



2020 Masters 40-49 Rankings

Updated 12/31/2020 Ed Kutin

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2020 Squat Rankings Female

| Weight Class: 114 | | | | Squat | | Female | |
|-------------------|------|-------|------------------|---------|--------------|---------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 62.5 | 137.7 | Mariela Oilvares | US-MD | Potomac Open | Tysons Corner | VA |

| Weight Class: 132 | | | | Squat | | Female | |
|-------------------|------|-------|------------------|---------|------------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 135 | 297.6 | Jennifer Minella | US-NC | OBX Open | Jarvisburg | NC |
| 2 | 77.5 | 170.8 | Jennifer Zak | US-NC | NC State Championships | Raleigh | NC |

| Weight Class: 165 | | | | Squat | | Female | |
|-------------------|-------|-------|---------------|---------|--------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 102.5 | 225.9 | Jennifer Ross | US-NC | 2020 Southern Open | Jarvisburg | NC |

| Weight Class: 181 | | | | Squat | | Female | |
|-------------------|------|-------|--------------|---------|--------------|---------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 62.5 | 137.7 | Nicole Green | US-DC | Potomac Open | Tysons Corner | VA |

| Weight Class: 198 | | | | Squat | | Female | |
|-------------------|------|-------|-------------------|---------|----------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 96 | 211.6 | Patricia Frankson | US-VA | OBX Open | Jarvisburg | NC |

| Weight Class: 198+ | | | | Squat | | Female | |
|--------------------|-------|-------|------------------|---------|-------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 122.5 | 270 | Kirsten Ross | US-VA | Mid Atlantic Open | Powhatan | VA |
| 2 | 102.5 | 225.9 | Liberty Buccello | US-NY | Central PA Open | Clearfield | PA |

2020 Bench Press Rankings Female

| Weight Class: 97 | | | | Bench Press | | Female | |
|------------------|------|------|-------------|-------------|--------------|---------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 36 | 79.3 | Jade Nguyen | US-VA | Potomac Open | Tysons Corner | VA |

| Weight Class: 105 | | | | Bench Press | | Female | |
|-------------------|------|-------|----------------|-------------|--------------------------|----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 47.5 | 104.7 | Tiffany Barney | US-CT | NY Single Lift Challenge | Vestal | NY |
| 2 | 37.5 | 82.6 | Alison Bullock | US-VA | Mid Atlantic Open | Powhatan | VA |

| Weight Class: 114 | | | | Bench Press | | Female | |
|-------------------|------|-------|------------------|-------------|-----------------------|---------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 75 | 165.3 | Mariela Oilvares | US-MD | Potomac Open | Tysons Corner | VA |
| 2 | 42.5 | 93.6 | Tiffany Barney | US-CT | NJ Open Championships | Fair Lawn | NJ |

| Weight Class: 132 | | | | Bench Press | | Female | |
|-------------------|--|--|--|-------------|--|--------|--|
|-------------------|--|--|--|-------------|--|--------|--|

| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
|------|------|-------|------------------|---------|----------|------------|----|
| 1 | 77.5 | 170.8 | Jennifer Minella | US-NC | OBX Open | Jarvisburg | NC |
| 2 | 52.5 | 115.7 | Jennifer Zak | US-NC | OBX Open | Jarvisburg | NC |

| Weight Class: 148 | | | Bench Press | Female | | | |
|-------------------|------|-------|----------------|---------|---------------|-----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 60.5 | 133.3 | LaKeisha Kanen | US-NC | Virginia Open | Woodstock | VA |

| Weight Class: 165 | | | Bench Press | Female | | | |
|-------------------|------|-------|---------------|---------|-------------------------|----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 60 | 132.2 | Claire Cooney | Canada | Ramped Up Raw Open | | Alberta |
| 2 | 57.5 | 126.7 | Jennifer Ross | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA |
| 3 | 32.5 | 71.6 | Michelle Hutt | US-NC | NJ Open Championships | Fair Lawn | NJ |

