



2019 Masters 60+ Rankings

Updated 01/01/2020 Ed Kutin

Ed@enkutin.com

2019 Squat Rankings Female

Weight Class: 97				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	27.5	60.6	Rocky Leudeker	US-AZ	American Challenge 2019 - AZ	AZ	

Weight Class: 114				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	52.5	115.7	Janet Bauer	US-OH	Ohio State Championships	Bedford Heights	OH

Weight Class: 123				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Susan Drach	US-VA	Masters Nationals	Zion Crossroads	VA
2	67	147.7	Marcia Anderson	US-VA	Battlefield Open	Fredericksburg	VA
3	57.5	126.7	Trish Kirkland	US-FL	American Challenge 2019 - FL	FL	

Weight Class: 132				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	76	167.5	Linda Leightley	US-VA	Shenandoah Open	Woodstock	VA
2	57.5	126.7	Kim Radder	US-VA	Potomac Open	Tysons Corner	VA

Weight Class: 148				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	92.5	203.9	Darlene Warren	Canada	Worlds	Alberta	

Weight Class: 165				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Lynne Courtnege-Coolen	Canada	Canadian Nationals	Medicine Hat	Alberta
2	110	242.5	Peta Day	Australia	Worlds	Alberta	
3	105	231.4	Kathy Brennan	Canada	2019 Cast a Shadow	Squamish	BC
4	100	220.4	Despina Belle-Isle	US-VA	Potomac Open	Tysons Corner	VA
5	98	216	Elizabeth Smedley	Australia	Worlds	Alberta	
6	67.5	148.8	Linda Odum	US-VA	Masters Nationals	Zion Crossroads	VA

Weight Class: 181				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Brid O'Sullivan	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
2	65	143.2	Julie Marquette	US-MD	Potomac Open	Tysons Corner	VA

Weight Class: 198				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Karen Hansen	US-VA	DMV Invitational	White Plains	MD
2	60	132.2	Mary Donnachie	Canada	Worlds	Alberta	

2019 Bench Press Rankings Female

Weight Class: 97				Bench Press		Female	
------------------	--	--	--	-------------	--	--------	--

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	52.5	115.7	Karen Poyner	US-VA	American Challenge 2019 - VA	VA
2	37.5	82.6	Rocky Leudeker	US-AZ	American Challenge 2019 - AZ	AZ

Weight Class: 114 Bench Press Female

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	30	66.1	Janet Bauer	US-OH	Ohio State Championships	Bedford Heights OH

Weight Class: 123 Bench Press Female

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	60.5	133.3	Susan Drach	US-VA	Masters Nationals	Zion Crossroads VA
2	42.5	93.6	Trish Kirkland	US-FL	American Challenge 2019 - FL	FL
3	30	66.1	Marcia Anderson	US-VA	Battlefield Open	Fredericksburg VA
4	28	61.7	Karola Meyer	US-MD	Battlefield Open	Fredericksburg VA
5	27.5	60.6	Karila Meyer	US-MD	Masters Nationals	Zion Crossroads VA

Weight Class: 132 Bench Press Female

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	45.5	100.3	Linda Leightley	US-VA	Potomac Open	Tysons Corner VA
2	40	88.1	Kim Radder	US-VA	Potomac Open	Tysons Corner VA

Weight Class: 148 Bench Press Female

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	55	121.2	Darlene Warren	Canada	Worlds	Alberta
2	50	110.2	Susan Shofner	US-OH	Ohio State Championships	Bedford Heights OH
3	27.5	60.6	Marlene Henriques	US-VA	Potomac Open	Tysons Corner VA

Weight Class: 165 Bench Press Female

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	62	136.6	Elizabeth Smedley	Australia	Worlds	Alberta
2	61	134.4	Peta Day	Australia	Worlds	Alberta
3	52.5	115.7	Kathy Brennan	Canada	2019 Cast a Shadow	Squamish BC
	52.5	115.7	Despina Belle-Isle	US-VA	Potomac Open	Tysons Corner VA
5	47.5	104.7	Lynne Courtnage-Coolen	Canada	Canadian Nationals	Medicine Hat Alberta
6	32.5	71.6	Linda Odum	US-VA	Masters Nationals	Zion Crossroads VA

Weight Class: 181 Bench Press Female

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	77.5	170.8	Linda Lee	US-VA	Single Lift Worlds	Virginia Beach VA
2	42.5	93.6	Brid O'Sullivan	Ireland	IDFPA National Powerlifting Championships	Galway Ireland
	42.5	93.6	Brid O Sullivan	Ireland	IDFPA Push Pull Championships	Cork Ireland
4	37.5	82.6	Julie Marquette	US-MD	Potomac Open	Tysons Corner VA
5	32.5	71.6	Mary McCaffrey	US-FL	American Challenge 2019 - FL	FL

Weight Class: 198 Bench Press Female

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	60	132.2	Karen Hansen	US-VA	Eastern USA Open	Woodstock VA
2	42	92.5	Mary Donnachie	Canada	2019 Hub Power	High River Alberta

Weight Class: 198+ Bench Press Female

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	70	154.3	Sandy Flaus	US-VA	Single Lift Worlds	Virginia Beach VA
2	32.5	71.6	Lou Ann Petersen	US-FL	Beasty Bash	Mount Dora FL

