



2020 Masters 60+ Rankings

Updated 12/31/2020 Ed Kutin

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2020 Squat Rankings Female

Weight Class: 132				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	62.5	137.7	Linda Leightley	US-VA	Potomac Open	Tysons Corner	VA

Weight Class: 165				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Kim Pollock	US-PA	Central PA Open	Clearfield	PA

2020 Bench Press Rankings Female

Weight Class: 114				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	27.5	60.6	Karola Meyer	US-MD	Southern MD Single Lift Open	White Plains	MD

Weight Class: 123				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Karola Meyer	US-MD	Fall Micro Meet 2	Waldorf	MD

Weight Class: 132				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Linda Leightley	US-VA	Potomac Open	Tysons Corner	VA

Weight Class: 148				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	33	72.7	Diane Hiller	US-NY	NY Single Lift Challenge	Vestal	NY

Weight Class: 165				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	60	132.2	Kim Pollock	US-PA	Central PA Open	Clearfield	PA
2	35	77.1	Alyce Urban	US-PA	2020 Power Day	Bigler	PA

Weight Class: 181				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	37.5	82.6	Helena Pettit	US-MD	Southern MD Single Lift Open	White Plains	MD

Weight Class: 198				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Linda Lee	US-VA	2020 Single Lift Worlds	Virginia Beach	VA
2	45	99.2	Helena Pettit	US-MD	Fall Micro Meet 2	Waldorf	MD

Weight Class: 198+				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Laura Lofton	US-VA	Virginia Open	Woodstock	VA

2020 Deadlift Rankings Female

Weight Class: 114				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	80	176.3	Karola Meyer	US-MD	Southern MD Single Lift Open	White Plains	MD	

Weight Class: 123				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	87.5	192.9	Karola Meyer	US-MD	Fall Micro Meet 2	Waldorf	MD	

Weight Class: 132				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	122.5	270	Linda Leightley	US-VA	Potomac Open	Tysons Corner	VA	

Weight Class: 165				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	87.5	192.9	Kim Pollock	US-PA	Central PA Open	Clearfield	PA	

Weight Class: 181				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	132.5	292.1	Helena Pettit	US-MD	Southern MD Single Lift Open	White Plains	MD	

Weight Class: 198				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	152.5	336.2	Linda Lee	US-VA	2020 Single Lift Worlds	Virginia Beach	VA	

Weight Class: 198+				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	90.5	199.5	Laura Lofton	US-VA	Virginia Open	Woodstock	VA	

2020 Total Rankings Female

Weight Class: 132				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	230	507	Linda Leightley	US-VA	Potomac Open	Tysons Corner	VA	

Weight Class: 165				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	212.5	468.4	Kim Pollock	US-PA	Central PA Open	Clearfield	PA	

2020 Strict Curl Rankings Female

Weight Class: 114				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	19	41.8	Karola Meyer	US-MD	Southern MD Single Lift Open	White Plains	MD	

Weight Class: 132				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	25	55.1	Linda Leightley	US-VA	Potomac Open	Tysons Corner	VA	

Weight Class: 148				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	19.5	42.9	Diane Hiller	US-NY	NY Single Lift Challenge	Vestal	NY	

Weight Class: 165				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	36.5	80.4	Kim Pollock	US-PA	Central PA Open	Clearfield	PA	

Weight Class: 181				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	26.5	58.4	Helena Pettit	US-MD	Southern MD Single Lift Open	White Plains	MD	

Weight Class: 198+				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	22.5	49.6	Laura Lofton	US-VA	Virginia Open	Woodstock	VA	

2020 Squat Rankings Male

Weight Class: 181				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	175	385.8	Miles Baker	US-VA	Shenandoah Open	Woodstock	VA	
2	97.5	214.9	Terry Nicotra	US-PA	Central PA Open	Clearfield	PA	
3	97	213.8	Don Swingle	US-NY	Central PA Open	Clearfield	PA	

