



## 2021 Masters 50-59 Rankings

Updated 01/10/2022 Ed Kutin

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

### 2021 Squat Rankings

### Female

Weight Class: 105				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	72.5	159.8	Kimberly Price	US-VA	2021 Powerlifting Worlds	York	PA	

Weight Class: 114				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	75	165.3	Janet Huntley	US-PA	Masters Nationals	Fredericksburg	VA	

Weight Class: 123				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	67.5	148.8	Kristin Gulling	US-OH	2021 Ohio State Championships	Bedford Heights	OH	
2	42.5	93.6	Linda Denerley	US-NY	American Challenge 2021 - NJ		NJ	

Weight Class: 132				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	90	198.4	Mary Lou Norris	US-PA	Tri State Championships	Bedford Heights	OH	

Weight Class: 148				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	92.5	203.9	Mary Lou Norris	US-PA	2021 Central PA Open	Clearfield	PA	
2	77.5	170.8	Sherry Pridgen	US-NC	American Challenge 2021 - NC		NC	
3	65	143.2	Geri-Lyn Hoffman	US-PA	American Challenge 2021 - PA		PA	

Weight Class: 165				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	72.5	159.8	Haydee Ortega	US-PA	2021 Powerlifting Worlds	York	PA	

Weight Class: 198				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	103.5	228.1	Lori McWatters-Nicolaidis	Canada	Rust Buster	Calgary	Alberta	
2	90	198.4	Amy Traver	US-CT	American Challenge 2021 - NY		NY	
3	52.5	115.7	Laura Neff	US-VA	American Challenge 2021 - NC		NC	

Weight Class: 198+				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	105	231.4	Michelle Lawson	US-PA	2021 Powerlifting Worlds	York	PA	

### 2021 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	Masters Nationals	Fredericksburg	VA	

Weight Class: 114				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	65	143.2	Lori McMahon	US-PA	2021 Central PA Open	Clearfield	PA	
2	50.5	111.3	Janet Huntley	US-PA	2021 Powerlifting Worlds	York	PA	

Weight Class: 123				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	45	99.2	Kristin Gulling	US-OH	2021 Ohio State Championships	Bedford Heights	OH	
2	27.5	60.6	Linda Denerley	US-NY	American Challenge 2021 - NJ		NJ	

Weight Class: 132				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	57.5	126.7	Lesley DeAngelo	US-CT	2021 CT State Championship	Cheshire	CT	
2	52.5	115.7	Mary Lou Norris	US-PA	Tri State Championships	Bedford Heights	OH	
3	45	99.2	Angela Krom	US-CT	2021 CT State Championship	Cheshire	CT	

Weight Class: 148				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	68	149.9	Claudia Helmick	US-VA	2021 Christmas Classic	Woodstock	VA	
2	52.5	115.7	Sherry Pridgen	US-NC	American Challenge 2021 - NC		NC	
	52.5	115.7	Mary Lou Norris	US-PA	2021 Central PA Open	Clearfield	PA	
4	37.5	82.6	Geri-Lyn Hoffman	US-PA	American Challenge 2021 - PA		PA	

Weight Class: 165				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	75	165.3	Cynthia Crossland	US-OK	NC State Championship	Jarvisburg	NC	
2	72.5	159.8	Cynthia Line	US-PA	2021 Single Lift World Championships	Virginia Beach	VA	
3	60	132.2	Jen Tillet	US-NC	American Challenge 2021 - NC		NC	
4	35	77.1	Haydee Ortega	US-PA	American Challenge 2021 - PA		PA	

Weight Class: 181				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	37.5	82.6	Anita Devi	India	National Benchpress and Deadlift Championships	Karnal	India	