2019 Deadlift Rankings Female

Weight Class: 97 Deadlift Female

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	105	231.4	Karen Poyner	US-VA	American Challenge 2019 - VA	VA

2 55 121.2 Rocky Leudeker US-AZ American Challenge 2019 - AZ AZ

Weight Class: 114							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Janet Bauer	US-OH	Ohio State Championships	Bedford Heights	OH

Weight Class: 123							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	126.5	278.8	Susan Drach	US-VA	Masters Nationals	Zion Crossroads	VA
2	85	187.3	Trish Kirkland	US-FL	American Challenge 2019 - FL		FL
	85	187.3	Marcia Anderson	US-VA	Battlefield Open	Fredericksburg	VA
4	83.5	184	Karola Meyer	US-MD	KAAOS Classic	Washington	DC
5	77.5	170.8	Karila Meyer	US-MD	Masters Nationals	Zion Crossroads	VA

Weight Class: 132							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Linda Leightley	US-VA	Shenandoah Open	Woodstock	VA
2	97.5	214.9	Kim Radder	US-VA	Potomac Open	Tysons Corner	VA

Weight Class: 148							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Darlene Warren	Canada	Bar Wars West		Canada
2	65	143.2	Marlene Henriques	US-VA	Potomac Open	Tysons Corner	VA

Weight Class: 165							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	146	321.8	Peta Day	Australia	Worlds		Alberta
2	140	308.6	Lynne Courtnage-Coolen	Canada	Iron Challenge	Medicine Hat	Alberta
	140	308.6	Elizabeth Smedley	Australia	Worlds		Alberta
4	130	286.5	Despina Belle-Isle	US-VA	Potomac Open	Tysons Corner	VA
5	122.5	270	Kathy Brennan	Canada	2019 Cast a Shadow	Squamish	BC
6	112.5	248	Linda Odum	US-VA	Masters Nationals	Zion Crossroads	VA

Weight Class: 181							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Linda Lee	US-VA	Single Lift Worlds	Virginia Beach	VA
2	130	286.5	Helena Butler-Pettit	US-MD	Masters Nationals	Zion Crossroads	VA
3	127.5	281	Brid O'Sullivan	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
4	122.5	270	Brid O Sullivan	Ireland	IDFPA Push Pull Championships	Cork	Ireland
5	70	154.3	Julie Marquette	US-MD	Potomac Open	Tysons Corner	VA
6	52.5	115.7	Mary McCaffrey	US-FL	Beasty Bash	Mount Dora	FL

Weight Class: 198							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	137.5	303.1	Hyacinth Joseph	US-NC	Southern Open		NC
2	122.5	270	Karen Hansen	US-VA	DMV Invitational	White Plains	MD
3	102.5	225.9	Judy Ross	US-DC	Potomac Open	Tysons Corner	VA
4	86	189.5	Mary Donnachie	Canada	Worlds		Alberta

Weight Class: 198+							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	90	198.4	Sandy Flaus	US-VA	Single Lift Worlds	Virginia Beach	VA
2	65	143.2	Lou Ann Petersen	US-FL	Beasty Bash	Mount Dora	FL

2019 Total Rankings Female

Weight Class: 97							
Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Rocky Leudeker	US-AZ	American Challenge 2019 - AZ		AZ

Weight Class: 114				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	157.5	347.2	Janet Bauer	US-OH	Ohio State Championships	Bedford Heights	OH	

Weight Class: 123				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	257	566.5	Susan Drach	US-VA	Masters Nationals	Zion Crossroads	VA	
2	185	407.8	Trish Kirkland	US-FL	American Challenge 2019 - FL		FL	
3	182	401.2	Marcia Anderson	US-VA	Battlefield Open	Fredericksburg	VA	

Weight Class: 132				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	243.5	536.8	Linda Leightley	US-VA	Shenandoah Open	Woodstock	VA	
2	195	429.8	Kim Radder	US-VA	Potomac Open	Tysons Corner	VA	

Weight Class: 148				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	257.5	567.6	Darlene Warren	Canada	Worlds		Alberta	

Weight Class: 165				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	317	698.8	Peta Day	Australia	Worlds		Alberta	
2	300	661.3	Elizabeth Smedley	Australia	Worlds		Alberta	
3	293	645.9	Lynne Courtnage-Coolen	Canada	Iron Challenge	Medicine Hat	Alberta	
4	282.5	622.7	Despina Belle-Isle	US-VA	Potomac Open	Tysons Corner	VA	
5	280	617.2	Kathy Brennan	Canada	2019 Cast a Shadow	Squamish	BC	
6	212.5	468.4	Linda Odum	US-VA	Masters Nationals	Zion Crossroads	VA	

Weight Class: 181				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	242.5	534.6	Brid O'Sullivan	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland	
2	172.5	380.2	Julie Marquette	US-MD	Potomac Open	Tysons Corner	VA	

Weight Class: 198				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	257.5	567.6	Karen Hansen	US-VA	DMV Invitational	White Plains	MD	
2	180	396.8	Mary Donnachie	Canada	Worlds		Alberta	

