



## 2019 Masters 40-49 Rankings

Updated 01/08/2020 Ed Kutin

[Ed@enkutin.com](mailto:Ed@enkutin.com)

2019 Squat Rankings				Female			
Weight Class: 105				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57.5	126.7	Jill Keilty	Canada	Canadian Nationals	Medicine Hat	Alberta
Weight Class: 114				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Kim Roberts	US-FL	Beasty Bash	Mount Dora	FL
2	62.5	137.7	Mariela Olivares	US-MD	Potomac Open	Tysons Corner	VA
Weight Class: 123				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152	335	Elizabeth Craven	Australia	Worlds		Alberta
2	111	244.7	Sandra Alcorn	Australia	Worlds		Alberta
3	90	198.4	Lacretta Incorvaia	US-OH	Ohio State Championships	Bedford Heights	OH
4	85	187.3	Francine Rattray	Canada	Bar Wars West		Canada
5	82.5	181.8	Kim Roberts	US-FL	Last Chance Qualifier	Mount Dora	FL
6	55	121.2	Angel Yau-Vandenburg	Canada	Last Chance for the Dance	Calgary	Alberta
7	37.5	82.6	Linda Strong-Denerly	US-NY	Central PA Open	Clearfield	PA
Weight Class: 132				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	121	266.7	Jenelle Schultz	Australia	Worlds		Alberta
2	120	264.5	Tonya Motyka	Canada	2019 Cast a Shadow	Squamish	BC
3	117.5	259	Sandi Burke	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
4	105	231.4	Theresa Larson	Canada	Iron Challenge	Medicine Hat	Alberta
5	102.5	225.9	Carlee Grant	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta
6	90	198.4	Karen Ogilvie	Canada	2019 Cast a Shadow	Squamish	BC
7	85	187.3	Heather Machmer	US-PA	Great Lakes Powerlifting and BP	Erie	PA
8	72.5	159.8	Jennifer Zak	US-NC	OBX Open	Jarvisburg	NC
Weight Class: 148				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Tracy Curran	Canada	Bar Wars East		Canada
2	117	257.9	Jo Tarlton	New Zealand	Worlds		Alberta
3	110.5	243.6	Catherine Evans	Ireland	IDFPA National Full Power Championships		Ireland
4	100	220.4	Carlee Grant	Canada	2019 Cast a Shadow	Squamish	BC
	100	220.4	Doreen Kane	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
6	95	209.4	Maria McElman	Canada	Bar Wars West		Canada
7	90	198.4	Mary Schlifke	US-FL	American Challenge 2019 - FL		FL
	90	198.4	Adriana Williams	US-FL	Beasty Bash	Mount Dora	FL
9	70	154.3	Melissa Palmer	US-AZ	Southwest Regional	Goodyear	AZ
10	65	143.2	Andrea Yeung-Meadows	Canada	2019 Cast a Shadow	Squamish	BC

Weight Class: 165		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Sarah Wheal	Australia	Worlds		Alberta
2	120	264.5	Eileen Gorry	Ireland	Irish Muscle Power Single Lift Nationals		Ireland
3	117.5	259	Rachele Hicks	Canada	2019 Cast a Shadow	Squamish	BC
	117.5	259	Anita Lenehan	Ireland	IDFPA National Full Power Championships		Ireland
5	115	253.5	Nora Kish	Canada	2019 Hub Power	High River	Alberta
6	112.5	248	Teresa Oldenburger	Canada	Worlds		Alberta
7	110	242.5	Marissa Brolo	Canada	Bar Wars West		Canada
8	107.5	236.9	Pamela O'Boyle	Ireland	IDFPA National Full Power Championships		Ireland
9	102.5	225.9	Susan Casey	US-IA	American Challenge 2019 - NE		NE
10	92.5	203.9	Alexandra Arkoian	US-VA	Potomac Open	Tysons Corner	VA
11	72.5	159.8	Ursula Muretta	US-VA	Masters Nationals	Zion Crossroads	VA
12	67.5	148.8	Becky Telatko	US-OH	Ohio State Championships	Bedford Heights	OH
13	32.5	71.6	Michelle Hutt	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 181		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	Kathleen MacDonald	Canada	Canadian Nationals	Medicine Hat	Alberta
2	147	324	Sara Burwash	Canada	Worlds		Alberta
3	127.5	281	Linda Byrne	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
4	120	264.5	Amy Eaton	US-MD	American Challenge 2019 - VA		VA
5	107.5	236.9	Chris Redmond	US-PA	Great Lakes Powerlifting and BP	Erie	PA
6	102.5	225.9	Susanne Thomas	Canada	Bar Wars West		Canada
7	100	220.4	Niina Jarvenkari	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
8	95	209.4	Janice Edwards	Canada	2019 Hub Power	High River	Alberta
9	87.5	192.9	Liberty Buccello	US-NY	Masters Nationals	Zion Crossroads	VA
10	85	187.3	Meredith Gunning	US-NY	American Challenge 2019 - NY		NY
11	82.5	181.8	Katina James	US-VA	Mid-Atlantic Regionals	Zion Crossroads	VA
12	60	132.2	Kara Silva	US-VA	American Challenge 2019 - VA		VA
13	35	77.1	Clodagh Higgins	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: 198		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Sara Burwash	Canada	Bar Wars West		Canada
2	145	319.6	Jane Morris	Australia	Worlds		Alberta
3	140	308.6	Sheryl Malinowski	Canada	Canadian Nationals	Medicine Hat	Alberta
4	127.5	281	Cindy Stritzinger	US-PA	Great Lakes Powerlifting and BP	Erie	PA
5	95	209.4	Lori McWatters	Canada	Bar Wars West		Canada
6	87.5	192.9	Michelle Balsillie	Canada	Last Chance for the Dance	Calgary	Alberta

Weight Class: 198+		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Melanie Perron	Canada	Worlds		Alberta
2	130	286.5	Kirsten Ross	US-VA	DMV Invitational	White Plains	MD
		130	Kim Elletson	US-NC	Great Lakes Powerlifting and BP	Erie	PA
4	122.5	270	Venus Lanham	US-MD	DMV Invitational	White Plains	MD
5	100	220.4	Patricia Frankson	US-VA	American Challenge 2019 - NC		NC
	100	220.4	Karmen Doucette	Canada	Last Chance for the Dance	Calgary	Alberta
7	95	209.4	Meredith Gunning	US-NY	Tioga Downs Open	Tioda Downs	NY
8	85	187.3	Mickey Thorpe	US-VA	Battlefield Open	Fredericksburg	VA
9	72.5	159.8	Anita Wempe	Canada	2019 Cast a Shadow	Squamish	BC
	72.5	159.8	Suzenna Matty	Canada	2019 Cast a Shadow	Squamish	BC

2019 Bench Press Rankings		Female					
Weight Class: 105		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	55	121.2	Jill Keilty	Canada	Canadian Nationals	Medicine Hat	Alberta
2	42.5	93.6	Tiffany Barney	US-CT	Massachusetts State Championship	Plainridg Park	MA

Weight Class: 114							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	52.5	115.7	Kim Roberts	US-FL	Beasty Bash	Mount Dora	FL
2	50	110.2	Mariela Olivares	US-MD	Potomac Open	Tysons Corner	VA

Weight Class: 123							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87	191.8	Elizabeth Craven	Australia	Worlds		Alberta
2	57.5	126.7	Krystal Brown	US-VA	Christmas Classic	Zion Crossroads	VA
3	57	125.6	Sandra Alcorn	Australia	Worlds		Alberta
4	52.5	115.7	Kim Roberts	US-FL	Last Chance Qualifier	Mount Dora	FL
5	50	110.2	Francine Rattray	Canada	Bar Wars West		Canada
	50	110.2	Annunziata Messina	Italy	Rimini		Italy
	50	110.2	Lacretta Incorvaia	US-OH	Ohio State Championships	Bedford Heights	OH
8	47.5	104.7	Angel Yau-Vandenburg	Canada	Last Chance for the Dance	Calgary	Alberta
9	32.5	71.6	Linda Strong-Denerly	US-NY	Central PA Open	Clearfield	PA

Weight Class: 132							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Tonya Motyka	Canada	2019 Cast a Shadow	Squamish	BC
2	73	160.9	Jenelle Schultz	Australia	Worlds		Alberta
3	66	145.5	Carlee Grant	Canada	Worlds		Alberta
4	65.5	144.4	Karen Ogilvie	Canada	2019 Cast a Shadow	Squamish	BC
5	63	138.8	Sandi Burke	Ireland	Worlds		Alberta
6	62.5	137.7	Sheryl Baker	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta
7	55	121.2	Theresa Larson	Canada	Iron Challenge	Medicine Hat	Alberta
	55	121.2	Rosa Colosimo	Italy	Single Lift Contest		Italy
	55	121.2	Jennifer Zak	US-NC	OBX Open	Jarvisburg	NC
10	40	88.1	Heather Machmer	US-PA	Great Lakes Powerlifting and BP	Erie	PA