| Weight Class: 181 | | | Bench Press | Female | | | |
|-------------------|------|-------|------------------|---------|--------------------------|---------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 67.5 | 148.8 | Meredith Gunning | US-NY | NY Single Lift Challenge | Vestal | NY |
| 2 | 63 | 138.8 | Christine Boczar | US-VA | Mid Atlantic Open | Powhatan | VA |
| 3 | 50 | 110.2 | Nicole Green | US-DC | Potomac Open | Tysons Corner | VA |

| Weight Class: 198 | | | Bench Press | Female | | | |
|-------------------|------|-------|--------------------|---------|------------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 70.5 | 155.4 | Crystal Bridgforth | US-VA | Mid Atlantic Open | Powhatan | VA |
| 2 | 67.5 | 148.8 | Leslie Wright | US-NC | NC State Championships | Raleigh | NC |
| 3 | 52.5 | 115.7 | Patricia Frankson | US-VA | OBX Open | Jarvisburg | NC |

| Weight Class: 198+ | | | Bench Press | Female | | | |
|--------------------|------|-------|------------------|---------|-------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 85 | 187.3 | Leslie Wright | US-NC | OBX Open | Jarvisburg | NC |
| 2 | 75 | 165.3 | Kirsten Ross | US-VA | Mid Atlantic Open | Powhatan | VA |
| 3 | 57.5 | 126.7 | Liberty Buccello | US-NY | Central PA Open | Clearfield | PA |
| 4 | 50 | 110.2 | Amy Dunn-Brown | US-VA | Virginia Open | Woodstock | VA |

2020 Deadlift Rankings Female

| Weight Class: 105 | | | Deadlift | Female | | | |
|-------------------|------|-------|----------------|---------|-------------------|----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 95 | 209.4 | Alison Bullock | US-VA | Mid Atlantic Open | Powhatan | VA |

| Weight Class: 114 | | | Deadlift | Female | | | |
|-------------------|------|-------|------------------|---------|--------------|---------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 92.5 | 203.9 | Mariela Oilvares | US-MD | Potomac Open | Tysons Corner | VA |

| Weight Class: 132 | | | Deadlift | Female | | | |
|-------------------|-------|-------|------------------|---------|------------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 142.5 | 314.1 | Jennifer Minella | US-NC | OBX Open | Jarvisburg | NC |
| 2 | 62.5 | 137.7 | Jennifer Zak | US-NC | NC State Championships | Raleigh | NC |

| Weight Class: 148 | | | Deadlift | Female | | | |
|-------------------|-------|-------|----------------|---------|-------------------------|----------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 197.5 | 435.4 | Tricia Floyd | US-VA | 2020 Single Lift Worlds | Virginia Beach | VA |
| 2 | 122.5 | 270 | LaKeisha Kanen | US-NC | Virginia Open | Woodstock | VA |

| Weight Class: 165 | | | Deadlift | Female | | | |
|-------------------|-------|-------|-------------------|---------|--------------------|---------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 145 | 319.6 | Janelle Olliverve | US-DC | Potomac Open | Tysons Corner | VA |
| 2 | 137.5 | 303.1 | Jennifer Ross | US-NC | 2020 Southern Open | Jarvisburg | NC |

| Weight Class: 181 | | | | Deadlift | Female | | | |
|-------------------|-------|-------|------------------|----------|----------------------------------|---------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 152.5 | 336.2 | Daniela Rispoli | Italy | Italian Single Lift Championship | Santegedio | | |
| 2 | 132.5 | 292.1 | Meredith Gunning | US-NY | NY Single Lift Challenge | Vestal | NY | |
| 3 | 117.5 | 259 | Nicole Green | US-DC | Potomac Open | Tysons Corner | VA | |

| Weight Class: 198 | | | | Deadlift | Female | | | |
|-------------------|------|-------|--------------------|----------|------------------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 138 | 304.2 | Leslie Wright | US-NC | NC State Championships | Raleigh | NC | |
| 2 | 135 | 297.6 | Crystal Bridgforth | US-VA | Mid Atlantic Open | Powhatan | VA | |
| | 135 | 297.6 | Patricia Frankson | US-VA | OBX Open | Jarvisburg | NC | |

| Weight Class: 198+ | | | | Deadlift | Female | | | |
|--------------------|-------|-------|------------------|----------|-----------------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 160 | 352.7 | Kirsten Ross | US-VA | Mid Atlantic Open | Powhatan | VA | |
| 2 | 142.5 | 314.1 | Leslie Wright | US-NC | OBX Open | Jarvisburg | NC | |
| 3 | 127.5 | 281 | Liberty Buccello | US-NY | NJ Open Championships | Fair Lawn | NJ | |
| 4 | 87.5 | 192.9 | Amy Dunn-Brown | US-VA | Virginia Open | Woodstock | VA | |

