



2022 Masters 40-49 Rankings

Updated 12/25/2022 Ed Kutin

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2022 Squat Rankings Female

Weight Class: 123				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Mariela Olivares	US-MD	American Challenge - MD	Prince Frederick	MD

Weight Class: 132				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	83.9	184.9	Evelyn Puisseau	US-FL	American Challenge - FL	Viera	FL

Weight Class: 148				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	106.5	234.7	Cristi Woldridge	US-FL	American Challenge - FL	Viera	FL
2	72.5	159.8	Suzanne Jeffers	US-NY	American Challenge - PA	Clearfield	PA
3	70	154.3	Melissa Ewell	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 165				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Lynne Michaud	Canada	Lift off		Canada

Weight Class: 181				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Kathleen MacDonald	Canada	Bridge Mania		Canada
2	65.7	144.8	Karen McLaughlin	US-WA	American Challenge - ID Championships	Couer D'Alene	ID

Weight Class: 198				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.3	379.8	LaRiena Ferguson	US-FL	American Challenge - FL	Viera	FL
2	87.5	192.9	Ammy Blenner-Hasset	Canada	Back to the Platform - Back Alley		Canada

Weight Class: 198+				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Erica Rojek	US-MD	American Challenge - MD	Prince Frederick	MD
2	105	231.4	Sarita Tams	Canada	Bridge Mania		Canada

2022 Bench Press Rankings Female

Weight Class: 114				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Alison Bulluck	US-VA	2022 Mid Atlantic	Mechanicsville	VA
2	30	66.1	Patti Mangone	US-PA	American Challenge - PA	Clearfield	PA

Weight Class: 123				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Kerry Self	US-VA	2022 Shenandoah Open	Woodstock	VA
2	57.5	126.7	Bianca Rivera	US-NY	American Challenge - NJ	Fair Lawn	NJ

3	55	121.2	Mariela Olivares	US-MD	American Challenge - MD	Prince Frederick	MD
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Weight Class: 132		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	52.1	114.8	Evelyn Puisseau	US-FL	American Challenge - FL	Viera	FL
2	32.5	71.6	Valerie Dixon	US-PA	2022 Great Lakes Championships	Erie	PA

Weight Class: 148		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	65	143.2	Meghan Wallace	US-OH	American Challenge - OH	Bedford Heights	OH
2	63	138.8	Kimberly Capers	US-MD	9-11 Patriots Open	Prince Frederick	MD
3	58.9	129.8	Cristi Woldridge	US-FL	American Challenge - FL	Viera	FL
4	55	121.2	Suzanne Jeffers	US-NY	2022 Great Lakes Championships	Erie	PA
5	50	110.2	Melissa Ewell	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 165		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	83	182.9	Natasha Beasley	US-VA	2022 Mid Atlantic	Mechanicsville	VA
2	62.5	137.7	Tricia Floyd	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	42.5	93.6	Lynne Michaud	Canada	Lift off		Canada
	42.5	93.6	Lisa Walker	US-VA	2022 Mid Atlantic	Mechanicsville	VA

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

1	75	165.3	Courtney Johnston	Canada	Full Strong Atlantic		Canada
2	72.5	159.8	Kathleen MacDonald	Canada	Bridge Mania		Canada
3	63.5	139.9	Karen McLaughlin	US-WA	American Challenge - ID Championships	Couer D'Alene	ID
4	62.5	137.7	Alicia Kindred	US-VA	American Challenge - VA	Fredericksburg	VA

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

1	86.1	189.8	LaRiena Ferguson	US-FL	American Challenge - FL	Viera	FL
2	82.5	181.8	Mona Espinosa	US-VA	2022 Masters Nationals	York	PA
	82.5	181.8	Mona Espinoza	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	57.5	126.7	Ammy Blenner-Hasset	Canada	Back to the Platform - Back Alley		Canada

Weight Class: 198+		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	75	165.3	Crystal Bridgforth	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	70	154.3	Erica Rojek	US-MD	American Challenge - MD	Prince Frederick	MD
3	57.5	126.7	Sarita Tams	Canada	Bridge Mania		Canada

