



## 2021 Masters 40-49 Rankings

Updated 12/12/2021 Ed Kutin

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2021 Squat Rankings								Female	
Weight Class: 123				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	97.5	214.9	Stephanie Fraser	Canada	Rust Buster	Calgary	Alberta		
2	75	165.3	Mariela Olivares	US-MD	Masters Nationals	Fredericksburg	VA		
	75	165.3	Carolyn Gersh	Canada	Rust Buster	Calgary	Alberta		
Weight Class: 132				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	90	198.4	Francine Rattray	Canada	Rust Buster	Calgary	Alberta		
2	82.5	181.8	Nicole Costantino	US-PA	2021 Central PA Open	Clearfield	PA		
Weight Class: 148				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	92.5	203.9	Sarah Wernert	US-PA	American Challenge 2021 - PA		PA		
2	65	143.2	Kristine Schlegel	US-PA	2021 Central PA Open	Clearfield	PA		
3	47.5	104.7	Monique Massacesi	US-FL	American Challenge 2021 - FL		FL		
4	27.5	60.6	Lynn Michaud	Canada	Rust Buster	Calgary	Alberta		
Weight Class: 165				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	120	264.5	Teresa Oldenburger	Canada	Rust Buster	Calgary	Alberta		
2	72.5	159.8	Jennifer Demmerle	US-OH	Tri State Championships	Bedford Heights	OH		
Weight Class: 181				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	105	231.4	Chris Redmond	US-PA	Tri State Championships	Bedford Heights	OH		
2	100	220.4	Kristina Reed	US-NC	OBX Powerlifting Championships	Jarvisburg	NC		
3	57.5	126.7	Janelle Ollivierre	US-DC	American Challenge 2021 - MD		MD		
Weight Class: 198				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	122.5	270	Cindy Stritzinger	US-PA	Masters Nationals	Fredericksburg	VA		
2	110	242.5	Kristina Reed	US-NC	Southern Open	Jarvisburg	NC		
Weight Class: 198+				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	150	330.6	Erica Heinsman	US-MD	Masters Nationals	Fredericksburg	VA		
2	95	209.4	Liberty Buccello	US-NY	Masters Nationals	Fredericksburg	VA		
3	77.5	170.8	Wendy Thompson	US-NC	American Challenge 2021 - NC		NC		

## 2021 Bench Press Rankings Female

Weight Class: 97				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	37.5	82.6	Jade Nguen	US-VA	Masters Nationals	Fredericksburg	VA

  

Weight Class: 105				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Tiffany Barney	US-CT	American Challenge 2021 - NH		NH
2	40	88.1	Alison Bulluck	US-VA	Mid Atlantic Open	Fredericksburg	VA
	40	88.1	Allison Bulluck	US-VA	2021 Single Lift World Championships	Virgina Beach	VA

  

Weight Class: 114				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Monica Del Gottardo	Italy	2021 Italian Single Lift Championships		Italy

  

Weight Class: 123				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Carolyn Gersh	Canada	Rust Buster	Calgary	Alberta
2	55	121.2	Mariela Olivares	US-MD	Patriots Single Lift Open	Prince Frederick	MD
3	47.5	104.7	Stephanie Fraser	Canada	Rust Buster	Calgary	Alberta
	47.5	104.7	Daniela Luisini	Italy	2021 Italian Single Lift Championships		Italy

  

Weight Class: 132				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Nicole Turturro	US-NJ	American Challenge 2021 - NJ		NJ
2	55	121.2	Francine Rattray	Canada	Rust Buster	Calgary	Alberta
3	45	99.2	Rekha Devi	India	National Benchpress and Deadlift Championships	Karnal	India
	45	99.2	Nicole Costantino	US-PA	Tri State Championships	Bedford Heights	OH

  

Weight Class: 148				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Tricia Floyd	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
2	65	143.2	Meghan Wallace	US-OH	Tri State Championships	Bedford Heights	OH
3	60	132.2	Giordana Parisi	Italy	2021 Italian Single Lift Championships		Italy
4	45	99.2	Sarah Wernert	US-PA	American Challenge 2021 - PA		PA
5	35	77.1	Kristine Schlegel	US-PA	2021 Central PA Open	Clearfield	PA
6	32.5	71.6	Lynn Michaud	Canada	Rust Buster	Calgary	Alberta
7	27.5	60.6	Monique Massacesi	US-FL	American Challenge 2021 - FL		FL

  

Weight Class: 165				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Shannon Lowery	US-NC	NC State Championship	Jarvisburg	NC
2	63	138.8	Claire Cooney	Canada	Rust Buster	Calgary	Alberta
3	55	121.2	Alicia Kindred	US-VA	Mid Atlantic Open	Fredericksburg	VA
	55	121.2	Teresa Oldenburger	Canada	Rust Buster	Calgary	Alberta
5	52.5	115.7	Lisa Walker	US-VA	2021 Christmas Classic	Woodstock	VA
6	47.5	104.7	Jennifer Demmerle	US-OH	Tri State Championships	Bedford Heights	OH