Weight Class: 198				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	192.5	424.3	Don Kuhns	US-PA	Central PA Open	Clearfield	PA	
2	182.5	402.3	Roy Apseloff	US-VA	Shenandoah Open	Woodstock	VA	
3	95	209.4	Aldo Jackson	US-PA	2020 Power Day	Bigler	PA	

Weight Class: 220				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	252.5	556.6	Lenny Creatura	US-CT	2020 Power Day	Bigler	PA	
2	172.5	380.2	Bugs Bayer	US-PA	2020 Power Day	Bigler	PA	
3	97.5	214.9	Rudy Shiley	US-VA	Potomac Open	Tysons Corner	VA	

Weight Class: 275				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	170	374.7	Gene Berry	US-NC	NC State Championships	Raleigh	NC	
2	92.5	203.9	Ray Classing	US-MD	2020 Southern Open	Jarvisburg	NC	

Weight Class: SHW				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	140	308.6	Michael Hogan	Canada	Ramped Up Raw Open		Alberta	

2020 Bench Press Rankings Male

Weight Class: 148				Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	130	286.5	Guy Ha	US-SC	Mid Atlantic Open	Powhatan	VA	
	130	286.5	Emerson Lynn	US-VT	2020 Single Lift Worlds	Virginia Beach	VA	
3	110	242.5	Tom Newman	US-NC	NC State Championships	Raleigh	NC	

Weight Class: 165				Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	105.5	232.5	Joseph Sanders	US-NC	OBX Open	Jarvisburg	NC	
2	102.5	225.9	Dan Gordon	US-AZ	USA Championships	Plainville	MA	

Weight Class: 181				Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	115	253.5	Dennis Whysong	US-PA	2020 Power Day	Bigler	PA	
	115	253.5	Larry Eastman	US-PA	2020 Power Day	Bigler	PA	
3	97.5	214.9	Miles Baker	US-VA	Shenandoah Open	Woodstock	VA	
4	80	176.3	Terry Nicotra	US-PA	Central PA Open	Clearfield	PA	

5	75	165.3	Don Swingle	US-NY	2020 Power Day	Bigler	PA
6	70	154.3	Yogi Sumner	US-NC	2020 Single Lift Worlds	Virginia Beach	VA
7	55	121.2	Pete Miller	US-VA	Potomac Open	Tysons Corner	VA

Weight Class: 198		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Don Kuhns	US-PA	Central PA Open	Clearfield	PA
2	105	231.4	Roy Apseloff	US-VA	Shenandoah Open	Woodstock	VA
3	65	143.2	Aldo Jackson	US-PA	2020 Power Day	Bigler	PA

Weight Class: 220		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Lenny Creatura	US-CT	2020 Power Day	Bigler	PA
2	125	275.5	Butch Huey	US-PA	2020 Power Day	Bigler	PA
3	122.5	270	Chris Bresnahan	US-VA	OBX Open	Jarvisburg	NC
4	112.5	248	Rudy Shiley	US-VA	Potomac Open	Tysons Corner	VA
5	97.5	214.9	George Woodbury	US-FL	2020 Single Lift Worlds	Virginia Beach	VA
6	77.5	170.8	Bugs Bayer	US-PA	2020 Power Day	Bigler	PA

Weight Class: 242		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Craig Perry	US-FL	Mid Atlantic Open	Powhatan	VA

Weight Class: 275		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Stephen Kozlowski	US-VA	2020 Single Lift Worlds	Virginia Beach	VA
2	160	352.7	Ray Clasing	US-MD	2020 Southern Open	Jarvisburg	NC
3	155	341.7	Gene Berry	US-NC	NC State Championships	Raleigh	NC
	155	341.7	Earl Smiley	US-KY	2020 Single Lift Worlds	Virginia Beach	VA
5	137.5	303.1	Jeff Morse	US-MA	USA Championships	Plainville	MA
6	110	242.5	Bernie Rhodes	US-VA	2020 Single Lift Worlds	Virginia Beach	VA
7	100	220.4	Bernie Rhoades	US-VA	Mid Atlantic Open	Powhatan	VA

