



## 2021 Masters 60+ Rankings

Updated 12/12/2021 Ed Kutin

[edkutin@gmail.com](mailto:edkutin@gmail.com)

### 2021 Squat Rankings Female

Weight Class: 114		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Karina Harris	Canada	Rust Buster	Calgary	Alberta

Weight Class: 123		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Marcia Anderson	US-VA	Eastern USA Open	Woodstock	VA

Weight Class: 132		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Linda Leightley	US-VA	2021 Powerlifting Worlds	York	PA

Weight Class: 148		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Deb Ellard	Canada	Rust Buster	Calgary	Alberta
2	75	165.3	Jane Bickel	US-PA	2021 Central PA Open	Clearfield	PA
3	57.5	126.7	Janet Reynolds	US-FL	American Challenge 2021 - FL		FL
4	45	99.2	Bonnie Thurston	US-FL	American Challenge 2021 - FL		FL

Weight Class: 181		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Kim Pollock	US-PA	American Challenge 2021 - PA		PA

Weight Class: 198+		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Katy Beyerle	US-OH	Tri State Championships	Bedford Heights	OH

### 2021 Bench Press Rankings Female

Weight Class: 114		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45.5	100.3	Jo Hendon	US-VA	Mid Atlantic Open	Fredericksburg	VA
2	40	88.1	Karina Harris	Canada	Rust Buster	Calgary	Alberta
3	35	77.1	Allie Neas	US-CO	Scorpion Sting	Westcliff	CO

Weight Class: 123		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	41	90.3	Marcia Anderson	US-VA	Eastern USA Open	Woodstock	VA
2	32	70.5	Karola Meyer	US-MD	Patriots Single Lift Open	Prince Frederick	MD

Weight Class: 132		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	47.5	104.7	Barbara Phillips	US-CO	Scorpion Sting	Westcliff	CO
2	45	99.2	Linda Leightley	US-VA	2021 Powerlifting Worlds	York	PA

Weight Class: 148							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Deb Ellard	Canada	Rust Buster	Calgary	Alberta
2	47.5	104.7	Janet Reynolds	US-FL	American Challenge 2021 - FL		FL
3	45	99.2	Jane Bickel	US-PA	2021 Central PA Open	Clearfield	PA
4	42.5	93.6	Diane Hiller	US-NY	Owego Winter Classic	Owego	NY
5	30	66.1	Bonnie Thurston	US-FL	American Challenge 2021 - FL		FL

Weight Class: 165							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Susan Shofner	US-OH	Tri State Championships	Bedford Heights	OH

Weight Class: 181							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57.5	126.7	Kim Pollock	US-PA	American Challenge 2021 - PA		PA
2	35	77.1	Denise Morell	US-DC	2021 Single Lift World Championships	Virgina Beach	VA

Weight Class: 198							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Linda Lee	US-VA	Mid Atlantic Open	Fredericksburg	VA
2	47.5	104.7	Helena Pettit	US-MD	Patriots Single Lift Open	Prince Frederick	MD

Weight Class: 198+							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40	88.1	Katy Beyerle	US-OH	Tri State Championships	Bedford Heights	OH

## 2021 Deadlift Rankings Female

Weight Class: 114							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Jo Hendon	US-VA	Mid Atlantic Open	Fredericksburg	VA
2	70	154.3	Karina Harris	Canada	Rust Buster	Calgary	Alberta

Weight Class: 123							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Jo Hendon	US-VA	American Challenge 2021 - VA		VA
2	102.5	225.9	Marcia Anderson	US-VA	Eastern USA Open	Woodstock	VA
3	93.5	206.1	Karola Meyer	US-MD	Patriots Single Lift Open	Prince Frederick	MD

Weight Class: 132							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Suzanne LaForge	US-FL	Scorpion Sting	Westcliff	CO
2	125	275.5	Linda Leightley	US-VA	2021 Powerlifting Worlds	York	PA
3	110	242.5	Barbara Phillips	US-CO	Scorpion Sting	Westcliff	CO

