



2022 Masters 60+ Rankings

Updated 12/25/2022 Ed Kutin

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2022 Squat Rankings Female

Weight Class: 97				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	22.6	49.8	Susan Bohling	US-FL	American Challenge - FL	Viera	FL

Weight Class: 105				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Kimberly Price	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 114				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	68	149.9	Janet Huntley	US-PA	2022 Central PA Power Day	Clearfield	PA

Weight Class: 123				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77.5	170.8	Marcia Anderson	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	50	110.2	Karina Harris	Canada	Retro Rewind		Canada

Weight Class: 132				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Karina Harris	Canada	Lift off		Canada

Weight Class: 148				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.9	259.9	Suzanne LaForge	US-FL	American Challenge - FL	Viera	FL
2	72.5	159.8	Jane Bickel	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	56.6	124.7	Janet Reynolds	US-FL	American Challenge - FL	Viera	FL

Weight Class: 181				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Susan Gregory	US-NE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 198+				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	108	238	Wanda Sommerfeld	Canada	Lift off		Canada
2	106.5	234.7	Beatrice Temple	US-FL	American Challenge - FL	Viera	FL
3	82.5	181.8	Elaine Ostrander	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

2022 Bench Press Rankings Female

Weight Class: 97				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	47	103.6	Karen Poyner	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	16.7	36.8	Susan Bohling	US-FL	American Challenge - FL	Viera	FL

Weight Class: 105				Bench Press		Female	
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40	88.1	Kimberly Price	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
Weight Class: 114			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	48	105.8	Janet Huntley	US-PA	2022 Central PA Power Day	Clearfield	PA
2	42.5	93.6	Karina Harris	Canada	Back to the Platform - Back Alley		Canada
Weight Class: 123			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Karina Harris	Canada	Retro Rewind		Canada
2	40	88.1	Marcia Anderson	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	30	66.1	Karola Meyer	US-MD	Big Gunz Open	Prince Frederick	MD
Weight Class: 132			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Karina Harris	Canada	Lift off		Canada
Weight Class: 148			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65.7	144.8	Suzanne LaForge	US-FL	American Challenge - FL	Viera	FL
2	41.7	91.9	Janet Reynolds	US-FL	American Challenge - FL	Viera	FL
3	40	88.1	Jane Bickel	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	30.5	67.2	Marlene Henriques	US-VA	Eastern USA Open	Woodstock	PA
Weight Class: 165			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Claudia Helmick	US-VA	2022 Christmas Classic	Woodstock	VA
2	65	143.2	Carol Levasseur	US-MA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	60	132.2	Susan Shofner	US-OH	2022 Tri State Championships	Bedford Heights	OH
4	37.5	82.6	Monica Johnston	Canada	Full Strong Atlantic		Canada
Weight Class: 181			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Susan Gregory	US-NE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	40	88.1	Laura Lofton	US-VA	2022 Shenandoah Open	Woodstock	VA
Weight Class: 198			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	48	105.8	Helena Pettit	US-MD	9-11 Patriots Open	Prince Frederick	MD
Weight Class: 198+			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Kristianne Bebout	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	55	121.2	Wanda Sommerfeld	Canada	Lift off		Canada
3	54.4	119.9	Beatrice Temple	US-FL	American Challenge - FL	Viera	FL
4	47.5	104.7	Elaine Ostrander	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2022 Deadlift Rankings Female							
Weight Class: 97			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	86	189.5	Karen Poyner	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	56.6	124.7	Susan Bohling	US-FL	American Challenge - FL	Viera	FL
Weight Class: 105			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	111.5	245.8	Kimberly Price	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 114				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	97.5	214.9	Janet Huntley	US-PA	2022 Great Lakes Championships	Erie	PA	
2	75	165.3	Karina Harris	Canada	Back to the Platform - Back Alley	Canada		

Weight Class: 123				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	103	227	Marcia Anderson	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
2	90	198.4	Karola Meyer	US-MD	9-11 Patriots Open	Prince Frederick	MD	
3	82.5	181.8	Karina Harris	Canada	Retro Rewind	Canada		
4	67.5	148.8	Faith Rosenberg	US-OH	2022 Tri State Championships	Bedford Heights	OH	