2020 Total Rankings Female

| Weight Class: 114 | | | | Total | Female | | | |
|-------------------|------|-----|------------------|---------|--------------|---------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 230 | 507 | Mariela Oilvares | US-MD | Potomac Open | Tysons Corner | VA | |

| Weight Class: 132 | | | | Total | Female | | | |
|-------------------|-------|-------|------------------|---------|------------------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 352.5 | 777.1 | Jennifer Minella | US-NC | OBX Open | Jarvisburg | NC | |
| 2 | 190 | 418.8 | Jennifer Zak | US-NC | NC State Championships | Raleigh | NC | |

| Weight Class: 165 | | | | Total | Female | | | |
|-------------------|------|-------|---------------|---------|--------------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 295 | 650.3 | Jennifer Ross | US-NC | 2020 Southern Open | Jarvisburg | NC | |

| Weight Class: 181 | | | | Total | Female | | | |
|-------------------|------|-----|--------------|---------|--------------|---------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 230 | 507 | Nicole Green | US-DC | Potomac Open | Tysons Corner | VA | |

| Weight Class: 198 | | | | Total | Female | | | |
|-------------------|-------|-------|-------------------|---------|----------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 278.5 | 613.9 | Patricia Frankson | US-VA | OBX Open | Jarvisburg | NC | |

| Weight Class: 198+ | | | | Total | Female | | | |
|--------------------|-------|-------|------------------|---------|-------------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 357.5 | 788.1 | Kirsten Ross | US-VA | Mid Atlantic Open | Powhatan | VA | |
| 2 | 285 | 628.3 | Liberty Buccello | US-NY | Central PA Open | Clearfield | PA | |

2020 Strict Curl Rankings Female

| Weight Class: 105 | | | | Strict Curl | Female | | | |
|-------------------|------|------|----------------|-------------|-------------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 29 | 63.9 | Tiffany Barney | US-CT | USA Championships | Plainville | MA | |

| Weight Class: 114 | | | | Strict Curl | Female | | | |
|-------------------|------|------|----------------|-------------|---------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 29 | 63.9 | Tiffany Barney | US-CT | New England Championships | Cheshire | CT | |
| 2 | 20.5 | 45.1 | Jill Sheakley | US-PA | 2020 Single Lift Worlds | Virginia Beach | VA | |

| Weight Class: 132 | | Strict Curl | | Female | | | |
|-------------------|------|-------------|-------------------|---------|-----------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 28.5 | 62.8 | Jennifer Zak | US-NC | OBX Open | Jarvisburg | NC |
| 2 | 27 | 59.5 | Nicole Costantino | US-PA | Central PA Open | Clearfield | PA |

| Weight Class: 148 | | Strict Curl | | Female | | | |
|-------------------|------|-------------|----------------|---------|-------------------------|----------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 46.5 | 102.5 | Tricia Floyd | US-VA | 2020 Single Lift Worlds | Virginia Beach | VA |
| 2 | 35 | 77.1 | LaKeisha Kanen | US-NC | Virginia Open | Woodstock | VA |

| Weight Class: 165 | | Strict Curl | | Female | | | |
|-------------------|------|-------------|---------------|---------|-------------------------|----------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 31 | 68.3 | Jennifer Ross | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA |

| Weight Class: 198 | | Strict Curl | | Female | | | |
|-------------------|------|-------------|---------------------|---------|---------------------------|----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 37.5 | 82.6 | Leslie Wright | US-NC | NC State Championships | Raleigh | NC |
| 2 | 34 | 74.9 | Jennifer Tramontano | US-CT | New England Championships | Cheshire | CT |
| 3 | 33.5 | 73.8 | Jennifer Tramonano | US-CT | NY Single Lift Challenge | Vestal | NY |