Weight Class: 198				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	70.5	155.4	Mary Hodge	US-VA	Mid Atlantic Open	Fredericksburg	VA	
2	65	143.2	Lori McWatters-Nicolaidis	Canada	Rust Buster	Calgary	Alberta	
3	60	132.2	Amy Traver	US-CT	American Challenge 2021 - NY		NY	
	60	132.2	Michelle Balsillie	Canada	Rust Buster	Calgary	Alberta	
5	45	99.2	Laura Neff	US-VA	American Challenge 2021 - NC		NC	

Weight Class: 198+				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	80	176.3	Dorothy Sosnicki	US-AZ	2021 Single Lift World Championships	Virginia Beach	VA	
2	75	165.3	Dorothy Sodnicki	US-AZ	Masters Nationals	Fredericksburg	VA	
3	57.5	126.7	Michelle Lawson	US-PA	2021 Powerlifting Worlds	York	PA	
4	42.5	93.6	Debra Ingersoll	US-FL	American Challenge 2021 - FL		FL	

## 2021 Deadlift Rankings Female

Weight Class: 105				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	112.5	248	Kimberly Price	US-VA	2021 Powerlifting Worlds	York	PA	

Weight Class: 114				Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	107.5	236.9	Janet Huntley	US-PA	Masters Nationals	Fredericksburg	VA	

Weight Class: 123				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Sherry Rowe	US-VA	Mid Atlantic Open	Fredericksburg	VA
2	122.5	270	Denise Jaffe	US-OH	American Challenge 2021 - OH		OH
3	87.5	192.9	Linda Denerley	US-NY	American Challenge 2021 - NJ		NJ
4	82	180.7	Kristin Gulling	US-OH	2021 Ohio State Championships	Bedford Heights	OH

Weight Class: 132				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Sherry Rowe	US-VA	2021 Single Lift World Championships	Virginia Beach	VA
2	113	249.1	Lesley DeAngelo	US-CT	Connecticut Strength Bench and Deadlift	Cheshire	CT
3	107.5	236.9	Mary Lou Norris	US-PA	Tri State Championships	Bedford Heights	OH
4	90.5	199.5	Angela Krom	US-CT	Connecticut Strength Bench and Deadlift	Cheshire	CT

Weight Class: 148				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Sherry Pridgen	US-NC	American Challenge 2021 - NC		NC
2	105	231.4	Geri-Lyn Hoffman	US-PA	Masters Nationals	Fredericksburg	VA
3	102.5	225.9	Mary Lou Norris	US-PA	2021 Central PA Open	Clearfield	PA

Weight Class: 165				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160.5	353.8	Cynthia Line	US-PA	2021 Single Lift World Championships	Virginia Beach	VA
2	110	242.5	Jen Tillet	US-NC	American Challenge 2021 - NC		NC
	110	242.5	Haydee Ortega	US-PA	2021 Powerlifting Worlds	York	PA

Weight Class: 198				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Amy Traver	US-CT	2021 CT State Championship	Cheshire	CT
2	140.5	309.7	Mary Hodge	US-VA	Mid Atlantic Open	Fredericksburg	VA
3	125.5	276.6	Lori McWatters-Nicolaidis	Canada	Rust Buster	Calgary	Alberta
4	92.5	203.9	Laura Neff	US-VA	American Challenge 2021 - NC		NC

Weight Class: 198+				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	130	286.5	Michelle Lawson	US-PA	2021 Powerlifting Worlds	York	PA
2	55	121.2	Debra Ingersoll	US-FL	American Challenge 2021 - FL		FL

## 2021 Total Rankings Female

Weight Class: 105				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Kimberly Price	US-VA	2021 Powerlifting Worlds	York	PA

Weight Class: 114				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	230	507	Janet Huntley	US-PA	Masters Nationals	Fredericksburg	VA

Weight Class: 123				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	194.5	428.7	Kristin Gulling	US-OH	2021 Ohio State Championships	Bedford Heights	OH
2	157.5	347.2	Linda Denerley	US-NY	American Challenge 2021 - NJ		NJ

Weight Class: 132				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Mary Lou Norris	US-PA	Tri State Championships	Bedford Heights	OH