Weight Class: 148							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Deb Ellard	Canada	Rust Buster	Calgary	Alberta
2	110	242.5	Jane Bickel	US-PA	American Challenge 2021 - NJ		NJ
3	90	198.4	Janet Reynolds	US-FL	American Challenge 2021 - FL		FL
4	87.5	192.9	Bonnie Thurston	US-FL	American Challenge 2021 - FL		FL

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

1	100	220.4	Kim Pollock	US-PA	American Challenge 2021 - PA	PA
2	95	209.4	Denise Morell	US-DC	2021 Single Lift World Championships	Virgina Beach VA

Weight Class: 198		Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	153	337.3	Linda Lee	US-VA	Mid Atlantic Open	Fredericksburg VA
2	117.5	259	Helena Pettit	US-MD	Patriots Single Lift Open	Prince Frederick MD

Weight Class: 198+		Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	85	187.3	Katy Beyerle	US-OH	Tri State Championships	Bedford Heights OH

## 2021 Total Rankings Female

Weight Class: 114		Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	155	341.7	Karina Harris	Canada	Rust Buster	Calgary Alberta

Weight Class: 123		Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	218.5	481.7	Marcia Anderson	US-VA	Eastern USA Open	Woodstock VA

Weight Class: 132		Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	240	529.1	Linda Leightley	US-VA	2021 Powerlifting Worlds	York PA

Weight Class: 148		Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	300	661.3	Deb Ellard	Canada	Rust Buster	Calgary Alberta
2	230	507	Jane Bickel	US-PA	2021 Central PA Open	Clearfield PA
3	195	429.8	Janet Reynolds	US-FL	American Challenge 2021 - FL	FL
4	162.5	358.2	Bonnie Thurston	US-FL	American Challenge 2021 - FL	FL

Weight Class: 181		Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	232.5	512.5	Kim Pollock	US-PA	American Challenge 2021 - PA	PA

Weight Class: 198+		Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	232.5	512.5	Katy Beyerle	US-OH	Tri State Championships	Bedford Heights OH

## 2021 Strict Curl Rankings Female

Weight Class: 114		Strict Curl		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	26.5	58.4	Jo Hendon	US-VA	Mid Atlantic Open	Fredericksburg VA

Weight Class: 123		Strict Curl		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	22.5	49.6	Karola Meyer	US-MD	Patriots Single Lift Open	Prince Frederick MD

Weight Class: 148		Strict Curl		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	27	59.5	Diane Hiller	US-NY	Owego Winter Classic	Owego NY

Weight Class: 181		Strict Curl		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location

1	36.5	80.4	Kim Pollock	US-PA	American Challenge 2021 - PA	PA
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Weight Class: 198		Strict Curl		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	29.5	65	Helena Pettit	US-MD	Patriots Single Lift Open	Prince Frederick MD

## 2021 Squat Rankings Male

Weight Class: 132		Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	91	200.6	Jim Marchio	US-VA	Masters Nationals	Fredericksburg VA

Weight Class: 148		Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	90	198.4	Jack Welch	US-PA	American Challenge 2021 - PA	PA
2	87.5	192.9	Victor Shaffer	US-PA	American Challenge 2021 - PA	PA
3	25	55.1	Larry Edwards	US-OH	2021 Powerlifting Worlds	York PA

Weight Class: 165		Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	135	297.6	Mauro Mastrapasqua	Italy	2021 Italian Single Lift Championships	Italy
2	105	231.4	Terry Nicotra	US-PA	2021 Powerlifting Worlds	York PA
3	90	198.4	David Laszewski	US-NY	American Challenge 2021 - NY	NY
4	70	154.3	Perry Dworkin	US-FL	American Challenge 2021 - FL	FL

Weight Class: 181		Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	180	396.8	Vincenzo Lo Iacono	Italy	2021 Italian Single Lift Championships	Italy
2	92.5	203.9	Don Swingle	US-NY	American Challenge 2021 - PA	PA
3	62.5	137.7	Thomas Cenelli	US-NY	2021 Powerlifting Worlds	York PA