2019 Strict Curl Rankings Female

Weight Class: 97				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	30	66.1	Karen Poyner	US-VA	American Challenge 2019 - NC		NC	
2	17.5	38.5	Rocky Luedeker	US-AZ	American Challenge 2019 - AZ		AZ	

Weight Class: 123				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	22.5	49.6	Trish Kirkland	US-FL	American Challenge 2019 - FL		FL	
2	18.5	40.7	Karola Meyer	US-MD	KAAOS Classic	Washington	DC	
3	18	39.6	Karila Meyer	US-MD	Masters Nationals	Zion Crossroads	VA	

Weight Class: 132				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	27.5	60.6	Linda Leightley	US-VA	Shenandoah Open	Woodstock	VA	
2	23	50.7	Celia Inman	US-NC	Masters Nationals	Zion Crossroads	VA	

Weight Class: 148				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	16	35.2	Marlene Henriques	US-VA	Potomac Open	Tysons Corner	VA
---	----	------	-------------------	-------	--------------	---------------	----

Weight Class: 165		Strict Curl		Female			
-------------------	--	-------------	--	--------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	18.5	40.7	Linda Odum	US-VA	Masters Nationals	Zion Crossroads	VA

Weight Class: 181		Strict Curl		Female			
-------------------	--	-------------	--	--------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	20	44	Mary McCaffrey	US-FL	Beasty Bash	Mount Dora	FL

Weight Class: 198		Strict Curl		Female			
-------------------	--	-------------	--	--------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Karen Hansen	US-VA	DMV Invitational	White Plains	MD

Weight Class: 198+		Strict Curl		Female			
--------------------	--	-------------	--	--------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	25	55.1	Sandy Flaus	US-VA	Single Lift Worlds	Virginia Beach	VA

2019 Squat Rankings				Male			
----------------------------	--	--	--	-------------	--	--	--

Weight Class: 123		Squat		Male			
-------------------	--	-------	--	------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Carl King	US-PA	American Challenge 2019 - OH		OH

Weight Class: 132		Squat		Male			
-------------------	--	-------	--	------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Mike Boston	US-PA	Central PA Open	Clearfield	PA
2	47.5	104.7	Paul Gillott	US-AZ	Soutwest Regional	Goodyear	AZ

Weight Class: 148		Squat		Male			
-------------------	--	-------	--	------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Monte Lofing	US-NE	Holiday Classic	Council Bluffs	IA
2	125	275.5	Joe Stockinger	Canada	2019 Hub Power	High River	Alberta
3	92.5	203.9	Lee Luedeker	US-AZ	American Challenge 2019 - AZ		AZ
4	82.5	181.8	Victor Shaffer	US-PA	Great Lakes Powerlifting and BP	Erie	PA

Weight Class: 165		Squat		Male			
-------------------	--	-------	--	------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	242.5	534.6	Tony Conyers	US-FL	Worlds		Alberta
2	145	319.6	Tony Pierce	Ireland	Irish Muscle Power Single Lift Nationals		Ireland
3	127.5	281	Jack Welch	US-PA	Central PA Open	Clearfield	PA
4	120	264.5	Bob Alexander	Canada	Worlds		Alberta
5	70	154.3	Perry Dworkin	US-FL	Beasty Bash	Mount Dora	FL

Weight Class: 181		Squat		Male			
-------------------	--	-------	--	------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Kevin Haberl	Canada	Worlds		Alberta
2	172.5	380.2	Vinnie Gengaro	US-NJ	American Challenge 2019 - NY		NY
3	150	330.6	Ed Regua	US-NM	American Challenge 2019 - AZ		AZ
		150	Perry Bassett	US-AZ	Worlds		Alberta
5	132.5	292.1	Kevin Stirling	Canada	Bar Wars West		Canada
6	122.5	270	Bob Alexander	Canada	Bar Wars West		Canada
7	100	220.4	Don Swingle	US-NY	Central PA Open	Clearfield	PA
8	92.5	203.9	Gordan Crozier	US-FL	American Challenge 2019 - FL		FL
9	87.5	192.9	Ted Langlais	US-FL	Beasty Bash	Mount Dora	FL
10	85	187.3	Fred Smith	Canada	Bar Wars West		Canada

Weight Class: 198		Squat		Male			
-------------------	--	-------	--	------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	200	440.9	Don Kuhns	US-PA	Central PA Open	Clearfield	PA
2	167.5	369.2	Roy Apseloff	US-VA	Worlds		Alberta
3	155	341.7	Phillip Rosenstern	US-PA	Great Lakes Powerlifting and BP	Erie	PA
4	142.5	314.1	Bob Nicholas	US-OH	American Challenge 2019 - OH		OH
5	140	308.6	Kevin Stirling	Canada	Worlds		Alberta
6	92.5	203.9	Kent Clark	Canada	Bar Wars East		Canada
7	87.5	192.9	Jeff Bierterman	US-NE	Holiday Classic	Council Bluffs	IA

Weight Class: 220			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Lenny Creatura	US-CT	Central PA Open	Clearfield	PA
2	197.5	435.4	Dave Lhota	US-PA	Great Lakes Powerlifting and BP	Erie	PA
3	192.5	424.3	Larry Leblanc	Canada	Worlds		Alberta
4	190	418.8	Larry LeBlanc	Canada	Bar Wars East		Canada
5	185	407.8	Rick Jenks	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	185	407.8	Bugs Bayer	US-PA	Central PA Open	Clearfield	PA
7	182.5	402.3	Tony DiLucente	US-OH	American Challenge 2019 - OH		OH
8	140	308.6	Carl Inman	US-NC	Masters Nationals	Zion Crossroads	VA