Weight Class: 148				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	250	551.1	Sherry Pridgen	US-NC	American Challenge 2021 - NC			
2	247.5	545.6	Mary Lou Norris	US-PA	2021 Central PA Open	Clearfield	PA	
3	207.5	457.4	Gerri-Lyn Hoffman	US-PA	American Challenge 2021 - PA	PA		

Weight Class: 165				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	217.5	479.5	Haydee Ortega	US-PA	2021 Powerlifting Worlds	York	PA	

Weight Class: 198				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	295	650.3	Amy Traver	US-CT	American Challenge 2021 - NY	NY		
2	294	648.1	Lori McWatters-Nicolaidis	Canada	Rust Buster	Calgary	Alberta	
3	190	418.8	Laura Neff	US-VA	American Challenge 2021 - NC	NC		

Weight Class: 198+				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	292.5	644.8	Michelle Lawson	US-PA	2021 Powerlifting Worlds	York	PA	

## 2021 Strict Curl Rankings Female

Weight Class: 105				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	25	55.1	Kimberly Price	US-VA	Virginia Open	Woodstock	VA	

Weight Class: 123				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	36	79.3	Krystal Brown	US-VA	2021 Single Lift World Championships	Virgina Beach	VA	
2	32	70.5	Denise Jaffe	US-OH	2021 Ohio State Championships	Bedford Heights	OH	
3	24.5	54	Sharon Mell	US-PA	Tri State Championships	Bedford Heights	OH	

Weight Class: 132				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	39	85.9	Krystal Brown	US-VA	American Challenge 2021 - VA	VA		
2	36.5	80.4	Lesley DeAngelo	US-CT	2021 CT State Championship	Cheshire	CT	
3	30.5	67.2	Angela Krom	US-CT	2021 CT State Championship	Cheshire	CT	
4	27.5	60.6	Marguerite Conley	US-MD	American Challenge 2021 - MD	MD		
5	25	55.1	Sherry Rowe	US-VA	2021 Single Lift World Championships	Virgina Beach	VA	

Weight Class: 148				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	35.5	78.2	Claudia Helmick	US-VA	2021 Christmas Classic	Woodstock	VA	

Weight Class: 165				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	26.5	58.4	Jen Tillet	US-NC	American Challenge 2021 - NC	NC		

Weight Class: 198				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	39.5	87	Amy Traver	US-CT	2021 CT State Championship	Cheshire	CT	
	39.5	87	Mary Hodge	US-VA	Mid Atlantic Open	Fredericksburg	VA	

Weight Class: 198+				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	41	90.3	Dorothy Sosnicki	US-AZ	2021 Single Lift World Championships	Virgina Beach	VA	
2	39	85.9	Dorothy Sodnicki	US-AZ	Masters Nationals	Fredericksburg	VA	
3	25	55.1	Debra Ingersoll	US-FL	American Challenge 2021 - FL	FL		

## 2021 Squat Rankings Male

Weight Class: 148				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Gary Teeter	US-PA	American Challenge 2021 - VA		VA
2	120	264.5	Ben Zak	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 165				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	207.5	457.4	Brian Stoner	US-NY	American Challenge 2021 - PA		PA
2	155	341.7	Kenneth Mahadeo	US-NY	2021 Powerlifting Worlds	York	PA
3	150	330.6	David Machmer	US-PA	2021 Powerlifting Worlds	York	PA
4	132.5	292.1	Gary Teeter	US-PA	Masters Nationals	Fredericksburg	VA
5	122.5	270	Russ Pickford	Canada	Rust Buster	Calgary	Alberta