2022 Deadlift Rankings				Female			
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Weight Class: 114		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	82.5	181.8	Alison Bulluck	US-VA	2022 Mid Atlantic	Mechanicsville	VA
2	35	77.1	Kavita Tanwer	India	International Powerlifting Championships		Dubai

Weight Class: 123		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	97.5	214.9	Mariela Olivares	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
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Weight Class: 132		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	97.5	214.9	Evelyn Puisseau	US-FL	American Challenge - FL	Viera	FL
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Weight Class: 148		Deadlift		Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127	279.9	Cristi Woldridge	US-FL	American Challenge - FL	Viera	FL
2	107.5	236.9	Melissa Ewell	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	97.5	214.9	Suzanne Jeffers	US-NY	American Challenge - PA	Clearfield	PA

Weight Class: 165			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Tricia Floyd	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	157.5	347.2	Janelle Ollivierre	US-DC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	150	330.6	Natasha Beasley	US-VA	2022 Mid Atlantic	Mechanicsville	VA
4	87.5	192.9	Lynne Michaud	Canada	Lift off		Canada

Weight Class: 181			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Kathleen MacDonald	Canada	Bridge Mania		Canada
2	152.5	336.2	Courtney Johnston	Canada	Full Strong Atlantic		Canada
3	102	224.8	Karen McLaughlin	US-WA	American Challenge - ID Championships	Couer D'Alene	ID

Weight Class: 198			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.3	379.8	LaRiena Ferguson	US-FL	American Challenge - FL	Viera	FL
2	112.5	248	Ammy Blenner-Hasset	Canada	Back to the Platform - Back Alley		Canada

Weight Class: 198+			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Erica Rojek	US-MD	American Challenge - MD	Prince Frederick	MD
2	150	330.6	Crystal Bridgforth	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	130	286.5	Sarita Tams	Canada	Bridge Mania		Canada
4	125	275.5	Amanda Dellinger	US-VA	2022 Christmas Classic	Woodstock	VA

2022 Total Rankings Female

Weight Class: 123			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	240	529.1	Mariela Olivares	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 132			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	233.5	514.7	Evelyn Puisseau	US-FL	American Challenge - FL	Viera	FL

Weight Class: 148			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	292.4	644.6	Cristi Woldridge	US-FL	American Challenge - FL	Viera	FL
2	227.5	501.5	Melissa Ewell	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	225	496	Suzanne Jeffers	US-NY	American Challenge - PA	Clearfield	PA

Weight Class: 165			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Lynne Michaud	Canada	Lift off		Canada

Weight Class: 181			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	370	815.7	Kathleen MacDonald	Canada	Bridge Mania		Canada
2	231.2	509.7	Karen McLaughlin	US-WA	American Challenge - ID Championships	Couer D'Alene	ID

Weight Class: 198			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	430.7	949.5	LaRiena Ferguson	US-FL	American Challenge - FL	Viera	FL

2	257.5	567.6	Ammy Blenner-Hasset	Canada	Back to the Platform - Back Alley	Canada
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Weight Class: 198+				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	350	771.6	Erica Rojek	US-MD	American Challenge - MD	Prince Frederick	MD
2	292.5	644.8	Sarita Tams	Canada	Bridge Mania		Canada

2022 Strict Curl Rankings Female

Weight Class: 114				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	23.5	51.8	Jill Sheakley	US-PA	2022 Mid Atlantic	Mechanicsville	VA
2	21	46.2	Patti Mangone	US-PA	American Challenge - PA	Clearfield	PA

Weight Class: 123				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36	79.3	Kerry Self	US-VA	2022 Christmas Classic	Woodstock	VA
2	31	68.3	Mariela Olivares	US-MD	2022 Masters Nationals	York	PA
3	28	61.7	Bianca Rivera	US-NY	American Challenge - NY	Owego	NY

Weight Class: 132				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	32	70.5	Mariela Olivares	US-MD	2022 Strict Curl Worlds	Virginia Beach	VA
2	22	48.5	Valerie Dixon	US-PA	American Challenge - PA	Clearfield	PA

