



2022 Masters 50-59 Rankings

Updated 12/25/2022 Ed Kutin

edkutin@gmail.com

2022 Squat Rankings Female

Weight Class: 105				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Kimberly Price	US-VA	2022 Masters Nationals	York	PA

Weight Class: 114				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Jodi McCain	US-MD	American Challenge - MD	Prince Frederick	MD

Weight Class: 123				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Lori McMahon	US-PA	2022 Central PA Power Day	Clearfield	PA
2	81.6	179.8	Lisa Hoyt	US-WA	American Challenge - FL	Viera	FL
3	55	121.2	Geri-Lynn Hoffman	US-PA	2022 Masters Nationals	York	PA
4	42.5	93.6	Beth Permelia	US-VA	2022 Mid Atlantic	Mechanicsville	VA

Weight Class: 132				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Kristin Gulling	US-OH	Ohio State Championships	Bedford	OH
2	67.5	148.8	Mary Stull	Canada	Back to the Platform - Back Alley		Canada
3	57.5	126.7	Geri-Lyn Hoffman	US-PA	2022 Central PA Power Day	Clearfield	PA

Weight Class: 148				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	90	198.4	Mary Lou Norris	US-PA	American Challenge - OH	Bedford Heights	OH
2	60	132.2	Vanaja Nair	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 165				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Andrea Lehman	US-PA	American Challenge - PA	Clearfield	PA

Weight Class: 181				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Andrea Lehman	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	45	99.2	Crystal Rhoades	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 198+				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115.6	254.8	Ronda Bouie	US-FL	American Challenge - FL	Viera	FL
2	92.5	203.9	Charlotte Baker	US-VA	2022 Masters Nationals	York	PA
3	70	154.3	Rachel Ryan	Canada	Retro Rewind		Canada

2022 Bench Press Rankings Female

Weight Class: 105				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	42.5	93.6	Kimberly Price	US-VA	2022 Masters Nationals	York	PA
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Weight Class: 114							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Jodi McCain	US-MD	American Challenge - MD	Prince Frederick	MD

Weight Class: 123							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	74.8	164.9	Lisa Hoyt	US-WA	American Challenge - FL	Viera	FL
2	70	154.3	Lori McMahon	US-PA	2022 Central PA Power Day	Clearfield	PA
3	40	88.1	Beth Permelia	US-VA	2022 Mid Atlantic	Mechanicsville	VA
4	37.5	82.6	Geri-Lynn Hoffman	US-PA	2022 Masters Nationals	York	PA

Weight Class: 132							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	52.5	115.7	Krystal Brown	US-VA	2022 Christmas Classic	Woodstock	VA
2	45	99.2	Kristin Gulling	US-OH	Ohio State Championships	Bedford	OH
3	42.5	93.6	Mary Stull	Canada	Back to the Platform - Back Alley		Canada
4	32.5	71.6	Geri-Lyn Hoffman	US-PA	2022 Central PA Power Day	Clearfield	PA

Weight Class: 148							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	68.5	151	Karen Walsh	US-OH	2022 Tri State Championships	Bedford Heights	OH
2	52.5	115.7	Mary Lou Norris	US-PA	American Challenge - OH	Bedford Heights	OH
3	40	88.1	Vanaja Nair	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 165							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Claire Cooney	Canada	Back to the Platform - Back Alley		Canada
2	50	110.2	Cynthia Virgil	US-VA	2022 Shenandoah Open	Woodstock	VA
3	42.5	93.6	Andrea Lehman	US-PA	American Challenge - PA	Clearfield	PA

Weight Class: 181							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Crystal Rhoades	US-NC	NC State Championship	Jarvisburg	NC
	45	99.2	Andrea Lehman	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	37.2	82	Lora Viator	US-VA	2022 Shenandoah Open	Woodstock	VA

Weight Class: 198							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	60.5	133.3	Lori McWatters	Canada	International Powerlifting Championships		Dubai