  

Weight Class: 181				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Mona Espinosa	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
2	57.5	126.7	Chris Redmond	US-PA	Tri State Championships	Bedford Heights	OH
	57.5	126.7	Kristina Reed	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
4	52.5	115.7	Laura Yellen	US-CT	American Challenge 2021 - NH		NH
5	50	110.2	Katina James	US-VA	2021 Single Lift World Championships	Virgina Beach	VA

6 37.5 82.6 Janelle Ollivierre US-DC American Challenge 2021 - MD MD

Weight Class: 198		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	92.5	203.9	Mona Espinosa	US-VA	Patriots Single Lift Open	Prince Frederick	MD
2	85	187.3	Leslie Wright	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
3	72.5	159.8	Cindy Stritzinger	US-PA	Masters Nationals	Fredericksburg	VA
4	57.5	126.7	Kristina Reed	US-NC	Southern Open	Javisburg	NC
5	45	99.2	Jennifer Tramontano	US-CT	2021 CT State Championship	Cheshire	CT

Weight Class: 198+		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	86	189.5	Leslie Wright	US-NC	American Challenge 2021 - NH		NH
2	70	154.3	Erica Heinsman	US-MD	Masters Nationals	Fredericksburg	VA
3	60	132.2	Liberty Buccello	US-NY	Masters Nationals	Fredericksburg	VA
4	57.5	126.7	Jeannie Iavarona	US-CT	American Challenge 2021 - CT		CT
5	47.5	104.7	Wendy Thompson	US-NC	American Challenge 2021 - NC		NC

## 2021 Deadlift Rankings Female

Weight Class: 105		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	101	222.6	Allison Bulluck	US-VA	2021 Christmas Classic	Woodstock	VA
2	97.5	214.9	Alison Bulluck	US-VA	Mid Atlantic Open	Fredericksburg	VA

Weight Class: 114		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Monica Del Gottardo	Italy	2021 Italian Single Lift Championships		Italy

Weight Class: 123		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	132.5	292.1	Carolyn Gersh	Canada	Rust Buster	Calgary	Alberta
2	102.5	225.9	Stephanie Fraser	Canada	Rust Buster	Calgary	Alberta
3	77.5	170.8	Mariela Olivares	US-MD	Masters Nationals	Fredericksburg	VA

Weight Class: 132		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Nicole Turturro	US-NJ	American Challenge 2021 - NJ		NJ
2	115	253.5	Francine Rattray	Canada	Rust Buster	Calgary	Alberta
	115	253.5	Nicole Costantino	US-PA	2021 Central PA Open	Clearfield	PA
4	80	176.3	Shashi Karan	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 148		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	202.5	446.4	Tricia Floyd	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
2	115	253.5	Sarah Wernert	US-PA	American Challenge 2021 - PA		PA
3	107.5	236.9	Kristine Schlegel	US-PA	2021 Central PA Open	Clearfield	PA
4	82.5	181.8	Monique Massacesi	US-FL	American Challenge 2021 - FL		FL
5	72.5	159.8	Lynn Michaud	Canada	Rust Buster	Calgary	Alberta

Weight Class: 165		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	Janelle Ollivierre	US-DC	Masters Nationals	Fredericksburg	VA
2	145.5	320.7	Teresa Oldenburger	Canada	Rust Buster	Calgary	Alberta
3	140	308.6	Shannon Lowery	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
4	137.5	303.1	Jennifer Ross	US-NC	American Challenge 2021 - NC		NC

5 102.5 225.9 Jennifer Demmerle US-OH Tri State Championships Bedford Heights OH

Weight Class: 181				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	152.5	336.2	Kristina Reed	US-NC	2021 Single Lift World Championships	Virgina Beach	VA	
2	150	330.6	Janelle Ollivierre	US-DC	American Challenge 2021 - MD		MD	
3	147.5	325.1	Karen Kalinski	US-VA	American Challenge 2021 - VA		VA	
4	137.5	303.1	Chris Redmond	US-PA	Tri State Championships	Bedford Heights	OH	
5	122.5	270	Katina James	US-VA	Mid Atlantic Open	Fredericksburg	VA	

Weight Class: 198				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	147.5	325.1	Cindy Stritzinger	US-PA	Masters Nationals	Fredericksburg	VA	
2	122.5	270	Kristina Reed	US-NC	Southern Open	Javisburg	NC	
3	105	231.4	Jennifer Tramontano	US-CT	2021 CT State Championship	Cheshire	CT	