| Weight Class: 198+ | | Strict Curl | | Female | | | |
|--------------------|------|-------------|---------------------|---------|---------------------------|----------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 39.5 | 87 | Leslie Wright | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA |
| 2 | 37 | 81.5 | Jeannie Iavarona | US-CT | New England Championships | Cheshire | CT |
| 3 | 36.5 | 80.4 | Kirsten Ross | US-VA | Mid Atlantic Open | Powhatan | VA |
| 4 | 35 | 77.1 | Jennifer Tramontano | US-CT | 2020 Single Lift Worlds | Virginia Beach | VA |
| 5 | 34.5 | 76 | Liberty Buccello | US-NY | Central PA Open | Clearfield | PA |
| 6 | 28.5 | 62.8 | Amy Dunn-Brown | US-VA | Virginia Open | Woodstock | VA |

2020 Squat Rankings Male

| Weight Class: 148 | | Squat | | Male | | | |
|-------------------|-------|-------|--------------|---------|-----------------------|-----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 168.5 | 371.4 | George James | US-MD | NJ Open Championships | Fair Lawn | NJ |

| Weight Class: 165 | | Squat | | Male | | | |
|-------------------|-------|-------|---------------------|---------|--------------------|---------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 192.5 | 424.3 | Brian Stoner | US-NY | 2020 Power Day | Bigler | PA |
| 2 | 147.5 | 325.1 | Aaron Chrietzberg | US-MD | Potomac Open | Tysons Corner | VA |
| 3 | 102.5 | 225.9 | David Klienschuster | US-NC | 2020 Southern Open | Jarvisburg | NC |

| Weight Class: 181 | | Squat | | Male | | | |
|-------------------|------|-------|------------|---------|--------------------|---------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 205 | 451.9 | Noah Saboe | Canada | Ramped Up Raw Open | | Alberta |
| 2 | 150 | 330.6 | Paul Melby | US-VA | Potomac Open | Tysons Corner | VA |

| Weight Class: 198 | | Squat | | Male | | | |
|-------------------|-------|-------|-------------------|---------|------------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 195 | 429.8 | Brian McIntyre | US-VA | OBX Open | Jarvisburg | NC |
| 2 | 155 | 341.7 | Andrew Rutsch | US-VA | OBX Open | Jarvisburg | NC |
| 3 | 137.5 | 303.1 | Drew Hoffman | US-PA | 2020 Power Day | Bigler | PA |
| 4 | 102.5 | 225.9 | Anthony Bannerman | US-NC | NC State Championships | Raleigh | NC |

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

| | | | | | | | |
|---|-----|-------|-------------|-------|------------------------|---------------|----|
| 1 | 175 | 385.8 | Daniel Read | US-VA | Potomac Open | Tysons Corner | VA |
| 2 | 170 | 374.7 | Matt Baker | US-NC | NC State Championships | Raleigh | NC |

| Weight Class: 242 | | | Squat | Male | | | |
|-------------------|------|-------|-------------|---------|------------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 250 | 551.1 | Nick Hammer | US-NC | NC State Championships | Raleigh | NC |
| 2 | 175 | 385.8 | Jack Butler | US-PA | Central PA Open | Clearfield | PA |

| Weight Class: 275 | | | Squat | Male | | | |
|-------------------|------|-------|-------------|---------|-----------------|---------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 201 | 443.1 | Chris Fry | US-VA | Shenandoah Open | Woodstock | VA |
| 2 | 165 | 363.7 | Chris Allen | US-VA | Potomac Open | Tysons Corner | VA |

| Weight Class: SHW | | | Squat | Male | | | |
|-------------------|-------|-------|------------------|---------|--------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 282.5 | 622.7 | Daniel Corridean | US-NC | 2020 Southern Open | Jarvisburg | NC |