Weight Class: 181				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Gene Santomartino	US-MD	Maryland States	Prince Frederick	MD
2	180	396.8	James Darr	US-MD	2021 Powerlifting Worlds	York	PA
3	177.5	391.3	Patrick Huntley	US-PA	2021 Powerlifting Worlds	York	PA
4	160	352.7	David Machmer	US-PA	Masters Nationals	Fredericksburg	VA
5	150	330.6	Steve Turlington	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
6	122.5	270	Drew Hoffman	US-PA	2021 Powerlifting Worlds	York	PA
7	100	220.4	Daniel McQuillen	US-PA	2021 Central PA Open	Clearfield	PA

Weight Class: 198				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	287.5	633.8	William Waller	US-VA	American Challenge 2021 - VA		VA
2	187.5	413.3	Pat Huntley	US-PA	Masters Nationals	Fredericksburg	VA

Weight Class: 220				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Jim Haskayne	Canada	Rust Buster	Calgary	Alberta
2	201	443.1	Brad Swidzinsky	Canada	Rust Buster	Calgary	Alberta
3	195	429.8	Terry Napisa	US-VA	Masters Nationals	Fredericksburg	VA
4	157.5	347.2	Brian Knarr	US-PA	American Challenge 2021 - PA		PA
5	152.5	336.2	Gerry Lewis	US-PA	2021 Powerlifting Worlds	York	PA

Weight Class: 242				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	207.5	457.4	Larry Carroll	US-DC	Masters Nationals	Fredericksburg	VA
2	205	451.9	James Storch	US-NY	American Challenge 2021 - NY		NY
	205	451.9	Larry Carrol	US-DC	2021 Powerlifting Worlds	York	PA
4	197.5	435.4	William George	US-PA	2021 Powerlifting Worlds	York	PA
5	160	352.7	Brant Givler	US-PA	American Challenge 2021 - PA		PA

Weight Class: 275				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Jeff Lawson	US-PA	Masters Nationals	Fredericksburg	VA
2	215	473.9	Brian Matchett	Canada	Rust Buster	Calgary	Alberta
3	190	418.8	Chris Fry	US-VA	Eastern USA Open	Woodstock	VA

Weight Class: SHW				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Bill Reedy	US-VA	Shenandoah Open	Woodstock	VA

## 2021 Bench Press Rankings Male

Weight Class: 148				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Gary Teeter	US-PA	American Challenge 2021 - NY		NY
2	100	220.4	Ben Zak	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
3	82.5	181.8	Rajesh Kumar	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 165				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	153	337.3	John Self	US-VA	Eastern USA Open	Woodstock	VA
2	130	286.5	Will Lynch	US-NC	2021 Single Lift World Championships	Virginia Beach	VA
3	125	275.5	Michael Habina	Canada	Rust Buster	Calgary	Alberta
4	122.5	270	Gary Teeter	US-PA	Owego Winter Classic	Owego	NY
5	115	253.5	Brian Stoner	US-NY	American Challenge 2021 - PA		PA
6	107.5	236.9	Russ Pickford	Canada	Rust Buster	Calgary	Alberta
7	100	220.4	Kenneth Mahadeo	US-NY	2021 Powerlifting Worlds	York	PA
8	97.5	214.9	David Machmer	US-PA	2021 Powerlifting Worlds	York	PA

Weight Class: 181				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	162.5	358.2	David Blattenberger	US-PA	2021 Central PA Open	Clearfield	PA
2	157.5	347.2	John Mangone	US-PA	2021 Central PA Open	Clearfield	PA
3	135	297.6	Steve Turlington	US-NC	American Challenge 2021 - NC		NC
4	125	275.5	James Darr	US-MD	2021 Powerlifting Worlds	York	PA
	125	275.5	Gene Santomartino	US-MD	Maryland States	Prince Frederick	MD
6	122.5	270	Patrick Huntley	US-PA	2021 Powerlifting Worlds	York	PA
7	120	264.5	Dan Keating	US-VA	Masters Nationals	Fredericksburg	VA
8	110	242.5	Gary Teeter	US-PA	Virginia Open	Woodstock	VA
9	107.5	236.9	David Machmer	US-PA	Masters Nationals	Fredericksburg	VA
10	100	220.4	Tim Metcalf	US-NC	NC State Championship	Jarvisburg	NC
11	82.5	181.8	Daniel McQuillen	US-PA	2021 Central PA Open	Clearfield	PA
12	70	154.3	Drew Hoffman	US-PA	2021 Powerlifting Worlds	York	PA