Weight Class: 308		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Raymond Clasing	US-MD	2020 Single Lift Worlds	Virginia Beach	VA

Weight Class: SHW		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Michael Hogan	Canada	Ramped Up Raw Open		Alberta

2020 Deadlift Rankings Male

Weight Class: 132		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Jim Marchio	US-VA	Virginia Open	Woodstock	VA

Weight Class: 148		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Emerson Lynn	US-VT	2020 Single Lift Worlds	Virginia Beach	VA

Weight Class: 165		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	180	396.8	Aniello Iaccarino	Italy	Italian Single Lift Championship		Santegedio
2	150	330.6	David Laszewski	US-NY	NY Single Lift Challenge	Vestal	NY

Weight Class: 181		Deadlift		Male			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	197.5	435.4	Miles Baker	US-VA	Shenandoah Open	Woodstock	VA
2	182.5	402.3	Don Swingle	US-NY	2020 Power Day	Bigler	PA
3	160	352.7	Pete Miller	US-MD	2020 Single Lift Worlds	Virginia Beach	VA
4	125	275.5	Terry Nicotra	US-PA	Central PA Open	Clearfield	PA
5	102.5	225.9	Yogi Sumner	US-NC	2020 Single Lift Worlds	Virginia Beach	VA

Weight Class: 198			Deadlift	Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	260	573.1	Roy Apseloff	US-VA	2020 Single Lift Worlds	Virginia Beach	VA	
2	220	485	Graham Bartholomew	US-MD	Garage Gang Micro Meet	Waldorf	MD	
3	215	473.9	Don Kuhns	US-PA	Central PA Open	Clearfield	PA	
4	210	462.9	Douglas Delainey	Canada	Ramped Up Raw Open		Alberta	
5	135	297.6	Aldo Jackson	US-PA	2020 Power Day	Bigler	PA	

Weight Class: 220			Deadlift	Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	292.5	644.8	Lenny Creatura	US-CT	2020 Power Day	Bigler	PA	
2	255	562.1	Phillip Rosenstern	US-PA	2020 Power Day	Bigler	PA	
3	192.5	424.3	Bugs Bayer	US-PA	2020 Power Day	Bigler	PA	
4	165	363.7	Rudy Shiley	US-VA	Potomac Open	Tysons Corner	VA	

Weight Class: 242			Deadlift	Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	162.5	358.2	Bob Dunn	US-OH	2020 Power Day	Bigler	PA	

Weight Class: 275			Deadlift	Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	245	540.1	Stephen Kozlowski	US-VA	2020 Single Lift Worlds	Virginia Beach	VA	
2	200	440.9	Gene Berry	US-NC	NC State Championships	Raleigh	NC	
	200	440.9	Ray Classing	US-MD	2020 Southern Open	Jarvisburg	NC	

Weight Class: 308			Deadlift	Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	190	418.8	Raymond Clasing	US-MD	2020 Single Lift Worlds	Virginia Beach	VA	
2	130	286.5	Richard Johnson	US-PA	2020 Power Day	Bigler	PA	

Weight Class: SHW			Deadlift	Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	180	396.8	Michael Hogan	Canada	Ramped Up Raw Open		Alberta	

2020 Total Rankings Male

Weight Class: 181			Total	Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	470	1036.1	Miles Baker	US-VA	Shenandoah Open	Woodstock	VA	
2	352.5	777.1	Don Swingle	US-NY	2020 Power Day	Bigler	PA	
3	302.5	666.8	Terry Nicotra	US-PA	Central PA Open	Clearfield	PA	

Weight Class: 198			Total	Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	543	1197	Roy Apseloff	US-VA	Shenandoah Open	Woodstock	VA	
2	522.5	1151.9	Don Kuhns	US-PA	Central PA Open	Clearfield	PA	
3	295	650.3	Aldo Jackson	US-PA	2020 Power Day	Bigler	PA	

