



2019 Masters 50-59 Rankings

Updated 01/02/2020 Ed Kutin

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| 2019 Squat Rankings | | | | Female | | | | | |
|---------------------|-------|--------|------------------|-----------|---------------------------------|-----------------|---------|--------|--|
| Weight Class: 114 | | | | Squat | | | | Female | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | | |
| 1 | 85 | 187.3 | Marcella Cameron | Canada | Canadian Nationals | Medicine Hat | Alberta | | |
| 2 | 70 | 154.3 | Janet Huntley | US-PA | Great Lakes Powerlifting and BP | Erie | PA | | |
| 3 | -82 | -180.7 | Marcella Fortini | Canada | Worlds | | Alberta | | |
| Weight Class: 123 | | | | Squat | | | | Female | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | | |
| 1 | 87 | 191.8 | Diane Brill | US-NV | American Challenge 2019 - AZ | | AZ | | |
| 2 | 70 | 154.3 | Maureen MacEwen | Canada | Bar Wars East | | Canada | | |
| 3 | 67.5 | 148.8 | Pamela Scarano | US-PA | 2019 Keystone Ironman Challenge | Nazareth | PA | | |
| Weight Class: 132 | | | | Squat | | | | Female | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | | |
| 1 | 105 | 231.4 | Clair Angel | Australia | Worlds | | Alberta | | |
| 2 | 70 | 154.3 | Gina Buhrman | US-VA | Potomac Open | Tysons Corner | VA | | |
| 3 | 50 | 110.2 | Wanda MacInnis | Canada | Bar Wars East | | Canada | | |
| Weight Class: 148 | | | | Squat | | | | Female | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | | |
| 1 | 120 | 264.5 | Mary Schlifke | US-FL | Beasty Bash | Mount Dora | FL | | |
| 2 | 110 | 242.5 | Suzanne LaForge | US-FL | Worlds | | Alberta | | |
| 3 | 107.5 | 236.9 | Laura Clancy | US-VA | Potomac Open | Tysons Corner | VA | | |
| 4 | 102.5 | 225.9 | Tanja Rivoire | US-MD | Masters Nationals | Zion Crossroads | VA | | |
| | 102.5 | 225.9 | Sarah Clark | Canada | Worlds | | Alberta | | |
| 6 | 100 | 220.4 | Mary Lou Norris | US-PA | Ohio State Championships | Bedford Heights | OH | | |
| 7 | 90 | 198.4 | Sherry Pridgen | US-NC | Southern Open | | NC | | |
| 8 | 72.5 | 159.8 | Gina Welch | US-VA | Potomac Open | Tysons Corner | VA | | |
| | 72.5 | 159.8 | Jane Bickel | US-PA | Central PA Open | Clearfield | PA | | |
| Weight Class: 165 | | | | Squat | | | | Female | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | | |
| 1 | 102.5 | 225.9 | Selena Clauson | Canada | Worlds | | Alberta | | |
| 2 | 60 | 132.2 | Jennifer Tillet | US-NC | OBX Open | Jarvisburg | NC | | |
| Weight Class: 181 | | | | Squat | | | | Female | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | | |
| 1 | 100 | 220.4 | Sharon Schwartz | US-PA | Great Lakes Powerlifting and BP | Erie | PA | | |
| 2 | 97.5 | 214.9 | Tracey Ridgway | Canada | Last Chance for the Dance | Calgary | Alberta | | |
| 3 | 85 | 187.3 | Linda Lee | US-VA | Mid-Atlantic Regionals | Zion Crossroads | VA | | |
| Weight Class: 198 | | | | Squat | | | | Female | |

| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
|------|-------|-------|----------------|---------|------------------------------|---------------|----|
| 1 | 107.5 | 236.9 | Joenell Frantz | US-VA | Potomac Open | Tysons Corner | VA |
| 2 | 95 | 209.4 | Mitra Friant | US-VA | American Challenge 2019 - VA | | VA |
| 3 | 52.5 | 115.7 | Marsha Busse | US-NE | American Challenge 2019 - NE | | NE |

| Weight Class: 198+ | | | Squat | Female | | | |
|--------------------|------|-------|--------------------|-------------|---|---------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 170 | 374.7 | Alison Fitzmaurice | New Zealand | Worlds | | Alberta |
| 2 | 147 | 324 | Stephanie Horlyck | Australia | Worlds | | Alberta |
| 3 | 103 | 227 | Wanda Sommerfeld | Canada | 2019 Meet At The Mountains | Pincher Creek | Alberta |
| 4 | 100 | 220.4 | Wanda Sommerfeld | Canada | Worlds | | Alberta |
| 5 | 80 | 176.3 | Yvonne Osan | Ireland | IDFPA National Full Power Championships | | Ireland |

2019 Bench Press Rankings Female

| Weight Class: 105 | | | Bench Press | Female | | | |
|-------------------|------|-------|-------------|---------|-----------|----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 52.5 | 115.7 | Ruth Snyder | US-PA | Power Day | Bigler | PA |

| Weight Class: 114 | | | Bench Press | Female | | | |
|-------------------|------|-------|------------------|---------|---------------------------------|------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 55 | 121.2 | Marcella Cameron | Canada | 2019 Hub Power | High River | Alberta |
| | 55 | 121.2 | Marcella Fortini | Canada | Worlds | | Alberta |
| 3 | 50 | 110.2 | Janet Huntley | US-PA | Great Lakes Powerlifting and BP | Erie | PA |

| Weight Class: 123 | | | Bench Press | Female | | | |
|-------------------|------|-------|-----------------|---------|----------------------------------|----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 70 | 154.3 | Diane Brill | US-NV | American Challenge 2019 - AZ | | AZ |
| 2 | 35 | 77.1 | Pamela Scarano | US-PA | 2019 Keystone Ironman Challenge | Nazareth | PA |
| | 35 | 77.1 | Angela Krom | US-CT | Massachusetts State Championship | Plainridg Park | MA |
| 4 | 32.5 | 71.6 | Bernie O'Mahony | Ireland | IDFPA Push Pull Championships | Cork | Ireland |
| | 32.5 | 71.6 | Maureen MacEwen | Canada | Bar Wars East | | Canada |

| Weight Class: 132 | | | Bench Press | Female | | | |
|-------------------|------|-------|-----------------|-----------|--------------------|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 54 | 119 | Clair Angel | Australia | Worlds | | Alberta |
| 2 | 47.5 | 104.7 | Lesley DeAngelo | US-CT | Masters Nationals | Zion Crossroads | VA |
| 3 | 44 | 97 | Sherry Rowe | US-VA | Christmas Classic | Zion Crossroads | VA |
| 4 | 42.5 | 93.6 | Gina Buhrman | US-VA | Potomac Open | Tysons Corner | VA |
| 5 | 35 | 77.1 | Angela Krom | US-CT | Single Lift Worlds | Virginia Beach | VA |
| 6 | 32.5 | 71.6 | Wanda MacInnis | Canada | Bar Wars East | | Canada |

| Weight Class: 148 | | | Bench Press | Female | | | |
|-------------------|------|-------|-----------------|---------|------------------------------|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 65.5 | 144.4 | Claudia Helmick | US-VA | Christmas Classic | Zion Crossroads | VA |
| 2 | 62.5 | 137.7 | Laura Clancy | US-VA | Potomac Open | Tysons Corner | VA |
| | 62.5 | 137.7 | Suzanne LaForge | US-FL | Worlds | | Alberta |
| | 62.5 | 137.7 | Mary Schlifke | US-FL | Beasty Bash | Mount Dora | FL |
| 5 | 57.5 | 126.7 | Mary Lou Norris | US-PA | Ohio State Championships | Bedford Heights | OH |
| 6 | 55 | 121.2 | Sarah Clark | Canada | 2019 Cast a Shadow | Squamish | BC |
| | 55 | 121.2 | Tanja Rivoire | US-MD | Masters Nationals | Zion Crossroads | VA |
| | 55 | 121.2 | Sherry Pridgen | US-NC | Southern Open | | NC |
| | 55 | 121.2 | Lesley DeAngelo | US-CT | Single Lift Worlds | Virginia Beach | VA |
| 10 | 45.5 | 100.3 | Kim Hudson | US-OH | American Challenge 2019 - OH | | OH |
| 11 | 45 | 99.2 | Gina Welch | US-VA | Potomac Open | Tysons Corner | VA |
| | 45 | 99.2 | Jane Bickel | US-PA | Central PA Open | Clearfield | PA |
| 13 | 40 | 88.1 | Mary James | US-MD | Masters Nationals | Zion Crossroads | VA |

| Weight Class: 165 | | | | Bench Press | | Female | | |
|-------------------|------|-------|------------------|-------------|--------------------|----------------|--|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 62.5 | 137.7 | Selena Clauson | Canada | Worlds | | | Alberta |
| 2 | 52.5 | 115.7 | Jennifer Tillett | US-NC | Single Lift Worlds | Virginia Beach | | VA |
| 3 | 47.5 | 104.7 | Jennifer Tillett | US-NC | OBX Open | Jarvisburg | | NC |