Weight Class: 132				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	75	165.3	Karina Harris	Canada	Lift off	Canada		

Weight Class: 148				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	151.9	334.8	Suzanne LaForge	US-FL	American Challenge - FL	Viera	FL	
2	115	253.5	Jane Bickel	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
3	61.2	134.9	Janet Reynolds	US-FL	American Challenge - FL	Viera	FL	

Weight Class: 165				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	125	275.5	Claudia Helmick	US-VA	2022 Christmas Classic	Woodstock	VA	
2	65	143.2	Monica Johnston	Canada	Full Strong Atlantic	Canada		

Weight Class: 181				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	97.5	214.9	Susan Gregory	US-NE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
2	92.5	203.9	Isobel Parks	US-MD	American Challenge - MD	Prince Frederick	MD	
3	80	176.3	Laura Lofton	US-VA	2022 Shenandoah Open	Woodstock	VA	

Weight Class: 198				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	130	286.5	Helena Pettit	US-MD	American Challenge - MD	Prince Frederick	MD	

Weight Class: 198+				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	142.5	314.1	Beatrice Temple	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
2	140	308.6	Wanda Sommerfeld	Canada	Lift off	Canada		
3	125	275.5	Kristianne Bebout	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
4	122.5	270	Elaine Ostrander	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	

2022 Total Rankings Female

Weight Class: 97				Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	95.9	211.4	Susan Bohling	US-FL	American Challenge - FL	Viera	FL	

Weight Class: 105				Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	216.5	477.2	Kimberly Price	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	

Weight Class: 114				Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	212.5	468.4	Janet Huntley	US-PA	2022 Great Lakes Championships	Erie	PA	

Weight Class: 123				Total		Female		
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	220.5	486.1	Marcia Anderson	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	175	385.8	Karina Harris	Canada	Retro Rewind		Canada

Weight Class: 132			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	162.5	358.2	Karina Harris	Canada	Lift off		Canada

Weight Class: 148			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	335.5	739.6	Suzanne LaForge	US-FL	American Challenge - FL	Viera	FL
2	227.5	501.5	Jane Bickel	US-PA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	159.5	351.6	Janet Reynolds	US-FL	American Challenge - FL	Viera	FL

Weight Class: 181			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	222.5	490.5	Susan Gregory	US-NE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

Weight Class: 198+			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	296.9	654.5	Beatrice Temple	US-FL	American Challenge - FL	Viera	FL
2	295.5	651.4	Wanda Sommerfeld	Canada	Lift off		Canada
3	252.5	556.6	Elaine Ostrander	US-MD	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA

2022 Strict Curl Rankings Female

Weight Class: 97			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	27.5	60.6	Karen Poyner	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 123			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	31.5	69.4	Ang Krom	US-CT	Christmas Curl and Bench	Cheshire	CT
2	29.5	65	Jo Hendon	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
3	25	55.1	Karina Harris	Canada	Retro Rewind		Canada
4	21.5	47.3	Karola Meyer	US-MD	Big Gunz Open	Prince Frederick	MD

Weight Class: 148			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	21.5	47.3	Kyla Titus	US-CT	Christmas Curl and Bench	Cheshire	CT
2	18	39.6	Marlene Henriques	US-VA	Eastern USA Open	Woodstock	PA

Weight Class: 165			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	37	81.5	Carol Levasseur	US-MA	2022 Strict Curl Worlds	Virginia Beach	VA
2	34	74.9	Claudia Helmick	US-VA	2022 Christmas Classic	Woodstock	VA

Weight Class: 181			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40	88.1	Linda Lee	US-VA	2022 Mid Atlantic	Mechanicsville	VA
2	32	70.5	Laura Lofton	US-VA	2022 Shenandoah Open	Woodstock	VA

Weight Class: 198			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	33	72.7	Gwen Bailey	US-MD	2022 Strict Curl Worlds	Virginia Beach	VA
2	30.5	67.2	Helena Pettit	US-MD	American Challenge - MD	Prince Frederick	MD