Weight Class: 198+							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Dorothy Sosnicki	US-AZ	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	72.5	159.8	Ronda Bouie	US-FL	American Challenge - FL	Viera	FL
3	70	154.3	Kristianne Bebout	US-NC	2022 Shenandoah Open	Woodstock	VA
4	65	143.2	Charlotte Baker	US-VA	2022 Masters Nationals	York	PA
5	55	121.2	Kathleen Delaine	Canada	International Powerlifting Championships		Dubai
6	50	110.2	Rachel Ryan	Canada	Retro Rewind		Canada

2022 Deadlift Rankings Female

Weight Class: 105							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110	242.5	Kimberly Price	US-VA	2022 Masters Nationals	York	PA

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

1	87.5	192.9	Jodi McCain	US-MD	American Challenge - MD	Prince Frederick	MD
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Weight Class: 123							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.9	259.9	Lisa Hoyt	US-WA	American Challenge - FL	Viera	FL
2	115	253.5	Denise Jaffe	US-OH	2022 Tri State Championships	Bedford Heights	OH
	115	253.5	Lori McMahon	US-PA	2022 Central PA Power Day	Clearfield	PA
4	100	220.4	Beth Permelia	US-VA	2022 Mid Atlantic	Mechanicsville	VA
5	90	198.4	Geri-Lynn Hoffman	US-PA	2022 Masters Nationals	York	PA

Weight Class: 132							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95	209.4	Mary Stull	Canada	Back to the Platform - Back Alley		Canada
2	92.5	203.9	Kristin Gulling	US-OH	Ohio State Championships	Bedford	OH
3	90	198.4	Geri-Lyn Hoffman	US-PA	2022 Central PA Power Day	Clearfield	PA

Weight Class: 148							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Mary Lou Norris	US-PA	Ohio State Championships	Bedford	OH
2	100	220.4	Vanaja Nair	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 165							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Andrea Lehman	US-PA	American Challenge - PA	Clearfield	PA

Weight Class: 181							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110	242.5	Lora Viator	US-VA	2022 Shenandoah Open	Woodstock	VA
	110	242.5	Andrea Lehman	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	75	165.3	Crystal Rhoades	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 198+							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	130	286.5	Charlotte Baker	US-VA	2022 Masters Nationals	York	PA
2	124.7	274.9	Ronda Bouie	US-FL	American Challenge - FL	Viera	FL
3	122.5	270	Kristianne Bebout	US-NC	2022 Shenandoah Open	Woodstock	VA
4	120	264.5	Rachel Ryan	Canada	Retro Rewind		Canada

2022 Total Rankings Female

Weight Class: 105							
Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	225	496	Kimberly Price	US-VA	2022 Masters Nationals	York	PA

Weight Class: 114							
Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	185	407.8	Jodi McCain	US-MD	American Challenge - MD	Prince Frederick	MD

Weight Class: 123							
Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	274.3	604.7	Lisa Hoyt	US-WA	American Challenge - FL	Viera	FL
2	272.5	600.7	Lori McMahon	US-PA	2022 Central PA Power Day	Clearfield	PA
3	182.5	402.3	Geri-Lynn Hoffman	US-PA	2022 Masters Nationals	York	PA
	182.5	402.3	Beth Permelia	US-VA	2022 Mid Atlantic	Mechanicsville	VA

Weight Class: 132							
Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Mary Stull	Canada	Back to the Platform - Back Alley		Canada
2	197.5	435.4	Kristin Gulling	US-OH	Ohio State Championships	Bedford	OH

3	180	396.8	Geri-Lyn Hoffman	US-PA	2022 Central PA Power Day	Clearfield	PA
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Weight Class: 148		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	252.5	556.6	Mary Lou Norris	US-PA	American Challenge - OH	Bedford Heights	OH
2	200	440.9	Vanaja Nair	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 165		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	212.5	468.4	Andrea Lehman	US-PA	American Challenge - PA	Clearfield	PA

Weight Class: 181		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	235	518	Andrea Lehman	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	157.5	347.2	Crystal Rhoades	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 198+		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	312.8	689.5	Ronda Bouie	US-FL	American Challenge - FL	Viera	FL
2	287.5	633.8	Charlotte Baker	US-VA	2022 Masters Nationals	York	PA
3	240	529.1	Rachel Ryan	Canada	Retro Rewind		Canada