| Weight Class: 181 | | | | Bench Press | | Female | | |
|-------------------|------|-------|------------------|-------------|--|-----------------|--|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 75 | 165.3 | Linda Lee | US-VA | DMV Invitational | White Plains | | MD |
| 2 | 67.5 | 148.8 | Mary Hodge | US-VA | Masters Nationals | Zion Crossroads | | VA |
| 3 | 62.5 | 137.7 | Kim Doutt | US-PA | Power Day | Bigler | | PA |
| | 62.5 | 137.7 | Kim Pollock | US-PA | American Challenge 2019 - OH | | | OH |
| 5 | 55 | 121.2 | Sharon Schwartz | US-PA | Great Lakes Powerlifting and BP | Erie | | PA |
| 6 | 52.5 | 115.7 | Amy Traver | US-CT | Massachusetts State Championship | Plainridg Park | | MA |
| 7 | 47.5 | 104.7 | Tracey Ridgway | Canada | Worlds | | | Alberta |
| 8 | 42.5 | 93.6 | Nelda Newton | US-NC | Single Lift Worlds | Virginia Beach | | VA |
| 9 | 40 | 88.1 | Madhavi Nandwani | India | India National Single Lift Championships | | | India |

| Weight Class: 198 | | | | Bench Press | | Female | | |
|-------------------|------|-------|-----------------|-------------|------------------------------|----------------|--|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 70 | 154.3 | Terri Korba | US-NY | American Challenge 2019 - NY | | | NY |
| 2 | 65 | 143.2 | Joennell Frantz | US-VA | Potomac Open | Tysons Corner | | VA |
| 3 | 52.5 | 115.7 | Amy Traver | US-CT | Single Lift Worlds | Virginia Beach | | VA |
| 4 | 47.5 | 104.7 | Mitra Friant | US-VA | American Challenge 2019 - VA | | | VA |
| 5 | 42.5 | 93.6 | Tanya Radford | US-DC | Single Lift Worlds | Virginia Beach | | VA |
| 6 | 37.5 | 82.6 | Marsha Busse | US-NE | American Challenge 2019 - NE | | | NE |

| Weight Class: 198+ | | | | Bench Press | | Female | | |
|--------------------|------|-------|--------------------|-------------|---|-----------------|--|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 93 | 205 | Alison Fitzmaurice | New Zealand | Worlds | | | Alberta |
| 2 | 85 | 187.3 | Dorothy Sosnicki | US-AZ | American Challenge 2019 - AZ | | | AZ |
| 3 | 80 | 176.3 | Stephanie Horlyck | Australia | Worlds | | | Alberta |
| 4 | 75 | 165.3 | Kristianne Bebout | US-NC | Tri-State Championship | Bedford Heights | | OH |
| 5 | 55 | 121.2 | Wanda Sommerfield | Canada | Worlds | | | Alberta |
| 6 | 50 | 110.2 | Yvonne Osan | Ireland | IDFPA National Full Power Championships | | | Ireland |
| 7 | 42.5 | 93.6 | Debra Ingersoll | US-FL | American Challenge 2019 - FL | | | FL |
| | 42.5 | 93.6 | Wanda Sommerfeld | Canada | 2019 Meet At The Mountains | Pincher Creek | | Alberta |
| 9 | 35 | 77.1 | Karen Posey | US-MD | DMV Invitational | White Plains | | MD |

2019 Deadlift Rankings Female

| Weight Class: 114 | | | | Deadlift | | Female | | |
|-------------------|-------|-------|------------------|----------|---------------------------------|--------------|--|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 110 | 242.5 | Janet Huntley | US-PA | Great Lakes Powerlifting and BP | Erie | | PA |
| 2 | 105.5 | 232.5 | Marcella Cameron | Canada | Canadian Nationals | Medicine Hat | | Alberta |
| 3 | 100 | 220.4 | Marcella Fortini | Canada | Worlds | | | Alberta |
| 4 | 77.5 | 170.8 | Jodi Beth McCain | US-MD | KAAOS Classic | Washington | | DC |

| Weight Class: 123 | | | | Deadlift | | Female | | |
|-------------------|-------|-------|-----------------|----------|---------------------------------|-----------------|--|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 115 | 253.5 | Diane Brill | US-NV | Worlds | | | Alberta |
| 2 | 107.5 | 236.9 | Denise Jaffe | US-OH | Ohio State Championships | Bedford Heights | | OH |
| 3 | 102.5 | 225.9 | Bernie O'Mahony | Ireland | IDFPA Push Pull Championships | Cork | | Ireland |
| 4 | 92.5 | 203.9 | Pamela Scarano | US-PA | 2019 Keystone Ironman Challenge | Nazareth | | PA |
| | 92.5 | 203.9 | Maureen MacEwen | Canada | Bar Wars East | | | Canada |

| Weight Class: 132 | | | | | | | |
|-------------------|-------|-------|----------------|-----------|--------------------|----------------|---------|
| Deadlift | | | | Female | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 145 | 319.6 | Clair Angel | Australia | Worlds | | Alberta |
| 2 | 112.5 | 248 | Sherry Rowe | US-VA | Single Lift Worlds | Virginia Beach | VA |
| 3 | 97.5 | 214.9 | Gina Buhrman | US-VA | Potomac Open | Tysons Corner | VA |
| 4 | 90 | 198.4 | Wanda MacInnis | Canada | Bar Wars East | | Canada |

| Weight Class: 148 | | | | | | | |
|-------------------|-------|-------|-----------------|---------|--------------------------------|-----------------|---------|
| Deadlift | | | | Female | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 145 | 319.6 | Suzanne LaForge | US-FL | Worlds | | Alberta |
| 2 | 137.5 | 303.1 | Sarah Clark | Canada | Worlds | | Alberta |
| 3 | 125 | 275.5 | Mary Lou Norris | US-PA | Ohio State Championships | Bedford Heights | OH |
| 4 | 122.5 | 270 | Tanja Rivoire | US-MD | Masters Nationals | Zion Crossroads | VA |
| 5 | 120 | 264.5 | Mary Schlifke | US-FL | Beasty Bash | Mount Dora | FL |
| 6 | 117.5 | 259 | Mary James | US-MD | Masters Nationals | Zion Crossroads | VA |
| | 117.5 | 259 | Sherry Pridgen | US-NC | American Challenge 2019 - NC | | NC |
| 8 | 115 | 253.5 | Jane Bickel | US-PA | Central PA Open | Clearfield | PA |
| 9 | 105 | 231.4 | Laura Clancy | US-VA | Potomac Open | Tysons Corner | VA |
| 10 | 102.5 | 225.9 | Gina Welch | US-VA | Potomac Open | Tysons Corner | VA |
| 11 | 97.5 | 214.9 | Daron Gawronski | US-CT | Connecticut State Championship | Cheshire | CT |

| Weight Class: 165 | | | | | | | |
|-------------------|-------|-------|------------------|---------|------------------------------|----------------|---------|
| Deadlift | | | | Female | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 135 | 297.6 | Amy Traver | US-CT | American Challenge 2019 - CT | | CT |
| 2 | 127.5 | 281 | Selena Clauson | Canada | Worlds | | Alberta |
| 3 | 105 | 231.4 | Jennifer Tillett | US-NC | Single Lift Worlds | Virginia Beach | VA |
| 4 | 100 | 220.4 | Jennifer Tillet | US-NC | OBX Open | Jarvisburg | NC |

| Weight Class: 181 | | | | | | | |
|-------------------|-------|-------|------------------|---------|--|-----------------|---------|
| Deadlift | | | | Female | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 150 | 330.6 | Linda Lee | US-VA | Mid-Atlantic Regionals | Zion Crossroads | VA |
| 2 | 142.5 | 314.1 | Sharon Schwartz | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 3 | 137.5 | 303.1 | Mary Hodge | US-VA | Masters Nationals | Zion Crossroads | VA |
| 4 | 112.5 | 248 | Tracey Ridgway | Canada | Worlds | | Alberta |
| 5 | 105 | 231.4 | Nelda Newton | US-NC | Single Lift Worlds | Virginia Beach | VA |
| 6 | 90 | 198.4 | Madhavi Nandwani | India | India National Single Lift Championships | | India |

| Weight Class: 198 | | | | | | | |
|-------------------|-------|-------|-----------------|---------|--------------------------------|----------------|----|
| Deadlift | | | | Female | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 140 | 308.6 | Joennell Frantz | US-VA | Potomac Open | Tysons Corner | VA |
| 2 | 137.5 | 303.1 | Amy Traver | US-CT | Connecticut State Championship | Cheshire | CT |
| 3 | 120 | 264.5 | Mitra Friant | US-VA | American Challenge 2019 - VA | | VA |
| 4 | 117.5 | 259 | Tanya Radford | US-DC | Single Lift Worlds | Virginia Beach | VA |
| 5 | 95 | 209.4 | Marsha Busse | US-NE | American Challenge 2019 - NE | | NE |

| Weight Class: 198+ | | | | | | | |
|--------------------|-------|-------|---------------------|-------------|---|-----------------|---------|
| Deadlift | | | | Female | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 180 | 396.8 | Stephanie Horlyck | Australia | Worlds | | Alberta |
| 2 | 155 | 341.7 | Alison Fitzmaurice | New Zealand | Worlds | | Alberta |
| 3 | 137.5 | 303.1 | Wanda Sommerfield | Canada | Worlds | | Alberta |
| 4 | 135 | 297.6 | Yvonne Osan | Ireland | IDFPA National Full Power Championships | | Ireland |
| 5 | 125 | 275.5 | Kristianne Bebout | US-NC | Tri-State Championship | Bedford Heights | OH |
| | 125 | 275.5 | Wanda Sommerfeld | Canada | 2019 Meet At The Mountains | Pincher Creek | Alberta |
| 7 | 107.5 | 236.9 | Charmaine Mitchell | US-DC | Potomac Open | Tysons Corner | VA |
| 8 | 90 | 198.4 | Debra Ingersoll | US-FL | American Challenge 2019 - FL | | FL |
| 9 | 82.5 | 181.8 | Le'Arbetta Obasabjo | US-DC | KAAOS Classic | Washington | DC |