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

1	32	70.5	Kristianne Bebout	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA
2	27.5	60.6	Wanda Sommerfeld	Canada	International Powerlifting Championships		Dubai

2022 Squat Rankings Male

Weight Class: 148 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Jack Welch	US-PA	American Challenge - PA	Clearfield	PA
2	80	176.3	Victor Shaffer	US-PA	American Challenge - PA	Clearfield	PA

Weight Class: 165 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	258.5	569.8	Tony Conyers	US-FL	American Challenge - FL	Viera	FL
2	92.5	203.9	Dave Heintzel	US-PA	2022 Central PA Power Day	Clearfield	PA
3	85	187.3	Larry Edwards	US-OH	Ohio State Championships	Bedford	OH
4	63.5	139.9	Perry Dworkin	US-FL	American Challenge - FL	Viera	FL

Weight Class: 181 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	180	396.8	Jeffrey Driskill	US-VA	2022 Masters Nationals	York	PA
2	160	352.7	Manikuttan Purushothaman	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	147.5	325.1	Brian Ennis	US-PA	American Challenge - PA	Clearfield	PA
4	138.3	304.8	Kurt Leverett	US-FL	American Challenge - FL	Viera	FL
5	100	220.4	Bill Arnold	US-MD	American Challenge - MD	Prince Frederick	MD
6	80	176.3	Don Swingle	US-NY	2022 Central PA Power Day	Clearfield	PA

Weight Class: 198 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Douglas Delainey	Canada	Back to the Platform - Back Alley		Canada
2	130	286.5	Robert Jackson	US-CT	2022 Masters Nationals	York	PA
3	125	275.5	Michael Shannon	US-NM	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	107.5	236.9	Spero Tshontikidis	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
5	100	220.4	Aldo Jackson	US-PA	2022 Masters Nationals	York	PA

Weight Class: 220 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Thomas Dozier	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	190	418.8	Phillip Rosenstern	US-PA	2022 Great Lakes Championships	Erie	PA
3	187.5	413.3	Don Kuhns	US-PA	2022 Masters Nationals	York	PA
4	124.7	274.9	Bill Beekley	US-FL	American Challenge - FL	Viera	FL
5	92.9	204.8	Gerald Dixon	US-FL	American Challenge - FL	Viera	FL
6	62.5	137.7	Thomas Cenelli	US-NY	American Challenge - PA	Clearfield	PA

Weight Class: 242 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Brant Givler	US-PA	2022 Masters Nationals	York	PA
2	136.5	300.9	William Farrell	US-OK	NC State Championship	Jarvisburg	NC
3	102.5	225.9	James Maguire	US-NJ	American Challenge - NJ	Fair Lawn	NJ

Weight Class: 275 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Mark Bowen	US-PA	2022 Central PA Power Day	Clearfield	PA

Weight Class: SHW Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Michael Hogan	Canada	Bridge Mania		Canada

2022 Bench Press Rankings Male

Weight Class: 123				Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	88.5	195.1	Ed Fuller	US-MD	Big Gunz Open	Prince Frederick	MD	

Weight Class: 148				Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	120	264.5	Guy Ha	US-SC	Eastern USA Open	Woodstock	PA	
2	77.5	170.8	Jack Welch	US-PA	American Challenge - PA	Clearfield	PA	
3	65	143.2	Victor Shaffer	US-PA	American Challenge - PA	Clearfield	PA	

Weight Class: 165				Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	167.8	369.9	Tony Conyers	US-FL	American Challenge - FL	Viera	FL	
2	102.5	225.9	Dan Gordon	N/A	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
3	100	220.4	Bill Cross	US-AZ	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
4	80	176.3	Dave Heintzel	US-PA	2022 Central PA Power Day	Clearfield	PA	
5	77.5	170.8	Larry Edwards	US-OH	2022 Great Lakes Championships	Erie	PA	
6	60	132.2	Yogi Sumner	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
7	54.4	119.9	Perry Dworkin	US-FL	American Challenge - FL	Viera	FL	
8	45	99.2	Pete Miller	US-VA	2022 Christmas Classic	Woodstock	VA	