Weight Class: 198+				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	162.5	358.2	Erica Heinsman	US-MD	Masters Nationals	Fredericksburg	VA	
2	142.5	314.1	Leslie Wright	US-NC	NC State Championship	Jarvisburg	NC	
3	132.5	292.1	Liberty Buccello	US-NY	Masters Nationals	Fredericksburg	VA	
4	120	264.5	Wendy Thompson	US-NC	American Challenge 2021 - NC		NC	

## 2021 Total Rankings Female

Weight Class: 123				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	272.5	600.7	Carolyn Gersh	Canada	Rust Buster	Calgary	Alberta	
2	247.5	545.6	Stephanie Fraser	Canada	Rust Buster	Calgary	Alberta	
3	205	451.9	Mariela Olivares	US-MD	Masters Nationals	Fredericksburg	VA	

Weight Class: 132				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	260	573.1	Francine Rattray	Canada	Rust Buster	Calgary	Alberta	
2	240	529.1	Nicole Costantino	US-PA	2021 Central PA Open	Clearfield	PA	

Weight Class: 148				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	252.5	556.6	Sarah Wernert	US-PA	American Challenge 2021 - PA		PA	
2	207.5	457.4	Kristine Schlegel	US-PA	2021 Central PA Open	Clearfield	PA	
3	157.5	347.2	Monique Massacesi	US-FL	American Challenge 2021 - FL		FL	
4	132.5	292.1	Lynn Michaud	Canada	Rust Buster	Calgary	Alberta	

Weight Class: 165				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	320.5	706.5	Teresa Oldenburger	Canada	Rust Buster	Calgary	Alberta	
2	222.5	490.5	Jennifer Demmerle	US-OH	Tri State Championships	Bedford Heights	OH	

Weight Class: 181				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	307.5	677.9	Kristina Reed	US-NC	OBX Powerlifting Championships	Jarvisburg	NC	
2	300	661.3	Chris Redmond	US-PA	Tri State Championships	Bedford Heights	OH	
3	245	540.1	Janelle Ollivierre	US-DC	American Challenge 2021 - MD		MD	

Weight Class: 198				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	342.5	755	Cindy Stritzinger	US-PA	Masters Nationals	Fredericksburg	VA
2	290	639.3	Kristina Reed	US-NC	Southern Open	Javisburg	NC

Weight Class: 198+			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	382.5	843.2	Erica Heinsman	US-MD	Masters Nationals	Fredericksburg	VA
2	287.5	633.8	Liberty Buccello	US-NY	Masters Nationals	Fredericksburg	VA
3	245	540.1	Wendy Thompson	US-NC	American Challenge 2021 - NC		NC

## 2021 Strict Curl Rankings Female

Weight Class: 97			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	19.5	42.9	Jade Nguen	US-VA	Masters Nationals	Fredericksburg	VA

Weight Class: 105			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Tiffany Barney	US-CT	American Challenge 2021 - NH		NH

Weight Class: 114			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	21.5	47.3	Patti Mangone	US-PA	2021 Central PA Open	Clearfield	PA
2	21	46.2	Jill Sheakley	US-PA	2021 Single Lift World Championships	Virgina Beach	VA

Weight Class: 123			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Mariela Olivares	US-MD	2021 Single Lift World Championships	Virgina Beach	VA

Weight Class: 132			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Nicole Costantino	US-PA	2021 Central PA Open	Clearfield	PA
2	28	61.7	Jenn Zak	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
3	27.5	60.6	Jennifer Zak	US-NC	American Challenge 2021 - NC		NC
4	23	50.7	Valerie Dixon	US-PA	2021 Central PA Open	Clearfield	PA

Weight Class: 148			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Tricia Floyd	US-VA	2021 Single Lift World Championships	Virgina Beach	VA

Weight Class: 165			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42	92.5	Shannon Lowery	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
2	33	72.7	Lisa Walker	US-VA	2021 Christmas Classic	Woodstock	VA
3	31.5	69.4	Jennifer Ross	US-NC	American Challenge 2021 - NC		NC
4	30	66.1	Stephanie Lovell	US-IN	Mid Atlantic Open	Fredericksburg	VA
5	22.5	49.6	Alicia Kindred	US-VA	Mid Atlantic Open	Fredericksburg	VA

Weight Class: 181			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	39	85.9	Mona Espinosa	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
2	34	74.9	Jennifer Tramontano	US-CT	American Challenge 2021 - CT		CT
		34	Laura Yellen	US-CT	American Challenge 2021 - NH		NH
4	33	72.7	Katina James	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
5	32	70.5	Kristina Reed	US-NC	2021 Single Lift World Championships	Virgina Beach	VA