Weight Class: 148				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	54.5	120.1	Tricia Floyd	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
2	34	74.9	Nicole Costantino	US-PA	2022 Central PA Power Day	Clearfield	PA
3	31	68.3	Kimberly Capers	US-MD	9-11 Patriots Open	Prince Frederick	MD
4	28	61.7	Suzanne Jeffers	US-NY	American Challenge - PA	Clearfield	PA
5	27.5	60.6	Meghan Wallace	US-OH	American Challenge - OH	Bedford Heights	OH
6	27	59.5	Melissa Ewell	US-NC	2022 OBX Open	Jarvisburg	NC

Weight Class: 165				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38.5	84.8	Lisa Walker	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
2	38	83.7	Natasha Beasley	US-VA	2022 Mid Atlantic	Mechanicsville	VA

Weight Class: 181				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	27	59.5	Alicia Kindred	US-VA	American Challenge - VA	Fredericksburg	VA

Weight Class: 198				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38.5	84.8	Mona Espinosa	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 198+				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38	83.7	Erica Rojek	US-MD	American Challenge - MD	Prince Frederick	MD

2022 Squat Rankings Male

Weight Class: 132				Squat	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Miguel Lule	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 181				Squat	Male		
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Jerod Blake	Canada	Retro Rewind		Canada
2	110	242.5	James Lagsdon	US-KY	2022 Masters Nationals	York	PA
3	75	165.3	Mohammad Shanbih Al Blooshi	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 198			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	217.5	479.5	Jeffrey Kepler	US-VA	2022 Masters Nationals	York	PA

Weight Class: 220			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	225	496	Steve Protomastro	US-NJ	American Challenge - NJ	Fair Lawn	NJ
2	175	385.8	Norm Garden	Canada	Bridge Mania		Canada
3	127.5	281	Andrew Harding	Canada	Retro Rewind		Canada

Weight Class: 242			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	185	407.8	Jack Butler	US-PA	2022 Great Lakes Championships	Erie	PA
2	182.5	402.3	James Bennett	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	165	363.7	Sanjeev Sharma	India	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	157.5	347.2	Tim Durrett	US-VA	American Challenge - VA	Fredericksburg	VA

Weight Class: 275			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	232	511.4	Tab Brown	US-WV	Ohio State Championships	Bedford	OH
2	195	429.8	Christopher Allen	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	192.5	424.3	Chris Allen	US-VA	2022 Mid Atlantic	Mechanicsville	VA

Weight Class: 308			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	272.5	600.7	Robert Cavalier	US-PA	2022 Great Lakes Championships	Erie	PA
	272.5	600.7	Daniel Corridean	US-NC	2022 Southern Open	Jarvisburg	NC
	272.5	600.7	Matt Slate	US-NV	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	217.5	479.5	Shawn Dorsey	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: SHW			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	312.9	689.8	Raymond Hodges	US-FL	American Challenge - FL	Viera	FL
2	170	374.7	David Rainwater	US-SC	NC State Championship	Jarvisburg	NC

2022 Bench Press Rankings Male

Weight Class: 132			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	43.5	95.9	Miguel Lule	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 165			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	135	297.6	Nasir Nantambu	US-NC	American Challenge - Dubai		Dubai
2	112.5	248	Amit Bajaj	India	International Powerlifting Championships		Dubai

Weight Class: 181			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Jacob Williams	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	158.7	349.8	Brian Adams	US-FL	American Challenge - FL	Viera	FL
3	120	264.5	Greg Dixon	US-PA	2022 Great Lakes Championships	Erie	PA
4	87.5	192.9	James Lagsdon	US-KY	2022 Masters Nationals	York	PA
5	80	176.3	Jerod Blake	Canada	Retro Rewind		Canada