Weight Class: 198		Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	205	451.9	Robert Ludwig	US-PA	American Challenge 2021 - PA	PA
2	175	385.8	Don Kuhns	US-PA	2021 Central PA Open	Clearfield PA
3	132.5	292.1	Roy Apseloff	US-VA	Masters Nationals	Fredericksburg VA
4	130	286.5	Brian Alexander	US-NH	American Challenge 2021 - NH	NH
5	125	275.5	Bob Nicholas	US-OH	Tri State Championships	Bedford Heights OH
6	120	264.5	Mike Stensrud	US-FL	American Challenge 2021 - FL	FL
7	97.5	214.9	Aldo Jackson	US-PA	Masters Nationals	Fredericksburg VA

Weight Class: 220		Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	245	540.1	Lenny Creatura	US-CT	American Challenge 2021 - PA	PA
2	187.5	413.3	Phillip Rosenstern	US-PA	American Challenge 2021 - PA	PA
	187.5	413.3	Brian Alexander	US-OH	2021 Powerlifting Worlds	York PA
4	177.5	391.3	Bugs Bayer	US-PA	American Challenge 2021 - PA	PA
5	165	363.7	Dave Schneider	US-OH	Tri State Championships	Bedford Heights OH
6	162.5	358.2	Carl Inman	US-NC	Masters Nationals	Fredericksburg VA

Weight Class: 242		Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	230	507	Joseph Cancelliere	US-NJ	2021 Powerlifting Worlds	York PA
2	192.5	424.3	Rory McCoy	US-PA	2021 Powerlifting Worlds	York PA
3	160	352.7	Brant Givler	US-PA	2021 Powerlifting Worlds	York PA
4	97.5	214.9	Steve Reschke	US-KY	Masters Nationals	Fredericksburg VA

Weight Class: 308		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Raymond Clasing	US-MD	OBX Powerlifting Championships	Jarvisburg	NC

Weight Class: SHW		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	165	363.7	Michael Hogan	Canada	Rust Buster	Calgary	Alberta

## 2021 Bench Press Rankings Male

Weight Class: 132		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Jim Marchio	US-VA	Masters Nationals	Fredericksburg	VA

Weight Class: 148		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Mike Vito	US-MD	American Challenge 2021 - MD		MD
2	130	286.5	Guy Ha	US-SC	NC State Championship	Jarvisburg	NC
	130	286.5	Guy HA	US-SC	Masters Nationals	Fredericksburg	VA
4	82.5	181.8	Jack Welch	US-PA	American Challenge 2021 - PA		PA
5	77.5	170.8	Larry Edwards	US-OH	2021 Powerlifting Worlds	York	PA
6	70	154.3	Victor Shaffer	US-PA	American Challenge 2021 - PA		PA

Weight Class: 165		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Daniel Gordon	US-AL	2021 Single Lift World Championships	Virgina Beach	VA
2	82.5	181.8	Stu Levin	US-FL	2021 Single Lift World Championships	Virgina Beach	VA
3	80	176.3	Terry Nicotra	US-PA	2021 Powerlifting Worlds	York	PA
4	77.5	170.8	David Laszewski	US-NY	American Challenge 2021 - NY		NY
5	62.5	137.7	Yogi Sumner	US-FL	2021 Single Lift World Championships	Virgina Beach	VA
6	60	132.2	Pardeep Kumar	India	National Benchpress and Deadlift Championships	Karnal	India
7	47.5	104.7	Perry Dworkin	US-FL	American Challenge 2021 - FL		FL