Weight Class: 198			Strict Curl	Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Leslie Wright	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
2	38	83.7	Mona Espinosa	US-VA	Patriots Single Lift Open	Prince Frederick	MD
3	35	77.1	Kathy Stinson	US-VA	Masters Nationals	Fredericksburg	VA
4	34.5	76	Jennifer Tramontano	US-CT	2021 CT State Championship	Cheshire	CT
5	29	63.9	Kristina Reed	US-NC	Southern Open	Javisburg	NC

Weight Class: 198+			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	41	90.3	Leslie Wright	US-NC	American Challenge 2021 - NH		NH
2	40	88.1	Jeannie Iavarona	US-CT	American Challenge 2021 - NY		NY
3	36.5	80.4	Liberty Buccello	US-NY	Masters Nationals	Fredericksburg	VA

## 2021 Squat Rankings Male

Weight Class: 132			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	111	244.7	Miguel Lule	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
2	87.5	192.9	Douglas Marx	US-NY	American Challenge 2021 - NY		NY

Weight Class: 148			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	George James	US-MD	American Challenge 2021 - VA		VA
2	120	264.5	David Kleinschuster	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 165			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Michael Hart	US-PA	2021 Central PA Open	Clearfield	PA

Weight Class: 181			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Noah Saboe	Canada	Rust Buster	Calgary	Alberta
2	202.5	446.4	John Schneider	US-OH	Tri State Championships	Bedford Heights	OH
3	195	429.8	David Durant	US-VA	Eastern USA Open	Woodstock	VA
4	155	341.7	Vincenzo Lavorio	Italy	2021 Italian Single Lift Championships		Italy
5	125	275.5	John Rodenhiser	US-MA	American Challenge 2021 - CT		CT
6	117.5	259	Mikeal Basile	US-NY	American Challenge 2021 - NY		NY
7	112.5	248	Andrew Harding	Canada	Rust Buster	Calgary	Alberta
8	107.5	236.9	James Logsdon	US-KY	American Challenge 2021 - VA		VA

Weight Class: 198			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	197.5	435.4	Brian McIntyre	US-VA	American Challenge 2021 - NC		NC
2	190	418.8	Robert Youngerman	US-OH	Tri State Championships	Bedford Heights	OH
3	170	374.7	Aaron Chrietzberg	US-MD	Masters Nationals	Fredericksburg	VA
4	140	308.6	Drew Hoffman	US-PA	Masters Nationals	Fredericksburg	VA
5	110	242.5	Marty Farris	US-VA	Eastern USA Open	Woodstock	VA

Weight Class: 220			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	245	540.1	David Pignalosso	US-OH	Tri State Championships	Bedford Heights	OH
2	152.5	336.2	Brett Gibson	US-VA	Shenandoah Open	Woodstock	VA

Weight Class: 242			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	275	606.2	Michael Eaton	US-MD	2021 Powerlifting Worlds	York	PA
2	190	418.8	Tim Durrett	US-VA	2021 Powerlifting Worlds	York	PA
3	182.5	402.3	Jack Butler	US-PA	2021 Central PA Open	Clearfield	PA

Weight Class: 275							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	222.5	490.5	Robert Dillingham	US-VA	Eastern USA Open	Woodstock	VA
2	215	473.9	Tab Brown	US-WV	2021 Powerlifting Worlds	York	PA
3	192.5	424.3	Chris Allen	US-VA	2021 Powerlifting Worlds	York	PA
4	157.5	347.2	Eric Hawes	US-PA	2021 Powerlifting Worlds	York	PA

Weight Class: 308							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	222.5	490.5	DJ Stinson	US-VA	Masters Nationals	Fredericksburg	VA

Weight Class: SHW							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	290	639.3	Danial Corridean	US-NC	2021 Powerlifting Worlds	York	PA
2	277.5	611.7	Daniel Corridean	US-NC	American Challenge 2021 - NC		NC
3	275	606.2	David Kulbacki	US-PA	American Challenge 2021 - PA		PA
4	62.5	137.7	Jason Campbell	US-MA	Masters Nationals	Fredericksburg	VA

## 2021 Bench Press Rankings Male

Weight Class: 132							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95	209.4	Miguel Lule	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
2	70	154.3	Douglas Marx	US-NY	American Challenge 2021 - NY		NY

Weight Class: 148							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	132.5	292.1	Luigi Orlando	Italy	2021 Italian Single Lift Championships		Italy
2	120	264.5	Michele Perrone	Italy	2021 Italian Single Lift Championships		Italy
3	112.5	248	David Kleinschuster	US-NC	NC State Championship	Jarvisburg	NC
4	100	220.4	George James	US-MD	American Challenge 2021 - VA		VA