Weight Class: 198				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	161	354.9	William Waller	US-VA	American Challenge 2021 - VA		VA
2	152.5	336.2	Tom Reumont	US-MD	Maryland States	Prince Frederick	MD
3	140	308.6	Dan Keating	US-VA	2021 Christmas Classic	Woodstock	VA
4	132.5	292.1	Ray Jones	US-VA	Masters Nationals	Fredericksburg	VA
5	125	275.5	Pat Huntley	US-PA	Masters Nationals	Fredericksburg	VA
6	100	220.4	Deane Welker	US-PA	2021 Central PA Open	Clearfield	PA
7	92.5	203.9	Donald Silveus	US-VA	2021 Christmas Classic	Woodstock	VA

Weight Class: 220				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	217.5	479.5	Chris Walter	US-NE	2021 Single Lift World Championships	Virginia Beach	VA
2	162.5	358.2	Stanley Domino	US-FL	American Challenge 2021 - FL		FL
3	147.5	325.1	Randy Elbert	US-MD	Masters Nationals	Fredericksburg	VA
4	140	308.6	Joe Cotton	US-VA	2021 Christmas Classic	Woodstock	VA
5	135	297.6	Terry Napisa	US-VA	Masters Nationals	Fredericksburg	VA
6	125	275.5	Gerry Lewis	US-PA	2021 Powerlifting Worlds	York	PA
7	110	242.5	Brian Knarr	US-PA	American Challenge 2021 - PA		PA
	110	242.5	John Shifflett	US-VA	Patriots Single Lift Open	Prince Frederick	MD
	110	242.5	Brad Swidzinsky	Canada	Rust Buster	Calgary	Alberta
10	107.5	236.9	Jim Haskayne	Canada	Rust Buster	Calgary	Alberta
11	97.5	214.9	James Garnett	US-NY	American Challenge 2021 - NY		NY
12	95	209.4	Vinod Rajpal	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 242				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Waldo Ferreras	US-VA	American Challenge 2021 - VA		VA
	175	385.8	Fabio Rotondi	Italy	2021 Italian Single Lift Championships		Italy
3	155	341.7	Julio Santa	US-MD	Maryland States	Prince Frederick	MD
4	150	330.6	Larry Carroll	US-DC	Masters Nationals	Fredericksburg	VA
5	145	319.6	Ronald Sellner	US-MD	2021 Single Lift World Championships	Virgina Beach	VA
6	140	308.6	Brant Givler	US-PA	American Challenge 2021 - PA		PA
7	137.5	303.1	Larry Carrol	US-DC	2021 Powerlifting Worlds	York	PA
8	135	297.6	William George	US-PA	2021 Powerlifting Worlds	York	PA
9	130	286.5	Lloyd Penberthy	US-NY	American Challenge 2021 - NY		NY
10	125	275.5	James Storch	US-NY	American Challenge 2021 - NY		NY

Weight Class: 275				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Chris Fry	US-VA	Shenandoah Open	Woodstock	VA
2	155	341.7	Larry Carroll	US-DC	Patriots Single Lift Open	Prince Frederick	MD
3	142.5	314.1	Alfredo Ramirez	US-NY	2021 Single Lift World Championships	Virgina Beach	VA
4	130	286.5	Jeff Lawson	US-PA	Masters Nationals	Fredericksburg	VA
	130	286.5	Brian Matchett	Canada	Rust Buster	Calgary	Alberta
6	127.5	281	Jeff Willson	US-CT	American Challenge 2021 - CT		CT
7	120	264.5	Ronald Garrett	US-OR	Tri State Championships	Bedford Heights	OH
	120	264.5	Jeff Wilson	US-CT	American Challenge 2021 - NH		NH