2022 Strict Curl Rankings Female

Weight Class: 123		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36.5	80.4	Krystal Brown	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
2	29	63.9	Denise Jaffe	US-OH	2022 Tri State Championships	Bedford Heights	OH

Weight Class: 132		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36.5	80.4	Krystal Brown	US-VA	2022 Masters Nationals	York	PA

Weight Class: 148		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	26.5	58.4	Karen Walsh	US-OH	2022 Tri State Championships	Bedford Heights	OH
2	22	48.5	Vanaja Nair	UAE	2022 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 165		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38.5	84.8	Cynthia Virgil	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
2	20.5	45.1	Andrea Lehman	US-PA	American Challenge - PA	Clearfield	PA
		20.5	Crystal Rhoades	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA
4	10	22	Geetanjali Sharma	India	International Powerlifting Championships		Dubai

Weight Class: 181		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	28	61.7	Andrea Lehman	US-PA	2022 Strict Curl Worlds	Virginia Beach	VA
2	25	55.1	Lora Viator	US-VA	2022 Shenandoah Open	Woodstock	VA
3	20	44	Crystal Rhoades	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 198		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Lori McWatters	Canada	International Powerlifting Championships		Dubai

Weight Class: 198+		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	43	94.7	Dorothy Sosnicki	US-AZ	American Challenge - Dubai		Dubai
2	30	66.1	Kathleen Delainey	Canada	International Powerlifting Championships		Dubai

3 29.5 65 Kristianne Bebout US-NC 2022 Shenandoah Open Woodstock VA

2022 Squat Rankings Male

Weight Class: 123 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	110	242.5	Gary Teeter	US-PA	2022 Mid Atlantic	Mechanicsville VA

Weight Class: 132 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	124.5	274.4	Gary Teeter	US-PA	American Challenge - NC	Elizabeth City NC

Weight Class: 148 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	157.5	347.2	Joe Martucci	US-PA	2022 Great Lakes Championships	Erie PA
2	120	264.5	Gary Teeter	US-PA	2022 Masters Nationals	York PA
3	105	231.4	Ben Zak	US-NC	2022 Southern Open	Jarvisburg NC

Weight Class: 165 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	210	462.9	Brian Stoner	US-NY	2022 Tri State Championships	Bedford Heights OH
2	160	352.7	Christopher Stewart	US-VA	2022 Mid Atlantic	Mechanicsville VA
3	147.5	325.1	David Machmer	US-PA	2022 Masters Nationals	York PA
4	142.5	314.1	John Permelia	US-VA	2022 Mid Atlantic	Mechanicsville VA
5	137.5	303.1	Gary Teeter	US-PA	NC State Championship	Jarvisburg NC
6	125	275.5	Drew Hoffman	US-PA	2022 Masters Nationals	York PA
7	110	242.5	Douglas Nola	US-PA	2022 Central PA Power Day	Clearfield PA
8	102.5	225.9	Neal Brown	US-NC	NC State Championship	Jarvisburg NC
9	97.5	214.9	Daniel McQuillen	US-PA	2022 Great Lakes Championships	Erie PA

Weight Class: 181 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	180	396.8	Pat Huntley	US-PA	2022 Masters Nationals	York PA
2	172.5	380.2	James Darr	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach VA
3	150	330.6	Timo Quintana	US-OH	2022 Tri State Championships	Bedford Heights OH
4	142.5	314.1	Kevin Outland	US-NC	American Challenge - NC	Elizabeth City NC
5	130	286.5	Drew Hoffman	US-PA	2022 Central PA Power Day	Clearfield PA
6	100	220.4	Michael Joseph	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach VA

Weight Class: 198 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	170	374.7	David Atwood	US-ID	American Challenge - ID Championships	Couer D'Alene ID
2	160	352.7	Rich Sadiv	US-NJ	American Challenge - NJ	Fair Lawn NJ
3	117.5	259	Spencer Stevens	Canada	Retro Rewind	Canada

Weight Class: 220 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	249.4	549.8	James Jacobs	US-FL	American Challenge - FL	Viera FL
2	210	462.9	Brad Swidzinski	Canada	Retro Rewind	Canada
3	185	407.8	Terry Napisa	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach VA