2019 Total Rankings**Female**

| Weight Class: 114 | | | | Total | Female | | | |
|-------------------|-------|-------|------------------|---------|---------------------------------|--------------|---------|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 245.5 | 541.2 | Marcella Cameron | Canada | Canadian Nationals | Medicine Hat | Alberta | |
| 2 | 227.5 | 501.5 | Janet Huntley | US-PA | Great Lakes Powerlifting and BP | Erie | PA | |
| 3 | 0 | 0 | Marcella Fortini | Canada | Worlds | Alberta | | |

| Weight Class: 123 | | | | Total | Female | | | |
|-------------------|------|-------|-----------------|---------|---------------------------------|----------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 265 | 584.2 | Diane Brill | US-NV | Worlds | Alberta | | |
| 2 | 195 | 429.8 | Pamela Scarano | US-PA | 2019 Keystone Ironman Challenge | Nazareth | PA | |
| | 195 | 429.8 | Maureen MacEwen | Canada | Bar Wars East | Canada | | |

| Weight Class: 132 | | | | Total | Female | | | |
|-------------------|-------|-------|----------------|-----------|---------------|---------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 304 | 670.1 | Clair Angel | Australia | Worlds | Alberta | | |
| 2 | 210 | 462.9 | Gina Buhrman | US-VA | Potomac Open | Tysons Corner | VA | |
| 3 | 172.5 | 380.2 | Wanda MacInnis | Canada | Bar Wars East | Canada | | |

| Weight Class: 148 | | | | Total | Female | | | |
|-------------------|-------|-------|-----------------|---------|--------------------------|-----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 317.5 | 699.9 | Suzanne LaForge | US-FL | Worlds | Alberta | | |
| 2 | 302.5 | 666.8 | Mary Schlifke | US-FL | Beasty Bash | Mount Dora | FL | |
| 3 | 292.5 | 644.8 | Sarah Clark | Canada | Worlds | Alberta | | |
| 4 | 282.5 | 622.7 | Mary Lou Norris | US-PA | Ohio State Championships | Bedford Heights | OH | |
| 5 | 280 | 617.2 | Tanja Rivoire | US-MD | Masters Nationals | Zion Crossroads | VA | |
| 6 | 275 | 606.2 | Laura Clancy | US-VA | Potomac Open | Tysons Corner | VA | |
| 7 | 257.5 | 567.6 | Sherry Pridgen | US-NC | Southern Open | NC | | |
| 8 | 232.5 | 512.5 | Jane Bickel | US-PA | Central PA Open | Clearfield | PA | |
| 9 | 220 | 485 | Gina Welch | US-VA | Potomac Open | Tysons Corner | VA | |

| Weight Class: 165 | | | | Total | Female | | | |
|-------------------|-------|-------|-----------------|---------|----------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 292.5 | 644.8 | Selena Clauson | Canada | Worlds | Alberta | | |
| 2 | 207.5 | 457.4 | Jennifer Tillet | US-NC | OBX Open | Jarvisburg | NC | |

| Weight Class: 181 | | | | Total | Female | | | |
|-------------------|-------|-------|-----------------|---------|---------------------------------|-----------------|---------|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 310 | 683.4 | Linda Lee | US-VA | Mid-Atlantic Regionals | Zion Crossroads | VA | |
| 2 | 297.5 | 655.8 | Sharon Schwartz | US-PA | Great Lakes Powerlifting and BP | Erie | PA | |
| 3 | 252.5 | 556.6 | Tracey Ridgway | Canada | Last Chance for the Dance | Calgary | Alberta | |

| Weight Class: 198 | | | | Total | Female | | | |
|-------------------|-------|-------|-----------------|---------|------------------------------|---------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 312.5 | 688.9 | Joennell Frantz | US-VA | Potomac Open | Tysons Corner | VA | |
| 2 | 262.5 | 578.7 | Mitra Friant | US-VA | American Challenge 2019 - VA | VA | | |
| 3 | 185 | 407.8 | Marsha Busse | US-NE | American Challenge 2019 - NE | NE | | |

| Weight Class: 198+ | | | | Total | Female | | | |
|--------------------|-------|-------|--------------------|-------------|---|---------------|---------|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 418 | 921.5 | Alison Fitzmaurice | New Zealand | Worlds | Alberta | | |
| 2 | 407 | 897.2 | Stephanie Horlyck | Australia | Worlds | Alberta | | |
| 3 | 292.5 | 644.8 | Wanda Sommerfeld | Canada | Worlds | Alberta | | |
| 4 | 265 | 584.2 | Wanda Sommerfeld | Canada | 2019 Meet At The Mountains | Pincher Creek | Alberta | |
| | 265 | 584.2 | Yvonne Osan | Ireland | IDFPA National Full Power Championships | Ireland | | |

2019 Strict Curl Rankings Female

| Weight Class: 123 | | | | Strict Curl | Female | | | |
|-------------------|------|------|--------------|-------------|----------------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 32.5 | 71.6 | Diane Brill | US-NV | American Challenge 2019 - AZ | AZ | | |
| 2 | 29.5 | 65 | Denise Jaffe | US-OH | Single Lift Worlds | Virginia Beach | VA | |
| 3 | 26.5 | 58.4 | Angela Krom | US-CT | Massachusetts State Championship | Plainridg Park | MA | |

| Weight Class: 132 | | | | Strict Curl | Female | | | |
|-------------------|------|------|-----------------|-------------|--------------------|-----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 32 | 70.5 | Lesley DeAngelo | US-CT | Masters Nationals | Zion Crossroads | VA | |
| 2 | 29 | 63.9 | Daron Gawronski | US-CT | Single Lift Worlds | Virginia Beach | VA | |
| 3 | 25 | 55.1 | Gina Buhrman | US-VA | Potomac Open | Tysons Corner | VA | |
| 4 | 23.5 | 51.8 | Sherry Rowe | US-VA | Single Lift Worlds | Virginia Beach | VA | |

| Weight Class: 148 | | | | Strict Curl | Female | | | |
|-------------------|------|------|-----------------|-------------|--|-----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 35 | 77.1 | Lesley DeAngelo | US-CT | Massachusetts State Championship | Plainridg Park | MA | |
| 2 | 34 | 74.9 | Mary Schlifke | US-FL | Last Chance Qualifier | Mount Dora | FL | |
| 3 | 32.5 | 71.6 | Daron Gawronski | US-CT | Massachusetts State Championship | Plainridg Park | MA | |
| 4 | 30 | 66.1 | Claudia Helmick | US-VA | Christmas Classic | Zion Crossroads | VA | |
| 5 | 27.5 | 60.6 | Linda Eggleston | US-NY | Power Day | Bigler | PA | |
| 6 | 21.5 | 47.3 | Gina Welch | US-VA | Potomac Open | Tysons Corner | VA | |
| 7 | 12.5 | 27.5 | Arti Sharma | India | India National Single Lift Championships | India | | |

| Weight Class: 165 | | | | Strict Curl | Female | | | |
|-------------------|------|------|-----------------|-------------|------------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 34.5 | 76 | Lesley DeAngelo | US-CT | Single Lift Worlds | Virginia Beach | VA | |
| 2 | 33.5 | 73.8 | Amy Traver | US-CT | American Challenge 2019 - CT | CT | | |

| Weight Class: 181 | | | | Strict Curl | Female | | | |
|-------------------|------|------|--------------|-------------|----------------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 40 | 88.1 | Mary Hodge | US-VA | Single Lift Worlds | Virginia Beach | VA | |
| 2 | 37.5 | 82.6 | Kim Pollock | US-PA | Central PA Open | Clearfield | PA | |
| 3 | 36.5 | 80.4 | Amy Traver | US-CT | Massachusetts State Championship | Plainridg Park | MA | |
| 4 | 35 | 77.1 | Kim Douth | US-PA | Power Day | Bigler | PA | |
| 5 | 25 | 55.1 | Laura Witter | US-PA | Eastern USA Open | Woodstock | VA | |
| 6 | 24.5 | 54 | Nelda Newton | US-NC | Single Lift Worlds | Virginia Beach | VA | |

| Weight Class: 198 | | | | Strict Curl | Female | | | |
|-------------------|------|------|--------------|-------------|------------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 36 | 79.3 | Amy Traver | US-CT | Single Lift Worlds | Virginia Beach | VA | |
| 2 | 31 | 68.3 | Terri Korba | US-NY | American Challenge 2019 - NY | NY | | |
| 3 | 18.2 | 40.1 | Marsha Busse | US-NE | American Challenge 2019 - NE | NE | | |

| Weight Class: 198+ | | | | Strict Curl | Female | | | |
|--------------------|------|------|-------------------|-------------|------------------------------|-----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 42 | 92.5 | Dorothy Sosnicki | US-AZ | Single Lift Worlds | Virginia Beach | VA | |
| 2 | 34.5 | 76 | Kristianne Bebout | US-NC | Tri-State Championship | Bedford Heights | OH | |
| 3 | 26 | 57.3 | Debra Ingersoll | US-FL | American Challenge 2019 - FL | FL | | |