Weight Class: 308				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	187.5	413.3	Terry Cox	US-IL	2021 Single Lift World Championships	Virgina Beach	VA
2	185	407.8	Chris Fry	US-VA	2021 Christmas Classic	Woodstock	VA

Weight Class: SHW				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Bill Reedy	US-VA	Eastern USA Open	Woodstock	VA

## 2021 Deadlift Rankings Male

Weight Class: 148				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Gary Teeter	US-PA	Mid Atlantic Open	Fredericksburg	VA
2	152.5	336.2	Ben Zak	US-NC	NC State Championship	Jarvisburg	NC
3	100	220.4	Rajesh Kumar	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 165				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	240	529.1	Brian Stoner	US-NY	American Challenge 2021 - PA		PA
2	190	418.8	Kenneth Mahadeo	US-NY	2021 Powerlifting Worlds	York	PA
3	175	385.8	Gary Teeter	US-PA	Masters Nationals	Fredericksburg	VA
4	172.5	380.2	Chip Jowett	US-MD	American Challenge 2021 - MD		MD
5	160	352.7	David Machmer	US-PA	2021 Powerlifting Worlds	York	PA
6	135	297.6	Russ Pickford	Canada	Rust Buster	Calgary	Alberta

Weight Class: 181				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	245	540.1	Steve Turlington	US-NC	OBX Powerlifting Championships	Jarvisburg	NC
2	240	529.1	Gene Santomartino	US-MD	Maryland States	Prince Frederick	MD
3	212.5	468.4	Patrick Huntley	US-PA	2021 Powerlifting Worlds	York	PA
4	200	440.9	James Darr	US-MD	2021 Powerlifting Worlds	York	PA
5	180	396.8	Chip Jowett	US-MD	Big Gunz Open	Laplata	MD



6	172.5	380.2	Drew Hoffman	US-PA	2021 Powerlifting Worlds	York	PA
7	157.5	347.2	David Machmer	US-PA	Masters Nationals	Fredericksburg	VA
8	155	341.7	Gary Teeter	US-PA	Virginia Open	Woodstock	VA
9	150	330.6	Ved Chandila	India	National Benchpress and Deadlift Championships	Karnal	India
10	142.5	314.1	Donald Silveus	US-VA	Eastern USA Open	Woodstock	VA
11	140	308.6	Tim Metcalf	US-NC	NC State Championship	Jarvisburg	NC
12	132.5	292.1	Daniel McQuillen	US-PA	2021 Central PA Open	Clearfield	PA

Weight Class: 198			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	302.5	666.8	William Waller	US-VA	American Challenge 2021 - VA		VA
2	250	551.1	Travis Roberts	US-MD	Big Gunz Open	Laplata	MD
3	215	473.9	Pat Huntley	US-PA	Masters Nationals	Fredericksburg	VA
4	165	363.7	Donald Silveus	US-VA	2021 Christmas Classic	Woodstock	VA
5	162.5	358.2	Kulwantjit Singh	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 220			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	282.5	622.7	Chris Cotillo	US-MD	Patriots Single Lift Open	Prince Frederick	MD
2	227.5	501.5	Jim Haskayne	Canada	Rust Buster	Calgary	Alberta
3	212.5	468.4	Brad Swidzinsky	Canada	Rust Buster	Calgary	Alberta
4	205	451.9	Gerry Lewis	US-PA	Tri State Championships	Bedford Heights	OH
5	200	440.9	Brian Knarr	US-PA	2021 Powerlifting Worlds	York	PA
6	197.5	435.4	Terry Napisa	US-VA	Masters Nationals	Fredericksburg	VA
7	192.5	424.3	Joe Cotton	US-VA	2021 Christmas Classic	Woodstock	VA
8	167.5	369.2	Brian Rogers	US-VA	Mid Atlantic Open	Fredericksburg	VA
9	150	330.6	Vinod Rajpal	India	National Benchpress and Deadlift Championships	Karnal	India

