border	Currituck	NC
8	93.6	Tiarrah Small	Single Lift Worlds	Norfolk	VA
9	83	Jennifer Graves	World Powerlifting Championships	Las Vegas	NV
10	77	Juliana Gamba	Santa Catarina State Championships	Santa Catarina	(Brazil)
11	75	Jessica Furr	North Carolina State Championships	Currituck	NC

2009 Deadlift Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	305	Sarah Boraas	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
2	254	Tonya Hart	World Powerlifting Championships	Las Vegas	NV
3	235	Susan Boyce	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
4	231.42	Chelsea Wooton	Battle of the Border	Currituck	NC
5	220	Luana Gamba	Santa Catarina State Championships	Santa Catarina	(Brazil)
6	195	Nicole Fressie	L/F/M Nationals and Ohio State Championships	Toledo	OH
7	185	Jessica Furr	North Carolina State Championships	Currituck	NC
8	176	Jennifer Graves	World Powerlifting Championships	Las Vegas	NV
9	165.35	Dianne MacMillan	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA

2009 Strict Curl Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	55.12	Dianne MacMillan	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA

2009 Total Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	617	Tonya Hart	World Powerlifting Championships	Las Vegas	NV
2	505	Sarah Boraas	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
3	485	Susan Boyce	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
4	455	Nicole Fressie	L/F/M Nationals and Ohio State Championships	Toledo	OH
5	408	Jennifer Graves	World Powerlifting Championships	Las Vegas	NV
6	385	Jessica Furr	North Carolina State Championships	Currituck	NC

2009 Squat Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	
1	230	Madison Kissner	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
2	225	Christie Burnett	Southwest Regional Powerlifting Championships	Prescott	AZ

2009 Bench Press Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	
1	162.5	Tiffany Patrick	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
2	160	Madison Kissner	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
3	154	Christie Burnett	World Powerlifting Championships	Las Vegas	NV

4	143.3	Nona Hubbard	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
5	130	Corzetta Penn	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
6	127.5	Laura Delay	New York State Championships	Binghamton	NY
7	126.7	Mary Tower	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
7	126.7	Colleen Tibollo	Single Lift Worlds	Norfolk	VA
8	115	Mary Patterson	Tri-State Powerlifting Championships	Martins Ferry	OH
9	110.23	Gail Goldstein	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
10	110	Juliana Souza	Santa Catarina State Championships	Santa Catarina	(Brazil)
11	105	Terri Korba	New York State Championships	Binghamton	NY
11	105	Kathy Okerlund	Southwest Regional Powerlifting Championships	Prescott	AZ
12	104.7	Deborah DeAngelis	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
12	104.7	Ruthie Meininger	Single Lift Worlds	Norfolk	VA
13	66.14	Carol Bowden	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA

2009 Deadlift Rankings

Weight Class: 148 lb					
Rank	Lift	Lifter	Meet	Site	
1	325	Madison Kissner	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL
2	286.7	Laura Delay	New York State Championships	Binghamton	NY
3	270.06	Mary Tower	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
4	254	Christie Burnett	World Powerlifting Championships	Las Vegas	NV
5	205	Corzetta Penn	National Masters/ North American Open Powerlifting	Zion Crossroads	VA
6	203.93	Deborah DeAngelis	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
7	192.9	Gail Goldstein	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA

2009 Strict Curl Rankings

Weight Class: 148 lb					
Rank	Lift	Lifter	Meet	Site	
1	77.16	Laura Delay	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
2	66.14	Mary Tower	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
2	66.14	Deborah DeAngelis	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
3	60.6	Kathy Okerlund	West Coast Single Lift Championships	Las Vegas	NV
4	59	Terri Korba	New York State Championships	Binghamton	NY
5	55.12	Gail Goldstein	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA

2009 Total Rankings

Weight Class: 148 lb					
Rank	Lift	Lifter	Meet	Site	
1	623	Christie Burnett	World Powerlifting Championships	Las Vegas	NV
2	580	Madison Kissner	Mississippi River Rumble IA&IL State Powerlifting Championships	Sherrard	IL

2009 Squat Rankings

Weight Class: 165 lb					
Rank	Lift	Lifter	Meet	Site	
1	220.46	Nahoami Berby	New England Powerlifting Championships	Burlington	VT
2	154	Laura Delay	Single Lift & Full Power Nationals	Marlowe Heights	MD
3	125	Corinne Pinnock	North Carolina State Championships	Currituck	NC
4	77.16	Brittney White-Gonzalez	New England Powerlifting Championships	Burlington	VT

2009 Bench Press Rankings

Weight Class: 165 lb					
Rank	Lift	Lifter	Meet	Site	
1	215	Tammy Walker	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
2	143.3	Nahoami Berby	New England Powerlifting Championships	Burlington	VT
3	137.79	Kim Furlong	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
4	121.3	Laura Delay	Single Lift & Full Power Nationals	Marlowe Heights	MD
5	110.23	Brittney White-Gonzalez	New England Powerlifting Championships	Burlington	VT
6	65	Corinne Pinnock	North Carolina State Championships	Currituck	NC