Weight Class: 148							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	69	152.1	Jo Tarlton	New Zealand	Worlds		Alberta
2	62.5	137.7	Tracy Curran	Canada	Bar Wars East		Canada
	62.5	137.7	Catherine Evans	Ireland	Irish Muscle Power Single Lift Nationals		Ireland
4	60	132.2	Carlee Grant	Canada	2019 Cast a Shadow	Squamish	BC
5	57.5	126.7	Doreen Kane	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
	57.5	126.7	Mary Schlifke	US-FL	American Challenge 2019 - FL		FL
7	55	121.2	Maria McElman	Canada	Bar Wars West		Canada
8	52.5	115.7	Melissa Palmer	US-AZ	Soutwest Regional	Goodyear	AZ
	52.5	115.7	Vanessa MacKinnon	Canada	Bar Wars East		Canada
	52.5	115.7	Adriana Williams	US-FL	Beasty Bash	Mount Dora	FL
11	47.5	104.7	Lesley DeAngelo	US-CT	Connecticut State Championship	Cheshire	CT
12	45	99.2	Andrea Yeung-Meadows	Canada	2019 Cast a Shadow	Squamish	BC
13	42.5	93.6	Mags O'Driscoll	Ireland	IDFPA Push Pull Championships	Cork	Ireland

Weight Class: 165							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Eileen Gorry	Ireland	Worlds		Alberta
2	79	174.1	Sarah Wheal	Australia	Worlds		Alberta
3	77.5	170.8	Shannon Lowery	US-NC	Single Lift Worlds	Virginia Beach	VA
4	65	143.2	Alexandra Arkoian	US-VA	Potomac Open	Tysons Corner	VA
5	60	132.2	Rachele Hicks	Canada	2019 Cast a Shadow	Squamish	BC
6	57.5	126.7	Rachel Higginbotham	US-VA	Battle of the Border	Curituck	NC
	57.5	126.7	Nora Kish	Canada	2019 Hub Power	High River	Alberta

	57.5	126.7	Claire Cooney	Canada	Last Chance for the Dance	Calgary	Alberta
9	55	121.2	Sara De Santis	Italy	Single Lift Contest		Italy
	55	121.2	Marissa Brolo	Canada	Bar Wars West		Canada
11	52.5	115.7	Susan Casey	US-IA	American Challenge 2019 - NE		NE
	52.5	115.7	Anita Lenehan	Ireland	IDFPA National Full Power Championships		Ireland
13	50	110.2	Pamela O'Boyle	Ireland	IDFPA National Full Power Championships		Ireland
	50	110.2	Teresa Oldenburger	Canada	Worlds		Alberta
	50	110.2	Becky Telatko	US-OH	Ohio State Championships	Bedford Heights	OH
16	45	99.2	Maria Fitzpatrick	Ireland	IDFPA Push Pull Championships	Cork	Ireland
	45	99.2	Kuldeep Kaur	India	India National Single Lift Championships		India
18	40	88.1	Ursula Muretta	US-VA	Masters Nationals	Zion Crossroads	VA
19	32.5	71.6	Michelle Hutt	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 181			Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	91	200.6	Sara Burwash	Canada	Worlds		Alberta
2	80	176.3	Kathleen MacDonald	Canada	Canadian Nationals	Medicine Hat	Alberta
3	65.5	144.4	Clodagh Higgins	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
4	65	143.2	Linda Byrne	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
5	62.5	137.7	Niina Jarvenkari	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
	62.5	137.7	Meredith Gunning	US-NY	American Challenge 2019 - NY		NY
	62.5	137.7	Niina Järvenkari	Ireland	Irish Muscle Power Single Lift Nationals		Ireland
8	60	132.2	Janice Edwards	Canada	2019 Hub Power	High River	Alberta
	60	132.2	Chris Redmond	US-PA	Great Lakes Powerlifting and BP	Erie	PA
10	55	121.2	Kara Silva	US-VA	American Challenge 2019 - VA		VA
	55	121.2	Amy Eaton	US-MD	Maryland State Championships	Hanover	MD
12	54	119	Katina James	US-VA	Christmas Classic	Zion Crossroads	VA
13	47.5	104.7	Susanne Thomas	Canada	2019 Cast a Shadow	Squamish	BC
	47.5	104.7	Nicole Green	US-DC	Single Lift Worlds	Virginia Beach	VA
15	35	77.1	Liberty Buccello	US-NY	Masters Nationals	Zion Crossroads	VA

Weight Class: 198			Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	97.5	214.9	Sara Burwash	Canada	Bar Wars West		Canada
2	83	182.9	Jane Morris	Australia	Worlds		Alberta
3	77.5	170.8	Sheryl Malinowski	Canada	2019 Hub Power	High River	Alberta
	77.5	170.8	Cindy Stritzinger	US-PA	Great Lakes Powerlifting and BP	Erie	PA
5	70	154.3	Katherine Valtaggio	US-VA	Potomac Open	Tysons Corner	VA
6	62.5	137.7	Crystal Bridgforth	US-VA	DMV Invitational	White Plains	MD
	62.5	137.7	Louise Mahoney	Ireland	IDFPA Push Pull Championships	Cork	Ireland
	62.5	137.7	Lori McWatters	Canada	Bar Wars West		Canada
	62.5	137.7	Michelle Balsillie	Canada	Last Chance for the Dance	Calgary	Alberta

Weight Class: 198+			Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	92.5	203.9	Latonia Brown	US-NC	Battle of the Border	Curituck	NC
2	80	176.3	Kirsten Ross	US-VA	DMV Invitational	White Plains	MD
3	77.5	170.8	Melanie Perron	Canada	Worlds		Alberta
4	67.5	148.8	Venus Lanham	US-MD	DMV Invitational	White Plains	MD
	67.5	148.8	Kim Elletson	US-NC	Great Lakes Powerlifting and BP	Erie	PA
	67.5	148.8	Terri Aguilar	US-VA	Eastern USA Open	Woodstock	VA
7	65	143.2	Patricia Frankson	US-VA	American Challenge 2019 - NC		NC
8	57.5	126.7	Meredith Gunning	US-NY	Tioga Downs Open	Tioda Downs	NY
	57.5	126.7	Mickey Thorpe	US-VA	Battlefield Open	Fredericksburg	VA
10	50	110.2	Suzenna Matty	Canada	2019 Cast a Shadow	Squamish	BC
11	45	99.2	Anita Wempe	Canada	2019 Cast a Shadow	Squamish	BC
12	42.5	93.6	Karmen Doucette	Canada	Last Chance for the Dance	Calgary	Alberta

## 2019 Deadlift Rankings Female

Weight Class: 105				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	90	198.4	Jill Keilty	Canada	Canadian Nationals	Medicine Hat	Alberta	

Weight Class: 114				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	120	264.5	Kim Roberts	US-FL	Beasty Bash	Mount Dora	FL	
2	85	187.3	Mariela Olivares	US-MD	Potomac Open	Tysons Corner	VA	

Weight Class: 123				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	172	379.1	Elizabeth Craven	Australia	Worlds			Alberta
2	163	359.3	Sandra Alcorn	Australia	Worlds			Alberta
3	125	275.5	Lacretta Incorvaia	US-OH	Ohio State Championships	Bedford Heights	OH	
4	115	253.5	Kim Roberts	US-FL	Last Chance Qualifier	Mount Dora	FL	
5	110	242.5	Francine Rattray	Canada	Worlds			Alberta
6	77.5	170.8	Linda Strong-Denerly	US-NY	Central PA Open	Clearfield	PA	
7	70	154.3	Angel Yau-Vandenburg	Canada	Last Chance for the Dance	Calgary	Alberta	

Weight Class: 132				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	177.5	391.3	Sandi Burke	Ireland	IDFPA Push Pull Championships	Cork	Ireland	
2	157.5	347.2	Tonya Motyka	Canada	2019 Cast a Shadow	Squamish	BC	
3	155	341.7	Jenelle Schultz	Australia	Worlds			Alberta
4	145	319.6	Carlee Grant	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta	
5	135	297.6	Karen Ogilvie	Canada	2019 Cast a Shadow	Squamish	BC	
6	110	242.5	Theresa Larson	Canada	Iron Challenge	Medicine Hat	Alberta	
7	102.5	225.9	Heather Machmer	US-PA	Great Lakes Powerlifting and BP	Erie	PA	
8	97.5	214.9	Jennifer Zak	US-NC	OBX Open	Jarvisburg	NC	

Weight Class: 148				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	153	337.3	Jo Tarlton	New Zealand	Worlds			Alberta
2	137.5	303.1	Tracy Curran	Canada	Bar Wars East			Canada
3	130.5	287.7	Catherine Evans	Ireland	IDFPA Push Pull Championships	Cork	Ireland	
4	130	286.5	Carlee Grant	Canada	2019 Cast a Shadow	Squamish	BC	
		286.5	Aivin Diaz	US-FL	Beasty Bash	Mount Dora	FL	
6	122.5	270	Doreen Kane	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland	
7	120	264.5	Mags O'Driscoll	Ireland	IDFPA Push Pull Championships	Cork	Ireland	
8	117.5	259	Daniela Pujia	Italy	Single Lift Contest			Italy
		259	Maria McElman	Canada	Bar Wars West			Canada
10	115	253.5	Adriana Williams	US-FL	Beasty Bash	Mount Dora	FL	
11	112.5	248	Mary Schlifke	US-FL	American Challenge 2019 - FL			FL
12	100	220.4	Andrea Yeung-Meadows	Canada	2019 Cast a Shadow	Squamish	BC	
13	97.5	214.9	Melissa Palmer	US-AZ	Soutwest Regional	Goodyear	AZ	
14	90	198.4	Tiffany James	US-DC	KAAOS Classic	Washington	DC	
15	80	176.3	Vanessa MacKinnon	Canada	Bar Wars East			Canada