Weight Class: 181				Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	125	275.5	Brian Ennis	US-PA	American Challenge - PA	Clearfield	PA	
2	120	264.5	Larry Eastman	US-PA	2022 Tri State Championships	Bedford Heights	OH	
3	105	231.4	Gary Banks	US-VA	2022 Masters Nationals	York	PA	
4	92.5	203.9	Bruce Maus	US-CT	American Challenge - NJ	Fair Lawn	NJ	
5	90	198.4	Manikuttan Purushothaman	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
6	87.5	192.9	Jeffrey Driskill	US-VA	2022 Masters Nationals	York	PA	
7	86.1	189.8	Kurt Leverett	US-FL	American Challenge - FL	Viera	FL	
8	77.5	170.8	Stu Levin	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
9	65	143.2	Don Swingle	US-NY	2022 Central PA Power Day	Clearfield	PA	
10	62.5	137.7	Bill Arnold	US-MD	American Challenge - MD	Prince Frederick	MD	
11	50	110.2	Pete Miller	US-VA	2022 Masters Nationals	York	PA	

Weight Class: 198				Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	175	385.8	David Blattenberger	US-PA	American Challenge - PA	Clearfield	PA	
2	137.5	303.1	Michael Shannon	US-NM	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
3	125	275.5	David Patrick	US-OH	Ohio State Championships	Bedford	OH	
4	112.5	248	Terry Margolis	US-PA	2022 Masters Nationals	York	PA	
5	110	242.5	Robert Jackson	US-CT	American Challenge - NY	Owego	NY	
6	107.5	236.9	Jeff Bischoff	US-VA	2022 Mid Atlantic	Mechanicsville	VA	
7	97.5	214.9	Kent Cassell	US-VA	2022 Masters Nationals	York	PA	
8	90	198.4	Manikuttan T.P.	UAE	International Powerlifting Championships		Dubai	
9	80	176.3	Spero Tshontikidis	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
10	75	165.3	Douglas Delainey	Canada	Back to the Platform - Back Alley		Canada	
		75	Frank Williams	US-PA	Ohio State Championships	Bedford	OH	
12	70	154.3	Aldo Jackson	US-PA	2022 Masters Nationals	York	PA	

Weight Class: 220				Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	152.5	336.2	Tony DiLucente	US-FL	Ohio State Championships	Bedford	OH	
2	145	319.6	Thomas Dozier	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
3	130	286.5	Butch Huey	US-PA	American Challenge - PA	Clearfield	PA	
4	127.5	281	Ray Berry	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
5	123.5	272.2	Bob Cook	US-VA	2022 Shenandoah Open	Woodstock	VA	
6	122.5	270	Don Kuhns	US-PA	2022 Masters Nationals	York	PA	
7	115	253.5	Marek Mathias	Canada	Lift off		Canada	

8	112	246.9	Harry Orr	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
9	110	242.5	Billy Ray Powell	US-AZ	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
	110	242.5	John Shifflet	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
11	107.5	236.9	John Shifflett	US-VA	2022 Christmas Classic	Woodstock	VA
12	102.5	225.9	Phillip Rosenstern	US-PA	2022 Great Lakes Championships	Erie	PA
	102.5	225.9	Richard Staten	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
14	100	220.4	George Woodbury	US-FL	American Challenge - NC	Elizabeth City	NC
15	95.2	209.8	Bill Beekley	US-FL	American Challenge - FL	Viera	FL
16	70	154.3	Glen Shelton	US-VA	2022 Christmas Classic	Woodstock	VA
17	63.5	139.9	Gerald Dixon	US-FL	American Challenge - FL	Viera	FL
18	60	132.2	Thomas Cenelli	US-NY	American Challenge - PA	Clearfield	PA