Weight Class: 242			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	210	462.9	Robert Ludwig	US-PA	Central PA Open	Clearfield	PA
2	197.5	435.4	Gerry Guenther	US-FL	Last Chance Qualifier	Mount Dora	FL
3	185	407.8	Thomas Dozier	US-FL	American Challenge 2019 - FL		FL
4	165	363.7	Brent Woolnough	Canada	2019 Hub Power	High River	Alberta
5	150	330.6	Carl Inman	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 275			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	215	473.9	Randy Sparks	Canada	Canadian Nationals	Medicine Hat	Alberta

2019 Bench Press Rankings Male

Weight Class: 123			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Carl King	US-PA	American Challenge 2019 - OH		OH

Weight Class: 132			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	121	266.7	Paul Gillott	US-AZ	Soutwest Regional	Goodyear	AZ
2	60	132.2	Mike Boston	US-PA	Central PA Open	Clearfield	PA

Weight Class: 148			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Monte Lofing	US-NE	Holiday Classic	Council Bluffs	IA
2	92.5	203.9	Bill Barnacle	US-MN	American Challenge 2019 - NE		NE
3	90	198.4	Lee Luedeker	US-AZ	American Challenge 2019 - AZ		AZ
4	80	176.3	Joe Stockinger	Canada	2019 Hub Power	High River	Alberta
5	75	165.3	Victor Shaffer	US-PA	Great Lakes Powerlifting and BP	Erie	PA

Weight Class: 165			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	165	363.7	Tony Conyers	US-FL	Worlds		Alberta
2	110	242.5	Joseph Sanders	US-NC	Southern Open		NC
3	102.5	225.9	Dennis Whyson	US-PA	Central PA Open	Clearfield	PA
4	95	209.4	Jack Welch	US-PA	Great Lakes Powerlifting and BP	Erie	PA
5	92.5	203.9	Carlo Ricci	Italy	Single Lift Contest		Italy
6	77.5	170.8	Perry Dworkin	US-FL	Last Chance Qualifier	Mount Dora	FL

	77.5	170.8	Larry Edward	US-OH	Ohio State Championships	Bedford Heights	OH
8	65	143.2	Bob Alexander	Canada	Worlds		Alberta
9	60	132.2	Manohar Kadam	India	India National Single Lift Championships		India

Weight Class: 181							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Vinnie Gengaro	US-NJ	American Challenge 2019 - NY		NY
2	125	275.5	Kevin Stirling	Canada	Bar Wars West		Canada
3	120	264.5	Larry Eastman	US-PA	American Challenge 2019 - OH		OH
4	117.5	259	Ed Regua	US-NM	American Challenge 2019 - AZ		AZ
5	115	253.5	Bill Cross	US-AZ	American Challenge 2019 - AZ		AZ
6	107.5	236.9	Perry Bassett	US-AZ	Worlds		Alberta
7	102.5	225.9	Dan Gordon	Canada	Soutwest Regional	Goodyear	AZ
8	100	220.4	Vernell Morris	US-MD	Masters Nationals	Zion Crossroads	VA
		100	Kevin Haberl	Canada	Worlds		Alberta
10	95	209.4	Arthur Gingrande	US-MA	Single Lift Worlds	Virginia Beach	VA
11	90	198.4	Gordan Crozier	US-FL	American Challenge 2019 - FL		FL
12	75	165.3	Don Swingle	US-NY	Central PA Open	Clearfield	PA
13	70	154.3	Yogi Sumner	US-FL	Single Lift Worlds	Virginia Beach	VA
		70	Pete Miller	US-VA	Shenandoah Open	Woodstock	VA
15	67.5	148.8	Fred Smith	Canada	Worlds		Alberta
16	65	143.2	Bob Alexander	Canada	Bar Wars West		Canada
17	60	132.2	Roy Mitchell	Canada	Canadian Nationals	Medicine Hat	Alberta
		60	Ted Langlais	US-FL	Last Chance Qualifier	Mount Dora	FL
		60	Dana Brigham	US-FL	Single Lift Worlds	Virginia Beach	VA

Weight Class: 198							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	135	297.6	Terry Margolis	US-PA	Masters Nationals	Zion Crossroads	VA
2	130	286.5	Kevin Stirling	Canada	Worlds		Alberta
3	112.5	248	Billy Ray Powell	US-AZ	Single Lift Worlds	Virginia Beach	VA
		112.5	Don Kuhns	US-PA	Central PA Open	Clearfield	PA
5	102.5	225.9	Ronnie Murray	US-MD	Masters Nationals	Zion Crossroads	VA
		102.5	Roy Apseloff	US-VA	Worlds		Alberta
7	98	216	Bob Nicholas	US-OH	American Challenge 2019 - OH		OH
8	95	209.4	Phillip Rosenstern	US-PA	Great Lakes Powerlifting and BP	Erie	PA
9	80	176.3	Graham Bartholomew	US-MD	Masters Nationals	Zion Crossroads	VA
		80	Kent Clark	Canada	Bar Wars East		Canada
11	75	165.3	Icaro Milocco	Italy	Single Lift Contest		Italy
12	72.5	159.8	Jeff Bieterman	US-NE	Holiday Classic	Council Bluffs	IA