	80	176.3	Pramod Kaniyambadi	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
7	70	154.3	Mohammad Shanbih Al Blooshi	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 198		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Jeffrey McDaniel	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	162.5	358.2	Jeffrey Kepler	US-VA	2022 Masters Nationals	York	PA
3	145	319.6	Manraj Singh	India	International Powerlifting Championships		Dubai
4	130	286.5	Brian McIntyre	US-VA	2022 Battle of the Border	Currituck	NC
5	57.5	126.7	Vijay Kumar	India	International Powerlifting Championships		Dubai

Weight Class: 220		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Charlie Schoneneberg	US-MD	2022 Masters Nationals	York	PA
2	150	330.6	Frank Nerone	US-OH	Ohio State Championships	Bedford	OH
3	145	319.6	Vikas Verma	India	International Powerlifting Championships		Dubai
4	135	297.6	Steve Protomastro	US-NJ	American Challenge - NJ	Fair Lawn	NJ
5	115	253.5	Norm Garden	Canada	Bridge Mania		Canada
6	85	187.3	Andrew Harding	Canada	Retro Rewind		Canada

Weight Class: 242		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	202.5	446.4	Sherm Pensyl	US-PA	American Challenge - PA	Clearfield	PA
2	182.5	402.3	Clint Poore	US-KY	American Challenge - Dubai		Dubai
3	170	374.7	Jack Butler	US-PA	2022 Great Lakes Championships	Erie	PA
4	160	352.7	Omar Barakat	UAE	International Powerlifting Championships		Dubai
		160	Kwame Grant	US-VA	2022 Mid Atlantic	Mechanicsville	VA
6	155	341.7	Jeremy Wright	US-NC	American Challenge - Dubai		Dubai
7	150	330.6	Tim Durrett	US-VA	American Challenge - VA	Fredericksburg	VA
		150	James Bennett	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
9	130	286.5	Deepak Dixit	India	International Powerlifting Championships		Dubai
		130	Sanjeev Sharma	India	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
11	92.5	203.9	Jerry Perdue	US-FL	2022 Ironman Nationals	Norfolk	VA

Weight Class: 275		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	210.9	464.9	Jorge Acevedo	US-FL	American Challenge - FL	Viera	FL
2	180	396.8	Tab Brown	US-WV	Ohio State Championships	Bedford	OH
3	177.5	391.3	Chris Allen	US-VA	2022 Mid Atlantic	Mechanicsville	VA
4	172.5	380.2	Christopher Allen	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
5	130	286.5	Sanjeev Sharma	India	International Powerlifting Championships		Dubai

Weight Class: 308		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Chris Pitts	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
		205	Matt Slate	US-NV	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	190	418.8	Sean Savage	Canada	Lift off		Canada
4	182.5	402.3	Robert Cavalier	US-PA	2022 Great Lakes Championships	Erie	PA
5	175	385.8	Daniel Corridean	US-NC	2022 Southern Open	Jarvisburg	NC
6	167.5	369.2	Jeremy Hayes	US-OH	Ohio State Championships	Bedford	OH
7	165.5	364.8	Dwayne Nill	US-WA	American Challenge - ID Championships	Couer D'Alene	ID
8	155	341.7	Shawn Dorsey	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
9	150	330.6	Lenwood Faulcon	US-MD	Big Gunz Open	Prince Frederick	MD

Weight Class: SHW		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	244.9	539.9	Raymond Hodges	US-FL	American Challenge - FL	Viera	FL
2	237.5	523.5	Pedro Mejias	US-NY	American Challenge - NY	Owego	NY

3 190 418.8 David Rainwater US-SC 2022 Masters Nationals York PA

2022 Deadlift Rankings Male

Weight Class: 132 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	217.5	479.5	George James	US-MD	American Challenge - PA	Clearfield	PA
2	157.5	347.2	Miguel Lule	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 148 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	220	485	George James	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 165 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	200	440.9	Nasir Nantambu	US-NC	American Challenge - Dubai		Dubai