2019 Squat Rankings Male

| Weight Class: 132 | | | | Squat | Male | | | |
|-------------------|-------|-------|-------------|---------|-----------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 123.5 | 272.2 | Gary Teeter | US-PA | Shenandoah Open | Woodstock | VA | |
| 2 | 110 | 242.5 | Ben Zak | US-NC | OBX Open | Jarvisburg | NC | |

| Weight Class: 148 | | | | Squat | | Male | |
|-------------------|-------|-------|--------------|---------|---------------------------------|----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 162.5 | 358.2 | Joe Martucci | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 2 | 142.5 | 314.1 | Gary Teeter | US-PA | American Challenge 2019 - NJ | | NJ |

| Weight Class: 165 | | | | Squat | | Male | |
|-------------------|-------|-------|------------------|---------|---|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 205 | 451.9 | Ray Cruz | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 2 | 167.5 | 369.2 | Kenneth Mahadeo | US-NY | American Challenge 2019 - NY | | NY |
| 3 | 162.5 | 358.2 | Kevin Outland | US-NC | OBX Open | Jarvisburg | NC |
| 4 | 147.5 | 325.1 | Gary Teeter | US-PA | Eastern USA Open | Woodstock | VA |
| | 147.5 | 325.1 | Kevin Outland | US-NC | Southern Open | | NC |
| 6 | 140 | 308.6 | Christian Kozub | US-VA | Mid-Atlantic Regionals | Zion Crossroads | VA |
| 7 | 137.5 | 303.1 | James Fitzgerald | Ireland | IDFPA National Powerlifting Championships | Galway | Ireland |
| 8 | 127.5 | 281 | William Devito | US-AZ | American Challenge 2019 - AZ | | AZ |

| Weight Class: 181 | | | | Squat | | Male | |
|-------------------|-------|-------|------------------|---------|------------------------------|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 192.5 | 424.3 | Kevin Haberl | Canada | 2019 Cast a Shadow | Squamish | BC |
| | 192.5 | 424.3 | Jeffrey Driskill | US-VA | Eastern USA Open | Woodstock | VA |
| | 192.5 | 424.3 | Danny Thurman | US-NE | Holiday Classic | Council Bluffs | IA |
| 4 | 165 | 363.7 | Jack Jenkins | US-OH | Mid-Atlantic Regionals | Zion Crossroads | VA |
| 5 | 160 | 352.7 | James Darr | US-MD | Maryland State Championships | Hanover | MD |
| 6 | 155 | 341.7 | Michael Cody | Canada | Worlds | | Alberta |
| 7 | 145 | 319.6 | Eddie Ortiz | US-NE | Holiday Classic | Council Bluffs | IA |
| 8 | 142.5 | 314.1 | James Rivoire | US-MD | Masters Nationals | Zion Crossroads | VA |
| 9 | 132.5 | 292.1 | Ryan Hall | Canada | 2019 Hub Power | High River | Alberta |

| Weight Class: 198 | | | | Squat | | Male | |
|-------------------|-------|-------|---------------|---------|---|-----------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 192.5 | 424.3 | Jim Haskayne | Canada | Last Chance for the Dance | Calgary | Alberta |
| 2 | 190 | 418.8 | Rob Clary | US-AZ | American Challenge 2019 - AZ | | AZ |
| 3 | 185 | 407.8 | Pat Huntley | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 4 | 170 | 374.7 | Matthew Moore | US-VA | Shenandoah Open | Woodstock | VA |
| 5 | 152.5 | 336.2 | Daniel Henson | US-FL | American Challenge 2019 - FL | | FL |
| 6 | 142.5 | 314.1 | Mike Houston | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 7 | 140 | 308.6 | Roy Scott | Ireland | IDFPA National Full Power Championships | | Ireland |

| Weight Class: 220 | | | | Squat | | Male | |
|-------------------|-------|-------|-----------------|-------------|---------------------------------|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 205 | 451.9 | Graeme Boyce | New Zealand | Worlds | | Alberta |
| 2 | 202.5 | 446.4 | Frank Slawson | US-NY | Tioga Downs Open | Tioda Downs | NY |
| 3 | 192.5 | 424.3 | James Edwards | US-WV | Shenandoah Open | Woodstock | VA |
| 4 | 190 | 418.8 | Brad Swidzinski | Canada | Worlds | | Alberta |
| 5 | 182.5 | 402.3 | John Stanford | Canada | Last Chance for the Dance | Calgary | Alberta |
| 6 | 175 | 385.8 | Edward Betza | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| | 175 | 385.8 | Terry Napisa | US-VA | OBX Open | Jarvisburg | NC |
| 8 | 140 | 308.6 | Shayne Parker | Canada | Worlds | | Alberta |
| 9 | 135 | 297.6 | Blair MacKinnon | Canada | Bar Wars East | | Canada |
| 10 | 120 | 264.5 | Don Witter | US-PA | Masters Nationals | Zion Crossroads | VA |

| Weight Class: 242 | | | | Squat | | Male | |
|-------------------|-------|-------|---------------|---------|------------------------------|----------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 230 | 507 | Anthony Brill | US-NV | Worlds | | Alberta |
| 2 | 200 | 440.9 | Ed Kutin | US-NJ | American Challenge 2019 - NJ | | NJ |
| 3 | 195.5 | 430.9 | Dan Earle | Canada | Worlds | | Alberta |

| | | | | | | | |
|----|-------|-------|-----------------|---------|--|-------------|---------|
| 4 | 195 | 429.8 | John Mcmenamin | Ireland | IDFPA National Full Power Championships | | Ireland |
| 5 | 184.5 | 406.7 | Brad Swidzinski | Canada | Last Chance for the Dance | Calgary | Alberta |
| 6 | 180 | 396.8 | John McMenamin | Ireland | Irish Muscle Power Single Lift Nationals | | Ireland |
| 7 | 175 | 385.8 | David MacHale | Ireland | Worlds | | Alberta |
| 8 | 160 | 352.7 | Brant Givler | US-PA | Central PA Open | Clearfield | PA |
| 9 | 152.5 | 336.2 | Tony Huffman | US-VA | American Challenge 2019 - MD | | MD |
| 10 | 150 | 330.6 | Frank Ferchland | US-VA | OBX Open | Jarvisburg | NC |
| 11 | 140 | 308.6 | Jamie Robertson | Canada | 2019 Cast a Shadow | Squamish | BC |
| 12 | 137.5 | 303.1 | Carl Freitag | US-NY | Tioga Downs Open | Tioda Downs | NY |

| Weight Class: 275 | | | | Squat | | Male | |
|-------------------|------|-------|-----------------|-------------|-------------------|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 270 | 595.2 | Steve Lousich | New Zealand | Worlds | | Alberta |
| 2 | 228 | 502.6 | Brian Matchett | Canada | Worlds | | Alberta |
| 3 | 185 | 407.8 | Grant Edwards | Australia | Worlds | | Alberta |
| | 185 | 407.8 | Don Wilson | US-PA | Central PA Open | Clearfield | PA |
| 5 | 130 | 286.5 | Gary Pomrenke | US-MD | Masters Nationals | Zion Crossroads | VA |
| 6 | 75 | 165.3 | Raymond Clasing | US-MD | Southern Open | | NC |

| Weight Class: 308 | | | | Squat | | Male | |
|-------------------|------|-------|-------------|---------|------------------------------|----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 185 | 407.8 | Baron Dixon | US-VA | American Challenge 2019 - VA | | VA |

| Weight Class: SHW | | | | Squat | | Male | |
|-------------------|-------|-------|---------------|---------|-------------------|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 267.5 | 589.7 | Robert Gains | US-VA | Worlds | | Alberta |
| 2 | 250 | 551.1 | Robert Gaines | US-VA | DMV Invitational | White Plains | MD |
| 3 | 175 | 385.8 | Baron Dixon | US-VA | Masters Nationals | Zion Crossroads | VA |

2019 Bench Press Rankings Male

| Weight Class: 123 | | | | Bench Press | | Male | |
|-------------------|------|-------|-----------|-------------|------------------------------|----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 87.5 | 192.9 | Ed Fuller | US-MD | American Challenge 2019 - MD | | MD |

| Weight Class: 132 | | | | Bench Press | | Male | |
|-------------------|------|-------|-------------|-------------|-----------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 105 | 231.4 | Gary Teeter | US-PA | Sherandoah Open | Woodstock | VA |
| 2 | 90 | 198.4 | Ben Zak | US-NC | OBX Open | Jarvisburg | NC |

| Weight Class: 148 | | | | Bench Press | | Male | |
|-------------------|-------|-------|-----------------|-------------|--|----------------|-------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 117.5 | 259 | Gary Teeter | US-PA | American Challenge 2019 - NJ | | NJ |
| 2 | 112.5 | 248 | Stephen Gregori | US-MD | Battlefield Open | Fredericksburg | VA |
| | 112.5 | 248 | Ned Baudo | US-NY | KAAOS Classic | Washington | DC |
| 4 | 95 | 209.4 | Joe Martucci | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 5 | 82.5 | 181.8 | Rajesh Kumar | India | India National Single Lift Championships | | India |

| Weight Class: 165 | | | | Bench Press | | Male | |
|-------------------|-------|-------|----------------|-------------|---------------------------------|--------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 146 | 321.8 | Raymond Harris | US-VA | DMV Invitational | White Plains | MD |
| 2 | 137.5 | 303.1 | Kevin Outland | US-NC | Southern Open | | NC |
| | 137.5 | 303.1 | Kevin Outland | US-NC | OBX Open | Jarvisburg | NC |
| 4 | 127.5 | 281 | William Devito | US-AZ | American Challenge 2019 - AZ | | AZ |
| 5 | 122.5 | 270 | Ray Cruz | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 6 | 120 | 264.5 | Jason Leavitt | US-VA | American Challenge 2019 - VA | | VA |
| | 120 | 264.5 | Gary Teeter | US-PA | Eastern USA Open | Woodstock | VA |