Weight Class: 242		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Reno Birt	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
2	155	341.7	Kevin Hutchinson	US-IN	American Challenge - OH	Bedford Heights	OH
3	152.5	336.2	Brant Givler	US-PA	2022 Masters Nationals	York	PA
4	142.5	314.1	Brian Washington	US-MD	2022 Masters Nationals	York	PA
5	127.5	281	Lloyd Penberthy	US-PA	American Challenge - NY	Owego	NY
6	125	275.5	Gene Berry	US-NC	2022 OBX Open	Jarvisburg	NC
7	115	253.5	Gerald Burke	US-PA	2022 Masters Nationals	York	PA
8	112.5	248	James Maguire	US-NJ	American Challenge - NJ	Fair Lawn	NJ
9	105	231.4	Donald Mohre	US-OH	American Challenge - OH	Bedford Heights	OH
10	95	209.4	Brad Lovejoy	US-OH	2022 Battle of the Border	Currituck	NC
11	87.5	192.9	William Farrell	US-OK	NC State Championship	Jarvisburg	NC

Weight Class: 275		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	181.5	400.1	Stephen Kozlowski	US-VA	NC State Championship	Jarvisburg	NC
2	150	330.6	Joe Grabowski	US-NY	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	130	286.5	Gene Berry	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	122.5	270	Bernie Rhodes	US-VA	2022 Southern Open	Jarvisburg	NC
5	110	242.5	Bernie Rhoades	US-VA	2022 Masters Nationals	York	PA
6	100	220.4	Bill Parks	US-MD	2022 Masters Nationals	York	PA
7	90	198.4	Mark Bowen	US-PA	2022 Central PA Power Day	Clearfield	PA

Weight Class: 308		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Raymond Clasing	US-MD	2022 OBX Open	Jarvisburg	NC
2	155	341.7	Bill Schnepf	US-MD	2022 Masters Nationals	York	PA
3	152.5	336.2	Earl Smiley	US-KY	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	147.5	325.1	Dave Reeder	US-PA	2022 Christmas Classic	Woodstock	VA
5	122.5	270	Jeff House	US-GA	2022 Shenandoah Open	Woodstock	VA
6	120	264.5	Jeffrey House	US-GA	2022 Ironman Nationals	Norfolk	VA

Weight Class: SHW		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Michael Hogan	Canada	Back to the Platform - Back Alley		Canada

2022 Deadlift Rankings Male

Weight Class: 132		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Jim Marchio	US-MD	2022 Maryland States	Prince Frederick	MD

Weight Class: 148		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	177.5	391.3	Victor Shaffer	US-PA	American Challenge - PA	Clearfield	PA
2	153	337.3	Jack Welch	US-PA	American Challenge - PA	Clearfield	PA

Weight Class: 165				Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	272.5	600.7	Tony Conyers	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
2	172.5	380.2	Dave Heintzel	US-PA	2022 Central PA Power Day	Clearfield	PA	
3	132.5	292.1	Larry Edwards	US-OH	Ohio State Championships	Bedford	OH	
4	115	253.5	Pete Miller	US-VA	2022 Christmas Classic	Woodstock	VA	
5	92.9	204.8	Perry Dworkin	US-FL	American Challenge - FL	Viera	FL	
6	90	198.4	Yogi Sumner	US-NC	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
7	25	55.1	Dan Gordon	N/A	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	

Weight Class: 181				Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	207.7	457.8	Brian Ennis	US-PA	American Challenge - PA	Clearfield	PA	
2	195	429.8	Jeffrey Driskill	US-VA	2022 Masters Nationals	York	PA	
3	180	396.8	Bruce Maus	US-CT	2022 Masters Nationals	York	PA	
4	175	385.8	Manikuttan Purushothaman	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
5	167.8	369.9	Kurt Leverett	US-FL	American Challenge - FL	Viera	FL	
6	165	363.7	Chip Jowett	US-MD	9-11 Patriots Open	Prince Frederick	MD	
7	150	330.6	Don Swingle	US-NY	2022 Central PA Power Day	Clearfield	PA	
8	137.5	303.1	Bill Arnold	US-MD	American Challenge - MD	Prince Frederick	MD	
9	115	253.5	Pete Miller	US-VA	2022 Masters Nationals	York	PA	