Weight Class: 220							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Lenny Creatura	US-CT	Great Lakes Powerlifting and BP	Erie	PA
2	150	330.6	Tony DiLucente	US-OH	American Challenge 2019 - OH		OH
3	145	319.6	Carl Inman	US-NC	Single Lift Worlds	Virginia Beach	VA
4	132.5	292.1	Dave Lhota	US-PA	Great Lakes Powerlifting and BP	Erie	PA
5	122.5	270	Larry Leblanc	Canada	Worlds		Alberta
6	120	264.5	John Taylor	US-NE	American Challenge 2019 - NE		NE
7	117.5	259	Larry LeBlanc	Canada	Bar Wars East		Canada
8	102.5	225.9	George Woodbury	US-FL	American Challenge 2019 - FL		FL
9	100	220.4	Rick Jenks	US-PA	Great Lakes Powerlifting and BP	Erie	PA
10	95	209.4	Sam Jaffe	US-OH	American Challenge 2019 - OH		OH
11	87.5	192.9	Glen Shelton	US-VA	Shenandoah Open	Woodstock	VA
12	82.5	181.8	Bugs Bayer	US-PA	Central PA Open	Clearfield	PA

Weight Class: 242							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Nate Matthews	US-OH	Ohio State Championships	Bedford Heights	OH

2	180	396.8	James Walker	US-FL	American Challenge 2019 - FL		FL
3	157.5	347.2	Robert Ludwig	US-PA	Central PA Open	Clearfield	PA
4	147	324	Carl Inman	US-NC	OBX Open	Jarvisburg	NC
5	145	319.6	Thomas Dozier	US-FL	Worlds		Alberta
6	140	308.6	Gerry Guenther	US-FL	Last Chance Qualifier	Mount Dora	FL
7	137.5	303.1	Brent Woolnough	Canada	2019 Hub Power	High River	Alberta
8	132.5	292.1	Caresley Toney	US-NE	American Challenge 2019 - NE		NE
9	120	264.5	Marek Mathias	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta
10	110	242.5	Donald Mohre	US-OH	Ohio State Championships	Bedford Heights	OH
11	105	231.4	George Woodbury	US-FL	Last Chance Qualifier	Mount Dora	FL
12	82.5	181.8	Bob Dunn	US-OH	Power Day	Bigler	PA
13	77.5	170.8	Terry Fulton	US-VA	Battlefield Open	Fredericksburg	VA

Weight Class: 275 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	173.5	382.4	Stephen Kozlowski	US-VA	DMV Invitational	White Plains	MD
2	165	363.7	Earl Smiley	US-KY	Single Lift Worlds	Virginia Beach	VA
3	155	341.7	Gene Berry	US-NC	Christmas Classic	Zion Crossroads	VA
4	142.5	314.1	Jim Morris	US-OH	Ohio State Championships	Bedford Heights	OH
5	125	275.5	Jeffrey House	US-GA	Christmas Classic	Zion Crossroads	VA
6	117.5	259	Bernie Rhoades	US-VA	Potomac Open	Tysons Corner	VA
	117.5	259	Bill Parks	US-MD	DMV Invitational	White Plains	MD
8	95	209.4	Randy Sparks	Canada	Iron Challenge	Medicine Hat	Alberta

Weight Class: 308 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	148	326.2	Joe Morales	US-AZ	American Challenge 2019 - AZ		AZ
2	117.5	259	Bill Parks	US-MD	American Challenge 2019 - MD		MD

2019 Deadlift Rankings Male

Weight Class: 123 Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	162.5	358.2	Carl King	US-PA	American Challenge 2019 - OH		OH

Weight Class: 132 Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Jim Marchio	US-VA	Potomac Open	Tysons Corner	VA
2	142.5	314.1	Mike Boston	US-PA	Central PA Open	Clearfield	PA
3	100	220.4	Paul Gillott	US-AZ	Soutwest Regional	Goodyear	AZ

Weight Class: 148 Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Joe Stockinger	Canada	2019 Hub Power	High River	Alberta
2	190	418.8	Monte Lofing	US-NE	Holiday Classic	Council Bluffs	IA
3	185	407.8	Victor Shaffer	US-PA	Great Lakes Powerlifting and BP	Erie	PA
4	160	352.7	Lee Luedeker	US-AZ	American Challenge 2019 - AZ		AZ

Weight Class: 165 Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	282.5	622.7	Tony Conyers	US-FL	Worlds		Alberta
2	182.5	402.3	Jack Welch	US-PA	Central PA Open	Clearfield	PA
3	158	348.3	Bob Alexander	Canada	Worlds		Alberta
4	145	319.6	Carlo Ricci	Italy	Single Lift Contest		Italy
5	122.5	270	Manohar Kadam	India	India National Single Lift Championships		India
6	82.5	181.8	Perry Dworkin	US-FL	Beasty Bash	Mount Dora	FL