Weight Class: 181		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	135	297.6	Raymond Harris	US-VA	Masters Nationals	Fredericksburg	VA
2	122.75	270.6	Larry Eastman	US-PA	American Challenge 2021 - OH		OH
3	122.5	270	Dennis Whysong	US-PA	Virginia Open	Woodstock	VA
4	110	242.5	Vincenzo Lo Iacono	Italy	2021 Italian Single Lift Championships		Italy
	110	242.5	Bill Cross	US-AZ	2021 Single Lift World Championships	Virgina Beach	VA
6	102.5	225.9	Brian Friary	US-MA	American Challenge 2021 - CT		CT
7	98.5	217.1	Edwin Rose	US-PA	Masters Nationals	Fredericksburg	VA
8	95	209.4	Billy Ray Powell	US-AZ	2021 Single Lift World Championships	Virgina Beach	VA
9	87.5	192.9	Bruce Maus	US-CT	Owego Winter Classic	Owego	NY
10	77.5	170.8	Giuseppe Cersosimo	Italy	2021 Italian Single Lift Championships		Italy
11	75	165.3	Don Swingle	US-NY	American Challenge 2021 - PA		PA
12	60	132.2	Pete Miller	US-VA	Masters Nationals	Fredericksburg	VA
	60	132.2	Thomas Cenelli	US-NY	American Challenge 2021 - PA		PA

Weight Class: 198		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	Robert Ludwig	US-PA	American Challenge 2021 - PA		PA
	150	330.6	Cosimo Orlando	Italy	2021 Italian Single Lift Championships		Italy
3	137.5	303.1	Raymond Harris	US-VA	American Challenge 2021 - VA		VA
4	135	297.6	Michael Shannon	US-NM	2021 Single Lift World Championships	Virgina Beach	VA
5	125.5	276.6	David Patrick	US-OH	2021 Ohio State Championships	Bedford Heights	OH

6	120	264.5	Don Kuhns	US-PA	2021 Central PA Open	Clearfield	PA
7	110	242.5	Alberto Palumbo	Italy	2021 Italian Single Lift Championships		Italy
8	100	220.4	Roy Apseloff	US-VA	Masters Nationals	Fredericksburg	VA
	100	220.4	Brian Alexander	US-NH	American Challenge 2021 - NH		NH
10	92.5	203.9	Bob Nicholas	US-OH	Tri State Championships	Bedford Heights	OH
11	90	198.4	Mike Stensrud	US-FL	American Challenge 2021 - FL		FL
12	70	154.3	Aldo Jackson	US-PA	Masters Nationals	Fredericksburg	VA

Weight Class: 220			Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Tony DiLucente	US-OH	2021 Ohio State Championships	Bedford Heights	OH
2	147.5	325.1	Lenny Creatura	US-CT	2021 Central PA Open	Clearfield	PA
3	142.5	314.1	Carl Inman	US-NC	Masters Nationals	Fredericksburg	VA
4	137.5	303.1	Alfredo Maestroni	Italy	2021 Italian Single Lift Championships		Italy
5	127.5	281	Kevin Hutchinson	US-IN	2021 Single Lift World Championships	Virgina Beach	VA
6	125	275.5	Butch Huey	US-PA	American Challenge 2021 - PA		PA
7	122.5	270	Chris Bresnahan	US-VA	NC State Championship	Jarvisburg	NC
8	110	242.5	Marek Mathias	Canada	Rust Buster	Calgary	Alberta
9	107.5	236.9	Dave Schneider	US-OH	Tri State Championships	Bedford Heights	OH
10	105	231.4	Richard Staten	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
	105	231.4	John Shifflett	US-VA	2021 Christmas Classic	Woodstock	VA
12	100	220.4	George Woodbury	US-FL	American Challenge 2021 - NC		NC
	100	220.4	Ray Berry	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
	100	220.4	Harry Miller	US-NY	Owego Winter Classic	Owego	NY
15	97.5	214.9	Phillip Rosenstern	US-PA	American Challenge 2021 - PA		PA
	97.5	214.9	Brian Alexander	US-OH	2021 Powerlifting Worlds	York	PA
17	90	198.4	Glen Shelton	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
18	80	176.3	Bugs Bayer	US-PA	American Challenge 2021 - PA		PA

Weight Class: 242			Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Nate Matthews	US-OH	Tri State Championships	Bedford Heights	OH
2	150	330.6	Brant Givler	US-PA	2021 Central PA Open	Clearfield	PA
3	137.5	303.1	Rory McCoy	US-PA	American Challenge 2021 - PA		PA
4	130	286.5	Brian Washington	US-MD	Patriots Single Lift Open	Prince Frederick	MD
5	112.5	248	John Shifflett	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
6	110	242.5	Joseph Cancelliere	US-NJ	2021 Powerlifting Worlds	York	PA
7	100	220.4	Gene Berry	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
8	95	209.4	Bernie Rhodes	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
9	77.5	170.8	Steve Reschke	US-KY	Masters Nationals	Fredericksburg	VA