Weight Class: 198				Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	257.5	567.6	Roy Apseloff	US-VA	2022 Masters Nationals	York	PA	
2	220	485	Douglas Delainey	Canada	Back to the Platform - Back Alley		Canada	
3	213	469.5	Birchmans Pereira	Canada	Bridge Mania		Canada	
4	205	451.9	Kent Cassell	US-VA	2022 Masters Nationals	York	PA	
5	202.5	446.4	Stephen Koval	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
6	200	440.9	Bud Kovel	US-VA	2022 Mid Atlantic	Mechanicsville	VA	
7	165	363.7	Manikuttan T.P.	UAE	International Powerlifting Championships		Dubai	
8	155	341.7	Robert Jackson	US-CT	2022 Masters Nationals	York	PA	
9	147.5	325.1	Aldo Jackson	US-PA	2022 Masters Nationals	York	PA	
	147.5	325.1	Spero Tshontikidis	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
11	145	319.6	Michael Shannon	US-NM	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
12	142.5	314.1	Richard Pettit	US-MD	American Challenge - MD	Prince Frederick	MD	
13	122.5	270	Frank Williams	US-PA	Ohio State Championships	Bedford	OH	

Weight Class: 220				Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	267.5	589.7	Phillip Rosenstern	US-PA	2022 Great Lakes Championships	Erie	PA	
2	240.4	529.9	Bill Beekley	US-FL	American Challenge - FL	Viera	FL	
3	227.5	501.5	Bob Cook	US-VA	2022 Shenandoah Open	Woodstock	VA	
	227.5	501.5	Tony DiLucente	US-FL	Ohio State Championships	Bedford	OH	
5	212.5	468.4	Don Kuhns	US-PA	2022 Masters Nationals	York	PA	
6	210.9	464.9	Thomas Dozier	US-FL	American Challenge - FL	Viera	FL	
7	210	462.9	Douglas Delainey	Canada	Lift off		Canada	
8	190	418.8	Richard Staten	US-VA	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
9	170	374.7	Rich Coppins	US-VA	2022 Mid Atlantic	Mechanicsville	VA	
10	155	341.7	Billy Ray Powell	US-AZ	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA	
11	147.4	324.9	Gerald Dixon	US-FL	American Challenge - FL	Viera	FL	
12	130	286.5	Sam Jaffe	US-OH	2022 Tri State Championships	Bedford Heights	OH	
13	105	231.4	Glen Shelton	US-VA	2022 Christmas Classic	Woodstock	VA	
14	100	220.4	Thomas Cenelli	US-NY	American Challenge - PA	Clearfield	PA	

Weight Class: 242				Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	182.5	402.3	William Farrell	US-OK	NC State Championship	Jarvisburg	NC	

	182.5	402.3	Brant Givler	US-PA	2022 Masters Nationals	York	PA
3	160	352.7	James Maguire	US-NJ	American Challenge - NJ	Fair Lawn	NJ
4	155	341.7	Bob Dunn	US-OH	American Challenge - OH	Bedford Heights	OH
5	145	319.6	Sam Jaffe	US-OH	American Challenge - OH	Bedford Heights	OH

Weight Class: 275		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	249	548.9	Stephen Kozlowski	US-VA	2022 Masters Nationals	York	PA
2	190	418.8	Mark Bowen	US-PA	2022 Central PA Power Day	Clearfield	PA

Weight Class: 308		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Bill Schnepf	US-MD	2022 Christmas Classic	Woodstock	VA
2	192.5	424.3	Raymond Clasing	US-MD	2022 Battle of the Border	Currituck	NC
3	140	308.6	Jeffrey House	US-GA	2022 Mid Atlantic	Mechanicsville	VA
	140	308.6	Jeff House	US-GA	2022 Shenandoah Open	Woodstock	VA

Weight Class: SHW		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	217.5	479.5	Michael Hogan	Canada	Lift off		Canada

2022 Total Rankings Male

Weight Class: 148		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	333	734.1	Jack Welch	US-PA	American Challenge - PA	Clearfield	PA
2	322.5	710.9	Victor Shaffer	US-PA	American Challenge - PA	Clearfield	PA

Weight Class: 165		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	698.4	1539.6	Tony Conyers	US-FL	American Challenge - FL	Viera	FL
2	345	760.5	Dave Heintzel	US-PA	2022 Central PA Power Day	Clearfield	PA
3	295	650.3	Larry Edwards	US-OH	Ohio State Championships	Bedford	OH
4	210.8	464.7	Perry Dworkin	US-FL	American Challenge - FL	Viera	FL