Weight Class: 181 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	215	473.9	Steve Holland	US-MD	9-11 Patriots Open	Prince Frederick	MD
2	200	440.9	Jagpreet Singh	India	International Powerlifting Championships		Dubai
3	152.5	336.2	James Lagsdon	US-KY	2022 Masters Nationals	York	PA
4	132.5	292.1	Jerod Blake	Canada	Retro Rewind		Canada
5	130	286.5	Pramod Kaniyambadi	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
6	125	275.5	Mohammad Shanbih Al Blooshi	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 198 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	255	562.1	Jeffrey Kepler	US-VA	2022 Masters Nationals	York	PA
2	212.5	468.4	Brian McIntyre	US-VA	2022 Battle of the Border	Currituck	NC
3	192.5	424.3	Winfred Thomas	US-DC	American Challenge - MD	Prince Frederick	MD
4	135	297.6	Vijay Kumar	India	International Powerlifting Championships		Dubai

Weight Class: 220 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	260	573.1	Steve Protomastro	US-NJ	American Challenge - NJ	Fair Lawn	NJ
2	190	418.8	Norm Garden	Canada	Bridge Mania		Canada
3	182.5	402.3	Frank Nerone	US-OH	Ohio State Championships	Bedford	OH
4	165	363.7	Andrew Harding	Canada	Retro Rewind		Canada

Weight Class: 242 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	James Bennett	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	227.5	501.5	Jack Butler	US-PA	2022 Great Lakes Championships	Erie	PA
3	205	451.9	Sanjeev Sharma	India	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	190	418.8	Tim Durrett	US-VA	American Challenge - VA	Fredericksburg	VA
5	150	330.6	Deepak Dixit	India	International Powerlifting Championships		Dubai

Weight Class: 275 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	265	584.2	Tab Brown	US-WV	2022 Tri State Championships	Bedford Heights	OH
2	250	551.1	Chris Allen	US-VA	2022 Mid Atlantic	Mechanicsville	VA
3	247.5	545.6	Christopher Allen	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	204.1	449.9	Jorge Acevedo	US-FL	American Challenge - FL	Viera	FL
5	200	440.9	Sanjeev Sharma	India	International Powerlifting Championships		Dubai
6	165	363.7	Neeraj Kumar	India	International Powerlifting Championships		Dubai

Weight Class: 308 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	283	623.9	Daniel Corridean	US-NC	2022 Southern Open	Jarvisburg	NC
2	265	584.2	Matt Slate	US-NV	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	263	579.8	Dwayne Nill	US-WA	American Challenge - ID Championships	Couer D'Alene	ID
4	255	562.1	Robert Cavalier	US-PA	2022 Great Lakes Championships	Erie	PA
5	235	518	Sean Savage	Canada	Lift off		Canada
6	185	407.8	Shawn Dorsey	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
7	182.5	402.3	Jeremy Hayes	US-OH	Ohio State Championships	Bedford	OH

Weight Class: SHW			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	337.9	744.9	Raymond Hodges	US-FL	American Challenge - FL	Viera	FL
2	205	451.9	David Rainwater	US-SC	2022 Masters Nationals	York	PA

2022 Total Rankings				Male			
Weight Class: 132			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	321	707.6	Miguel Lule	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 181			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	350	771.6	James Lagsdon	US-KY	2022 Masters Nationals	York	PA
2	337.5	744	Jerod Blake	Canada	Retro Rewind		Canada
3	270	595.2	Mohammad Shanbih Al Blooshi	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 198			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	635	1399.9	Jeffrey Kepler	US-VA	2022 Masters Nationals	York	PA

Weight Class: 220			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	620	1366.8	Steve Protomastro	US-NJ	American Challenge - NJ	Fair Lawn	NJ
2	480	1058.2	Norm Garden	Canada	Bridge Mania		Canada
3	377.5	832.2	Andrew Harding	Canada	Retro Rewind		Canada

Weight Class: 242			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	582.5	1284.1	Jack Butler	US-PA	2022 Great Lakes Championships	Erie	PA
	582.5	1284.1	James Bennett	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	500	1102.3	Sanjeev Sharma	India	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	497.5	1096.7	Tim Durrett	US-VA	American Challenge - VA	Fredericksburg	VA