Weight Class: 165							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Nasir Nantambu	US-NC	American Challenge 2021 - NC		NC
2	125	275.5	Nantambu Nasir	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
	125	275.5	Michael Hart	US-PA	2021 Central PA Open	Clearfield	PA
4	95	209.4	Luca Pugliese	Italy	2021 Italian Single Lift Championships		Italy
5	80	176.3	Manoj Rana	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 181							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Jacob Williams	US-PA	Patriots Single Lift Open	Prince Frederick	MD
2	180	396.8	Llaland Austin	US-FL	American Challenge 2021 - FL		FL
3	167.5	369.2	David Durant	US-VA	Mid Atlantic Open	Fredericksburg	VA
4	147.5	325.1	Noah Saboe	Canada	Rust Buster	Calgary	Alberta
5	142.5	314.1	Vincenzo Lavorio	Italy	2021 Italian Single Lift Championships		Italy
6	140	308.6	Manraj Singh	India	National Benchpress and Deadlift Championships	Karnal	India
7	135	297.6	Vito Cortese	Italy	2021 Italian Single Lift Championships		Italy
8	120	264.5	John Rodenhiser	US-MA	American Challenge 2021 - CT		CT
	120	264.5	Greg Dixon	US-PA	2021 Central PA Open	Clearfield	PA
10	110	242.5	John Schneider	US-OH	Tri State Championships	Bedford Heights	OH



11	102.5	225.9	Matthew Holtry	US-NC	American Challenge 2021 - NC		NC
12	92.5	203.9	James Logsdon	US-KY	American Challenge 2021 - VA		VA
	92.5	203.9	Mikeal Basile	US-NY	American Challenge 2021 - NY		NY
14	85	187.3	Andrew Harding	Canada	Rust Buster	Calgary	Alberta

Weight Class: 198				Bench Press	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	162.5	358.2	Robert Youngerman	US-OH	Tri State Championships	Bedford Heights	OH
2	157.5	347.2	Emiliano Costa	Italy	2021 Italian Single Lift Championships		Italy
3	147.5	325.1	John Cooper	US-NC	American Challenge 2021 - NC		NC
4	142.5	314.1	Brian McIntyre	US-VA	American Challenge 2021 - NC		NC
5	137.5	303.1	Frank Nerone	US-OH	Tri State Championships	Bedford Heights	OH
6	132.5	292.1	Gurbaz Singh	India	National Benchpress and Deadlift Championships	Karnal	India
7	122.5	270	Marty Farris	US-VA	Mid Atlantic Open	Fredericksburg	VA
8	117.5	259	Rajiv Sehgal	India	National Benchpress and Deadlift Championships	Karnal	India
9	115	253.5	Aaron Chrietzberg	US-MD	Masters Nationals	Fredericksburg	VA
10	75	165.3	Drew Hoffman	US-PA	Masters Nationals	Fredericksburg	VA

Weight Class: 220				Bench Press	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	David Pignalosso	US-OH	Tri State Championships	Bedford Heights	OH
2	165	363.7	Charles Schoeneberg	US-MD	Masters Nationals	Fredericksburg	VA
3	155	341.7	John Cooper	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
4	147.5	325.1	Frank Nerone	US-OH	2021 Ohio State Championships	Bedford Heights	OH
5	137.5	303.1	Gharjeet Singh	India	National Benchpress and Deadlift Championships	Karnal	India
6	120	264.5	Luca Leonetti	US-CT	Connecticut Strength Bench and Deadlift	Cheshire	CT
7	105	231.4	Brett Gibson	US-VA	Shenandoah Open	Woodstock	VA
8	80	176.3	Arun Barhok	India	National Benchpress and Deadlift Championships	Karnal	India
9	50	110.2	Vijay Ahuja	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 242				Bench Press	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	195	429.8	Sherm Pensyl	US-PA	2021 Central PA Open	Clearfield	PA
2	190	418.8	Michael Eaton	US-MD	2021 Powerlifting Worlds	York	PA
	190	418.8	Clint Poore	US-KY	2021 Single Lift World Championships	Virgina Beach	VA
4	175	385.8	Jack Butler	US-PA	2021 Central PA Open	Clearfield	PA
5	172.5	380.2	Alfonso Calendo	Italy	2021 Italian Single Lift Championships		Italy
6	155	341.7	Tim Durrett	US-VA	2021 Powerlifting Worlds	York	PA
7	137.5	303.1	Antonio Paoletta	Italy	2021 Italian Single Lift Championships		Italy
8	135	297.6	Gulshan Kumar	India	National Benchpress and Deadlift Championships	Karnal	India
9	130	286.5	Sanjeev Sharma	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 275				Bench Press	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	215	473.9	Patrick McMillan	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
2	192.5	424.3	Robert Dillingham	US-VA	Eastern USA Open	Woodstock	VA
3	182.5	402.3	Sean Savage	Canada	Rust Buster	Calgary	Alberta
4	177.5	391.3	Chris Allen	US-VA	Masters Nationals	Fredericksburg	VA
	177.5	391.3	Tab Brown	US-WV	2021 Powerlifting Worlds	York	PA
6	175	385.8	Carl Elliot	US-NC	American Challenge 2021 - NC		NC
7	140	308.6	Steve Turner	US-WV	Virginia Open	Woodstock	VA
8	137.5	303.1	Marcus Wood	US-DC	American Challenge 2021 - MD		MD
9	115	253.5	Eric Hawes	US-PA	Tri State Championships	Bedford Heights	OH
10	112.5	248	Jerry Perdue	US-FL	2021 Single Lift World Championships	Virgina Beach	VA
11	65	143.2	Neeraj Kumar	India	National Benchpress and Deadlift Championships	Karnal	India