| | | | | | | | |
|----|-------|-------|-----------------------|---------|---|-----------------|---------|
| 8 | 117.5 | 259 | Joseph Pizuto | US-NJ | Maryland State Championships | Hanover | MD |
| 9 | 115 | 253.5 | Christian Kozub | US-VA | Mid-Atlantic Regionals | Zion Crossroads | VA |
| 10 | 112.5 | 248 | Stephen Gregori | US-MD | Masters Nationals | Zion Crossroads | VA |
| 11 | 110 | 242.5 | Vinod Kumar | India | India National Single Lift Championships | | India |
| 12 | 107.5 | 236.9 | Tim Metcalf | US-NC | American Challenge 2019 - VA | | VA |
| 13 | 102.5 | 225.9 | James Fitzgerald | Ireland | IDFPA National Powerlifting Championships | Galway | Ireland |
| 14 | 100 | 220.4 | Kenneth Mahadeo | US-NY | American Challenge 2019 - NY | | NY |
| 15 | 85 | 187.3 | Rajesh Kumar | India | Karnal Bench Press and Stict Curl Championships | Haryana | India |
| 16 | 82.5 | 181.8 | Arun Pal Singh Rewari | India | India National Single Lift Championships | | India |
| 17 | 80 | 176.3 | Eric DeRise | US-FL | Beasty Bash | Mount Dora | FL |
| 18 | 55 | 121.2 | Suresh Chandra Sharma | India | India National Single Lift Championships | | India |

| Weight Class: 181 | | | | | | | |
|-------------------|-------|-------|---------------------|---------|--|-----------------|---------|
| Bench Press | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 160.5 | 353.8 | Danny Thurman | US-NE | Holiday Classic | Council Bluffs | IA |
| 2 | 142.5 | 314.1 | Raymond Harris | US-VA | Virginia Open | Zion Crossroads | VA |
| 3 | 125 | 275.5 | Steve Turlington | US-NC | Battle of the Border | Curituck | NC |
| 4 | 117.5 | 259 | Jack Jenkins | US-OH | Mid-Atlantic Regionals | Zion Crossroads | VA |
| | 117.5 | 259 | Eddie Ortiz | US-NE | Holiday Classic | Council Bluffs | IA |
| 6 | 110 | 242.5 | James Darr | US-MD | Maryland State Championships | Hanover | MD |
| 7 | 107.5 | 236.9 | Dan Morgan | US-AZ | American Challenge 2019 - AZ | | AZ |
| 8 | 100 | 220.4 | Kevin Haberl | Canada | 2019 Cast a Shadow | Squamish | BC |
| | 100 | 220.4 | Bashir Ahmad Sheikh | India | India National Single Lift Championships | | India |
| 10 | 97.5 | 214.9 | Ryan Hall | Canada | 2019 Hub Power | High River | Alberta |
| | 97.5 | 214.9 | Satyandra Singh | India | India National Single Lift Championships | | India |
| | 97.5 | 214.9 | Jeffrey Driskill | US-VA | Eastern USA Open | Woodstock | VA |
| 13 | 90 | 198.4 | James Rivoire | US-MD | Masters Nationals | Zion Crossroads | VA |
| 14 | 87.5 | 192.9 | Harish Yadav | India | India National Single Lift Championships | | India |
| 15 | 82.5 | 181.8 | Michael Cody | Canada | Worlds | | Alberta |

| Weight Class: 198 | | | | | | | |
|-------------------|-------|-------|---------------------|---------|--|----------------|---------|
| Bench Press | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 182.5 | 402.3 | David Blattenberger | US-PA | Central PA Open | Clearfield | PA |
| 2 | 170 | 374.7 | Daniel Henson | US-FL | Single Lift Worlds | Virginia Beach | VA |
| 3 | 150 | 330.6 | Matthew Moore | US-VA | Shenandoah Open | Woodstock | VA |
| 4 | 145 | 319.6 | Donald Askew | US-AZ | Soutwest Regional | Goodyear | AZ |
| 5 | 142.5 | 314.1 | Ray Jones | US-VA | Potomac Open | Tysons Corner | VA |
| 6 | 135 | 297.6 | Anil Kumar Saini | India | India National Single Lift Championships | | India |
| 7 | 132.5 | 292.1 | Rob Clary | US-AZ | American Challenge 2019 - AZ | | AZ |
| 8 | 125 | 275.5 | Pat Huntley | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 9 | 120 | 264.5 | Jim Haskayne | Canada | Worlds | | Alberta |
| 10 | 102.5 | 225.9 | Mike Houston | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| | 102.5 | 225.9 | Roy Scott | Ireland | IDFPA National Full Power Championships | | Ireland |
| 12 | 95 | 209.4 | Jitender Singh | India | India National Single Lift Championships | | India |

| Weight Class: 220 | | | | | | | |
|-------------------|-------|-------|----------------|---------|--------------------------------------|----------------|----|
| Bench Press | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 175 | 385.8 | Joseph Rasco | US-NC | Single Lift Worlds | Virginia Beach | VA |
| 2 | 172.5 | 380.2 | Stanley Domino | US-FL | Beasty Bash | Mount Dora | FL |
| 3 | 170 | 374.7 | Ray Matusko | US-NC | American Challenge 2019 - NC | | NC |
| 4 | 165 | 363.7 | Ken Jubas | US-PA | Power Day | Bigler | PA |
| 5 | 160 | 352.7 | Tom Halbert | US-NY | New York State Single Lift Challenge | Vestal | NY |
| 6 | 152.5 | 336.2 | Frank Slawson | US-NY | Tioga Downs Open | Tioda Downs | NY |
| 7 | 137.5 | 303.1 | Edward Betza | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| | 137.5 | 303.1 | James Edwards | US-WV | Shenandoah Open | Woodstock | VA |
| | 137.5 | 303.1 | Mike Pyne | US-PA | Central PA Open | Clearfield | PA |
| 10 | 132 | 291 | Terry Napisa | US-VA | OBX Open | Jarvisburg | NC |

| | | | | | | | |
|----|-------|-------|-----------------|-------------|---------------------------|-----------------|---------|
| 11 | 130 | 286.5 | John Stanford | Canada | Last Chance for the Dance | Calgary | Alberta |
| 12 | 117.5 | 259 | John Shifflett | US-VA | OBX Open | Jarvisburg | NC |
| | 117.5 | 259 | Shayne Parker | Canada | Worlds | | Alberta |
| 14 | 112.5 | 248 | Brad Swidzinski | Canada | Worlds | | Alberta |
| 15 | 110 | 242.5 | Graeme Boyce | New Zealand | Worlds | | Alberta |
| 16 | 107.5 | 236.9 | Don Witter | US-PA | Masters Nationals | Zion Crossroads | VA |
| 17 | 92.5 | 203.9 | Blair MacKinnon | Canada | Bar Wars East | | Canada |

| Weight Class: 242 | | | | | | | |
|-------------------|-------|-------|------------------|---------|--|-----------------|---------|
| Bench Press | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 175 | 385.8 | Waldo Ferreras | US-VA | Christmas Classic | Zion Crossroads | VA |
| 2 | 173.5 | 382.4 | Tom Reumont | US-MD | Maryland State Championships | Hanover | MD |
| 3 | 170 | 374.7 | Tom Reumont | US-MD | DMV Invitational | White Plains | MD |
| 4 | 147.5 | 325.1 | Tony Huffman | US-VA | American Challenge 2019 - NC | | NC |
| | 147.5 | 325.1 | Wayne Cormier | Canada | Canadian Nationals | Medicine Hat | Alberta |
| | 147.5 | 325.1 | Brant Givler | US-PA | Central PA Open | Clearfield | PA |
| 7 | 140 | 308.6 | John McMenamin | Ireland | Irish Muscle Power Single Lift Nationals | | Ireland |
| | 140 | 308.6 | Ed Kutin | US-NJ | American Challenge 2019 - NJ | | NJ |
| 9 | 137.5 | 303.1 | Anthony Brill | US-NV | American Challenge 2019 - AZ | | AZ |
| 10 | 132.5 | 292.1 | Rodd Ramey | US-WV | Christmas Classic | Zion Crossroads | VA |
| 11 | 130 | 286.5 | John Mcmenamin | Ireland | IDFPA National Full Power Championships | | Ireland |
| | 130 | 286.5 | Frank Ferchland | US-VA | OBX Open | Jarvisburg | NC |
| 13 | 117.5 | 259 | Brad Swidzinski | Canada | Last Chance for the Dance | Calgary | Alberta |
| | 117.5 | 259 | John Shifflett | US-VA | KAAOS Classic | Washington | DC |
| 15 | 115 | 253.5 | Kenneth Thompson | US-MD | Masters Nationals | Zion Crossroads | VA |
| 16 | 112.5 | 248 | Dan Earle | Canada | Worlds | | Alberta |
| 17 | 110 | 242.5 | Carl Freitag | US-NY | Tioga Downs Open | Tioda Downs | NY |
| 18 | 105 | 231.4 | Jamie Robertson | Canada | 2019 Cast a Shadow | Squamish | BC |
| 19 | 100 | 220.4 | David MacHale | Ireland | Worlds | | Alberta |