Weight Class: 275			Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	180	396.8	Stephen Kozlowski	US-VA	NC State Championship	Jarvisburg	NC
2	145	319.6	Brad Lovejoy	US-OH	American Challenge 2021 - MD		MD
3	110	242.5	Bernie Rhodes	US-VA	American Challenge 2021 - NC		NC
4	105	231.4	Jim Jarboe	US-FL	American Challenge 2021 - FL		FL
5	100	220.4	Bill Parks	US-MD	American Challenge 2021 - MD		MD

Weight Class: 308			Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	167.5	369.2	Raymond Clasing	US-MD	2021 Single Lift World Championships	Virgina Beach	VA
2	142.5	314.1	Brad Lovejoy	US-NC	American Challenge 2021 - NC		NC
3	122.5	270	Jeffrey House	US-GA	2021 Christmas Classic	Woodstock	VA
4	100	220.4	Gord Goodman	Canada	Rust Buster	Calgary	Alberta

Weight Class: SHW		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	John Weirich	US-CO	Scorpion Sting	Westcliff	CO
2	142.5	314.1	Michael Hogan	Canada	Rust Buster	Calgary	Alberta
3	125	275.5	Ruffin Surls	US-SC	2021 Single Lift World Championships	Virgina Beach	VA

## 2021 Deadlift Rankings Male

Weight Class: 132		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	191	421	Jim Marchio	US-VA	Masters Nationals	Fredericksburg	VA

Weight Class: 148		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Victor Shaffer	US-PA	American Challenge 2021 - PA		PA
2	160	352.7	Carlo Ricci	Italy	2021 Italian Single Lift Championships		Italy
3	152.5	336.2	Jack Welch	US-PA	American Challenge 2021 - PA		PA
4	90	198.4	Larry Edwards	US-OH	2021 Powerlifting Worlds	York	PA

Weight Class: 165		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	195	429.8	Aniello Iaccarino	Italy	2021 Italian Single Lift Championships		Italy
2	162.5	358.2	Chip Jowett	US-MD	Patriots Single Lift Open	Prince Frederick	MD
3	147.5	325.1	David Laszewski	US-NY	American Challenge 2021 - NY		NY
4	137.5	303.1	Dave Hinckley	US-CT	American Challenge 2021 - CT		CT
5	130	286.5	Mauro Mastrapasqua	Italy	2021 Italian Single Lift Championships		Italy
6	127.5	281	Terry Nicotra	US-PA	2021 Powerlifting Worlds	York	PA
7	102.5	225.9	Yogi Sumner	US-FL	2021 Single Lift World Championships	Virgina Beach	VA
8	97.5	214.9	Perry Dworkin	US-FL	American Challenge 2021 - FL		FL

Weight Class: 181		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	200	440.9	Vincenzo Lo Iacono	Italy	2021 Italian Single Lift Championships		Italy
2	197.5	435.4	Jeffrey Driskill	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
3	170	374.7	Don Swingle	US-NY	American Challenge 2021 - PA		PA
		170	Bruce Maus	US-CT	Owego Winter Classic	Owego	NY
5	162.5	358.2	Chip Jowett	US-MD	Maryland States	Prince Frederick	MD
6	142.5	314.1	Pete Miller	US-VA	American Challenge 2021 - VA		VA
7	97.5	214.9	Thomas Cenelli	US-NY	American Challenge 2021 - PA		PA