2020 Bench Press Rankings Male

| Weight Class: 148 | | | Bench Press | Male | | | |
|-------------------|------|-------|--------------|---------|-----------------------|-----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 100 | 220.4 | George James | US-MD | NJ Open Championships | Fair Lawn | NJ |

| Weight Class: 165 | | | Bench Press | Male | | | |
|-------------------|-------|-------|---------------------|---------|----------------------------------|----------------|------------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 130 | 286.5 | Mario Golino | Italy | Italian Single Lift Championship | | Santegedio |
| 2 | 127.5 | 281 | Brian Stoner | US-NY | 2020 Power Day | Bigler | PA |
| 3 | 115 | 253.5 | David Kleinschuster | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA |
| 4 | 112.5 | 248 | David Klienschuster | US-NC | 2020 Southern Open | Jarvisburg | NC |
| 5 | 105 | 231.4 | Aaron Chrietzberg | US-MD | Potomac Open | Tysons Corner | VA |

| Weight Class: 181 | | | Bench Press | Male | | | |
|-------------------|-------|-------|----------------|---------|-------------------------|----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 185 | 407.8 | Llaland Austin | US-FL | 2020 Single Lift Worlds | Virginia Beach | VA |
| 2 | 150 | 330.6 | Todd Kaufman | US-VA | Potomac Open | Tysons Corner | VA |
| 3 | 145 | 319.6 | Noah Saboe | Canada | Ramped Up Raw Open | | Alberta |
| 4 | 127.5 | 281 | James Scott | US-CT | USA Championships | Plainville | MA |
| 5 | 102.5 | 225.9 | Paul Melby | US-VA | Potomac Open | Tysons Corner | VA |
| | 102.5 | 225.9 | Steve Holland | US-MD | Fall Micro Meet 2 | Waldorf | MD |
| 7 | 95 | 209.4 | Matthew Holtry | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA |

| Weight Class: 198 | | | Bench Press | Male | | | |
|-------------------|-------|-------|-------------------|---------|------------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 165 | 363.7 | Anthony Bannerman | US-NC | NC State Championships | Raleigh | NC |
| 2 | 162.5 | 358.2 | James Garndner | US-VA | Mid Atlantic Open | Powhatan | VA |
| 3 | 142.5 | 314.1 | John Cooper | US-NC | NC State Championships | Raleigh | NC |
| | 142.5 | 314.1 | Brian McIntyre | US-VA | OBX Open | Jarvisburg | NC |
| | 142.5 | 314.1 | Andrew Rutsch | US-VA | OBX Open | Jarvisburg | NC |
| 6 | 87.5 | 192.9 | Drew Hoffman | US-PA | 2020 Power Day | Bigler | PA |

| Weight Class: 220 | | | Bench Press | Male | | | |
|-------------------|-------|-------|---------------|---------|------------------------|---------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 142.5 | 314.1 | John Cooper | US-NC | USA Championships | Plainville | MA |
| 2 | 140 | 308.6 | Daniel Read | US-VA | Potomac Open | Tysons Corner | VA |
| | 140 | 308.6 | Matt Baker | US-NC | NC State Championships | Raleigh | NC |
| 4 | 115 | 253.5 | Luca Leonetti | US-CT | Christmas Classic | Cheshire | CT |

| Weight Class: 242 | | Bench Press | | Male | | | |
|-------------------|-------|-------------|--------------|---------|------------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 197.5 | 435.4 | Sherm Pensyl | US-PA | Shenandoah Open | Woodstock | VA |
| 2 | 182.5 | 402.3 | Nick Hammer | US-NC | NC State Championships | Raleigh | NC |
| 3 | 170 | 374.7 | Jack Butler | US-PA | Central PA Open | Clearfield | PA |
| 4 | 157.5 | 347.2 | Tim Durrett | US-VA | Mid Atlantic Open | Powhatan | VA |

| Weight Class: 275 | | Bench Press | | Male | | | |
|-------------------|-------|-------------|-----------------|---------|-------------------------|----------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 197.5 | 435.4 | Shawn Shepherd | US-IN | 2020 Single Lift Worlds | Virginia Beach | VA |
| 2 | 173 | 381.3 | Chris Fry | US-VA | Shenandoah Open | Woodstock | VA |
| 3 | 172.5 | 380.2 | Chris Allen | US-VA | 2020 Single Lift Worlds | Virginia Beach | VA |
| 4 | 122.5 | 270 | Braxton Holland | US-MD | Fall Micro Meet 2 | Waldorf | MD |