Weight Class: 181		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	480.2	1058.6	Brian Ennis	US-PA	American Challenge - PA	Clearfield	PA
2	462.5	1019.6	Jeffrey Driskill	US-VA	2022 Masters Nationals	York	PA
3	425	936.9	Manikuttan Purushothaman	UAE	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
4	392.2	864.6	Kurt Leverett	US-FL	American Challenge - FL	Viera	FL
5	300	661.3	Bill Arnold	US-MD	American Challenge - MD	Prince Frederick	MD
6	295	650.3	Don Swingle	US-NY	2022 Central PA Power Day	Clearfield	PA

Weight Class: 198		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	440	970	Douglas Delainey	Canada	Back to the Platform - Back Alley		Canada
2	407.5	898.3	Michael Shannon	US-NM	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
3	392.5	865.3	Robert Jackson	US-CT	2022 Masters Nationals	York	PA
4	335	738.5	Spero Tshontikidis	US-FL	2022 Powerlifting and Single Lift Worlds	Virginia Beach	VA
5	317.5	699.9	Aldo Jackson	US-PA	2022 Masters Nationals	York	PA

Weight Class: 220		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	560	1234.5	Phillip Rosenstern	US-PA	2022 Great Lakes Championships	Erie	PA
2	539.7	1189.8	Thomas Dozier	US-FL	American Challenge - FL	Viera	FL
3	522.5	1151.9	Don Kuhns	US-PA	2022 Masters Nationals	York	PA
4	460.3	1014.7	Bill Beekley	US-FL	American Challenge - FL	Viera	FL
5	303.8	669.7	Gerald Dixon	US-FL	American Challenge - FL	Viera	FL

6	222.5	490.5	Thomas Cenelli	US-NY	American Challenge - PA	Clearfield	PA
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Weight Class: 242		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	510	1124.3	Brant Givler	US-PA	2022 Masters Nationals	York	PA
2	406.5	896.1	William Farrell	US-OK	NC State Championship	Jarvisburg	NC
3	375	826.7	James Maguire	US-NJ	American Challenge - NJ	Fair Lawn	NJ

Weight Class: 275		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	440	970	Mark Bowen	US-PA	2022 Central PA Power Day	Clearfield	PA

Weight Class: SHW		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	545	1201.5	Michael Hogan	Canada	Bridge Mania		Canada

2022 Strict Curl Rankings Male

Weight Class: 165		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	46.5	102.5	Brian Brindle	US-VA	2022 Christmas Classic	Woodstock	VA
2	45.5	100.3	Bill Cross	US-AZ	2022 Strict Curl Worlds	Virginia Beach	VA
3	41	90.3	Doug Schader	US-PA	2022 Strict Curl Worlds	Virginia Beach	VA
4	37.5	82.6	Joseph Sanders	US-NC	American Challenge - NC	Elizabeth City	NC
5	35	77.1	Stu Levin	US-FL	2022 Strict Curl Worlds	Virginia Beach	VA
6	26	57.3	Yogi Sumner	US-NC	2022 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 181		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	58.5	128.9	Larry Eastman	US-PA	Ohio State Championships	Bedford	OH
2	52	114.6	Gary Banks	US-VA	2022 Masters Nationals	York	PA
3	48	105.8	Bennett Rubin	US-OH	2022 Tri State Championships	Bedford Heights	OH
4	47	103.6	Robert Jackson	US-CT	2022 Strict Curl Worlds	Virginia Beach	VA
5	45.5	100.3	Bill Arnold	US-MD	American Challenge - MD	Prince Frederick	MD
6	45	99.2	Jules Lloyd	US-CT	Christmas Curl and Bench	Cheshire	CT
7	43.5	95.9	Joseph Sanders	US-NC	2022 Southern Open	Jarvisburg	NC
8	42	92.5	Chip Jowett	US-MD	9-11 Patriots Open	Prince Frederick	MD
9	38	83.7	Don Swingle	US-NY	2022 Central PA Power Day	Clearfield	PA
10	35	77.1	Manikuttan Purushothaman	UAE	2022 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 198		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	71.5	157.6	Billy Ray Powell	US-AZ	2022 Strict Curl Worlds	Virginia Beach	VA
2	57	125.6	Larry Eastman	US-PA	2022 Central PA Power Day	Clearfield	PA
3	55	121.2	Mark Dantzler	US-MD	American Challenge - VA	Fredericksburg	VA
4	53.5	117.9	Michael Shannon	US-NM	2022 Strict Curl Worlds	Virginia Beach	VA
5	51.5	113.5	David Patrick	US-OH	Ohio State Championships	Bedford	OH
6	51	112.4	Robert Jackson	US-CT	2022 Masters Nationals	York	PA
7	47.5	104.7	Terry Margolis	US-PA	2022 Masters Nationals	York	PA
8	45.5	100.3	Douglas Delainey	Canada	International Powerlifting Championships		Dubai
9	45	99.2	Manikuttan T.P.	UAE	International Powerlifting Championships		Dubai