Weight Class: 165				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	151	332.8	Sarah Wheal	Australia	Worlds			Alberta
2	150	330.6	Nora Kish	Canada	2019 Hub Power	High River	Alberta	
		330.6	Eileen Gorry	Ireland	Irish Muscle Power Single Lift Nationals			Ireland
4	145	319.6	Pamela O'Boyle	Ireland	IDFPA National Full Power Championships			Ireland
5	142.5	314.1	Rachele Hicks	Canada	2019 Cast a Shadow	Squamish	BC	
6	137.5	303.1	Teresa Oldenburger	Canada	Worlds			Alberta

7	132.5	292.1	Alexandra Arkoian	US-VA	Potomac Open	Tysons Corner	VA
8	130	286.5	Marissa Brolo	Canada	Bar Wars West		Canada
	130	286.5	Anita Lenehan	Ireland	IDFPA National Full Power Championships		Ireland
	130	286.5	Janelle Olliviere	US-MD	KAAOS Classic	Washington	DC
11	127.5	281	Sara De Santis	Italy	Single Lift Contest		Italy
	127.5	281	Susan Casey	US-IA	American Challenge 2019 - NE		NE
13	125	275.5	Rachel Higginbotham	US-VA	Battle of the Border	Curituck	NC
14	122.5	270	Janelle Olliviere	US-MD	Potomac Open	Tysons Corner	VA
15	115	253.5	Maria Fitzpatrick	Ireland	IDFPA Push Pull Championships	Cork	Ireland
16	100	220.4	Kuldeep Kaur	India	India National Single Lift Championships		India
17	92.5	203.9	Ursula Muretta	US-VA	Masters Nationals	Zion Crossroads	VA
18	87.5	192.9	Becky Telatko	US-OH	Ohio State Championships	Bedford Heights	OH
19	70	154.3	Michelle Hutt	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 181				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Sara Burwash	Canada	Worlds		Alberta
2	158	348.3	Kathleen MacDonald	Canada	Worlds		Alberta
3	150	330.6	Chris Redmond	US-PA	Great Lakes Powerlifting and BP	Erie	PA
4	147.5	325.1	Linda Byrne	Ireland	IDFPA Push Pull Championships	Cork	Ireland
5	145	319.6	Amy Eaton	US-MD	Maryland State Championships	Hanover	MD
6	125	275.5	Janice Edwards	Canada	2019 Hub Power	High River	Alberta
	125	275.5	Liberty Buccello	US-NY	Masters Nationals	Zion Crossroads	VA
8	120	264.5	Susanne Thomas	Canada	2019 Cast a Shadow	Squamish	BC
	120	264.5	Marzia Lo Papa	Italy	Single Lift Contest		Italy
	120	264.5	Nicole Green	US-DC	Single Lift Worlds	Virginia Beach	VA
11	115	253.5	Meredith Gunning	US-NY	American Challenge 2019 - NY		NY
12	107.5	236.9	Niina Jarvenkari	Ireland	IDFPA National Full Power Championships		Ireland
	107.5	236.9	Katina James	US-VA	Christmas Classic	Zion Crossroads	VA
14	82.5	181.8	Clodagh Higgins	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
15	80	176.3	Kara Silva	US-VA	American Challenge 2019 - VA		VA

Weight Class: 198				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	162.5	358.2	Sara Burwash	Canada	Bar Wars West		Canada
2	160	352.7	Sheryl Malinowski	Canada	2019 Hub Power	High River	Alberta
	160	352.7	Jane Morris	Australia	Worlds		Alberta
4	157.5	347.2	Cindy Stritzinger	US-PA	Great Lakes Powerlifting and BP	Erie	PA
5	130	286.5	Crystal Bridgeforth	US-VA	DMV Invitational	White Plains	MD
6	125	275.5	Lori McWatters	Canada	Worlds		Alberta
7	112.5	248	Liberty Buccello	US-NY	American Challenge 2019 - CT		CT
8	95	209.4	Michelle Balsillie	Canada	Last Chance for the Dance	Calgary	Alberta

Weight Class: 198+				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Melanie Perron	Canada	Iron Challenge	Medicine Hat	Alberta
	155	341.7	Kirsten Ross	US-VA	DMV Invitational	White Plains	MD
	155	341.7	Kim Elletson	US-NC	Great Lakes Powerlifting and BP	Erie	PA
4	145	319.6	Venus Lanham	US-MD	DMV Invitational	White Plains	MD
5	132.5	292.1	Latonia Brown	US-NC	Battle of the Border	Curituck	NC
6	125	275.5	Meredith Gunning	US-NY	Tioga Downs Open	Tioda Downs	NY
	125	275.5	Mickey Thorpe	US-VA	Battlefield Open	Fredericksburg	VA
8	120	264.5	Karmen Doucette	Canada	Last Chance for the Dance	Calgary	Alberta
9	117.5	259	Anita Wempe	Canada	2019 Cast a Shadow	Squamish	BC
	117.5	259	Suzenna Matty	Canada	2019 Cast a Shadow	Squamish	BC
11	115	253.5	Patricia Frankson	US-VA	American Challenge 2019 - NC		NC
12	67.5	148.8	Terri Aguilar	US-VA	Eastern USA Open	Woodstock	VA

## 2019 Total Rankings Female

Weight Class: 105				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	202.5	446.4	Jill Keilty	Canada	Canadian Nationals	Medicine Hat	Alberta	

Weight Class: 114				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	257.5	567.6	Kim Roberts	US-FL	Beasty Bash	Mount Dora	FL	
2	197.5	435.4	Mariela Olivares	US-MD	Potomac Open	Tysons Corner	VA	

Weight Class: 123				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	411	906	Elizabeth Craven	Australia	Worlds		Alberta	
2	331	729.7	Sandra Alcorn	Australia	Worlds		Alberta	
3	265	584.2	Lacretta Incorvaia	US-OH	Ohio State Championships	Bedford Heights	OH	
4	245	540.1	Kim Roberts	US-FL	Last Chance Qualifier	Mount Dora	FL	
	245	540.1	Francine Rattray	Canada	Worlds		Alberta	
6	172.5	380.2	Angel Yau-Vandenburg	Canada	Last Chance for the Dance	Calgary	Alberta	
7	147.5	325.1	Linda Strong-Denerly	US-NY	Central PA Open	Clearfield	PA	

Weight Class: 132				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	356	784.8	Sandi Burke	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland	
2	352.5	777.1	Tonya Motyka	Canada	2019 Cast a Shadow	Squamish	BC	
3	349	769.4	Jenelle Schultz	Australia	Worlds		Alberta	
4	312.5	688.9	Carlee Grant	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta	
5	290.5	640.4	Karen Ogilvie	Canada	2019 Cast a Shadow	Squamish	BC	
6	270	595.2	Theresa Larson	Canada	Iron Challenge	Medicine Hat	Alberta	
7	227.5	501.5	Heather Machmer	US-PA	Great Lakes Powerlifting and BP	Erie	PA	
8	225	496	Jennifer Zak	US-NC	OBX Open	Jarvisburg	NC	

Weight Class: 148				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	339	747.3	Jo Tarlton	New Zealand	Worlds		Alberta	
2	327.5	722	Tracy Curran	Canada	Bar Wars East		Canada	
3	303.5	669	Catherine Evans	Ireland	IDFPA National Full Power Championships		Ireland	
4	290	639.3	Carlee Grant	Canada	2019 Cast a Shadow	Squamish	BC	
5	280	617.2	Doreen Kane	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland	
6	267.5	589.7	Maria McElman	Canada	Bar Wars West		Canada	
7	260	573.1	Mary Schlifke	US-FL	American Challenge 2019 - FL		FL	
8	257.5	567.6	Adriana Williams	US-FL	Beasty Bash	Mount Dora	FL	
9	220	485	Melissa Palmer	US-AZ	Southwest Regional	Goodyear	AZ	
10	210	462.9	Andrea Yeung-Meadows	Canada	2019 Cast a Shadow	Squamish	BC	

Weight Class: 165				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	370	815.7	Sarah Wheel	Australia	Worlds		Alberta	
2	348	767.2	Eileen Gorry	Ireland	IDFPA National Full Power Championships		Ireland	
3	322.5	710.9	Nora Kish	Canada	2019 Hub Power	High River	Alberta	
4	320	705.4	Rachele Hicks	Canada	2019 Cast a Shadow	Squamish	BC	
5	302.5	666.8	Pamela O'Boyle	Ireland	IDFPA National Full Power Championships		Ireland	
6	300	661.3	Anita Lenehan	Ireland	IDFPA National Full Power Championships		Ireland	
	300	661.3	Teresa Oldenburger	Canada	Worlds		Alberta	
8	295	650.3	Marissa Brolo	Canada	Bar Wars West		Canada	
9	290	639.3	Alexandra Arkoian	US-VA	Potomac Open	Tysons Corner	VA	
10	282.5	622.7	Susan Casey	US-IA	American Challenge 2019 - NE		NE	
11	205	451.9	Ursula Muretta	US-VA	Masters Nationals	Zion Crossroads	VA	