Weight Class: 242 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	215	473.9	Larry Carroll	US-DC	2022 Powerlifting and Single Lift Worlds	Virginia Beach VA
2	210	462.9	James Storch	US-NY	American Challenge - PA	Clearfield PA
3	205	451.9	James Edwards	US-VA	2022 Masters Nationals	York PA
4	182.5	402.3	Jack Butler	US-PA	2022 Central PA Power Day	Clearfield PA
5	162.5	358.2	Craig Jarron	Canada	Retro Rewind	Canada

6	61.2	134.9	James Allen	US-FL	American Challenge - FL	Viera	FL
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Weight Class: 275		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	282.5	622.7	Kevin Dixon	Canada	Bridge Mania	Canada	
2	237.5	523.5	Larry Carroll	US-DC	American Challenge - MD	Prince Frederick	MD
3	235	518	Jeff Lawson	US-PA	American Challenge - OH	Bedford Heights	OH
4	222.5	490.5	Ed Henderson	US-PA	American Challenge - PA	Clearfield	PA
5	200	440.9	Don Hickey	US-PA	2022 Masters Nationals	York	PA
6	182.5	402.3	Chris Fry	US-VA	2022 Masters Nationals	York	PA

Weight Class: SHW		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Bill Reedy	US-VA	2022 Masters Nationals	York	PA

2022 Bench Press Rankings Male

Weight Class: 123		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Gary Teeter	US-PA	2022 Mid Atlantic	Mechanicsville	VA

Weight Class: 132		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107	235.8	Gary Teeter	US-PA	2022 Christmas Classic	Woodstock	VA

Weight Class: 148		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Gary Teeter	US-PA	Eastern USA Open	Woodstock	PA
2	100	220.4	Ben Zak	US-NC	2022 OBX Open	Jarvisburg	NC
3	95	209.4	Joe Martucci	US-PA	2022 Great Lakes Championships	Erie	PA

Weight Class: 165		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	153	337.3	John Self	US-VA	2022 Mid Atlantic	Mechanicsville	VA
2	120	264.5	Gary Teeter	US-PA	2022 NJ Open	Fair Lawn	NJ
	120	264.5	Brian Stoner	US-NY	2022 Tri State Championships	Bedford Heights	OH
4	105	231.4	Christopher Stewart	US-VA	2022 Mid Atlantic	Mechanicsville	VA
5	102.5	225.9	John Permelia	US-VA	2022 Mid Atlantic	Mechanicsville	VA
6	100	220.4	Stephen Gregori	US-MD	2022 Masters Nationals	York	PA
	100	220.4	David Machmer	US-PA	2022 Masters Nationals	York	PA
8	97.5	214.9	Oleg Tyan	Canada	Retro Rewind		Canada
9	85	187.3	Daniel McQuillen	US-PA	2022 Great Lakes Championships	Erie	PA
	85	187.3	Douglas Nola	US-PA	2022 Central PA Power Day	Clearfield	PA
11	80	176.3	Neal Brown	US-NC	NC State Championship	Jarvisburg	NC
12	72.5	159.8	Drew Hoffman	US-PA	2022 Masters Nationals	York	PA

Weight Class: 181		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	John Mangone	US-PA	American Challenge - OH	Bedford Heights	OH
2	147.5	325.1	Daniel Henson	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	142.5	314.1	John Jackson	US-MD	2022 Shenandoah Open	Woodstock	VA
4	132.5	292.1	Todd Traylor	US-VA	2022 Mid Atlantic	Mechanicsville	VA
5	122.5	270	Timo Quintana	US-OH	2022 Tri State Championships	Bedford Heights	OH
6	117.5	259	Pat Huntley	US-PA	2022 Masters Nationals	York	PA
	117.5	259	Will Lynch	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
	117.5	259	James Darr	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
9	85	187.3	Michael Joseph	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
10	82.5	181.8	Drew Hoffman	US-PA	2022 Central PA Power Day	Clearfield	PA
11	65	143.2	Neal Brown	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