Weight Class: 242			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	295	650.3	Julio Santa	US-MD	Maryland States	Prince Frederick	MD
2	252.5	556.6	Larry Carroll	US-DC	Big Gunz Open	Laplata	MD
3	250	551.1	Larry Carrol	US-DC	2021 Powerlifting Worlds	York	PA
4	240	529.1	William George	US-PA	2021 Powerlifting Worlds	York	PA
5	235	518	James Storch	US-NY	American Challenge 2021 - NY		NY
6	192.5	424.3	Ronald Sellner	US-MD	Maryland States	Prince Frederick	MD
7	160	352.7	Brant Givler	US-PA	American Challenge 2021 - PA		PA

Weight Class: 275			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	275	606.2	Jeff Lawson	US-PA	Masters Nationals	Fredericksburg	VA
2	257.5	567.6	Larry Carroll	US-DC	American Challenge 2021 - MD		MD
3	235	518	Brian Matchett	Canada	Rust Buster	Calgary	Alberta
4	230	507	Chris Fry	US-VA	Shenandoah Open	Woodstock	VA
5	182.5	402.3	Jeff Willson	US-CT	2021 CT State Championship	Cheshire	CT

Weight Class: 308			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Terry Cox	US-IL	2021 Single Lift World Championships	Virgina Beach	VA

Weight Class: SHW			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Bill Reedy	US-VA	Eastern USA Open	Woodstock	VA

2021 Total Rankings					Male		
Weight Class: 148			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	



1	422.5	931.4	Gary Teeter	US-PA	American Challenge 2021 - VA		VA
2	370	815.7	Ben Zak	US-NC	NC State Championship	Jarvisburg	NC

Weight Class: 165				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	562.5	1240	Brian Stoner	US-NY	American Challenge 2021 - PA		PA	
2	445	981	Kenneth Mahadeo	US-NY	2021 Powerlifting Worlds	York	PA	
3	422.5	931.4	Gary Teeter	US-PA	Masters Nationals	Fredericksburg	VA	
4	407.5	898.3	David Machmer	US-PA	2021 Powerlifting Worlds	York	PA	
5	362.5	799.1	Russ Pickford	Canada	Rust Buster	Calgary	Alberta	

Weight Class: 181				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	557.5	1229	Gene Santomartino	US-MD	Maryland States	Prince Frederick	MD	
2	530	1168.4	Steve Turlington	US-NC	OBX Powerlifting Championships	Jarvisburg	NC	
3	512.5	1129.8	Patrick Huntley	US-PA	2021 Powerlifting Worlds	York	PA	
4	505	1113.3	James Darr	US-MD	2021 Powerlifting Worlds	York	PA	
5	425	936.9	David Machmer	US-PA	Masters Nationals	Fredericksburg	VA	
6	365	804.6	Drew Hoffman	US-PA	2021 Powerlifting Worlds	York	PA	
7	315	694.4	Daniel McQuillen	US-PA	2021 Central PA Open	Clearfield	PA	

Weight Class: 198				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	751	1655.6	William Waller	US-VA	American Challenge 2021 - VA		VA	
2	527.5	1162.9	Pat Huntley	US-PA	Masters Nationals	Fredericksburg	VA	

Weight Class: 220				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	540	1190.4	Jim Haskayne	Canada	Rust Buster	Calgary	Alberta	
2	527.5	1162.9	Terry Napisa	US-VA	Masters Nationals	Fredericksburg	VA	
3	523.5	1154.1	Brad Swidzinsky	Canada	Rust Buster	Calgary	Alberta	
4	480	1058.2	Gerry Lewis	US-PA	2021 Powerlifting Worlds	York	PA	
5	460	1014.1	Brian Knarr	US-PA	American Challenge 2021 - PA		PA	