Weight Class: 275			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	667.5	1471.5	Tab Brown	US-WV	2022 Tri State Championships	Bedford Heights	OH
2	620	1366.8	Chris Allen	US-VA	2022 Mid Atlantic	Mechanicsville	VA
3	615	1355.8	Christopher Allen	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 308			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	742.5	1636.9	Matt Slate	US-NV	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	730.5	1610.4	Daniel Corridean	US-NC	2022 Southern Open	Jarvisburg	NC
3	710	1565.2	Robert Cavalier	US-PA	2022 Great Lakes Championships	Erie	PA
4	557.5	1229	Shawn Dorsey	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

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

1	895.7	1974.6	Raymond Hodges	US-FL	American Challenge - FL	Viera	FL
2	565	1245.5	David Rainwater	US-SC	2022 Masters Nationals	York	PA

2022 Strict Curl Rankings Male

Weight Class: 132				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	49.5	109.1	George James	US-MD	American Challenge - PA	Clearfield	PA
2	43.5	95.9	Miguel Lule	US-NC	NC State Championship	Jarvisburg	NC

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

1	65	143.2	Steve Orseno	US-MA	American Challenge - NJ	Fair Lawn	NJ
2	59	130	Adam Sowards	US-MI	Ohio State Championships	Bedford	OH
3	52.5	115.7	Eric Hoftmann	US-VT	American Challenge - NY	Owego	NY
4	48	105.8	Eric Hofmann	US-VT	2022 Strict Curl Worlds	Virginia Beach	VA
5	45.5	100.3	Henny Jimenez	US-NJ	American Challenge - NJ	Fair Lawn	NJ

Weight Class: 165				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	58	127.8	Nasir Nantambu	US-NC	American Challenge - Dubai		Dubai
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Weight Class: 181				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	70.5	155.4	Brian Persons	US-OH	Ohio State Championships	Bedford	OH
2	55.5	122.3	Greg Dixon	US-PA	2022 Central PA Power Day	Clearfield	PA
3	54	119	Steve Holland	US-MD	2022 Maryland States	Prince Frederick	MD
4	40	88.1	Mohammad Shanbin Al Blooshl	UAE	2022 Strict Curl Worlds	Virginia Beach	VA
5	35	77.1	Pramod Kaniyambadi	UAE	2022 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 198				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	91	200.6	John Cooper	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA
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Weight Class: 220				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	77	169.7	Charles Schoeneberg	US-MD	2022 Strict Curl Worlds	Virginia Beach	VA
2	67	147.7	Stanley Hunter	US-NY	American Challenge - NY	Owego	NY
3	66	145.5	Charlie Schoneneberg	US-MD	2022 Masters Nationals	York	PA
	66	145.5	Jerry Perdue	US-FL	2022 Strict Curl Worlds	Virginia Beach	VA

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

1	91	200.6	Kwame Grant	US-VA	2022 Christmas Classic	Woodstock	VA
2	65	143.2	Jerry Perdue	US-FL	2022 Ironman Nationals	Norfolk	VA
3	62	136.6	Jeremy Wright	US-NC	American Challenge - Dubai		Dubai
4	60	132.2	Sanjeev Sharma	India	2022 Strict Curl Worlds	Virginia Beach	VA
5	55	121.2	Tim Durrett	US-VA	American Challenge - VA	Fredericksburg	VA
6	45	99.2	Deepak Dixit	India	International Powerlifting Championships		Dubai

Weight Class: 275				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	75	165.3	Chris Allen	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
2	68.5	151	Tab Brown	US-WV	Ohio State Championships	Bedford	OH
3	62.5	137.7	Sanjeev Sharma	India	International Powerlifting Championships		Dubai

Weight Class: 308				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	82	180.7	Chris Pitts	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA
2	71	156.5	Chad Weeden	US-NY	American Challenge - NY	Owego	NY
3	70	154.3	Daniel Corridean	US-NC	2022 Battle of the Border	Currituck	NC

Weight Class: SHW		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	91	200.6	Joseph Sabol	US-PA	Archetype Power Showdown	Raleigh	NC
2	55	121.2	Matt Jones	US-WV	American Challenge - OH	Bedford Heights	OH