12 30 66.1 Surinder Kumar India International Powerlifting Championships Dubai

Weight Class: 198		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	David Blattenberger	US-PA	2022 Masters Nationals	York	PA
2	115	253.5	Rich Sadiv	US-NJ	American Challenge - NJ	Fair Lawn	NJ
3	108.8	239.8	David Atwood	US-ID	American Challenge - ID Championships	Couer D'Alene	ID
4	107.5	236.9	Deane Welker	US-PA	American Challenge - PA	Clearfield	PA
5	100	220.4	Barry Capps	US-SC	American Challenge - NC	Elizabeth City	NC
6	72.5	159.8	Spencer Stevens	Canada	Retro Rewind		Canada

Weight Class: 220		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	163.2	359.7	James Jacobs	US-FL	American Challenge - FL	Viera	FL
2	162.5	358.2	Tom Reumont	US-MD	American Challenge - MD	Prince Frederick	MD
3	155	341.7	Randy Elbert	US-MD	2022 Masters Nationals	York	PA
4	145	319.6	Joe Cotton	US-VA	2022 Masters Nationals	York	PA
5	137.5	303.1	Terry Napisa	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
6	125	275.5	Brad Swidzinski	Canada	Lift off		Canada
	125	275.5	Tony Huffman	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 242		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	185	407.8	David Gruna	US-WI	2022 Masters Nationals	York	PA
2	183.7	404.9	James Allen	US-FL	American Challenge - FL	Viera	FL
3	161	354.9	Reno Birt	US-FL	2022 Shenandoah Open	Woodstock	VA
4	157.5	347.2	Jack Butler	US-PA	2022 Central PA Power Day	Clearfield	PA
5	147.5	325.1	Larry Carroll	US-DC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
6	132.5	292.1	James Edwards	US-VA	2022 Masters Nationals	York	PA
7	130	286.5	James Storch	US-NY	American Challenge - PA	Clearfield	PA
8	115	253.5	Craig Jarron	Canada	Retro Rewind		Canada
9	112.5	248	Todd King	US-NC	2022 Southern Open	Jarvisburg	NC
10	107.5	236.9	Mike Knopf	US-CT	Christmas Curl and Bench	Cheshire	CT

Weight Class: 275		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	208	458.5	Paul Bossi	US-NC	American Challenge - Dubai		Dubai
2	175	385.8	Chris Fry	US-VA	2022 Masters Nationals	York	PA
3	165	363.7	Paul Sundy	US-OH	American Challenge - OH	Bedford Heights	OH
4	160	352.7	Don Hickey	US-PA	2022 Masters Nationals	York	PA
		160	Kevin Dixon	Canada	Bridge Mania		Canada
6	152.5	336.2	Larry Carroll	US-DC	American Challenge - MD	Prince Frederick	MD
7	150	330.6	Ed Henderson	US-PA	American Challenge - PA	Clearfield	PA
		150	Dion Lee	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
9	132.5	292.1	Jeff Lawson	US-PA	2022 Great Lakes Championships	Erie	PA
10	120	264.5	Alfredo Ramirez	US-NY	2022 NJ Open	Fair Lawn	NJ
		120	Lenny Holland	US-MD	Big Gunz Open	Prince Frederick	MD

Weight Class: 308		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	184	405.6	Chris Fry	US-VA	2022 Christmas Classic	Woodstock	VA
2	183.7	404.9	Daniel Logman	US-OR	American Challenge - ID Championships	Couer D'Alene	ID
3	170	374.7	Hakim Shakir	US-VA	American Challenge - VA	Fredericksburg	VA
4	155	341.7	Baron Dixon	US-VA	2022 Christmas Classic	Woodstock	VA

Weight Class: SHW		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	217.5	479.5	John Grenz	US-WI	2022 Masters Nationals	York	PA
2	187.5	413.3	Robert Gains	US-VA	2022 Mid Atlantic	Mechanicsville	VA

3 132.5 292.1 Bill Reedy US-VA 2022 Masters Nationals York PA

2022 Deadlift Rankings Male

Weight Class: 123 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	165	363.7	Gary Teeter	US-PA	2022 Mid Atlantic	Mechanicsville	VA