	205	451.9	Becky Telatko	US-OH	Ohio State Championships	Bedford Heights	OH
13	135	297.6	Michelle Hutt	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 181				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	398	877.4	Sara Burwash	Canada	Worlds		Alberta
2	385	848.7	Kathleen MacDonald	Canada	Canadian Nationals	Medicine Hat	Alberta
3	337.5	744	Linda Byrne	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
4	320	705.4	Amy Eaton	US-MD	Maryland State Championships	Hanover	MD
5	317.5	699.9	Chris Redmond	US-PA	Great Lakes Powerlifting and BP	Erie	PA
6	280	617.2	Janice Edwards	Canada	2019 Hub Power	High River	Alberta
7	270	595.2	Susanne Thomas	Canada	Bar Wars West		Canada
8	267.5	589.7	Niina Jarvenkari	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
9	262.5	578.7	Meredith Gunning	US-NY	American Challenge 2019 - NY		NY
10	247.5	545.6	Liberty Buccello	US-NY	Masters Nationals	Zion Crossroads	VA
11	230	507	Katina James	US-VA	Mid-Atlantic Regionals	Zion Crossroads	VA
12	195	429.8	Kara Silva	US-VA	American Challenge 2019 - VA		VA
13	183	403.4	Clodagh Higgins	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: 198				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	412.5	909.3	Sara Burwash	Canada	Bar Wars West		Canada
2	388	855.3	Jane Morris	Australia	Worlds		Alberta
3	375	826.7	Sheryl Malinowski	Canada	2019 Hub Power	High River	Alberta
4	362.5	799.1	Cindy Stritzinger	US-PA	Great Lakes Powerlifting and BP	Erie	PA
5	275.5	607.3	Lori McWatters	Canada	Bar Wars West		Canada
6	245	540.1	Michelle Balsillie	Canada	Last Chance for the Dance	Calgary	Alberta

Weight Class: 198+				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	377.5	832.2	Melanie Perron	Canada	Worlds		Alberta
2	365	804.6	Kirsten Ross	US-VA	DMV Invitational	White Plains	MD
3	352.5	777.1	Kim Elletson	US-NC	Great Lakes Powerlifting and BP	Erie	PA
4	335	738.5	Venus Lanham	US-MD	DMV Invitational	White Plains	MD
5	280	617.2	Patricia Frankson	US-VA	American Challenge 2019 - NC		NC
6	277.5	611.7	Meredith Gunning	US-NY	Tioga Downs Open	Tioda Downs	NY
7	267.5	589.7	Mickey Thorpe	US-VA	Battlefield Open	Fredericksburg	VA
8	262.5	578.7	Karmen Doucette	Canada	Last Chance for the Dance	Calgary	Alberta
9	240	529.1	Suzenna Matty	Canada	2019 Cast a Shadow	Squamish	BC
10	235	518	Anita Wempe	Canada	2019 Cast a Shadow	Squamish	BC

## 2019 Strict Curl Rankings Female

Weight Class: 105				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	31	68.3	Tiffany Barney	US-CT	Massachusetts State Championship	Plainridg Park	MA

Weight Class: 114				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38.5	84.8	Krystal Brown	US-VA	Single Lift Worlds	Virginia Beach	VA
2	30.5	67.2	Angela Curtis	US-ME	American Challenge 2019 - CT		CT

Weight Class: 123				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	35	77.1	Lacretta Incorvaia	US-OH	Ohio State Championships	Bedford Heights	OH
2	34.5	76	Krystal Brown	US-VA	Potomac Open	Tyson's Corner	VA
3	29.5	65	Tiffany Barney	US-CT	Connecticut State Championship	Cheshire	CT
4	28.5	62.8	Jenn Zak	US-NC	Single Lift Worlds	Virginia Beach	VA



5 15 33 Jasmeet Kaur India India National Single Lift Championships India

Weight Class: 132		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Jennifer Zak	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 148		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	34	74.9	Mary Schlifke	US-FL	American Challenge 2019 - FL		FL
2	33.5	73.8	Lesley DeAngelo	US-CT	Connecticut State Championship	Cheshire	CT
3	25	55.1	Melissa Palmer	US-AZ	American Challenge 2019 - AZ		AZ

Weight Class: 165		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	31	68.3	Cari DeLorenzo	US-CT	Connecticut State Championship	Cheshire	CT

Weight Class: 181		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	33	72.7	Liberty Buccello	US-NY	Masters Nationals	Zion Crossroads	VA
2	31.5	69.4	Katina James	US-VA	Christmas Classic	Zion Crossroads	VA

Weight Class: 198		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	34	74.9	Liberty Buccello	US-NY	KAAOS Classic	Washington	DC
2	33	72.7	Jennifer Tramonano	US-CT	Single Lift Worlds	Virginia Beach	VA
3	32	70.5	Jennifer Tramontano	US-CT	Massachusetts State Championship	Plainridg Park	MA

Weight Class: 198+		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	41.5	91.4	Latonia Brown	US-NC	Battle of the Border	Curituck	NC
2	38	83.7	Kirsten Ross	US-VA	DMV Invitational	White Plains	MD

## 2019 Squat Rankings Male

Weight Class: 132		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	George James	US-MD	Maryland State Championships	Hanover	MD

Weight Class: 148		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	George James	US-MD	American Challenge 2019 - OH		OH

Weight Class: 165		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	197.5	435.4	Brian Stoner	US-NY	Tri-State Championship	Bedford Heights	OH
2	170	374.7	Sean Sikorski	Canada	2019 Cast a Shadow	Squamish	BC
	170	374.7	Vishnath Dobhal	Ireland	IDFPA National Full Power Championships		Ireland
4	165	363.7	Andrew Hanson	Canada	Canadian Nationals	Medicine Hat	Alberta
5	162.5	358.2	Dan Gamez	US-AZ	American Challenge 2019 - AZ		AZ
6	115	253.5	William Devito	US-AZ	Southwest Regional	Goodyear	AZ
7	110	242.5	Colm McEneaney	Ireland	IDFPA National Full Power Championships		Ireland

Weight Class: 181		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	235	518	Cosmin Olteanu	Canada	2019 Cast a Shadow	Squamish	BC
2	177.5	391.3	Trevor Carpenter	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta
	177.5	391.3	Jerry Bjorndal	Canada	Worlds		Alberta

4	160	352.7	Matt Tetreault	US-VA	Potomac Open	Tysons Corner	VA
	160	352.7	Michael Cody	Canada	2019 Hub Power	High River	Alberta
6	155	341.7	Timo Quintana	US-OH	Tri-State Championship	Bedford Heights	OH
7	145	319.6	Daudi Merriweather	US-NE	Holiday Classic	Council Bluffs	IA

Weight Class: 198				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	220	485	Brad McKim	Canada	Worlds		Alberta
2	195	429.8	Trevor Carpenter	Canada	Worlds		Alberta
3	192	423.2	Alexander Le	Australia	Worlds		Alberta
4	187.5	413.3	Mike Rafferty	Canada	2019 Cast a Shadow	Squamish	BC
	187.5	413.3	Brian McIntyre	US-VA	Masters Nationals	Zion Crossroads	VA
6	146	321.8	Adrian Brogan	Australia	Worlds		Alberta

Weight Class: 220				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	247	544.5	Mike Moorhead	Canada	Worlds		Alberta
2	233	513.6	Ronald Hagen	Canada	Worlds		Alberta
3	222.5	490.5	Michael Hilton	US-VA	Masters Nationals	Zion Crossroads	VA
4	215	473.9	Eric Tuthill	US-AZ	Soutwest Regional	Goodyear	AZ
5	210	462.9	Lance Schrecengost	US-PA	Great Lakes Powerlifting and BP	Erie	PA
6	190	418.8	Michael Dalton	US-VA	Masters Nationals	Zion Crossroads	VA
7	187.5	413.3	Benjamin Drew	US-VA	DMV Invitational	White Plains	MD
8	182.5	402.3	David Bischof	US-OH	Ohio State Championships	Bedford Heights	OH
9	177.5	391.3	Paul Kenneally	Ireland	IDFPA National Full Power Championships		Ireland
10	167.5	369.2	Daryn Collier	Canada	2019 Cast a Shadow	Squamish	BC
11	162.5	358.2	Dennis Garcia	US-AZ	American Challenge 2019 - AZ		AZ
	162.5	358.2	Jack Butler	US-PA	Central PA Open	Clearfield	PA
13	155	341.7	Bobby Lucado	US-VA	Masters Nationals	Zion Crossroads	VA
14	152.5	336.2	Giles Weeden	Canada	2019 Cast a Shadow	Squamish	BC
15	150	330.6	Brian Knarr	US-PA	Central PA Open	Clearfield	PA
16	145	319.6	Jason Haggard	Canada	Canadian Nationals	Medicine Hat	Alberta
17	120	264.5	Patrick Ardizzone	US-FL	Beasty Bash	Mount Dora	FL