Weight Class: 198		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	265	584.2	Phillip Rosenstern	US-PA	2021 Powerlifting Worlds	York	PA
2	255	562.1	Roy Apseloff	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
3	235	518	Robert Ludwig	US-PA	American Challenge 2021 - PA		PA
4	212.5	468.4	Doug Delainey	Canada	Rust Buster	Calgary	Alberta
5	210	462.9	Don Kuhns	US-PA	2021 Central PA Open	Clearfield	PA
6	205	451.9	Brian Alexander	US-NH	American Challenge 2021 - NH		NH
7	200	440.9	Graham Bartholomew	US-MD	Maryland States	Prince Frederick	MD
8	197.5	435.4	Stephen Koval	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
9	170	374.7	Bob Nicholas	US-OH	Tri State Championships	Bedford Heights	OH
10	150	330.6	Mike Stensrud	US-FL	American Challenge 2021 - FL		FL
11	142.5	314.1	Aldo Jackson	US-PA	2021 Powerlifting Worlds	York	PA
12	140	308.6	Richard Pettit	US-MD	Patriots Single Lift Open	Prince Frederick	MD

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

1	287.5	633.8	Lenny Creatura	US-CT	American Challenge 2021 - PA	PA
2	262.5	578.7	Phillip Rosenstern	US-PA	American Challenge 2021 - PA	PA
3	245	540.1	Frank Sowa	US-VA	American Challenge 2021 - NC	NC
4	240	529.1	Bob Cook	US-VA	American Challenge 2021 - VA	VA
5	230	507	Carl Inman	US-NC	Masters Nationals	Fredericksburg VA
6	220	485	Dave Schneider	US-OH	Tri State Championships	Bedford Heights OH
7	207.5	457.4	Vincenzo Vasile	Italy	2021 Italian Single Lift Championships	Italy
8	195	429.8	Bugs Bayer	US-PA	American Challenge 2021 - PA	PA
	195	429.8	Brian Alexander	US-OH	2021 Powerlifting Worlds	York PA
10	190	418.8	Harry Miller	US-NY	Owego Winter Classic	Owego NY
11	172.5	380.2	Richard Staten	US-VA	2021 Single Lift World Championships	Virginia Beach VA
12	165	363.7	Rich Coppins	US-VA	Mid Atlantic Open	Fredericksburg VA
13	142.5	314.1	Sam Jaffe	US-OH	2021 Ohio State Championships	Bedford Heights OH
14	105	231.4	Glen Shelton	US-VA	2021 Single Lift World Championships	Virginia Beach VA

Weight Class: 242			Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	272.5	600.7	Nate Matthews	US-OH	Tri State Championships	Bedford Heights OH
2	250	551.1	Joseph Cancelliere	US-NJ	2021 Powerlifting Worlds	York PA
3	245	540.1	Rory McCoy	US-PA	2021 Powerlifting Worlds	York PA
4	185	407.8	Brant Givler	US-PA	2021 Central PA Open	Clearfield PA
5	167.5	369.2	Bob Dunn	US-OH	American Challenge 2021 - OH	OH
6	160	352.7	Steve Reschke	US-KY	Masters Nationals	Fredericksburg VA

Weight Class: 275			Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	248	546.7	Stephen Kozlowski	US-VA	Masters Nationals	Fredericksburg VA
2	155	341.7	Jim Jarboe	US-FL	American Challenge 2021 - FL	FL

Weight Class: 308			Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	200	440.9	Raymond Clasing	US-MD	2021 Single Lift World Championships	Virginia Beach VA
2	170	374.7	Bob Shirley	US-VA	Masters Nationals	Fredericksburg VA
3	140	308.6	Jeffrey House	US-GA	2021 Christmas Classic	Woodstock VA

Weight Class: SHW			Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	242.5	534.6	Ruffin Surls	US-SC	2021 Single Lift World Championships	Virginia Beach VA
2	200	440.9	Michael Hogan	Canada	Rust Buster	Calgary Alberta
3	165	363.7	Bob Shirley	US-VA	American Challenge 2021 - VA	VA

## 2021 Total Rankings Male

Weight Class: 132			Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	362	798	Jim Marchio	US-VA	Masters Nationals	Fredericksburg VA

Weight Class: 148			Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	332.5	733	Victor Shaffer	US-PA	American Challenge 2021 - PA	PA
2	325	716.4	Jack Welch	US-PA	American Challenge 2021 - PA	PA
3	192.5	424.3	Larry Edwards	US-OH	2021 Powerlifting Worlds	York PA