Weight Class: 181 Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	200	440.9	Miles Baker	US-VA	Christmas Classic	Zion Crossroads	VA
2	197.5	435.4	Vernell Morris	US-MD	Masters Nationals	Zion Crossroads	VA
3	195	429.8	Kevin Stirling	Canada	Bar Wars West		Canada
4	192.5	424.3	Vinnie Gengaro	US-NJ	American Challenge 2019 - NY		NY
5	187.5	413.3	Ed Regua	US-NM	American Challenge 2019 - AZ		AZ
6	182.5	402.3	Don Swingle	US-NY	Central PA Open	Clearfield	PA
7	177.5	391.3	Kevin Haberl	Canada	Worlds		Alberta
8	170	374.7	Perry Bassett	US-AZ	Worlds		Alberta
9	163	359.3	Pete Miller	US-VA	Battlefield Open	Fredericksburg	VA
10	155	341.7	Bob Alexander	Canada	Bar Wars West		Canada
11	142.5	314.1	Dave Hinckley	US-CT	Connecticut State Championship	Cheshire	CT
12	137.5	303.1	David Laszewski	US-NY	Tioga Downs Open	Tioda Downs	NY
13	135	297.6	Fred Smith	Canada	Worlds		Alberta
14	125	275.5	Ted Langlais	US-FL	Last Chance Qualifier	Mount Dora	FL
15	117.5	259	Gordan Crozier	US-FL	American Challenge 2019 - FL		FL
16	115	253.5	Yogi Sumner	US-FL	Single Lift Worlds	Virginia Beach	VA
17	112.5	248	Roy Mitchell	Canada	Canadian Nationals	Medicine Hat	Alberta

Weight Class: 198		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	252.5	556.6	Phillip Rosenstern	US-PA	Great Lakes Powerlifting and BP	Erie	PA
2	250	551.1	Roy Apseloff	US-VA	Single Lift Worlds	Virginia Beach	VA
3	222.5	490.5	Don Kuhns	US-PA	Central PA Open	Clearfield	PA
4	217.5	479.5	Graham Bartholomew	US-MD	Shenandoah Open	Woodstock	VA
5	202.5	446.4	Bud Koval	US-VA	DMV Invitational	White Plains	MD
6	200	440.9	Stephen Koval	US-VA	Single Lift Worlds	Virginia Beach	VA
7	190	418.8	Bob Nicholas	US-OH	American Challenge 2019 - OH		OH
	190	418.8	Kevin Stirling	Canada	Worlds		Alberta
9	182.5	402.3	Kent Clark	Canada	Bar Wars East		Canada
10	155	341.7	Billy Ray Powell	US-AZ	Single Lift Worlds	Virginia Beach	VA
11	130	286.5	Jeff Bieterman	US-NE	Holiday Classic	Council Bluffs	IA
12	120	264.5	Jules Lloyd	US-CT	Masters Nationals	Zion Crossroads	VA
13	115	253.5	Icaro Milocco	Italy	Single Lift Contest		Italy

Weight Class: 220		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	280	617.2	Lenny Creatura	US-CT	Great Lakes Powerlifting and BP	Erie	PA
2	237.5	523.5	Bob Cook	US-VA	Christmas Classic	Zion Crossroads	VA
3	232.5	512.5	Rick Jenks	US-PA	Great Lakes Powerlifting and BP	Erie	PA
4	227.5	501.5	Carl Inman	US-NC	Single Lift Worlds	Virginia Beach	VA
5	215	473.9	Dave Lhota	US-PA	Great Lakes Powerlifting and BP	Erie	PA
6	212.5	468.4	Tony DiLucente	US-OH	American Challenge 2019 - OH		OH
7	210	462.9	Bugs Bayer	US-PA	Central PA Open	Clearfield	PA
8	205	451.9	Larry LeBlanc	Canada	Bar Wars East		Canada
	205	451.9	Larry Leblanc	Canada	Worlds		Alberta
10	167.5	369.2	Ronnie Murray	US-MD	Masters Nationals	Zion Crossroads	VA
11	150	330.6	Bob Dunn	US-OH	Ohio State Championships	Bedford Heights	OH

Weight Class: 242		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	282	621.6	Nate Matthews	US-OH	Ohio State Championships	Bedford Heights	OH
2	235	518	Robert Ludwig	US-PA	Central PA Open	Clearfield	PA
3	232.5	512.5	Gerry Guenther	US-FL	Worlds		Alberta
4	227.5	501.5	Carl Inman	US-NC	OBX Open	Jarvisburg	NC
5	210	462.9	Thomas Dozier	US-FL	American Challenge 2019 - FL		FL
6	180	396.8	Milo Mazurick	US-CT	Single Lift Worlds	Virginia Beach	VA
7	157.5	347.2	Bob Dunn	US-OH	Power Day	Bigler	PA
8	150	330.6	Brent Woolnough	Canada	2019 Hub Power	High River	Alberta
9	145	319.6	Ken Berry	US-CT	Masters Nationals	Zion Crossroads	VA

10	137.5	303.1	Terry Fulton	US-VA	Battlefield Open	Fredericksburg	VA
----	-------	-------	--------------	-------	------------------	----------------	----