| Weight Class: 308 | | Bench Press | | Male | | | |
|-------------------|-------|-------------|--------------------|---------|-------------------------|----------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 140 | 308.6 | Rosevelt Chesnut | US-NC | OBX Open | Jarvisburg | NC |
| 2 | 117.5 | 259 | Roosevelt Chestnut | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA |

| Weight Class: SHW | | Bench Press | | Male | | | |
|-------------------|------|-------------|------------------|---------|--------------------------|----------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 180 | 396.8 | Daniel Corridean | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA |
| 2 | 110 | 242.5 | Andrew Hardduby | US-CT | NY Single Lift Challenge | Vestal | NY |
| 3 | 105 | 231.4 | Andrew Harduby | US-CT | USA Championships | Plainville | MA |
| 4 | 100 | 220.4 | Jason Campbell | US-MA | 2020 Single Lift Worlds | Virginia Beach | VA |

2020 Deadlift Rankings Male

| Weight Class: 132 | | Deadlift | | Male | | | |
|-------------------|------|----------|--------------|---------|-------------------------|----------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 200 | 440.9 | George James | US-MD | 2020 Single Lift Worlds | Virginia Beach | VA |

| Weight Class: 148 | | Deadlift | | Male | | | |
|-------------------|-------|----------|--------------|---------|-----------------------|-----------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 212.5 | 468.4 | George James | US-MD | NJ Open Championships | Fair Lawn | NJ |

| Weight Class: 165 | | Deadlift | | Male | | | |
|-------------------|-------|----------|---------------------|---------|-------------------------|----------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 237.5 | 523.5 | Brian Stoner | US-NY | 2020 Power Day | Bigler | PA |
| 2 | 160 | 352.7 | Aaron Chrietzberg | US-MD | Potomac Open | Tysons Corner | VA |
| 3 | 142.5 | 314.1 | David Kleinschuster | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA |
| 4 | 137.5 | 303.1 | David Klienschuster | US-NC | 2020 Southern Open | Jarvisburg | NC |

| Weight Class: 181 | | Deadlift | | Male | | | |
|-------------------|-------|----------|----------------|---------|--------------------------|----------------|---------|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 212.5 | 468.4 | Matthew Holtry | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA |
| 2 | 195 | 429.8 | Paul Melby | US-VA | Potomac Open | Tysons Corner | VA |
| | | 195 | Noah Saboe | Canada | Ramped Up Raw Open | | Alberta |
| 4 | 182.5 | 402.3 | Steve Holland | US-MD | Fall Micro Meet 2 | Waldorf | MD |
| 5 | 177.5 | 391.3 | Steve Orseno | US-MA | NY Single Lift Challenge | Vestal | NY |

| Weight Class: 198 | | Deadlift | | Male | | | |
|-------------------|-------|----------|-------------------|---------|------------------------|------------|----|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | |
| 1 | 200 | 440.9 | Brian McIntyre | US-VA | OBX Open | Jarvisburg | NC |
| | | 200 | Andrew Rutsch | US-VA | OBX Open | Jarvisburg | NC |
| 3 | 190 | 418.8 | Anthony Bannerman | US-NC | NC State Championships | Raleigh | NC |
| 4 | 172.5 | 380.2 | Drew Hoffman | US-PA | 2020 Power Day | Bigler | PA |

| Weight Class: 220 | | | | Deadlift | Male | | | |
|-------------------|-------|-------|-------------|----------|------------------------|---------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 230 | 507 | Daniel Read | US-VA | Potomac Open | Tysons Corner | VA | |
| 2 | 182.5 | 402.3 | Matt Baker | US-NC | NC State Championships | Raleigh | NC | |

| Weight Class: 242 | | | | Deadlift | Male | | | |
|-------------------|-------|-------|-------------|----------|-------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 295 | 650.3 | Nick Hammer | US-NC | NC State Championships | Raleigh | NC | |
| 2 | 227.5 | 501.5 | Tim Durrett | US-VA | 2020 Single Lift Worlds | Virginia Beach | VA | |
| 3 | 202.5 | 446.4 | Jack Butler | US-PA | Central PA Open | Clearfield | PA | |