Weight Class: 242				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	285	628.3	Michael Eaton	US-MD	Maryland State Championships	Hanover	MD
2	215	473.9	John Erdmann	US-OH	Tri-State Championship	Bedford Heights	OH
3	205	451.9	Nathan Bradford	US-VA	Eastern USA Open	Woodstock	VA
4	200	440.9	Matthew Lucas	Canada	Worlds		Alberta
5	185	407.8	Paul Kenneally	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
6	167.5	369.2	Tim Durrett	US-VA	Mid-Atlantic Regionals	Zion Crossroads	VA
7	165	363.7	Richard Anderson	Canada	Last Chance for the Dance	Calgary	Alberta
8	162.5	358.2	Wade Edwards	Canada	2019 Hub Power	High River	Alberta
9	155	341.7	James Frankson	US-VA	American Challenge 2019 - NC		NC

Weight Class: 275				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	292.5	644.8	Adam Price	Canada	2019 Hub Power	High River	Alberta
2	268.5	591.9	Brian Germanoski	US-PA	American Challenge 2019 - VA		VA
3	227.5	501.5	Ty Evans	US-FL	Worlds		Alberta
4	210	462.9	Ryan Irvine	US-PA	Great Lakes Powerlifting and BP	Erie	PA
5	205	451.9	Brian Matchett	Canada	2019 Hub Power	High River	Alberta
	205	451.9	Richard Faasee	Australia	Worlds		Alberta
7	200	440.9	Matthew Lucas	Canada	2019 Cast a Shadow	Squamish	BC
8	195	429.8	Kelly McKenzie	US-AZ	Soutwest Regional	Goodyear	AZ
9	190	418.8	Chris Fry	US-VA	Eastern USA Open	Woodstock	VA
10	165	363.7	Terry Johnson	US-PA	Great Lakes Powerlifting and BP	Erie	PA

12	165	363.7	Chris Allen	US-VA	Mid-Atlantic Regionals	Zion Crossroads	VA
13	160	352.7	Joe Caola	US-PA	Central PA Open	Clearfield	PA
13	130	286.5	William Geraghty	Ireland	IDFPA National Full Power Championships		Ireland

Weight Class: 308		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	232.5	512.5	DJ Stinson	US-VA	DMV Invitational	White Plains	MD
2	210	462.9	James Lapointe	Canada	Worlds		Alberta
3	150	330.6	Frank Murphy	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: SHW		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	280	617.2	Russell Peel	Canada	Worlds		Alberta
2	277.5	611.7	Daniel Corridean	US-NC	OBX Open	Jarvisburg	NC
3	255	562.1	David Kulbacki	US-PA	Central PA Open	Clearfield	PA
4	237.5	523.5	Garry Coates	Canada	Worlds		Alberta
5	187.5	413.3	Jason Pilinyi	US-VA	Masters Nationals	Zion Crossroads	VA
6	185	407.8	Raymond Hodges	US-FL	American Challenge 2019 - FL		FL

## 2019 Bench Press Rankings Male

Weight Class: 132		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	George James	US-MD	Maryland State Championships	Hanover	MD

Weight Class: 148		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Tim McCoy	US-VA	Battle of the Border	Curituck	NC
2	117.5	259	Deepak Kumar	India	India National Single Lift Championships		India
3	102.5	225.9	George James	US-MD	American Challenge 2019 - OH		OH
4	100	220.4	Ved Prakesh Pandey	India	India National Single Lift Championships		India

Weight Class: 165		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	John Stringa	US-PA	Great Lakes Powerlifting and BP	Erie	PA
2	142.5	314.1	Sean Sikorski	Canada	2019 Cast a Shadow	Squamish	BC
3	132.5	292.1	Brian Stoner	US-NY	Tri-State Championship	Bedford Heights	OH
4	125	275.5	Nassir Nantambu	US-NC	OBX Open	Jarvisburg	NC
5	120	264.5	Andrew Hanson	Canada	Canadian Nationals	Medicine Hat	Alberta
6	117.5	259	Dan Gamez	US-AZ	American Challenge 2019 - AZ		AZ
7	115	253.5	Sunil Kumar Mourya	India	India National Single Lift Championships		India
8	110	242.5	Angelo Finelli	Italy	Single Lift Contest		Italy
9	107.5	236.9	Vishnath Dobhal	Ireland	IDFPA National Full Power Championships		Ireland
10	97.5	214.9	William Devito	US-AZ	Southwest Regional	Goodyear	AZ
11	95	209.4	Jaspreet Singh	India	India National Single Lift Championships		India
		209.4	Sabir Ali	India	India National Single Lift Championships		India
13	80	176.3	Douglas Marx	US-NY	Massachusetts State Championship	Plainridg Park	MA
14	75	165.3	Colm McEneaney	Ireland	IDFPA National Full Power Championships		Ireland

Weight Class: 181		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	195	429.8	Jacob Williams	US-PA	Masters Nationals	Zion Crossroads	VA
2	185	407.8	Llalando Austin	US-FL	Single Lift Worlds	Virginia Beach	VA
3	167.5	369.2	Shane Heywood	US-NE	American Challenge 2019 - NE		NE
4	162.5	358.2	Nathaniel VanDeVeer	US-NE	Holiday Classic	Council Bluffs	IA
5	145	319.6	Daudi Merriweather	US-NE	American Challenge 2019 - NE		NE
6	142.5	314.1	Nasir Nantambu	US-NC	American Challenge 2019 - NC		NC
7	132.5	292.1	Trevor Carpenter	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta

8	125	275.5	Cosmin Olteanu	Canada	2019 Cast a Shadow	Squamish	BC
	125	275.5	Matt Tetreault	US-VA	Potomac Open	Tysons Corner	VA
10	122.5	270	Timo Quintana	US-OH	Tri-State Championship	Bedford Heights	OH
	122.5	270	Jerry Bjorndal	Canada	Last Chance for the Dance	Calgary	Alberta
12	115	253.5	Vikramjeet Bakshi	India	India National Single Lift Championships		India
13	110	242.5	Matthew Holtry	US-NC	American Challenge 2019 - NC		NC
14	87.5	192.9	Michael Cody	Canada	2019 Hub Power	High River	Alberta
	87.5	192.9	Anthony Iovine	US-NY	New York State Single Lift Challenge	Vestal	NY

Weight Class: 198		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	James Gardner Iv	US-VA	DMV Invitational	White Plains	MD
2	158	348.3	Randy Elbert	US-MD	Single Lift Worlds	Virginia Beach	VA
3	152.5	336.2	Brad McKim	Canada	Bar Wars West		Canada
4	150	330.6	Ritesh Virang	India	India National Single Lift Championships		India
5	146	321.8	Adrian Brogan	Australia	Worlds		Alberta
6	145	319.6	Brian McIntyre	US-VA	Masters Nationals	Zion Crossroads	VA
7	140	308.6	Thomas Weaver	US-PA	Power Day	Bigler	PA
	140	308.6	John Cooper	US-NC	Battle of the Border	Curituck	NC
	140	308.6	Brian McIntyre	US-VA	Single Lift Worlds	Virginia Beach	VA
10	137	302	Trevor Carpenter	Canada	Worlds		Alberta
11	130	286.5	Kosar Ali	India	India National Single Lift Championships		India
12	125	275.5	Alexander Le	Australia	Worlds		Alberta
13	115	253.5	Mike Rafferty	Canada	2019 Cast a Shadow	Squamish	BC
14	87.5	192.9	Nishan Singh	India	India National Single Lift Championships		India
15	80	176.3	Arun Kumar	India	India National Single Lift Championships		India
16	75	165.3	Rahul Juneja	India	India National Single Lift Championships		India
17	70	154.3	James McDonald	US-DC	KAAOS Classic	Washington	DC
18	55	121.2	Manohar Rayakwar	India	India National Single Lift Championships		India

Weight Class: 220		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Chris Walter	US-NE	American Challenge 2019 - NE		NE
2	185.5	408.9	Mike Moorhead	Canada	Iron Challenge	Medicine Hat	Alberta
3	165	363.7	Clint Whysong	US-PA	Central PA Open	Clearfield	PA
4	162.5	358.2	Eric Tuthill	US-AZ	Southwest Regional	Goodyear	AZ
	162.5	358.2	Jack Butler	US-PA	Central PA Open	Clearfield	PA
6	157.5	347.2	Dennis Garcia	US-AZ	American Challenge 2019 - AZ		AZ
	157.5	347.2	Will Lynch	US-NC	Single Lift Worlds	Virginia Beach	VA
	157.5	347.2	Patrick Ardizzone	US-FL	Beasty Bash	Mount Dora	FL
9	155	341.7	Michael Hilton	US-VA	Shenandoah Open	Woodstock	VA
10	147.5	325.1	Lance Schreengost	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	147.5	325.1	Ronald Hagen	Canada	Canadian Nationals	Medicine Hat	Alberta
12	145	319.6	Michael Dalton	US-VA	Masters Nationals	Zion Crossroads	VA
13	142.5	314.1	John Cooper	US-NC	Southern Open		NC
14	140	308.6	David Bischof	US-OH	Ohio State Championships	Bedford Heights	OH
15	137.5	303.1	Benjamin Drew	US-VA	DMV Invitational	White Plains	MD
	137.5	303.1	Manpreet Singh Dhir	India	India National Single Lift Championships		India
17	132.5	292.1	Sunil Nagar	India	India National Single Lift Championships		India
18	130	286.5	Naresh Kumar	India	India National Single Lift Championships		India
19	117.5	259	Jason Haggard	Canada	Canadian Nationals	Medicine Hat	Alberta
20	115	253.5	Bobby Lucado	US-VA	Masters Nationals	Zion Crossroads	VA