Weight Class: 165			Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	315	694.4	David Laszewski	US-NY	American Challenge 2021 - NY	NY
2	312.5	688.9	Terry Nicotra	US-PA	2021 Powerlifting Worlds	York PA



3 215 473.9 Perry Dworkin US-FL American Challenge 2021 - FL FL

Weight Class: 181				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	337.5	744	Don Swingle	US-NY	American Challenge 2021 - PA	PA		
2	220	485	Thomas Cenelli	US-NY	2021 Powerlifting Worlds	York	PA	

Weight Class: 198				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	590	1300.7	Robert Ludwig	US-PA	American Challenge 2021 - PA	PA		
2	505	1113.3	Don Kuhns	US-PA	2021 Central PA Open	Clearfield	PA	
3	470	1036.1	Roy Apseloff	US-VA	Masters Nationals	Fredericksburg	VA	
4	435	959	Brian Alexander	US-NH	American Challenge 2021 - NH	NH		
5	387.5	854.2	Bob Nicholas	US-OH	Tri State Championships	Bedford Heights	OH	
6	360	793.6	Mike Stensrud	US-FL	American Challenge 2021 - FL	FL		
7	310	683.4	Aldo Jackson	US-PA	2021 Powerlifting Worlds	York	PA	

Weight Class: 220				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	680	1499.1	Lenny Creatura	US-CT	2021 Central PA Open	Clearfield	PA	
2	547.5	1207	Phillip Rosenstern	US-PA	American Challenge 2021 - PA	PA		
3	535	1179.4	Carl Inman	US-NC	Masters Nationals	Fredericksburg	VA	
4	492.5	1085.7	Dave Schneider	US-OH	Tri State Championships	Bedford Heights	OH	
5	480	1058.2	Brian Alexander	US-OH	2021 Powerlifting Worlds	York	PA	
6	452.5	997.5	Bugs Bayer	US-PA	American Challenge 2021 - PA	PA		

Weight Class: 242				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	590	1300.7	Joseph Cancelliere	US-NJ	2021 Powerlifting Worlds	York	PA	
2	572.5	1262.1	Rory McCoy	US-PA	2021 Powerlifting Worlds	York	PA	
3	482.5	1063.7	Brant Givler	US-PA	2021 Powerlifting Worlds	York	PA	
4	335	738.5	Steve Reschke	US-KY	Masters Nationals	Fredericksburg	VA	

Weight Class: 308				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	462.5	1019.6	Raymond Clasing	US-MD	OBX Powerlifting Championships	Jarvisburg	NC	

Weight Class: SHW				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	485	1069.2	Michael Hogan	Canada	Rust Buster	Calgary	Alberta	

## 2021 Strict Curl Rankings Male

Weight Class: 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	40.5	89.2	Victor Shaffer	US-PA	American Challenge 2021 - PA	PA		

Weight Class: 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	43.5	95.9	Brian Brindle	US-VA	2021 Single Lift World Championships	Virgina Beach	VA	
2	43	94.7	Dave Hinckley	US-CT	American Challenge 2021 - CT	CT		
3	42.5	93.6	David Laszewski	US-NY	American Challenge 2021 - NY	NY		
4	42	92.5	Stuart Levin	US-FL	American Challenge 2021 - NC	NC		
5	41	90.3	Stu Levin	US-FL	2021 Single Lift World Championships	Virgina Beach	VA	
6	40.5	89.2	Chip Jowett	US-MD	Patriots Single Lift Open	Prince Frederick	MD	
7	39.5	87	Patrick Taylor	US-KY	Shenandoah Open	Woodstock	VA	
8	31	68.3	Yogi Sumner	US-FL	2021 Single Lift World Championships	Virgina Beach	VA	