Weight Class: 308				Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	200	440.9	Matt Slate	US-NV	2021 Single Lift World Championships	Virgina Beach	VA	
2	167.5	369.2	DJ Stinson	US-VA	Masters Nationals	Fredericksburg	VA	

Weight Class: SHW				Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	255	562.1	Pedro Mejias	US-NY	American Challenge 2021 - CT		CT	
2	190	418.8	David Kulbacki	US-PA	American Challenge 2021 - PA		PA	
3	185	407.8	Charone Curry	US-FL	American Challenge 2021 - FL		FL	
4	177.5	391.3	DJ Stinson	US-VA	Virginia Open	Woodstock	VA	
	177.5	391.3	Daniel Corridean	US-NC	American Challenge 2021 - NC		NC	
6	172.5	380.2	Jeremy Hayes	US-OH	Tri State Championships	Bedford Heights	OH	
7	170	374.7	Danial Corridean	US-NC	2021 Powerlifting Worlds	York	PA	
8	120	264.5	Andrew Harduby	US-CT	American Challenge 2021 - CT		CT	
9	100	220.4	Jason Campbell	US-MA	Masters Nationals	Fredericksburg	VA	

## 2021 Deadlift Rankings Male

Weight Class: 132				Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	153	337.3	Miguel Lule	US-NC	OBX Powerlifting Championships	Jarvisburg	NC	
2	135	297.6	Douglas Marx	US-NY	American Challenge 2021 - NY		NY	

Weight Class: 148				Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	207.5	457.4	George James	US-MD	2021 Single Lift World Championships	Virgina Beach	VA	
2	137.5	303.1	David Kleinschuster	US-NC	NC State Championship	Jarvisburg	NC	

Weight Class: 165				Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	272.5	600.7	Michael Hart	US-PA	2021 Central PA Open	Clearfield	PA	
2	200	440.9	Angelo Finelli	Italy	2021 Italian Single Lift Championships		Italy	

Weight Class: 181				Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	275	606.2	Francesco Loporto	Italy	2021 Italian Single Lift Championships		Italy	
2	230	507	Matthew Holtry	US-NC	Masters Nationals	Fredericksburg	VA	
3	215	473.9	David Durant	US-VA	2021 Single Lift World Championships	Virgina Beach	VA	
4	210	462.9	Steve Holland	US-MD	Maryland States	Prince Frederick	MD	
5	202.5	446.4	John Schneider	US-OH	Tri State Championships	Bedford Heights	OH	
6	200	440.9	Vincenzo Lavorio	Italy	2021 Italian Single Lift Championships		Italy	
7	197.5	435.4	Noah Saboe	Canada	Rust Buster	Calgary	Alberta	
8	182.5	402.3	Andrew Harding	Canada	Rust Buster	Calgary	Alberta	
9	175	385.8	John Rodenhiser	US-MA	American Challenge 2021 - CT		CT	
10	157.5	347.2	James Logsdon	US-KY	American Challenge 2021 - VA		VA	
11	155	341.7	Mikeal Basile	US-NY	American Challenge 2021 - NY		NY	
12	100	220.4	Shakti Sharma	India	National Benchpress and Deadlift Championships	Karnal	India	

Weight Class: 198				Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	275	606.2	Robert Youngerman	US-OH	Tri State Championships	Bedford Heights	OH	
2	215	473.9	Brian McIntyre	US-VA	American Challenge 2021 - NC		NC	
3	205	451.9	John Cooper	US-NC	Southern Open	Javisburg	NC	
4	190	418.8	Marty Farris	US-VA	2021 Single Lift World Championships	Virgina Beach	VA	