2009 Deadlift Rankings

Weight Class: 165 lb					
Rank	Lift	Lifter	Meet	Site	
1	339.51	Kim Furlong	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
2	325	Tammy Walker	Ironman Nats & US Open Bench Press/Deadlift/Strict Curl	Zion Crossroads	VA
3	276	Laura Delay	Single Lift & Full Power Nationals	Marlowe Heights	MD
4	242.51	Nahoami Berby	New England Powerlifting Championships	Burlington	VT
5	230	Nicole Mouser	2009 Christmas Classic BP/DL/SC	Standardsville	VA
6	225.97	Brittney White-Gonzalez	New England Powerlifting Championships	Burlington	VT
7	185	Corinne Pinnock	North Carolina State Championships	Currituck	NC
8	126.7	Roberta Dearden	Single Lift Worlds	Norfolk	VA

2009 Strict Curl Rankings

Weight Class: 165 lb					
Rank	Lift	Lifter	Meet	Site	
1	84.88	Kim Furlong	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
2	62.8	Laura Delay	Single Lift & Full Power Nationals	Marlowe Heights	MD

2009 Total Rankings

Weight Class: 165 lb					
Rank	Lift	Lifter	Meet	Site	
1	606.27	Nahoami Berby	New England Powerlifting Championships	Burlington	VT
2	551.2	Laura Delay	Single Lift & Full Power Nationals	Marlowe Heights	MD
3	413.36	Brittney White-Gonzalez	New England Powerlifting Championships	Burlington	VT
4	375	Corinne Pinnock	North Carolina State Championships	Currituck	NC

2009 Squat Rankings

Weight Class: 181 lb					
Rank	Lift	Lifter	Meet	Site	
1	180	Jane Jensen	Southwest Regional Powerlifting Championships	Prescott	AZ

2009 Bench Press Rankings

Weight Class: 181 lb					
Rank	Lift	Lifter	Meet	Site	
1	232.5	Kathy Roberts	Virginia State BP/DL/Strict Curl	Standardsville	VA
2	176.3	Anna McClosky	Single Lift Worlds	Norfolk	VA
3	143.2	Mary Blackstone	Single Lift Worlds	Norfolk	VA
4	125	Jane Jensen	Southwest Regional Powerlifting Championships	Prescott	AZ

2009 Deadlift Rankings

Weight Class: 181 lb					
Rank	Lift	Lifter	Meet	Site	
1	440.9	Anna McCloskey	Single Lift Worlds	Norfolk	VA
2	180	Jane Jensen	Southwest Regional Powerlifting Championships	Prescott	AZ

2009 Strict Curl Rankings

Weight Class: 181 lb					
Rank	Lift	Lifter	Meet	Site	
1	71.6	Anna McCloskey	Single Lift Worlds	Norfolk	VA

2009 Total Rankings

Weight Class: 181 lb					
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Rank	Lift	Lifter	Meet	Site	
1	485	Jane Jensen	Southwest Regional Powerlifting Championships	Prescott	AZ

2009 Squat Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1					

2009 Bench Press Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1	160	Kathy Wetenhall	L/F/M Nationals and Ohio State Championships	Toledo	OH
2	148.8	Donna Hadley	Single Lift Worlds	Norfolk	VA
3	132.2	Victoria Vasquez	Single Lift Worlds	Norfolk	VA

2009 Strict Curl Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1	71.6	Donna Hadley	Single Lift Worlds	Norfolk	VA

2009 Deadlift Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1	259	Ana Suda	West Coast Single Lift Championships	Las Vegas	NV

2009 Strict Curl Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1	85	Kathy Wetenhall	L/F/M Nationals and Ohio State Championships	Toledo	OH

2009 Total Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1					

2009 Squat Rankings

Weight Class:		SHW lb			
Rank	Lift	Lifter	Meet	Site	
1					

2009 Bench Press Rankings

Weight Class:		SHW lb			
Rank	Lift	Lifter	Meet	Site	
1	235	Jessica Read	2009 Christmas Classic BP/DL/SC	Standardsville	VA
2	214.9	Michelle Carlsen	Single Lift Worlds	Norfolk	VA
3	159.83	Catherine Marquardt	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
4	132.2	Aliyah Jones	Single Lift Worlds	Norfolk	VA
5	115	Kristina Hawkins	Southwest Regional Powerlifting Championships	Prescott	AZ
6	93.6	Sheri Jones	Single Lift Worlds	Norfolk	VA

2009 Deadlift Rankings

Weight Class:		SHW lb			
Rank	Lift	Lifter	Meet	Site	

1	391.3	Nicole Jones	West Coast Single Lift Championships	Las Vegas	NV
2	341.7	Michelle Carlsen	Single Lift Worlds	Norfolk	VA
3	337.3	Catherine Marquardt	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA

2009 Strict Curl Rankings

Weight Class:		SHW lb			
Rank	Lift	Lifter	Meet	Site	
1	109.1	Nicole Jones	West Coast Single Lift Championships	Las Vegas	NV
2	77.16	Kim Furlong	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
3	66.14	Catherine Marquardt	Masters Nationals Bench/Push-Pull/Curl	Haverhill	MA
3	66.14	Michelle Carlsen	Single Lift Worlds	Norfolk	VA

2009 Total Rankings

Weight Class:		SHW lb			
Rank	Lift	Lifter	Meet	Site	
1					