| Weight Class: 275 | | | | | | | |
|-------------------|-------|-------|------------------|-------------|------------------------------|-----------------|---------|
| Bench Press | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 195.5 | 430.9 | Paul Sundy | US-OH | American Challenge 2019 - OH | | OH |
| 2 | 180 | 396.8 | Steve Lousich | New Zealand | Worlds | | Alberta |
| 3 | 167.5 | 369.2 | Dennis Henderson | US-PA | Power Day | Bigler | PA |
| | 167.5 | 369.2 | William Ogden | US-PA | Masters Nationals | Zion Crossroads | VA |
| 5 | 165 | 363.7 | Raymond Clasing | US-MD | Southern Open | | NC |
| 6 | 155 | 341.7 | Don Wilson | US-PA | Central PA Open | Clearfield | PA |
| 7 | 152.5 | 336.2 | Ray Berry | US-NC | Single Lift Worlds | Virginia Beach | VA |
| 8 | 150 | 330.6 | Brian Matchett | Canada | Worlds | | Alberta |
| 9 | 135 | 297.6 | Grant Edwards | Australia | Worlds | | Alberta |
| 10 | 77.5 | 170.8 | Gary Pomrenke | US-MD | Masters Nationals | Zion Crossroads | VA |

| Weight Class: 308 | | | | | | | |
|-------------------|-------|-------|------------------|---------|------------------------------|-----------------|---------|
| Bench Press | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 197.5 | 435.4 | Paul Sundy | US-OH | Ohio State Championships | Bedford Heights | OH |
| 2 | 170 | 374.7 | Ray Clasing | US-MD | Single Lift Worlds | Virginia Beach | VA |
| 3 | 167.5 | 369.2 | Hakim Shakir | US-VA | Single Lift Worlds | Virginia Beach | VA |
| 4 | 162.5 | 358.2 | Wally Schoeffler | Canada | Iron Challenge | Medicine Hat | Alberta |
| 5 | 155 | 341.7 | Baron Dixon | US-VA | American Challenge 2019 - VA | | VA |
| 6 | 140 | 308.6 | Wally Schoffer | Canada | Canadian Nationals | Medicine Hat | Alberta |

| Weight Class: SHW | | | | | | | |
|-------------------|-------|-------|---------------|---------|-------------------|-----------------|---------|
| Bench Press | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 197.5 | 435.4 | Robert Gains | US-VA | Worlds | | Alberta |
| 2 | 190 | 418.8 | Robert Gaines | US-VA | DMV Invitational | White Plains | MD |
| 3 | 142.5 | 314.1 | Baron Dixon | US-VA | United Sates Open | Zion Crossroads | VA |

2019 Deadlift Rankings Male

| Weight Class: 132 | | | | Deadlift | | Male | |
|-------------------|------|-------|-------------|----------|-----------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 160 | 352.7 | Gary Teeter | US-PA | Shenandoah Open | Woodstock | VA |
| 2 | 155 | 341.7 | Ben Zak | US-NC | OBX Open | Jarvisburg | NC |

| Weight Class: 148 | | | | Deadlift | | Male | |
|-------------------|-------|-------|--------------|----------|---------------------------------|----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 172.5 | 380.2 | Gary Teeter | US-PA | American Challenge 2019 - NJ | | NJ |
| 2 | 165 | 363.7 | Joe Martucci | US-PA | Great Lakes Powerlifting and BP | Erie | PA |

| Weight Class: 165 | | | | Deadlift | | Male | |
|-------------------|-------|-------|----------------------|----------|--|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 205 | 451.9 | Kevin Outland | US-NC | OBX Open | Jarvisburg | NC |
| 2 | 202.5 | 446.4 | Ray Cruz | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| | 202.5 | 446.4 | Kevin Outland | US-NC | Southern Open | | NC |
| 4 | 187.5 | 413.3 | Kenneth Mahadeo | US-NY | American Challenge 2019 - NY | | NY |
| 5 | 175 | 385.8 | Gary Teeter | US-PA | American Challenge 2019 - MD | | MD |
| 6 | 162.5 | 358.2 | William Devito | US-AZ | American Challenge 2019 - AZ | | AZ |
| | 162.5 | 358.2 | James Fitzgerald | Ireland | IDFPA National Full Power Championships | | Ireland |
| | 162.5 | 358.2 | Eric DeRise | US-FL | Beasty Bash | Mount Dora | FL |
| 9 | 160 | 352.7 | Nello Iaccarino | Italy | Single Lift Contest | | Italy |
| 10 | 155 | 341.7 | Christian Kozub | US-VA | Mid-Atlantic Regionals | Zion Crossroads | VA |
| 11 | 142.5 | 314.1 | Tim Metcalf | US-NC | Single Lift Worlds | Virginia Beach | VA |
| 12 | 80 | 176.3 | Sureshchandra Sharma | India | India National Single Lift Championships | | India |

| Weight Class: 181 | | | | Deadlift | | Male | |
|-------------------|-------|-------|---------------------|----------|--|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 227.5 | 501.5 | Steve Turlington | US-NC | Battle of the Border | Curituck | NC |
| | 227.5 | 501.5 | Danny Thurman | US-NE | Holiday Classic | Council Bluffs | IA |
| 3 | 207.5 | 457.4 | Jeffrey Driskill | US-VA | Eastern USA Open | Woodstock | VA |
| 4 | 200 | 440.9 | Jaswant Singh | India | India National Single Lift Championships | | India |
| 5 | 192.5 | 424.3 | Michael Cody | Canada | Worlds | | Alberta |
| 6 | 187.5 | 413.3 | Kevin Haberl | Canada | 2019 Cast a Shadow | Squamish | BC |
| 7 | 185 | 407.8 | Ryan Hall | Canada | 2019 Hub Power | High River | Alberta |
| | 185 | 407.8 | James Rivoire | US-MD | Masters Nationals | Zion Crossroads | VA |
| | 185 | 407.8 | James Darr | US-MD | Maryland State Championships | Hanover | MD |
| 10 | 175 | 385.8 | Eddie Ortiz | US-NE | Holiday Classic | Council Bluffs | IA |
| 11 | 170 | 374.7 | Jack Jenkins | US-OH | Mid-Atlantic Regionals | Zion Crossroads | VA |
| 12 | 150 | 330.6 | Bashir Ahmed Sheikh | India | India National Single Lift Championships | | India |
| 13 | 127.5 | 281 | Harish Yadav | India | India National Single Lift Championships | | India |
| 14 | 117.5 | 259 | Vinayak Pardeshi | India | India National Single Lift Championships | | India |
| 15 | 105 | 231.4 | Satyandra Singh | India | India National Single Lift Championships | | India |

| Weight Class: 198 | | | | Deadlift | | Male | |
|-------------------|-------|-------|----------------|----------|--|----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 228 | 502.6 | Rob Clary | US-AZ | Southwest Regional | Goodyear | AZ |
| 2 | 227.5 | 501.5 | Jim Haskayne | Canada | Worlds | | Alberta |
| 3 | 210 | 462.9 | Pat Huntley | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 4 | 195 | 429.8 | Daniel Henson | US-FL | Single Lift Worlds | Virginia Beach | VA |
| 5 | 190 | 418.8 | Matthew Moore | US-VA | Shenandoah Open | Woodstock | VA |
| 6 | 170 | 374.7 | Mike Houston | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 7 | 167.5 | 369.2 | Roy Scott | Ireland | IDFPA National Full Power Championships | | Ireland |
| 8 | 160 | 352.7 | Jim Gawronski | US-CT | Connecticut State Championship | Cheshire | CT |
| | 160 | 352.7 | Jitender Singh | India | India National Single Lift Championships | | India |

| Weight Class: 220 | | Deadlift | | Male | | | |
|-------------------|-------|----------|------------------|-------------|---------------------------------|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 260 | 573.1 | Graeme Boyce | New Zealand | Worlds | | Alberta |
| 2 | 250 | 551.1 | Frank Slawson | US-NY | Tioga Downs Open | Tioda Downs | NY |
| 3 | 240 | 529.1 | Edward Betza | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 4 | 237.5 | 523.5 | Shayne Parker | Canada | Worlds | | Alberta |
| 5 | 215 | 473.9 | John Stanford | Canada | Worlds | | Alberta |
| 6 | 202.5 | 446.4 | Brad Swidzinski | Canada | Worlds | | Alberta |
| | 202.5 | 446.4 | Doug Delainey | Canada | Single Lift Worlds | Virginia Beach | VA |
| 8 | 200 | 440.9 | Douglas Delainey | Canada | Canadian Nationals | Medicine Hat | Alberta |
| 9 | 185 | 407.8 | James Edwards | US-WV | Shenandoah Open | Woodstock | VA |
| 10 | 182.5 | 402.3 | Terry Napisa | US-VA | OBX Open | Jarvisburg | NC |
| 11 | 177.5 | 391.3 | Stanley Domino | US-FL | Last Chance Qualifier | Mount Dora | FL |
| 12 | 167.5 | 369.2 | Don Witter | US-PA | Eastern USA Open | Woodstock | VA |
| 13 | 160 | 352.7 | Rudy Garcia | US-VA | United Sates Open | Zion Crossroads | VA |
| 14 | 157.5 | 347.2 | Blair MacKinnon | Canada | Bar Wars East | | Canada |