5	182.5	402.3	Frank Nerone	US-OH	Tri State Championships	Bedford Heights	OH
6	170	374.7	Drew Hoffman	US-PA	Masters Nationals	Fredericksburg	VA
7	162.5	358.2	Aaron Chrietberg	US-MD	Masters Nationals	Fredericksburg	VA
8	130	286.5	Sukhjinder Singh	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 220							
Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	255	562.1	David Pignalosso	US-OH	Tri State Championships	Bedford Heights	OH
2	225	496	Gharjeet Singh	India	National Benchpress and Deadlift Championships	Karnal	India
3	220	485	Charles Schoeneberg	US-MD	Masters Nationals	Fredericksburg	VA
4	210	462.9	John Cooper	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
5	197.5	435.4	Brett Gibson	US-VA	Shenandoah Open	Woodstock	VA
6	115	253.5	Arun Barhok	India	National Benchpress and Deadlift Championships	Karnal	India
7	100	220.4	Vijay Ahuja	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 242							
Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	357.5	788.1	Michael Eaton	US-MD	2021 Powerlifting Worlds	York	PA
2	230	507	Stanley Hunter	US-NY	American Challenge 2021 - NY		NY
		507	Antonio Paoletta	Italy	2021 Italian Single Lift Championships		Italy
4	222.5	490.5	Jack Butler	US-PA	2021 Central PA Open	Clearfield	PA
5	212.5	468.4	Tim Durrett	US-VA	American Challenge 2021 - VA		VA
6	200	440.9	Sanjeev Sharma	India	National Benchpress and Deadlift Championships	Karnal	India
7	190	418.8	Lenny Holland	US-MD	American Challenge 2021 - MD		MD

Weight Class: 275							
Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	255	562.1	Chris Allen	US-VA	Masters Nationals	Fredericksburg	VA
2	250	551.1	Tab Brown	US-WV	2021 Powerlifting Worlds	York	PA
3	245	540.1	Marcus Wood	US-DC	American Challenge 2021 - MD		MD
4	237.5	523.5	Robert Dillingham	US-VA	Eastern USA Open	Woodstock	VA
5	210	462.9	Braxton Holland	US-MD	Big Gunz Open	Laplata	MD
6	195	429.8	Eric Hawes	US-PA	2021 Powerlifting Worlds	York	PA

Weight Class: 308							
Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Matt Slate	US-NV	2021 Single Lift World Championships	Virgina Beach	VA
2	227.5	501.5	DJ Stinson	US-VA	Masters Nationals	Fredericksburg	VA

Weight Class: SHW							
Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	300	661.3	Daniel Corridean	US-NC	2021 Single Lift World Championships	Virgina Beach	VA
2	297.5	655.8	Danial Corridean	US-NC	2021 Powerlifting Worlds	York	PA
3	265	584.2	David Kulbacki	US-PA	American Challenge 2021 - PA		PA
4	200	440.9	Jason Campbell	US-MA	Masters Nationals	Fredericksburg	VA
5	182.5	402.3	Jeremy Hayes	US-OH	Tri State Championships	Bedford Heights	OH

## 2021 Total Rankings Male

Weight Class: 132							
Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	330	727.5	Miguel Lule	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
2	292.5	644.8	Douglas Marx	US-NY	American Challenge 2021 - NY		NY

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

1	470	1036.1	George James	US-MD	American Challenge 2021 - VA		VA
2	370	815.7	David Kleinschuster	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 165				Total	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	572.5	1262.1	Michael Hart	US-PA	2021 Central PA Open	Clearfield	PA

Weight Class: 181				Total	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	542.5	1195.9	David Durant	US-VA	Eastern USA Open	Woodstock	VA
	542.5	1195.9	Noah Saboe	Canada	Rust Buster	Calgary	Alberta
3	515	1135.3	John Schneider	US-OH	Tri State Championships	Bedford Heights	OH
4	420	925.9	John Rodenhiser	US-MA	American Challenge 2021 - CT		CT
5	380	837.7	Andrew Harding	Canada	Rust Buster	Calgary	Alberta
6	365	804.6	Mikeal Basile	US-NY	American Challenge 2021 - NY		NY
7	357.5	788.1	James Logsdon	US-KY	American Challenge 2021 - VA		VA

Weight Class: 198				Total	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	627.5	1383.3	Robert Youngerman	US-OH	Tri State Championships	Bedford Heights	OH
2	555	1223.5	Brian McIntyre	US-VA	American Challenge 2021 - NC		NC
3	447.5	986.5	Aaron Chrietzberg	US-MD	Masters Nationals	Fredericksburg	VA
4	407.5	898.3	Marty Farris	US-VA	Eastern USA Open	Woodstock	VA
5	385	848.7	Drew Hoffman	US-PA	Masters Nationals	Fredericksburg	VA

Weight Class: 220				Total	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	670	1477	David Pignalosso	US-OH	Tri State Championships	Bedford Heights	OH
2	455	1003	Brett Gibson	US-VA	Shenandoah Open	Woodstock	VA

Weight Class: 242				Total	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	822.5	1813.2	Michael Eaton	US-MD	2021 Powerlifting Worlds	York	PA
2	580	1278.6	Jack Butler	US-PA	2021 Central PA Open	Clearfield	PA
3	557.5	1229	Tim Durrett	US-VA	2021 Powerlifting Worlds	York	PA