Weight Class: 132 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	165	363.7	Gary Teeter	US-PA	2022 Christmas Classic	Woodstock	VA

Weight Class: 148 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Joe Martucci	US-PA	2022 Great Lakes Championships	Erie	PA
2	162.5	358.2	Gary Teeter	US-PA	2022 Masters Nationals	York	PA
3	135	297.6	Ben Zak	US-NC	2022 Southern Open	Jarvisburg	NC

Weight Class: 165 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	235	518	Brian Stoner	US-NY	2022 Tri State Championships	Bedford Heights	OH
2	202.5	446.4	Christopher Stewart	US-VA	2022 Mid Atlantic	Mechanicsville	VA
3	177.5	391.3	Gary Teeter	US-PA	2022 NJ Open	Fair Lawn	NJ
4	167.5	369.2	John Permelia	US-VA	2022 Mid Atlantic	Mechanicsville	VA
5	165	363.7	David Machmer	US-PA	2022 Masters Nationals	York	PA
6	162.5	358.2	Drew Hoffman	US-PA	2022 Masters Nationals	York	PA
7	152.5	336.2	Douglas Nola	US-PA	2022 Central PA Power Day	Clearfield	PA
8	135	297.6	Daniel McQuillen	US-PA	2022 Great Lakes Championships	Erie	PA
9	125	275.5	Neal Brown	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 181 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	215	473.9	Pat Huntley	US-PA	2022 Masters Nationals	York	PA
2	210	462.9	Raymond Gillett	Canada	Retro Rewind		Canada
3	190	418.8	James Darr	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	182.5	402.3	Drew Hoffman	US-PA	2022 Central PA Power Day	Clearfield	PA
5	165	363.7	Timo Quintana	US-OH	2022 Tri State Championships	Bedford Heights	OH
6	140	308.6	Michael Joseph	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
7	137.5	303.1	Neal Brown	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 198 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	260	573.1	Rich Sadiv	US-NJ	American Challenge - NJ	Fair Lawn	NJ
2	197.3	434.9	David Atwood	US-ID	American Challenge - ID Championships	Couer D'Alene	ID
3	145	319.6	Spencer Stevens	Canada	Retro Rewind		Canada

Weight Class: 220 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	290.5	640.4	Chris Cotillo	US-MD	2022 Maryland States	Prince Frederick	MD
2	290.3	639.9	James Jacobs	US-FL	American Challenge - FL	Viera	FL
3	220	485	Brad Swidzinski	Canada	Retro Rewind		Canada
4	200	440.9	Terry Napisa	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 242 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Larry Carroll	US-DC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	237.5	523.5	James Storch	US-NY	American Challenge - PA	Clearfield	PA
3	227.5	501.5	Jack Butler	US-PA	2022 Central PA Power Day	Clearfield	PA
4	200	440.9	Craig Jarron	Canada	Retro Rewind		Canada

5	183.7	404.9	James Allen	US-FL	American Challenge - FL	Viera	FL
6	170	374.7	James Edwards	US-VA	2022 Masters Nationals	York	PA

Weight Class: 275		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	272.5	600.7	Jeff Lawson	US-PA	2022 Great Lakes Championships	Erie	PA
	272.5	600.7	Kevin Dixon	Canada	Bridge Mania		Canada
3	260	573.1	Baron Dixon	US-VA	2022 Masters Nationals	York	PA
	260	573.1	Larry Carroll	US-DC	American Challenge - MD	Prince Frederick	MD
5	227.5	501.5	Don Hickey	US-PA	2022 Masters Nationals	York	PA
6	220	485	Chris Fry	US-VA	2022 Masters Nationals	York	PA
	220	485	Ed Henderson	US-PA	American Challenge - PA	Clearfield	PA
8	210	462.9	Lenny Holland	US-MD	American Challenge - MD	Prince Frederick	MD

Weight Class: 308		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	272.5	600.7	Baron Dixon	US-VA	2022 Mid Atlantic	Mechanicsville	VA
2	260.8	574.9	Daniel Logman	US-OR	American Challenge - ID Championships	Couer D'Alene	ID

Weight Class: SHW		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	200	440.9	Bill Reedy	US-VA	2022 Masters Nationals	York	PA