Weight Class: 242		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	215	473.9	Christopher Halloway	US-VA	American Challenge 2019 - VA		VA
2	205	451.9	Alessandro Ursi	Italy	Single Lift Contest		Italy
3	200	440.9	Sherm Pensyl	US-PA	Central PA Open	Clearfield	PA

4	195	429.8	Michael Eaton	US-MD	Maryland State Championships	Hanover	MD
5	190	418.8	Shawn Shepherd	US-IN	Masters Nationals	Zion Crossroads	VA
6	185	407.8	Gerren Short	US-VA	Single Lift Worlds	Virginia Beach	VA
7	160	352.7	Jack Butler	US-PA	Power Day	Bigler	PA
8	155	341.7	Tim Durrett	US-VA	Christmas Classic	Zion Crossroads	VA
9	150	330.6	Nathan Bradford	US-VA	Eastern USA Open	Woodstock	VA
10	132.5	292.1	Jeffery Howard	US-MD	Masters Nationals	Zion Crossroads	VA
11	130	286.5	Wade Edwards	Canada	2019 Hub Power	High River	Alberta
12	125	275.5	Matthew Lucas	Canada	Worlds		Alberta
13	122.5	270	Craig Heywood	US-VA	Single Lift Worlds	Virginia Beach	VA
14	112.5	248	Sanjeev Sharma	India	India National Single Lift Championships		India
15	110	242.5	Paul Kenneally	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
	110	242.5	Ajay Silawat	India	India National Single Lift Championships		India
17	102.5	225.9	Richard Anderson	Canada	Last Chance for the Dance	Calgary	Alberta
18	97.5	214.9	James Frankson	US-VA	American Challenge 2019 - NC		NC
19	75	165.3	Papender Pal	India	India National Single Lift Championships		India
20	60	132.2	John Erdmann	US-OH	Tri-State Championship	Bedford Heights	OH

Weight Class: 275				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	212.5	468.4	Adam Price	Canada	2019 Hub Power	High River	Alberta
2	190	418.8	Jason Harlow	US-VA	Christmas Classic	Zion Crossroads	VA
3	177.5	391.3	Ty Evans	US-FL	American Challenge 2019 - FL		FL
	177.5	391.3	Chris Allen	US-VA	Single Lift Worlds	Virginia Beach	VA
5	167.5	369.2	Jerry Matthews	US-MI	Ohio State Championships	Bedford Heights	OH
6	160	352.7	Kelly McKenzie	US-AZ	Soutwest Regional	Goodyear	AZ
7	157.5	347.2	Joel Thiessen	Canada	2019 Hub Power	High River	Alberta
8	155	341.7	Brian Germanoski	US-PA	American Challenge 2019 - VA		VA
	155	341.7	Chris Fry	US-VA	Eastern USA Open	Woodstock	VA
10	147.5	325.1	Ryan Irvine	US-PA	Great Lakes Powerlifting and BP	Erie	PA
11	145	319.6	Marcus Wood	US-DC	Potomac Open	Tysons Corner	VA
12	142.5	314.1	Brian Matchett	Canada	2019 Hub Power	High River	Alberta
13	133	293.2	Richard Faasee	Australia	Worlds		Alberta
14	125	275.5	Matthew Lucas	Canada	2019 Cast a Shadow	Squamish	BC
	125	275.5	William Geraghty	Ireland	IDFPA National Full Power Championships		Ireland
16	122.5	270	Joe Caola	US-PA	Central PA Open	Clearfield	PA
17	112.5	248	Lenny Holland	US-MD	Masters Nationals	Zion Crossroads	VA
18	110	242.5	Terry Johnson	US-PA	Great Lakes Powerlifting and BP	Erie	PA

Weight Class: 308				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	210	462.9	Carl Elliott	US-NC	Battle of the Border	Curituck	NC
2	182.5	402.3	Chris Medlar	US-NY	New York State Single Lift Challenge	Vestal	NY
3	175	385.8	DJ Stinson	US-VA	DMV Invitational	White Plains	MD
4	170	374.7	Bob Muretta	US-VA	Masters Nationals	Zion Crossroads	VA
5	162.5	358.2	Lenwood Faulcon	US-MD	Battlefield Open	Fredericksburg	VA
6	140	308.6	James Lapointe	Canada	Worlds		Alberta
7	100	220.4	Jerry Perdue	US-FL	American Challenge 2019 - FL		FL
8	95	209.4	Frank Murphy	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: SHW				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	240	529.1	Pedro Mejias	US-NY	American Challenge 2019 - NJ		NJ
2	227.5	501.5	Raymond Hodges	US-FL	American Challenge 2019 - FL		FL
3	200	440.9	Charles Johnson	US-NY	Tioga Downs Open	Tioda Downs	NY
4	197.5	435.4	David Kulbacki	US-PA	Central PA Open	Clearfield	PA
5	195	429.8	Russell Peel	Canada	Worlds		Alberta
6	182.5	402.3	Daniel Corridean	US-NC	OBX Open	Jarvisburg	NC

	182.5	402.3	Garry Coates	Canada	Worlds		Alberta
8	115	253.5	Jason Pilinyi	US-VA	Masters Nationals	Zion Crossroads	VA
9	102.5	225.9	Andrew Harduby	US-CT	Massachusetts State Championship	Plainridg Park	MA

## 2019 Deadlift Rankings Male

Weight Class: 132				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	220	485	George James	US-MD	Maryland State Championships	Hanover	MD

Weight Class: 148				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	203	447.5	George James	US-MD	American Challenge 2019 - OH		OH
2	187.5	413.3	Vedparkesh Pandey	India	India National Single Lift Championships		India

Weight Class: 165				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Brian Stoner	US-NY	Tri-State Championship	Bedford Heights	OH
2	220.5	486.1	Dan Gamez	US-AZ	American Challenge 2019 - AZ		AZ
3	192.5	424.3	Sean Sikorski	Canada	2019 Cast a Shadow	Squamish	BC
4	190	418.8	Angelo Finelli	Italy	Single Lift Contest		Italy
5	185	407.8	Colm McEaney	Ireland	IDFPA National Full Power Championships		Ireland
6	162.5	358.2	Sabir Ali	India	India National Single Lift Championships		India
7	150	330.6	Vishnath Dobhal	Ireland	IDFPA National Full Power Championships		Ireland
8	145	319.6	William Devito	US-AZ	Soutwest Regional	Goodyear	AZ
9	130	286.5	Jaspreet Singh	India	India National Single Lift Championships		India
10	125	275.5	Andrew Hanson	Canada	Canadian Nationals	Medicine Hat	Alberta

Weight Class: 181				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	255	562.1	Andrea Mancini	Italy	Single Lift Contest		Italy
2	252.5	556.6	Matt Tetreault	US-VA	Potomac Open	Tysons Corner	VA
3	232.5	512.5	Trevor Carpenter	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta
4	230	507	Matthew Holtry	US-NC	American Challenge 2019 - NC		NC
		507	Daudi Merriweather	US-NE	Holiday Classic	Council Bluffs	IA
6	225	496	Cosmin Olteanu	Canada	2019 Cast a Shadow	Squamish	BC
7	200	440.9	Jerry Bjorndal	Canada	Worlds		Alberta
8	195	429.8	Michael Pope	US-FL	Beasty Bash	Mount Dora	FL
9	190	418.8	Michael Cody	Canada	2019 Hub Power	High River	Alberta
	190	418.8	Cristiano Masciari	Italy	Single Lift Contest		Italy
11	185	407.8	Naresh Kumar	India	India National Single Lift Championships		India
12	170	374.7	Timo Quintana	US-OH	Tri-State Championship	Bedford Heights	OH
13	140	308.6	Anthony Iovine	US-NY	New York State Single Lift Challenge	Vestal	NY

Weight Class: 198				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	230	507	Alexander Le	Australia	Worlds		Alberta
2	227.5	501.5	Brian McIntyre	US-VA	Masters Nationals	Zion Crossroads	VA
	227.5	501.5	Brad McKim	Canada	Bar Wars West		Canada
	227.5	501.5	Brian McIntyre	US-VA	Single Lift Worlds	Virginia Beach	VA
5	227	500.4	Trevor Carpenter	Canada	Worlds		Alberta
6	220	485	Franco Calderazzo	Italy	Single Lift Contest		Italy
	220	485	Daniele Manco	Italy	Single Lift Contest		Italy
8	200	440.9	Ritesh Virang	India	India National Single Lift Championships		India
9	191	421	Adrian Brogan	Australia	Worlds		Alberta
10	190	418.8	Mike Rafferty	Canada	2019 Cast a Shadow	Squamish	BC
11	182.5	402.3	John Cooper	US-NC	Battle of the Border	Curituck	NC
12	175	385.8	Kosar Ali	India	India National Single Lift Championships		India

13	137.5	303.1	James McDonald	US-DC	KAAOS Classic	Washington	DC
14	127.5	281	Manohar Raykwar	India	India National Single Lift Championships		India
15	102.5	225.9	Jordon Sheiman	US-NY	Tioga Downs Open	Tioda Downs	NY