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

1	690	1521.1	Lenny Creatura	US-CT	2020 Power Day	Bigler	PA
2	442.5	975.5	Bugs Bayer	US-PA	2020 Power Day	Bigler	PA
3	375	826.7	Rudy Shiley	US-VA	Potomac Open	Tyson's Corner	VA

Weight Class: 275				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	525	1157.4	Gene Berry	US-NC	NC State Championships	Raleigh	NC	
2	452.5	997.5	Ray Classing	US-MD	2020 Southern Open	Jarvisburg	NC	

Weight Class: SHW				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	445	981	Michael Hogan	Canada	Ramped Up Raw Open		Alberta	

2020 Strict Curl Rankings Male

Weight Class: 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	43	94.7	David Laszewski	US-NY	NY Single Lift Challenge	Vestal	NY	
2	37.5	82.6	Joseph Sanders	US-NC	OBX Open	Jarvisburg	NC	

Weight Class: 181				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	57	125.6	Larry Eastman	US-PA	2020 Power Day	Bigler	PA	
2	51.5	113.5	Ray Barber	US-NY	NY Single Lift Challenge	Vestal	NY	
3	45.5	100.3	Miles Baker	US-VA	Shenandoah Open	Woodstock	VA	
4	37.5	82.6	Yogi Sumner	US-NC	2020 Single Lift Worlds	Virginia Beach	VA	

Weight Class: 198				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	65	143.2	George Roy	US-VT	USA Championships	Plainville	MA	
2	55	121.2	Jim Gawronski	US-CT	New England Championships	Cheshire	CT	

Weight Class: 220				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	53	116.8	Mark Dantzler	US-MD	2020 Single Lift Worlds	Virginia Beach	VA	
	53	116.8	Chris Bresnahan	US-VA	OBX Open	Jarvisburg	NC	
3	49.5	109.1	Ken Berry	US-CT	New England Championships	Cheshire	CT	
4	41	90.3	George Woodbury	US-FL	2020 Single Lift Worlds	Virginia Beach	VA	

Weight Class: 242				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	52.5	115.7	Bob Dunn	US-OH	2020 Power Day	Bigler	PA	
2	51	112.4	Kenneth Berry	US-CT	NY Single Lift Challenge	Vestal	NY	
	51	112.4	Johnny Kosnow	US-ME	New England Championships	Cheshire	CT	
4	48	105.8	Ken Berry	US-CT	USA Championships	Plainville	MA	
5	45.5	100.3	Steve Reschke	US-KY	2020 Power Day	Bigler	PA	

Weight Class: 275				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	61	134.4	Earl Smiley	US-KY	2020 Single Lift Worlds	Virginia Beach	VA	
2	57	125.6	Ray Classing	US-MD	2020 Southern Open	Jarvisburg	NC	
3	53.5	117.9	Gene Berry	US-NC	NC State Championships	Raleigh	NC	
4	52.5	115.7	Brad Lovejoy	US-OH	2020 Southern Open	Jarvisburg	NC	
5	51	112.4	Bob Feeny	US-PA	Virginia Open	Woodstock	VA	
6	50	110.2	Johnny Kosnow	US-ME	USA Championships	Plainville	MA	
7	48.5	106.9	Marcel Duprey	US-CT	USA Championships	Plainville	MA	
8	41	90.3	Bernie Rhoades	US-VA	Mid Atlantic Open	Powhatan	VA	

41 90.3 Bernie Rhodes US-VA 2020 Single Lift Worlds Virginia Beach VA

Weight Class: 308		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	47.5	104.7	Bill Parks	US-MD	Southern MD Single Lift Open	White Plains	MD

Weight Class: SHW		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	46	101.4	Ray Wile	US-PA	2020 Power Day	Bigler	PA