Weight Class: 181		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	58	127.8	Billy Ray Powell	US-AZ	2021 Single Lift World Championships	Virgina Beach	VA
2	48	105.8	Bennett Rubin	US-OH	2021 Ohio State Championships	Bedford Heights	OH
3	47.5	104.7	Thomas Hart	US-VT	American Challenge 2021 - NJ		NJ
		47.5	Brian Friary	US-MA	American Challenge 2021 - CT		CT
5	45	99.2	Bill Cross	US-AZ	2021 Single Lift World Championships	Virgina Beach	VA
6	44	97	David Laszewski	US-NY	Owego Winter Classic	Owego	NY
7	41.5	91.4	Chip Jowett	US-MD	Maryland States	Prince Frederick	MD
8	34	74.9	Thomas Cenelli	US-NY	American Challenge 2021 - PA		PA

Weight Class: 198		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	64	141	George Roy	US-VT	2021 CT State Championship	Cheshire	CT
2	59	130	Jim Gawronski	US-CT	American Challenge 2021 - CT		CT
3	50	110.2	David Patrick	US-OH	2021 Ohio State Championships	Bedford Heights	OH
4	46	101.4	Mark Dantzler	US-MD	2021 Single Lift World Championships	Virgina Beach	VA
5	45	99.2	Michael Shannon	US-NM	2021 Single Lift World Championships	Virgina Beach	VA
6	34.5	76	Richard Pettit	US-MD	Patriots Single Lift Open	Prince Frederick	MD

Weight Class: 220		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Billy Ray Powell	US-AZ	Masters Nationals	Fredericksburg	VA
2	65	143.2	Tony DiLucente	US-OH	American Challenge 2021 - OH		OH
3	56	123.4	Chris Bresnahan	US-VA	NC State Championship	Jarvisburg	NC
4	55	121.2	George Roy	US-VT	American Challenge 2021 - CT		CT
		55	Sam Jaffe	US-OH	American Challenge 2021 - OH		OH
6	51.5	113.5	Ken Berry	US-CT	American Challenge 2021 - CT		CT
7	45.5	100.3	Harry Miller	US-NY	Owego Winter Classic	Owego	NY
8	45	99.2	George Woodbury	US-FL	American Challenge 2021 - FL		FL
9	40	88.1	John Shifflett	US-VA	2021 Single Lift World Championships	Virgina Beach	VA

Weight Class: 242		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Nate Matthews	US-OH	Tri State Championships	Bedford Heights	OH
2	61.5	135.5	Brian Washington	US-MD	Patriots Single Lift Open	Prince Frederick	MD
3	60	132.2	Brant Givler	US-PA	2021 Central PA Open	Clearfield	PA
4	52.5	115.7	Bob Dunn	US-OH	American Challenge 2021 - PA		PA
5	47.5	104.7	Steve Reschke	US-KY	Masters Nationals	Fredericksburg	VA
6	46	101.4	Johnny Kosnow	US-ME	American Challenge 2021 - NH		NH
7	39	85.9	Bernie Rhodes	US-VA	2021 Single Lift World Championships	Virgina Beach	VA

Weight Class: 275		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Steve Kozlowski	US-VA	2021 Single Lift World Championships	Virgina Beach	VA
2	67	147.7	Stephen Kozlowski	US-VA	American Challenge 2021 - NC		NC
3	51.5	113.5	Bob Feeney	US-PA	Masters Nationals	Fredericksburg	VA
4	50	110.2	Brad Lovejoy	US-OH	American Challenge 2021 - MD		MD
5	41.5	91.4	Bernie Rhodes	US-VA	Southern Open	Javisburg	NC

Weight Class: 308		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Bill Schmepf	US-MD	2021 Single Lift World Championships	Virgina Beach	VA
2	66	145.5	Bill Schnepf	US-MD	Patriots Single Lift Open	Prince Frederick	MD
3	54	119	Jeffrey House	US-GA	2021 Christmas Classic	Woodstock	VA

4 52.5 115.7 Brad Lovejoy US-NC American Challenge 2021 - NC NC

Weight Class: SHW		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Roger Lovell	US-IN	2021 Single Lift World Championships	Virgina Beach	VA
2	47	103.6	Ray Wile	US-PA	American Challenge 2021 - PA		PA