Weight Class: 220				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	280	617.2	Michael Hilton	US-VA	Shenandoah Open	Woodstock	VA
2	262.5	578.7	Michael Dalton	US-VA	Masters Nationals	Zion Crossroads	VA
3	253	557.7	Ronald Hagen	Canada	Worlds		Alberta
4	252	555.5	Mike Moorhead	Canada	Worlds		Alberta
5	242.5	534.6	Sunil Nagar	India	India National Single Lift Championships		India
6	240	529.1	Eric Tuthill	US-AZ	American Challenge 2019 - AZ		AZ
7	237.5	523.5	Jason Haggard	Canada	Canadian Nationals	Medicine Hat	Alberta
8	222.5	490.5	Leonardo Carere	Italy	Single Lift Contest		Italy
	222.5	490.5	Antonio Vinci	Italy	Single Lift Contest		Italy
10	220	485	David Bischof	US-OH	Tri-State Championship	Bedford Heights	OH
11	217.5	479.5	Paul Kenneally	Ireland	IDFPA National Full Power Championships		Ireland
12	215	473.9	Benjamin Drew	US-VA	Eastern USA Open	Woodstock	VA
13	210	462.9	Daryn Collier	Canada	2019 Cast a Shadow	Squamish	BC
	210	462.9	Lance Schrecengost	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	210	462.9	Manpreet Singh Dhir	India	India National Single Lift Championships		India
16	202.5	446.4	Giles Weeden	Canada	2019 Cast a Shadow	Squamish	BC
	202.5	446.4	Jack Butler	US-PA	Central PA Open	Clearfield	PA
18	195	429.8	Bobby Lucado	US-VA	Masters Nationals	Zion Crossroads	VA
	195	429.8	Dennis Garcia	US-AZ	American Challenge 2019 - AZ		AZ
20	182.5	402.3	Brian Knarr	US-PA	Central PA Open	Clearfield	PA

Weight Class: 242				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	345	760.5	Michael Eaton	US-MD	Maryland State Championships	Hanover	MD
2	245	540.1	John Erdmann	US-OH	Tri-State Championship	Bedford Heights	OH
	245	540.1	Matthew Lucas	Canada	Worlds		Alberta
4	242.5	534.6	Stanley Hunter	US-NY	Tioga Downs Open	Tioda Downs	NY
5	240	529.1	Alessandro Ursi	Italy	Single Lift Contest		Italy
6	237.5	523.5	Antonio D'Amore	US-CT	Connecticut State Championship	Cheshire	CT
7	235	518	Paul Kenneally	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
8	227.5	501.5	Nathan Bradford	US-VA	Eastern USA Open	Woodstock	VA
9	220	485	Jeffery Howard	US-MD	Masters Nationals	Zion Crossroads	VA
10	217.5	479.5	Jack Butler	US-PA	Power Day	Bigler	PA
	217.5	479.5	Tim Durrett	US-VA	Christmas Classic	Zion Crossroads	VA
12	192.5	424.3	Craig Heywood	US-VA	Single Lift Worlds	Virginia Beach	VA
13	187.5	413.3	Wade Edwards	Canada	2019 Hub Power	High River	Alberta
14	185	407.8	Richard Anderson	Canada	Last Chance for the Dance	Calgary	Alberta
15	167.5	369.2	Sanjeev Sharma	India	India National Single Lift Championships		India
16	165	363.7	Ajay Silawat	India	India National Single Lift Championships		India
17	145	319.6	James Frankson	US-VA	American Challenge 2019 - NC		NC
18	140	308.6	Gulshan Sehgal	India	India National Single Lift Championships		India

Weight Class: 275				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	330	727.5	Ty Evans	US-FL	Worlds		Alberta
2	296	652.5	Joel Thiessen	Canada	2019 Hub Power	High River	Alberta
3	295	650.3	Adam Price	Canada	2019 Hub Power	High River	Alberta
4	288.5	636	Brian Germanoski	US-PA	American Challenge 2019 - VA		VA
5	282.5	622.7	Ryan Irvine	US-PA	Great Lakes Powerlifting and BP	Erie	PA
6	272.5	600.7	Marcus Wood	US-DC	KAAOS Classic	Washington	DC
7	255	562.1	Richard Faasee	Australia	Worlds		Alberta
8	247.5	545.6	Chris Allen	US-VA	Single Lift Worlds	Virginia Beach	VA

9	245	540.1	Matthew Lucas	Canada	2019 Cast a Shadow	Squamish	BC
10	240	529.1	Chris Fry	US-VA	Eastern USA Open	Woodstock	VA
11	232.5	512.5	Brian Matchett	Canada	2019 Hub Power	High River	Alberta
12	217.5	479.5	Kelly McKenzie	US-AZ	Soutwest Regional	Goodyear	AZ
	217.5	479.5	Lenny Holland	US-MD	Masters Nationals	Zion Crossroads	VA
14	197.5	435.4	Terry Johnson	US-PA	Great Lakes Powerlifting and BP	Erie	PA
15	190	418.8	William Geraghty	Ireland	IDFPA National Full Power Championships		Ireland
16	142.5	314.1	Joe Caola	US-PA	Central PA Open	Clearfield	PA

Weight Class: 308				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	237.5	523.5	James Lapointe	Canada	Worlds		Alberta
2	225	496	DJ Stinson	US-VA	DMV Invitational	White Plains	MD
3	207.5	457.4	Frank Murphy	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
4	197.5	435.4	Bob Muretta	US-VA	Masters Nationals	Zion Crossroads	VA

Weight Class: SHW				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	302.5	666.8	Raymond Hodges	US-FL	American Challenge 2019 - FL		FL
2	300	661.3	Daniel Corridean	US-NC	OBX Open	Jarvisburg	NC
3	292.5	644.8	Russell Peel	Canada	Worlds		Alberta
4	280	617.2	David Kulbacki	US-PA	Central PA Open	Clearfield	PA
5	245	540.1	Garry Coates	Canada	Worlds		Alberta
6	227.5	501.5	Jason Pilinyi	US-VA	Viriginia Open	Zion Crossroads	VA

## 2019 Total Rankings Male

Weight Class: 132				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	473	1042.7	George James	US-MD	Maryland State Championships	Hanover	MD

Weight Class: 148				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	465.5	1026.2	George James	US-MD	American Challenge 2019 - OH		OH

Weight Class: 165				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	557.5	1229	Brian Stoner	US-NY	Tri-State Championship	Bedford Heights	OH
2	505	1113.3	Sean Sikorski	Canada	2019 Cast a Shadow	Squamish	BC
3	500.5	1103.4	Dan Gamez	US-AZ	American Challenge 2019 - AZ		AZ
4	427.5	942.4	Vishnath Dobhal	Ireland	IDFPA National Full Power Championships		Ireland
5	410	903.8	Andrew Hanson	Canada	Canadian Nationals	Medicine Hat	Alberta
6	370	815.7	Colm McEneaney	Ireland	IDFPA National Full Power Championships		Ireland
7	357.5	788.1	William Devito	US-AZ	Soutwest Regional	Goodyear	AZ

Weight Class: 181				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	585	1289.6	Cosmin Olteanu	Canada	2019 Cast a Shadow	Squamish	BC
2	542.5	1195.9	Trevor Carpenter	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta
3	537.5	1184.9	Matt Tetreault	US-VA	Potomac Open	Tyson's Corner	VA
4	515	1135.3	Daudi Merriweather	US-NE	Holiday Classic	Council Bluffs	IA
5	495	1091.2	Jerry Bjorndal	Canada	Worlds		Alberta
6	447.5	986.5	Timo Quintana	US-OH	Tri-State Championship	Bedford Heights	OH
7	437.5	964.5	Michael Cody	Canada	2019 Hub Power	High River	Alberta

Weight Class: 198				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	597.5	1317.2	Brad McKim	Canada	Bar Wars West		Canada



2	560	1234.5	Brian McIntyre	US-VA	Masters Nationals	Zion Crossroads	VA
3	559	1232.3	Trevor Carpenter	Canada	Worlds		Alberta
4	547	1205.9	Alexander Le	Australia	Worlds		Alberta
5	492.5	1085.7	Mike Rafferty	Canada	2019 Cast a Shadow	Squamish	BC
6	483	1064.8	Adrian Brogan	Australia	Worlds		Alberta

Weight Class: 220				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	679	1496.9	Mike Moorhead	Canada	Worlds		Alberta	
2	650	1432.9	Michael Hilton	US-VA	Shenandoah Open	Woodstock	VA	
3	626	1380	Ronald Hagen	Canada	Worlds		Alberta	
4	617.5	1361.3	Eric Tuthill	US-AZ	American Challenge 2019 - AZ		AZ	
5	597.5	1317.2	Michael Dalton	US-VA	Masters Nationals	Zion Crossroads	VA	
6	567.5	1251.1	Lance Schrechengost	US-PA	Great Lakes Powerlifting and BP	Erie	PA	
7	540	1190.4	David Bischof	US-OH	Ohio State Championships	Bedford Heights	OH	
8	537.5	1184.9	Benjamin Drew	US-VA	DMV Invitational	White Plains	MD	
9	527.5	1162.9	Jack Butler	US-PA	Central PA Open	Clearfield	PA	
10	515	1135.3	Dennis Garcia	US-AZ	American Challenge 2019 - AZ		AZ	
11	500	1102.3	Paul Kenneally	Ireland	IDFPA National Full Power Championships		Ireland	
12	497.5	1096.7	Jason Haggard	Canada	Canadian Nationals	Medicine Hat	Alberta	
13	472.5	1041.6	Daryn Collier	Canada	2019 Cast a Shadow	Squamish	BC	
14	465	1025.1	Bobby Lucado	US-VA	Masters Nationals	Zion Crossroads	VA	
15	452.5	997.5	Giles Weeden	Canada	2019 Cast a Shadow	Squamish	BC	
		452.5	Patrick Ardizzone	US-FL	Beasty Bash	Mount Dora	FL	
17	440	970	Brian Knarr	US-PA	Central PA Open	Clearfield	PA	