Weight Class: 220		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	54.5	120.1	Sam Jaffe	US-OH	2022 Tri State Championships	Bedford Heights	OH
	54.5	120.1	George Roy	US-VT	2022 Masters Nationals	York	PA
3	50	110.2	Tony Villa	US-IN	2022 Strict Curl Worlds	Virginia Beach	VA
4	47.5	104.7	John Shifflett	US-VA	2022 Christmas Classic	Woodstock	VA
5	45.5	100.3	John Shifflett	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA

6	42.5	93.6	George Woodbury	US-FL	American Challenge - NC	Elizabeth City	NC
7	34.5	76	Thomas Cenelli	US-NY	American Challenge - PA	Clearfield	PA
8	30	66.1	Bob Cook	US-VA	2022 Shenandoah Open	Woodstock	VA

Weight Class: 242							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Reno Birt	US-FL	2022 Central PA Power Day	Clearfield	PA
2	66	145.5	Brian Washington	US-MD	9-11 Patriots Open	Prince Frederick	MD
3	60	132.2	Brant Givler	US-PA	2022 Central PA Power Day	Clearfield	PA
4	56.5	124.5	Brad Lovejoy	US-OH	2022 Battle of the Border	Currituck	NC
5	55.5	122.3	Sam Jaffe	US-OH	American Challenge - OH	Bedford Heights	OH
6	55	121.2	Ken Berry	US-CT	Christmas Curl and Bench	Cheshire	CT
7	52	114.6	Bob Dunn	US-OH	American Challenge - OH	Bedford Heights	OH
8	51.5	113.5	William Farrell	US-OK	NC State Championship	Jarvisburg	NC
9	37	81.5	Donald Mohre	US-OH	American Challenge - OH	Bedford Heights	OH

Weight Class: 275							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77.5	170.8	Stephen Kozlowski	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
2	55	121.2	Marvin Smith	US-MD	2022 Maryland States	Prince Frederick	MD
3	54.5	120.1	James Slade	US-MD	9-11 Patriots Open	Prince Frederick	MD
4	51.5	113.5	Bob Feeney	US-PA	2022 Masters Nationals	York	PA
5	48	105.8	Bernie Rhodes	US-VA	2022 Strict Curl Worlds	Virginia Beach	VA
6	46	101.4	Bernie Rhoades	US-VA	2022 Masters Nationals	York	PA
7	41	90.3	Bill Parks	US-MD	2022 Masters Nationals	York	PA

Weight Class: 308							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	64	141	Bill Schnepf	US-MD	2022 Masters Nationals	York	PA
2	62	136.6	Earl Smiley	US-KY	2022 Strict Curl Worlds	Virginia Beach	VA
3	53	116.8	Jeffrey House	US-GA	2022 Ironman Nationals	Norfolk	VA
4	52	114.6	Jeff House	US-GA	2022 Shenandoah Open	Woodstock	VA

Weight Class: SHW							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Michael Hogan	Canada	Retro Rewind		Canada
2	45.5	100.3	Marcel Duprey	US-CT	Christmas Curl and Bench	Cheshire	CT