| Weight Class: 275 | | | | Deadlift | Male | | | |
|-------------------|-------|-------|-----------------|----------|-------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 255 | 562.1 | Chris Allen | US-VA | 2020 Single Lift Worlds | Virginia Beach | VA | |
| 2 | 240 | 529.1 | Chris Fry | US-VA | Shenandoah Open | Woodstock | VA | |
| 3 | 227.5 | 501.5 | Lenny Holland | US-MD | Potomac Open | Tysons Corner | VA | |
| 4 | 222.5 | 490.5 | Braxton Holland | US-MD | Fall Micro Meet 2 | Waldorf | MD | |

| Weight Class: SHW | | | | Deadlift | Male | | | |
|-------------------|-------|-------|------------------|----------|-------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 290 | 639.3 | Daniel Corridean | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA | |
| 2 | 182.5 | 402.3 | Jason Campbell | US-MA | 2020 Single Lift Worlds | Virginia Beach | VA | |

2020 Total Rankings Male

| Weight Class: 148 | | | | Total | Male | | | |
|-------------------|-------|--------|--------------|---------|-----------------------|-----------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 472.5 | 1041.6 | George James | US-MD | NJ Open Championships | Fair Lawn | NJ | |

| Weight Class: 165 | | | | Total | Male | | | |
|-------------------|-------|-------|---------------------|---------|--------------------|---------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 557.5 | 1229 | Brian Stoner | US-NY | 2020 Power Day | Bigler | PA | |
| 2 | 412.5 | 909.3 | Aaron Chrietzberg | US-MD | Potomac Open | Tysons Corner | VA | |
| 3 | 352.5 | 777.1 | David Klienschuster | US-NC | 2020 Southern Open | Jarvisburg | NC | |

| Weight Class: 181 | | | | Total | Male | | | |
|-------------------|-------|--------|------------|---------|--------------------|---------------|---------|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 545 | 1201.5 | Noah Saboe | Canada | Ramped Up Raw Open | | Alberta | |
| 2 | 447.5 | 986.5 | Paul Melby | US-VA | Potomac Open | Tysons Corner | VA | |

| Weight Class: 198 | | | | Total | Male | | | |
|-------------------|-------|--------|-------------------|---------|------------------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 537.5 | 1184.9 | Brian McIntyre | US-VA | OBX Open | Jarvisburg | NC | |
| 2 | 497.5 | 1096.7 | Andrew Rutsch | US-VA | OBX Open | Jarvisburg | NC | |
| 3 | 457.5 | 1008.6 | Anthony Bannerman | US-NC | NC State Championships | Raleigh | NC | |
| 4 | 397.5 | 876.3 | Drew Hoffman | US-PA | 2020 Power Day | Bigler | PA | |

| Weight Class: 220 | | | | Total | Male | | | |
|-------------------|-------|--------|-------------|---------|------------------------|---------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 545 | 1201.5 | Daniel Read | US-VA | Potomac Open | Tysons Corner | VA | |
| 2 | 492.5 | 1085.7 | Matt Baker | US-NC | NC State Championships | Raleigh | NC | |

| Weight Class: 242 | | | | Total | Male | | | |
|-------------------|-------|--------|-------------|---------|------------------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 727.5 | 1603.8 | Nick Hammer | US-NC | NC State Championships | Raleigh | NC | |
| 2 | 547.5 | 1207 | Jack Butler | US-PA | Central PA Open | Clearfield | PA | |

| Weight Class: 275 | | | | Total | Male | | | |
|-------------------|------|--------|-------------|---------|-----------------|---------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 614 | 1353.6 | Chris Fry | US-VA | Shenandoah Open | Woodstock | VA | |
| 2 | 580 | 1278.6 | Chris Allen | US-VA | Potomac Open | Tysons Corner | VA | |

| Weight Class: SHW | | | | Total | Male | | | |
|-------------------|-------|--------|------------------|---------|--------------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 737.5 | 1625.8 | Daniel Corridean | US-NC | 2020 Southern Open | Jarvisburg | NC | |