Weight Class: 275				Total	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	652.5	1438.5	Robert Dillingham	US-VA	Eastern USA Open	Woodstock	VA
2	642.5	1416.4	Tab Brown	US-WV	2021 Powerlifting Worlds	York	PA
3	620	1366.8	Chris Allen	US-VA	2021 Powerlifting Worlds	York	PA
4	467.5	1030.6	Eric Hawes	US-PA	2021 Powerlifting Worlds	York	PA

Weight Class: 308				Total	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	617.5	1361.3	DJ Stinson	US-VA	Masters Nationals	Fredericksburg	VA

Weight Class: SHW				Total	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	757.5	1669.9	Daniel Corridean	US-NC	2021 Powerlifting Worlds	York	PA
2	735	1620.3	Daniel Corridean	US-NC	American Challenge 2021 - NC		NC
3	730	1609.3	David Kulbacki	US-PA	American Challenge 2021 - PA		PA
4	362.5	799.1	Jason Campbell	US-MA	Masters Nationals	Fredericksburg	VA

## 2021 Strict Curl Rankings Male

Weight Class: 132								
Strict Curl				Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	40.5	89.2	Douglas Marx	US-NY	American Challenge 2021 - NY	NY		
	40.5	89.2	Miguel Lule	US-NC	OBX Powerlifting Championships	Jarvisburg	NC	

  

Weight Class: 148								
Strict Curl				Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	62.5	137.7	Steve Orseno	US-MA	2021 Single Lift World Championships	Virgina Beach	VA	
2	52	114.6	David Kleinschuster	US-NC	NC State Championship	Jarvisburg	NC	

  

Weight Class: 165								
Strict Curl				Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	66	145.5	Steve Orseno	US-MA	Masters Nationals	Fredericksburg	VA	

  

Weight Class: 181								
Strict Curl				Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	74.5	164.2	Pat Douglas	US-NE	2021 Single Lift World Championships	Virgina Beach	VA	
2	72.5	159.8	Llaldo Austin	US-FL	American Challenge 2021 - FL	FL		
3	62	136.6	Mikeal Basile	US-NY	American Challenge 2021 - NY	NY		
4	54	119	Greg Dixon	US-PA	2021 Central PA Open	Clearfield	PA	
5	53	116.8	Matthew Holtry	US-NC	Masters Nationals	Fredericksburg	VA	
	53	116.8	Steve Holland	US-MD	Patriots Single Lift Open	Prince Frederick	MD	

  

Weight Class: 198								
Strict Curl				Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	85	187.3	John Cooper	US-NC	Southern Open	Javisburg	NC	
2	60	132.2	Marty Farris	US-VA	Eastern USA Open	Woodstock	VA	

  

Weight Class: 220								
Strict Curl				Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	84	185.1	John Cooper	US-NC	OBX Powerlifting Championships	Jarvisburg	NC	
2	71	156.5	Charles Schoeneberg	US-MD	Masters Nationals	Fredericksburg	VA	
3	66.5	146.6	Luca Leonetti	US-CT	2021 CT State Championship	Cheshire	CT	
	66.5	146.6	Stanley Hunter	US-NY	Owego Winter Classic	Owego	NY	

  

Weight Class: 242								
Strict Curl				Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	85.5	188.4	John Cooper	US-NC	2021 Single Lift World Championships	Virgina Beach	VA	
2	54.5	120.1	Lenny Holland	US-MD	American Challenge 2021 - MD	MD		

  

Weight Class: 275								
Strict Curl				Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	77	169.7	Chad Weeden	US-NY	American Challenge 2021 - NY	NY		
2	73.5	162	Robert Dillingham	US-VA	Eastern USA Open	Woodstock	VA	
3	73	160.9	Chris Allen	US-VA	2021 Single Lift World Championships	Virgina Beach	VA	
4	67.5	148.8	Jerry Perdue	US-FL	American Challenge 2021 - FL	FL		
5	63.5	139.9	Steve Turner	US-WV	Virginia Open	Woodstock	VA	
6	60	132.2	Duane Hagstrom	US-FL	American Challenge 2021 - FL	FL		
7	54.5	120.1	Braxton Holland	US-MD	Big Gunz Open	Laplata	MD	

  

Weight Class: 308								
Strict Curl				Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	78.5	173	DJ Stinson	US-VA	Masters Nationals	Fredericksburg	VA	
2	71.5	157.6	Daniel Corridean	US-NC	American Challenge 2021 - NC	NC		

Weight Class: SHW			Strict Curl	Male				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	78	171.9	DJ Stinson	US-VA	Virginia Open	Woodstock	VA	
2	69.5	153.2	Daniel Corridean	US-NC	2021 Single Lift World Championships	Virgina Beach	VA	
3	50	110.2	Jason Campbell	US-MA	Masters Nationals	Fredericksburg	VA	