Weight Class: 275				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	231.5	510.3	Stephen Kozlowski	US-VA	Single Lift Worlds	Virginia Beach	VA
2	220	485	Randy Sparks	Canada	Iron Challenge	Medicine Hat	Alberta
3	182.5	402.3	Bob Feeney	US-PA	American Challenge 2019 - NJ		NJ
4	137.5	303.1	Jeffrey House	US-GA	Christmas Classic	Zion Crossroads	VA

Weight Class: 308				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Bob Shirley	US-VA	Masters Nationals	Zion Crossroads	VA

2019 Total Rankings Male

Weight Class: 123				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	410	903.8	Carl King	US-PA	American Challenge 2019 - OH		OH

Weight Class: 132				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	290	639.3	Mike Boston	US-PA	Central PA Open	Clearfield	PA
2	268.5	591.9	Paul Gillott	US-AZ	Soutwest Regional	Goodyear	AZ

Weight Class: 148				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	471	1038.3	Monte Lofing	US-NE	Holiday Classic	Council Bluffs	IA
2	397.5	876.3	Joe Stockinger	Canada	2019 Hub Power	High River	Alberta
3	342.5	755	Victor Shaffer	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	342.5	755	Lee Luedeker	US-AZ	American Challenge 2019 - AZ		AZ

Weight Class: 165				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	690	1521.1	Tony Conyers	US-FL	Worlds		Alberta
2	400	881.8	Jack Welch	US-PA	Central PA Open	Clearfield	PA
3	338.5	746.2	Bob Alexander	Canada	Worlds		Alberta
4	220	485	Perry Dworkin	US-FL	Last Chance Qualifier	Mount Dora	FL

Weight Class: 181				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	492.5	1085.7	Vinnie Gengaro	US-NJ	American Challenge 2019 - NY		NY
2	467.5	1030.6	Kevin Haberl	Canada	Worlds		Alberta
3	455	1003	Ed Regua	US-NM	American Challenge 2019 - AZ		AZ
4	452.5	997.5	Kevin Stirling	Canada	Bar Wars West		Canada
5	420	925.9	Perry Bassett	US-AZ	Worlds		Alberta
6	357.5	788.1	Don Swingle	US-NY	Central PA Open	Clearfield	PA
7	340	749.5	Bob Alexander	Canada	Bar Wars West		Canada
8	300	661.3	Gordan Crozier	US-FL	American Challenge 2019 - FL		FL
9	285	628.3	Fred Smith	Canada	Worlds		Alberta
10	272.5	600.7	Ted Langlais	US-FL	Beasty Bash	Mount Dora	FL

Weight Class: 198				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	535	1179.4	Don Kuhns	US-PA	Central PA Open	Clearfield	PA
2	502.5	1107.8	Phillip Rosenstern	US-PA	Great Lakes Powerlifting and BP	Erie	PA
3	497.5	1096.7	Roy Apseloff	US-VA	Worlds		Alberta
4	460	1014.1	Kevin Stirling	Canada	Worlds		Alberta
5	425.5	938	Bob Nicholas	US-OH	American Challenge 2019 - OH		OH
6	355	782.6	Kent Clark	Canada	Bar Wars East		Canada

7	290	639.3	Jeff Bierterman	US-NE	Holiday Classic	Council Bluffs	IA
---	-----	-------	-----------------	-------	-----------------	----------------	----

Weight Class: 220				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	685	1510.1	Lenny Creatura	US-CT	Great Lakes Powerlifting and BP	Erie	PA	
2	545	1201.5	Dave Lhota	US-PA	Great Lakes Powerlifting and BP	Erie	PA	
	545	1201.5	Tony DiLucente	US-OH	American Challenge 2019 - OH		OH	
4	520	1146.3	Larry Leblanc	Canada	Worlds		Alberta	
5	517.5	1140.8	Rick Jenks	US-PA	Great Lakes Powerlifting and BP	Erie	PA	
6	512.5	1129.8	Larry LeBlanc	Canada	Bar Wars East		Canada	
7	487.5	1074.7	Carl Inman	US-NC	Masters Nationals	Zion Crossroads	VA	
8	477.5	1052.6	Bugs Bayer	US-PA	Central PA Open	Clearfield	PA	

Weight Class: 242				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	602.5	1328.2	Robert Ludwig	US-PA	Central PA Open	Clearfield	PA	
2	565	1245.5	Gerry Guenther	US-FL	Last Chance Qualifier	Mount Dora	FL	
3	537.5	1184.9	Thomas Dozier	US-FL	American Challenge 2019 - FL		FL	
4	509.5	1123.2	Carl Inman	US-NC	OBX Open	Jarvisburg	NC	
5	452.5	997.5	Brent Woolnough	Canada	2019 Hub Power	High River	Alberta	

Weight Class: 275				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	520	1146.3	Randy Sparks	Canada	Iron Challenge	Medicine Hat	Alberta	

2019 Strict Curl Rankings Male

Weight Class: 132				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	47.5	104.7	Paul Gillott	US-AZ	Soutwest Regional	Goodyear	AZ	

Weight Class: 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	48	105.8	Victor Shaffer	US-PA	Central PA Open	Clearfield	PA	
2	47.5	104.7	Lee Luedeker	US-AZ	American Challenge 2019 - AZ		AZ	
3	41	90.3	Edward Flanders	US-ME	American Challenge 2019 - CT		CT	