2020 Strict Curl Rankings Male

| Weight Class: 165 | | | | Strict Curl | Male | | | |
|-------------------|------|-------|---------------------|-------------|-------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 53 | 116.8 | David Kleinschuster | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA | |
| 2 | 50 | 110.2 | David Klienschuster | US-NC | 2020 Southern Open | Jarvisburg | NC | |

| Weight Class: 181 | | | | Strict Curl | Male | | | |
|-------------------|------|-------|----------------|-------------|--------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 74 | 163.1 | Pat Douglas | US-NE | USA Championships | Plainville | MA | |
| 2 | 63 | 138.8 | Steve Orseno | US-MA | NY Single Lift Challenge | Vestal | NY | |
| 3 | 59 | 130 | James Scott | US-CT | USA Championships | Plainville | MA | |
| 4 | 48 | 105.8 | Matthew Holtry | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA | |

| Weight Class: 198 | | | | Strict Curl | Male | | | |
|-------------------|------|-------|-------------------|-------------|------------------------|------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 82.5 | 181.8 | John Cooper | US-NC | OBX Open | Jarvisburg | NC | |
| 2 | 64 | 141 | Anthony Bannerman | US-NC | NC State Championships | Raleigh | NC | |
| 3 | 61 | 134.4 | Andrew Rutsch | US-VA | OBX Open | Jarvisburg | NC | |
| 4 | 54.5 | 120.1 | Jeff Searfoss | US-VA | Mid Atlantic Open | Powhatan | VA | |

| Weight Class: 220 | | | | Strict Curl | Male | | | |
|-------------------|------|-------|---------------------|-------------|-------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 82 | 180.7 | John Cooper | US-NC | USA Championships | Plainville | MA | |
| 2 | 70.5 | 155.4 | Charles Schoeneberg | US-MD | 2020 Single Lift Worlds | Virginia Beach | VA | |
| 3 | 65 | 143.2 | Luca Leonetti | US-CT | USA Championships | Plainville | MA | |
| 4 | 47.5 | 104.7 | Dan Reed | US-VA | Potomac Open | Tysons Corner | VA | |

| Weight Class: 242 | | | | Strict Curl | Male | | | |
|-------------------|------|-------|-----------------|-------------|-------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 75 | 165.3 | Antonio D'Amore | US-CT | USA Championships | Plainville | MA | |
| 2 | 57.5 | 126.7 | Craig Heywood | US-VA | 2020 Single Lift Worlds | Virginia Beach | VA | |
| 3 | 55 | 121.2 | Tim Durrett | US-VA | Mid Atlantic Open | Powhatan | VA | |

| Weight Class: 275 | | | | Strict Curl | Male | | | |
|-------------------|------|-------|-------------|-------------|-----------------|---------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 71 | 156.5 | Chris Fry | US-VA | Shenandoah Open | Woodstock | VA | |
| 2 | 70 | 154.3 | Chris Allen | US-VA | Potomac Open | Tysons Corner | VA | |

| Weight Class: 308 | | | | Strict Curl | Male | | | |
|-------------------|------|-------|-------------|-------------|-----------------|-----------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 55 | 121.2 | Bob Muretta | US-VA | Shenandoah Open | Woodstock | VA | |

| Weight Class: SHW | | | | Strict Curl | Male | | | |
|-------------------|------|-------|------------------|-------------|-------------------------|----------------|----|--|
| Rank | Lift | lbs | Lifter | Country | Meet | Location | | |
| 1 | 82.5 | 181.8 | Kevin Ward | US-VA | Shenandoah Open | Woodstock | VA | |
| 2 | 68.5 | 151 | Daniel Corridean | US-NC | 2020 Single Lift Worlds | Virginia Beach | VA | |

| | | | | | | | |
|---|------|-------|----------------|-------|---------------------------|----------------|----|
| 3 | 60 | 132.2 | Jason Campbell | US-MA | 2020 Single Lift Worlds | Virginia Beach | VA |
| 4 | 59.5 | 131.1 | Andrew Harduby | US-CT | New England Championships | Cheshire | CT |