Weight Class: 242				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	825	1818.7	Michael Eaton	US-MD	Maryland State Championships	Hanover	MD	
2	582.5	1284.1	Nathan Bradford	US-VA	Eastern USA Open	Woodstock	VA	
3	570	1256.6	Matthew Lucas	Canada	Worlds		Alberta	
4	530	1168.4	Paul Kenneally	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland	
		530	Tim Durrett	US-VA	Mid-Atlantic Regionals	Zion Crossroads	VA	
6	520	1146.3	John Erdmann	US-OH	Tri-State Championship	Bedford Heights	OH	
7	480	1058.2	Wade Edwards	Canada	2019 Hub Power	High River	Alberta	
8	452.5	997.5	Richard Anderson	Canada	Last Chance for the Dance	Calgary	Alberta	
9	397.5	876.3	James Frankson	US-VA	American Challenge 2019 - NC		NC	

Weight Class: 275				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	800	1763.6	Adam Price	Canada	2019 Hub Power	High River	Alberta	
2	730	1609.3	Ty Evans	US-FL	Worlds		Alberta	
3	712	1569.6	Brian Germanoski	US-PA	American Challenge 2019 - VA		VA	
4	640	1410.9	Ryan Irvine	US-PA	Great Lakes Powerlifting and BP	Erie	PA	
5	593	1307.3	Richard Faasee	Australia	Worlds		Alberta	
6	585	1289.6	Chris Fry	US-VA	Eastern USA Open	Woodstock	VA	
7	580	1278.6	Brian Matchett	Canada	2019 Hub Power	High River	Alberta	
8	577.5	1273.1	Chris Allen	US-VA	American Challenge 2019 - VA		VA	
9	572.5	1262.1	Kelly McKenzie	US-AZ	Soutwest Regional	Goodyear	AZ	
10	570	1256.6	Matthew Lucas	Canada	2019 Cast a Shadow	Squamish	BC	
11	472.5	1041.6	Terry Johnson	US-PA	Great Lakes Powerlifting and BP	Erie	PA	
12	445	981	William Geraghty	Ireland	IDFPA National Full Power Championships		Ireland	
13	425	936.9	Joe Caola	US-PA	Central PA Open	Clearfield	PA	

Weight Class: 308				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	632.5	1394.4	DJ Stinson	US-VA	DMV Invitational	White Plains	MD	
2	587.5	1295.2	James Lapointe	Canada	Worlds		Alberta	

3 452.5 997.5 Frank Murphy Ireland IDFPA National Powerlifting Championships Galway Ireland

Weight Class: SHW				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	767.5	1692	Russell Peel	Canada	Worlds	Alberta		
2	760	1675.4	Daniel Corridean	US-NC	OBX Open	Jarvisburg	NC	
3	732.5	1614.8	David Kulbacki	US-PA	Central PA Open	Clearfield	PA	
4	715	1576.2	Raymond Hodges	US-FL	American Challenge 2019 - FL	FL		
5	665	1466	Garry Coates	Canada	Worlds	Alberta		
6	507.5	1118.8	Jason Pilinyi	US-VA	Masters Nationals	Zion Crossroads	VA	

## 2019 Strict Curl Rankings Male

Weight Class: 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	54	119	Tim McCoy	US-VA	Battle of the Border	Curituck	NC	
2	45.5	100.3	Ben Zak	US-NC	American Challenge 2019 - NC	NC		
3	39	85.9	Krystal Brown	US-VA	Virginia Open	Zion Crossroads	VA	

Weight Class: 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	63.5	139.9	Steve Orseno	US-MA	Single Lift Worlds	Virginia Beach	VA	
2	45	99.2	William Devito	US-AZ	Soutwest Regional	Goodyear	AZ	
3	43	94.7	Douglas Marx	US-NY	Massachussetts State Championship	Plainridg Park	MA	
4	42.5	93.6	Jaspreet Singh	India	India National Single Lift Championships	India		
5	40	88.1	Sabir Ali	India	India National Single Lift Championships	India		
6	38.5	84.8	David Derby	US-NC	OBX Open	Jarvisburg	NC	
7	36.5	80.4	Doug Marx	US-NY	American Challenge 2019 - CT	CT		

Weight Class: 181				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	71.5	157.6	Pat Douglas	US-NE	Masters Nationals	Zion Crossroads	VA	
2	64	141	Steve Orseno	US-MA	Massachussetts State Championship	Plainridg Park	MA	
3	63.2	139.3	Daudi Merriweather	US-NE	Holiday Classic	Council Bluffs	IA	
4	55	121.2	Jeff Thorp	US-PA	Power Day	Bigler	PA	
5	52.5	115.7	Matthew Holtry	US-NC	Single Lift Worlds	Virginia Beach	VA	
6	47.5	104.7	Jacob Williams	US-PA	Masters Nationals	Zion Crossroads	VA	
7	32.5	71.6	Michael Pope	US-FL	Beasty Bash	Mount Dora	FL	

Weight Class: 198				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	81.5	179.6	John Cooper	US-NC	American Challenge 2019 - NC	NC		
2	59.5	131.1	Randy Elbert	US-MD	Single Lift Worlds	Virginia Beach	VA	
3	57.5	126.7	Ritesh Virang	India	India National Single Lift Championships	India		
4	55	121.2	Aaron Bicknell	US-CT	American Challenge 2019 - CT	CT		
		121.2	Kosar Ali	India	India National Single Lift Championships	India		
6	42.5	93.6	Arun Kumar	India	India National Single Lift Championships	India		
		93.6	Rahul Juneja	India	India National Single Lift Championships	India		
8	40	88.1	Nishan Singh	India	India National Single Lift Championships	India		

Weight Class: 220				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	70	154.3	Benjamin Drew	US-VA	DMV Invitational	White Plains	MD	
2	69	152.1	Justin Vanscoy	US-PA	Central PA Open	Clearfield	PA	
3	66	145.5	Luca Leonetti	US-CT	Single Lift Worlds	Virginia Beach	VA	
4	65	143.2	Patrick Ardizzone	US-FL	Beasty Bash	Mount Dora	FL	
5	60	132.2	Patrick Ardizonne	US-FL	American Challenge 2019 - FL	FL		
	60	132.2	Sunil Nagar	India	India National Single Lift Championships	India		

7	57.5	126.7	Sanjeev Sharma	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
	57.5	126.7	Eric Tuthill	US-AZ	Soutwest Regional	Goodyear	AZ
9	57	125.6	Will Lynch	US-NC	Single Lift Worlds	Virginia Beach	VA
10	45	99.2	Gulshan Sehgal	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
	45	99.2	Manpreetsingh Dhir	India	India National Single Lift Championships		India
12	40	88.1	Harjit Singh	India	India National Single Lift Championships		India
13	25	55.1	Jatinder Singh	India	India National Single Lift Championships		India

Weight Class: 242			Strict Curl		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	74	163.1	Stanley Hunter	US-NY	Tioga Downs Open	Tioda Downs	NY
2	72	158.7	Antonio D'Amore	US-CT	Connecticut State Championship	Cheshire	CT
3	57.5	126.7	Sanjeev Sharma	India	India National Single Lift Championships		India
4	52.5	115.7	James Pepe	US-FL	Beasty Bash	Mount Dora	FL
5	50	110.2	Gulshan Sehgal	India	India National Single Lift Championships		India
6	47.5	104.7	Tim Durrett	US-VA	Christmas Classic	Zion Crossroads	VA

Weight Class: 275			Strict Curl		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	76	167.5	Kelly McKenzie	US-AZ	Soutwest Regional	Goodyear	AZ
2	73	160.9	Jerry Matthews	US-OH	Ohio State Championships	Bedford Heights	OH
3	72.5	159.8	Duane Hagstrom	US-FL	American Challenge 2019 - FL		FL
4	70	154.3	Chris Allen	US-VA	DMV Invitational	White Plains	MD
5	67.5	148.8	Chris Fry	US-VA	Shenandoah Open	Woodstock	VA
6	36.5	80.4	Dave Wayland	US-PA	Power Day	Bigler	PA

Weight Class: 308			Strict Curl		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	79	174.1	DJ Stinson	US-VA	DMV Invitational	White Plains	MD
2	67.5	148.8	Jerry Perdue	US-FL	American Challenge 2019 - FL		FL
3	60	132.2	Antwan Cook	US-CT	American Challenge 2019 - CT		CT

Weight Class: SHW			Strict Curl		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Raymond Hodges	US-FL	American Challenge 2019 - FL		FL
2	57	125.6	Andrew Harduby	US-CT	Single Lift Worlds	Virginia Beach	VA
3	52.5	115.7	Jason Pilinyi	US-VA	Viriginia Open	Zion Crossroads	VA