2022 Total Rankings Male

Weight Class: 123		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	377.5	832.2	Gary Teeter	US-PA	2022 Mid Atlantic	Mechanicsville	VA

Weight Class: 132		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	369.5	814.5	Gary Teeter	US-PA	American Challenge - NC	Elizabeth City	NC

Weight Class: 148		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	427.5	942.4	Joe Martucci	US-PA	2022 Great Lakes Championships	Erie	PA
2	387.5	854.2	Gary Teeter	US-PA	2022 Masters Nationals	York	PA
3	335	738.5	Ben Zak	US-NC	2022 Southern Open	Jarvisburg	NC

Weight Class: 165		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	565	1245.5	Brian Stoner	US-NY	2022 Tri State Championships	Bedford Heights	OH
2	467.5	1030.6	Christopher Stewart	US-VA	2022 Mid Atlantic	Mechanicsville	VA
3	427.5	942.4	Gary Teeter	US-PA	NC State Championship	Jarvisburg	NC
4	412.5	909.3	David Machmer	US-PA	2022 Masters Nationals	York	PA
	412.5	909.3	John Permelia	US-VA	2022 Mid Atlantic	Mechanicsville	VA
6	360	793.6	Drew Hoffman	US-PA	2022 Masters Nationals	York	PA
7	347.5	766	Douglas Nola	US-PA	2022 Central PA Power Day	Clearfield	PA
8	317.5	699.9	Daniel McQuillen	US-PA	2022 Great Lakes Championships	Erie	PA
9	307.5	677.9	Neal Brown	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 181		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	512.5	1129.8	Pat Huntley	US-PA	2022 Masters Nationals	York	PA
2	480	1058.2	James Darr	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	435	959	Timo Quintana	US-OH	2022 Tri State Championships	Bedford Heights	OH
4	395	870.8	Drew Hoffman	US-PA	2022 Central PA Power Day	Clearfield	PA
5	325	716.4	Michael Joseph	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 198				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	535	1179.4	Rich Sadiv	US-NJ	American Challenge - NJ	Fair Lawn	NJ	
2	476.1	1049.6	David Atwood	US-ID	American Challenge - ID Championships	Couer D'Alene	ID	
3	335	738.5	Spencer Stevens	Canada	Retro Rewind	Canada		

Weight Class: 220				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	702.9	1549.6	James Jacobs	US-FL	American Challenge - FL	Viera	FL	
2	555	1223.5	Brad Swidzinski	Canada	Retro Rewind	Canada		
3	522.5	1151.9	Terry Napisa	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	

Weight Class: 242				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	612.5	1350.3	Larry Carroll	US-DC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
2	577.5	1273.1	James Storch	US-NY	American Challenge - PA	Clearfield	PA	
3	567.5	1251.1	Jack Butler	US-PA	2022 Central PA Power Day	Clearfield	PA	
4	507.5	1118.8	James Edwards	US-VA	2022 Masters Nationals	York	PA	
5	470.5	1037.2	Craig Jarron	Canada	Retro Rewind	Canada		
6	428.6	944.8	James Allen	US-FL	American Challenge - FL	Viera	FL	

Weight Class: 275				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	715	1576.2	Kevin Dixon	Canada	Bridge Mania	Canada		
2	650	1432.9	Larry Carroll	US-DC	American Challenge - MD	Prince Frederick	MD	
3	635	1399.9	Jeff Lawson	US-PA	2022 Great Lakes Championships	Erie	PA	
4	592.5	1306.2	Ed Henderson	US-PA	American Challenge - PA	Clearfield	PA	
5	587.5	1295.2	Don Hickey	US-PA	2022 Masters Nationals	York	PA	
6	577.5	1273.1	Chris Fry	US-VA	2022 Masters Nationals	York	PA	

Weight Class: SHW				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	515	1135.3	Bill Reedy	US-VA	2022 Masters Nationals	York	PA	

2022 Strict Curl Rankings Male

Weight Class: 123				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	57.8	127.4	Gary Teeter	US-PA	2022 Mid Atlantic	Mechanicsville	VA	