| Weight Class: 242 | | Deadlift | | Male | | | |
|-------------------|-------|----------|------------------|---------|---|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 272.5 | 600.7 | Anthony Brill | US-NV | American Challenge 2019 - AZ | | AZ |
| 2 | 247.5 | 545.6 | Gregory Hawkins | US-OH | Ohio State Championships | Bedford Heights | OH |
| 3 | 240 | 529.1 | Ed Kutin | US-NJ | American Challenge 2019 - NJ | | NJ |
| 4 | 220 | 485 | Tony Huffman | US-VA | Single Lift Worlds | Virginia Beach | VA |
| 5 | 215 | 473.9 | John Mcmenamin | Ireland | IDFPA National Full Power Championships | | Ireland |
| 6 | 205 | 451.9 | David MacHale | Ireland | Worlds | | Alberta |
| 7 | 202.5 | 446.4 | Carl Freitag | US-NY | Tioga Downs Open | Tioda Downs | NY |
| 8 | 190 | 418.8 | Kenneth Thompson | US-MD | Masters Nationals | Zion Crossroads | VA |
| 9 | 185 | 407.8 | Brad Swidzinski | Canada | Last Chance for the Dance | Calgary | Alberta |
| | 185 | 407.8 | Brant Givler | US-PA | Central PA Open | Clearfield | PA |
| 11 | 182.5 | 402.3 | Jeff Willson | US-CT | Masters Nationals | Zion Crossroads | VA |
| 12 | 180 | 396.8 | Dan Earle | Canada | Iron Challenge | Medicine Hat | Alberta |
| 13 | 170 | 374.7 | Frank Ferchland | US-VA | OBX Open | Jarvisburg | NC |
| 14 | 150 | 330.6 | Jamie Robertson | Canada | 2019 Cast a Shadow | Squamish | BC |

| Weight Class: 275 | | Deadlift | | Male | | | |
|-------------------|-------|----------|-----------------|-------------|---------------------------|-----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 265 | 584.2 | William Ogden | US-PA | Masters Nationals | Zion Crossroads | VA |
| 2 | 245 | 540.1 | Brian Matchett | Canada | Last Chance for the Dance | Calgary | Alberta |
| 3 | 233 | 513.6 | Steve Lousich | New Zealand | Worlds | | Alberta |
| 4 | 215 | 473.9 | Grant Edwards | Australia | Worlds | | Alberta |
| 5 | 200 | 440.9 | Don Wilson | US-PA | Central PA Open | Clearfield | PA |
| 6 | 190 | 418.8 | Raymond Clasing | US-MD | Southern Open | | NC |
| 7 | 187.5 | 413.3 | Jeffrey Wilson | US-CT | Single Lift Worlds | Virginia Beach | VA |
| 8 | 170 | 374.7 | Gary Pomrenke | US-MD | Masters Nationals | Zion Crossroads | VA |
| 9 | 137.5 | 303.1 | Lewis Tait | US-DC | KAAOS Classic | Washington | DC |

| Weight Class: 308 | | Deadlift | | Male | | | |
|-------------------|-------|----------|------------------|---------|--------------------|----------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 282.5 | 622.7 | Baron Dixon | US-VA | Single Lift Worlds | Virginia Beach | VA |
| 2 | 205 | 451.9 | Raymond Classing | US-MD | Single Lift Worlds | Virginia Beach | VA |
| | 205 | 451.9 | Ray Classing | US-MD | Single Lift Worlds | Virginia Beach | VA |

| Weight Class: SHW | | Deadlift | | Male | | | |
|-------------------|-------|----------|---------------|---------|-------------------|-----------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 288 | 634.9 | Baron Dixon | US-VA | Masters Nationals | Zion Crossroads | VA |
| 2 | 272.5 | 600.7 | Robert Gaines | US-VA | DMV Invitational | White Plains | MD |

272.5 600.7 Robert Gains

US-VA

Worlds

Alberta

2019 Total Rankings Male

| Weight Class: 132 | | | | Total | Male | | | |
|-------------------|------|-----|--------|---------|------|----------|--|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |

| | | | | | | | |
|---|-------|-------|-------------|-------|-----------------|------------|----|
| 1 | 382.5 | 843.2 | Gary Teeter | US-PA | Shenandoah Open | Woodstock | VA |
| 2 | 355 | 782.6 | Ben Zak | US-NC | OBX Open | Jarvisburg | NC |

| Weight Class: 148 | | | | Total | Male | | | |
|-------------------|------|-----|--------|---------|------|----------|--|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |

| | | | | | | | |
|---|-------|-------|--------------|-------|---------------------------------|------|----|
| 1 | 432.5 | 953.4 | Gary Teeter | US-PA | American Challenge 2019 - NJ | | NJ |
| 2 | 422.5 | 931.4 | Joe Martucci | US-PA | Great Lakes Powerlifting and BP | Erie | PA |

| Weight Class: 165 | | | | Total | Male | | | |
|-------------------|------|-----|--------|---------|------|----------|--|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |

| | | | | | | | |
|---|-------|--------|------------------|---------|---|-----------------|---------|
| 1 | 530 | 1168.4 | Ray Cruz | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 2 | 502.5 | 1107.8 | Kevin Outland | US-NC | OBX Open | Jarvisburg | NC |
| 3 | 487.5 | 1074.7 | Kevin Outland | US-NC | Southern Open | | NC |
| 4 | 455 | 1003 | Kenneth Mahadeo | US-NY | American Challenge 2019 - NY | | NY |
| 5 | 437.5 | 964.5 | Gary Teeter | US-PA | Eastern USA Open | Woodstock | VA |
| 6 | 410 | 903.8 | Christian Kozub | US-VA | Mid-Atlantic Regionals | Zion Crossroads | VA |
| 7 | 402.5 | 887.3 | James Fitzgerald | Ireland | IDFPA National Full Power Championships | | Ireland |
| 8 | 377.5 | 832.2 | William Devito | US-AZ | American Challenge 2019 - AZ | | AZ |

| Weight Class: 181 | | | | Total | Male | | | |
|-------------------|------|-----|--------|---------|------|----------|--|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |

| | | | | | | | |
|---|-------|--------|------------------|--------|------------------------------|-----------------|---------|
| 1 | 580.5 | 1279.7 | Danny Thurman | US-NE | Holiday Classic | Council Bluffs | IA |
| 2 | 497.5 | 1096.7 | Jeffrey Driskill | US-VA | Eastern USA Open | Woodstock | VA |
| 3 | 480 | 1058.2 | Kevin Haberl | Canada | 2019 Cast a Shadow | Squamish | BC |
| 4 | 455 | 1003 | James Darr | US-MD | Maryland State Championships | Hanover | MD |
| 5 | 452.5 | 997.5 | Jack Jenkins | US-OH | Mid-Atlantic Regionals | Zion Crossroads | VA |
| 6 | 437.5 | 964.5 | Eddie Ortiz | US-NE | Holiday Classic | Council Bluffs | IA |
| 7 | 430 | 947.9 | Michael Cody | Canada | Worlds | | Alberta |
| 8 | 417.5 | 920.4 | James Rivoire | US-MD | Masters Nationals | Zion Crossroads | VA |
| 9 | 415 | 914.9 | Ryan Hall | Canada | 2019 Hub Power | High River | Alberta |

| Weight Class: 198 | | | | Total | Male | | | |
|-------------------|------|-----|--------|---------|------|----------|--|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |

| | | | | | | | |
|---|-------|--------|---------------|---------|---|------------|---------|
| 1 | 545 | 1201.5 | Rob Clary | US-AZ | American Challenge 2019 - AZ | | AZ |
| 2 | 527.5 | 1162.9 | Jim Haskayne | Canada | Worlds | | Alberta |
| 3 | 520 | 1146.3 | Pat Huntley | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 4 | 510 | 1124.3 | Matthew Moore | US-VA | Shenandoah Open | Woodstock | VA |
| 5 | 492.5 | 1085.7 | Daniel Henson | US-FL | Last Chance Qualifier | Mount Dora | FL |
| 6 | 415 | 914.9 | Mike Houston | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 7 | 410 | 903.8 | Roy Scott | Ireland | IDFPA National Full Power Championships | | Ireland |

| Weight Class: 220 | | | | Total | Male | | | |
|-------------------|------|-----|--------|---------|------|----------|--|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |

| | | | | | | | |
|---|-------|--------|-----------------|-------------|---------------------------------|-------------|---------|
| 1 | 605 | 1333.7 | Frank Slawson | US-NY | Tioga Downs Open | Tioda Downs | NY |
| 2 | 575 | 1267.6 | Graeme Boyce | New Zealand | Worlds | | Alberta |
| 3 | 552.5 | 1218 | Edward Betza | US-PA | Great Lakes Powerlifting and BP | Erie | PA |
| 4 | 522.5 | 1151.9 | John Stanford | Canada | Last Chance for the Dance | Calgary | Alberta |
| 5 | 515 | 1135.3 | James Edwards | US-WV | Shenandoah Open | Woodstock | VA |
| 6 | 505 | 1113.3 | Brad Swidzinski | Canada | Worlds | | Alberta |
| 7 | 495 | 1091.2 | Shayne Parker | Canada | Worlds | | Alberta |
| 8 | 489.5 | 1079.1 | Terry Napisa | US-VA | OBX Open | Jarvisburg | NC |

| | | | | | | | |
|----|-------|-------|-----------------|--------|-------------------|-----------------|--------|
| 9 | 392.5 | 865.3 | Don Witter | US-PA | Masters Nationals | Zion Crossroads | VA |
| 10 | 385 | 848.7 | Blair MacKinnon | Canada | Bar Wars East | | Canada |