Weight Class: 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	52.5	115.7	Ray Barber	US-NY	Single Lift Worlds	Virginia Beach	VA	
2	47.5	104.7	David Laszewski	US-NY	New York State Single Lift Challenge	Vestal	NY	
3	42.5	93.6	Joseph Sanders	US-NC	Southern Open		NC	
4	40	88.1	Brian Brindle	US-VA	Masters Nationals	Zion Crossroads	VA	
5	25	55.1	Perry Dworkin	US-FL	Last Chance Qualifier	Mount Dora	FL	

Weight Class: 181				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	56.5	124.5	Larry Eastman	US-PA	American Challenge 2019 - OH		OH	
2	46.5	102.5	David Laszewski	US-NY	Tioga Downs Open	Tioda Downs	NY	
3	45.5	100.3	Bill Cross	US-AZ	Single Lift Worlds	Virginia Beach	VA	
4	44.5	98.1	Bennett Rubin	US-OH	American Challenge 2019 - OH		OH	
5	43	94.7	Miles Baker	US-VA	Christmas Classic	Zion Crossroads	VA	
6	42.5	93.6	Dave Hinckley	US-CT	American Challenge 2019 - CT		CT	
7	40	88.1	Stephen Fessenden	US-NY	New York State Single Lift Challenge	Vestal	NY	
8	35	77.1	Arthur Gingrande	US-MA	Single Lift Worlds	Virginia Beach	VA	
9	33.5	73.8	Yogi Sumner	US-FL	Single Lift Worlds	Virginia Beach	VA	
10	30	66.1	Ted Langlais	US-FL	American Challenge 2019 - FL		FL	
	30	66.1	Dana Brigham	US-FL	American Challenge 2019 - FL		FL	

Weight Class: 198		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	George Roy	US-VT	Massachusetts State Championship	Plainridg Park	MA
2	61.5	135.5	Billy Ray Powell	US-AZ	Single Lift Worlds	Virginia Beach	VA
3	57	125.6	Terry Margolis	US-PA	Single Lift Worlds	Virginia Beach	VA
4	55	121.2	Ray Barber	US-NY	American Challenge 2019 - NY		NY
5	47.5	104.7	Ronnie Murray	US-MD	Masters Nationals	Zion Crossroads	VA
6	44	97	Jules Lloyd	US-CT	American Challenge 2019 - CT		CT
7	43.2	95.2	Jeff Bieterman	US-NE	Holiday Classic	Council Bluffs	IA

Weight Class: 220		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Carl Inman	US-NC	Single Lift Worlds	Virginia Beach	VA
2	64.5	142.1	Tony DiLucente	US-OH	American Challenge 2019 - OH		OH
3	55	121.2	Tony Villa	US-IN	United Sates Open	Zion Crossroads	VA
		121.2	Sam Jaffe	US-OH	Single Lift Worlds	Virginia Beach	VA
5	52	114.6	Bob Dunn	US-OH	Ohio State Championships	Bedford Heights	OH
6	47.5	104.7	George Woodbury	US-FL	American Challenge 2019 - FL		FL
	47.5	104.7	Ken Berry	US-CT	American Challenge 2019 - CT		CT

Weight Class: 242		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	68.5	151	Nate Matthews	US-OH	Ohio State Championships	Bedford Heights	OH
2	65	143.2	Carl Inman	US-NC	OBX Open	Jarvisburg	NC
3	56	123.4	Milo Mazurick	US-CT	Single Lift Worlds	Virginia Beach	VA
4	54	119	Bob Dunn	US-OH	Power Day	Bigler	PA
5	50.5	111.3	Ken Berry	US-CT	Single Lift Worlds	Virginia Beach	VA
6	47.5	104.7	George Woodbury	US-FL	Last Chance Qualifier	Mount Dora	FL
7	45.5	100.3	Marcel Duprey	US-CT	Connecticut State Championship	Cheshire	CT

Weight Class: 275		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	63.5	139.9	Earl Smiley	US-KY	Single Lift Worlds	Virginia Beach	VA
2	55	121.2	Bob Feeney	US-PA	Masters Nationals	Zion Crossroads	VA
3	54	119	Bob Fenney	US-PA	Single Lift Worlds	Virginia Beach	VA
4	53	116.8	Gene Berry	US-NC	Single Lift Worlds	Virginia Beach	VA
5	52.5	115.7	Jeffrey House	US-GA	Christmas Classic	Zion Crossroads	VA
6	52	114.6	Johnny Kosnow	US-ME	Single Lift Worlds	Virginia Beach	VA
7	51	112.4	Johnny Kosnew	US-ME	Masters Nationals	Zion Crossroads	VA
8	45.5	100.3	Bernie Rhoades	US-VA	Masters Nationals	Zion Crossroads	VA
9	43	94.7	Ray Wile	US-PA	Power Day	Bigler	PA

Weight Class: 308		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Bill Bradford	US-FL	Beasty Bash	Mount Dora	FL
2	47.5	104.7	Bill Parks	US-MD	American Challenge 2019 - MD		MD
3	46.5	102.5	Ray Wile	US-PA	Central PA Open	Clearfield	PA