Weight Class: 132				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	59.5	131.1	Gary Teeter	US-PA	2022 Christmas Classic	Woodstock	VA	

Weight Class: 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	58.5	128.9	Gary Teeter	US-PA	2022 Central PA Power Day	Clearfield	PA	
2	54	119	Ben Zak	US-NC	2022 OBX Open	Jarvisburg	NC	

Weight Class: 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	70.5	155.4	Gary Kessler	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA	
	70.5	155.4	John Self	US-VA	2022 Christmas Classic	Woodstock	VA	
3	56	123.4	Gary Teeter	US-PA	2022 NJ Open	Fair Lawn	NJ	
4	53	116.8	Jeff Thorp	US-PA	2022 Central PA Power Day	Clearfield	PA	
5	45	99.2	Neal Brown	US-NC	American Challenge - NC	Elizabeth City	NC	
6	43	94.7	Stephen Gregori	US-MD	2022 Masters Nationals	York	PA	

Weight Class: 181				Strict Curl	Male			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	64	141	James Darr	US-MD	2022 Strict Curl Worlds	Virginia Beach	VA
2	59.5	131.1	John Jackson	US-MD	2022 Christmas Classic	Woodstock	VA
3	54.5	120.1	John Mangone	US-PA	American Challenge - PA	Clearfield	PA
4	45	99.2	Michael Joseph	UAE	2022 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 198 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87	191.8	Ray Jones	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
2	53	116.8	Barry Capps	US-SC	American Challenge - NC	Elizabeth City	NC

Weight Class: 220 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	74.5	164.2	Tony Huffman	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
2	68.5	151	Joe Cotton	US-VA	2022 Masters Nationals	York	PA
3	60	132.2	Brian Alexander	US-VA	2022 Mid Atlantic	Mechanicsville	VA
4	59	130	Tom Reumont	US-MD	American Challenge - MD	Prince Frederick	MD
5	58.5	128.9	Randy Elbert	US-MD	2022 Masters Nationals	York	PA
6	57.5	126.7	Kevin Hutchison	US-PA	2022 Central PA Power Day	Clearfield	PA

Weight Class: 242 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	76	167.5	George Basnett	US-NC	2022 OBX Open	Jarvisburg	NC
2	74.5	164.2	Ronald Sellner	US-MD	2022 Strict Curl Worlds	Virginia Beach	VA
3	73.5	162	Reno Birt	US-FL	2022 Shenandoah Open	Woodstock	VA
4	69	152.1	Tony Huffman	US-VA	American Challenge - NC	Elizabeth City	NC
5	60	132.2	Herb Veckenstedt	Canada	International Powerlifting Championships		Dubai
6	52.5	115.7	Todd King	US-NC	2022 Southern Open	Jarvisburg	NC
7	50	110.2	Mike Knopf	US-CT	Christmas Curl and Bench	Cheshire	CT

Weight Class: 275 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77.5	170.8	Chris Fry	US-VA	2022 Masters Nationals	York	PA
2	72.5	159.8	Paul Bossi	US-NC	American Challenge - Dubai		Dubai
3	72	158.7	Bill Robertson	US-GA	2022 Strict Curl Worlds	Virginia Beach	VA
4	71.5	157.6	Ronald Sellner	US-MD	Big Gunz Open	Prince Frederick	MD
5	70	154.3	Baron Dixon	US-VA	2022 Masters Nationals	York	PA
6	67.5	148.8	Dion Lee	US-VA	2022 Mid Atlantic	Mechanicsville	VA
7	56	123.4	Curt Brown	US-OH	American Challenge - OH	Bedford Heights	OH
8	55	121.2	Lenny Holland	US-MD	American Challenge - MD	Prince Frederick	MD

Weight Class: 308 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	78.5	173	Chris Fry	US-VA	VA Open Strict Curl	Woodstock	PA
2	77.5	170.8	Baron Dixon	US-VA	2022 Christmas Classic	Woodstock	VA
3	57	125.6	Curt Brown	US-OH	2022 Tri State Championships	Bedford Heights	OH

Weight Class: SHW Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Curt Brown	US-OH	Ohio State Championships	Bedford	OH