| Weight Class: 242 | | | | Total | Male | | | |
|-------------------|-------|--------|-----------------|---------|---|--------------|---------|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 637.5 | 1405.4 | Anthony Brill | US-NV | American Challenge 2019 - AZ | AZ | | |
| 2 | 580 | 1278.6 | Ed Kutin | US-NJ | American Challenge 2019 - NJ | NJ | | |
| 3 | 540 | 1190.4 | John Mcmenamin | Ireland | IDFPA National Full Power Championships | Ireland | | |
| 4 | 493 | 1086.8 | Tony Huffman | US-VA | American Challenge 2019 - MD | MD | | |
| 5 | 492.5 | 1085.7 | Brant Givler | US-PA | Central PA Open | Clearfield | PA | |
| 6 | 487 | 1073.6 | Brad Swidzinski | Canada | Last Chance for the Dance | Calgary | Alberta | |
| 7 | 480 | 1058.2 | David MacHale | Ireland | Worlds | Alberta | | |
| 8 | 475 | 1047.1 | Dan Earle | Canada | Iron Challenge | Medicine Hat | Alberta | |
| 9 | 450 | 992 | Frank Ferchland | US-VA | OBX Open | Jarvisburg | NC | |
| 10 | 440 | 970 | Carl Freitag | US-NY | Tioga Downs Open | Tioda Downs | NY | |
| 11 | 395 | 870.8 | Jamie Robertson | Canada | 2019 Cast a Shadow | Squamish | BC | |

| Weight Class: 275 | | | | Total | Male | | | |
|-------------------|-------|--------|-----------------|-------------|-------------------|-----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 683 | 1505.7 | Steve Lousich | New Zealand | Worlds | Alberta | | |
| 2 | 623 | 1373.4 | Brian Matchett | Canada | Worlds | Alberta | | |
| 3 | 540 | 1190.4 | Don Wilson | US-PA | Central PA Open | Clearfield | PA | |
| 4 | 535 | 1179.4 | Grant Edwards | Australia | Worlds | Alberta | | |
| 5 | 430 | 947.9 | Raymond Clasing | US-MD | Southern Open | NC | | |
| 6 | 377.5 | 832.2 | Gary Pomrenke | US-MD | Masters Nationals | Zion Crossroads | VA | |

| Weight Class: 308 | | | | Total | Male | | | |
|-------------------|-------|--------|-------------|---------|------------------------------|----------|--|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 612.5 | 1350.3 | Baron Dixon | US-VA | American Challenge 2019 - VA | VA | | |

| Weight Class: SHW | | | | Total | Male | | | |
|-------------------|-------|--------|---------------|---------|-------------------|-----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 737.5 | 1625.8 | Robert Gains | US-VA | Worlds | Alberta | | |
| 2 | 712.5 | 1570.7 | Robert Gaines | US-VA | DMV Invitational | White Plains | MD | |
| 3 | 605.5 | 1334.8 | Baron Dixon | US-VA | Masters Nationals | Zion Crossroads | VA | |

2019 Strict Curl Rankings Male

| Weight Class: 132 | | | | Strict Curl | Male | | | |
|-------------------|------|-------|-------------|-------------|-----------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 52 | 114.6 | Gary Teeter | US-PA | Shenandoah Open | Woodstock | VA | |
| 2 | 45 | 99.2 | Ben Zak | US-NC | OBX Open | Jarvisburg | NC | |

| Weight Class: 148 | | | | Strict Curl | Male | | | |
|-------------------|------|-------|-----------------|-------------|--|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 58 | 127.8 | Gary Teeter | US-PA | Tioga Downs Open | Tioda Downs | NY | |
| 2 | 49 | 108 | Ben Zak | US-NC | Single Lift Worlds | Virginia Beach | VA | |
| 3 | 45 | 99.2 | Stephen Gregori | US-MD | Single Lift Worlds | Virginia Beach | VA | |
| 4 | 40 | 88.1 | Rajesh Kumar | India | India National Single Lift Championships | India | | |

| Weight Class: 165 | | | | Strict Curl | Male | | | |
|-------------------|------|-------|----------------|-------------|------------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 69.5 | 153.2 | Gary Kessler | US-VA | Single Lift Worlds | Virginia Beach | VA | |
| 2 | 56.5 | 124.5 | Gary Teeter | US-PA | American Challenge 2019 - NC | NC | | |
| 3 | 55 | 121.2 | Jeff Thorp | US-PA | Central PA Open | Clearfield | PA | |
| 4 | 51 | 112.4 | Tim Metcalf | US-NC | Single Lift Worlds | Virginia Beach | VA | |
| 5 | 42.5 | 93.6 | William Devito | US-AZ | American Challenge 2019 - AZ | AZ | | |

| | | | | | | | |
|---|------|------|----------------------|-------|---|-----------------|-------|
| 6 | 41 | 90.3 | Robert Orena | US-NY | American Challenge 2019 - NJ | | NJ |
| 7 | 40 | 88.1 | Stephen Gregori | US-MD | Masters Nationals | Zion Crossroads | VA |
| 8 | 35 | 77.1 | Rajesh Kumar | India | Karnal Bench Press and Stict Curl Championships | Haryana | India |
| 9 | 27.5 | 60.6 | Sureshchandra Sharma | India | India National Single Lift Championships | | India |

| Weight Class: 181 | | | | | | | |
|-------------------|------|-------|-----------------|---------|--|----------|-------|
| Strict Curl | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 55 | 121.2 | Dan Morgan | US-AZ | American Challenge 2019 - AZ | | AZ |
| | 55 | 121.2 | James Darr | US-MD | Maryland State Championships | Hanover | MD |
| 3 | 40 | 88.1 | Satyandra Singh | India | India National Single Lift Championships | | India |

| Weight Class: 198 | | | | | | | |
|-------------------|------|-------|-------------------|---------|--|-----------------|-------|
| Strict Curl | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 74.5 | 164.2 | Ray Jones | US-VA | Potomac Open | Tysons Corner | VA |
| 2 | 72.5 | 159.8 | Raymond Jones | US-VA | Single Lift Worlds | Virginia Beach | VA |
| 3 | 55.5 | 122.3 | Jim Gawronski | US-CT | Single Lift Worlds | Virginia Beach | VA |
| 4 | 45.5 | 100.3 | Michael Calabrese | US-OH | Ohio State Championships | Bedford Heights | OH |
| 5 | 41 | 90.3 | Fred Mletzko | US-CT | Connecticut State Championship | Cheshire | CT |
| 6 | 40 | 88.1 | Jitender Singh | India | India National Single Lift Championships | | India |

| Weight Class: 220 | | | | | | | |
|-------------------|------|-------|----------------|---------|------------------------------|-----------------|----|
| Strict Curl | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 67.5 | 148.8 | Stanley Domino | US-FL | Beasty Bash | Mount Dora | FL |
| 2 | 55 | 121.2 | Wayne Traver | US-CT | American Challenge 2019 - CT | | CT |
| 3 | 53 | 116.8 | Don Witter | US-PA | Masters Nationals | Zion Crossroads | VA |
| 4 | 45 | 99.2 | John Shifflett | US-VA | Single Lift Worlds | Virginia Beach | VA |

| Weight Class: 242 | | | | | | | |
|-------------------|------|-------|--------------|---------|----------------------------------|-----------------|----|
| Strict Curl | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 70.5 | 155.4 | Tony Huffman | US-VA | Single Lift Worlds | Virginia Beach | VA |
| 2 | 65 | 143.2 | Rodd Ramey | US-WV | Christmas Classic | Zion Crossroads | VA |
| 3 | 58 | 127.8 | Jeff Willson | US-CT | Massachusetts State Championship | Plainridg Park | MA |
| 4 | 57.5 | 126.7 | Brant Givler | US-PA | Central PA Open | Clearfield | PA |
| 5 | 55 | 121.2 | Wayne Traver | US-CT | Masters Nationals | Zion Crossroads | VA |

| Weight Class: 275 | | | | | | | |
|-------------------|------|-------|-----------------|---------|--------------------|-----------------|----|
| Strict Curl | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 68.5 | 151 | William Ogden | US-PA | Masters Nationals | Zion Crossroads | VA |
| 2 | 64 | 141 | Rodd Ramey | US-VA | Masters Nationals | Zion Crossroads | VA |
| 3 | 60 | 132.2 | Jeffrey Wilson | US-CT | Single Lift Worlds | Virginia Beach | VA |
| 4 | 57 | 125.6 | Raymond Clasing | US-MD | Southern Open | | NC |
| 5 | 48 | 105.8 | Ray Berry | US-NC | Single Lift Worlds | Virginia Beach | VA |

| Weight Class: 308 | | | | | | | |
|-------------------|------|-------|--------------|---------|------------------------------|----------------|----|
| Strict Curl | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 73 | 160.9 | Baron Dixon | US-VA | American Challenge 2019 - NC | | NC |
| 2 | 68 | 149.9 | Greg Stott | US-NC | Single Lift Worlds | Virginia Beach | VA |
| 3 | 67.5 | 148.8 | Hakim Shakir | US-VA | Single Lift Worlds | Virginia Beach | VA |

| Weight Class: SHW | | | | | | | |
|-------------------|------|-------|-------------|---------|-------------------|-----------------|----|
| Strict Curl | | | | Male | | | |
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 77.5 | 170.8 | Baron Dixon | US-VA | Masters Nationals | Zion Crossroads | VA |