Weight Class: 242				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	607.5	1339.2	Larry Carroll	US-DC	Masters Nationals	Fredericksburg	VA	
2	592.5	1306.2	Larry Carrol	US-DC	2021 Powerlifting Worlds	York	PA	
3	572.5	1262.1	William George	US-PA	2021 Powerlifting Worlds	York	PA	
4	565	1245.5	James Storch	US-NY	American Challenge 2021 - NY		NY	
5	460	1014.1	Brant Givler	US-PA	American Challenge 2021 - PA		PA	

Weight Class: 275				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	655	1444	Jeff Lawson	US-PA	Masters Nationals	Fredericksburg	VA	
2	590	1300.7	Chris Fry	US-VA	Shenandoah Open	Woodstock	VA	
3	580	1278.6	Brian Matchett	Canada	Rust Buster	Calgary	Alberta	

Weight Class: SHW				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	487.5	1074.7	Bill Reedy	US-VA	Eastern USA Open	Woodstock	VA	

## 2021 Strict Curl Rankings Male

Weight Class: 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	57.5	126.7	Gary Teeter	US-PA	American Challenge 2021 - VA		VA	
2	52.5	115.7	Ben Zak	US-NC	2021 Single Lift World Championships	Virginia Beach	VA	

Weight Class: 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	68	149.9	John Self	US-VA	Eastern USA Open	Woodstock	VA	
	68	149.9	Gary Kessler	US-VA	2021 Single Lift World Championships	Virginia Beach	VA	
3	56.5	124.5	Gary Teeter	US-PA	Big Gunz Open	Laplata	MD	
4	55	121.2	Jeff Thorp	US-PA	American Challenge 2021 - PA		PA	
5	54	119	David Kleinschuster	US-NC	2021 Single Lift World Championships	Virginia Beach	VA	

Weight Class: 181				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	68.5	151	Gary Kessler	US-VA	Masters Nationals	Fredericksburg	VA	
2	58	127.8	Will Lynch	US-NC	2021 Single Lift World Championships	Virginia Beach	VA	
3	57.5	126.7	Gary Teeter	US-PA	Virginia Open	Woodstock	VA	
4	48	105.8	Tim Metcalf	US-NC	NC State Championship	Jarvisburg	NC	

Weight Class: 198				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	84.5	186.2	Ray Jones	US-VA	Masters Nationals	Fredericksburg	VA	
2	80	176.3	Raymond Jones	US-VA	2021 Single Lift World Championships	Virginia Beach	VA	
3	59.5	131.1	Tom Reumont	US-MD	Maryland States	Prince Frederick	MD	

Weight Class: 220				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	66.5	146.6	Joe Cotton	US-VA	2021 Christmas Classic	Woodstock	VA	
2	64	141	Stanley Domino	US-FL	American Challenge 2021 - FL		FL	
3	63.5	139.9	Brian Rogers	US-VA	Mid Atlantic Open	Fredericksburg	VA	
4	62.5	137.7	Douglas Bussott	US-NJ	Masters Nationals	Fredericksburg	VA	
5	60	132.2	Randy Elbert	US-MD	Masters Nationals	Fredericksburg	VA	
6	55	121.2	James Garnett	US-NY	American Challenge 2021 - NY		NY	
7	52.5	115.7	Brian Alexander	US-VA	Shenandoah Open	Woodstock	VA	

Weight Class: 242				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	63.5	139.9	Ronald Sellner	US-MD	Maryland States	Prince Frederick	MD	
2	60	132.2	Brant Givler	US-PA	American Challenge 2021 - PA		PA	

Weight Class: 275				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	75	165.3	Chris Fry	US-VA	Shenandoah Open	Woodstock	VA	
2	72.5	159.8	Bill Robertson	US-GA	American Challenge 2021 - FL		FL	
3	66.5	146.6	Jeff Willson	US-CT	2021 CT State Championship	Cheshire	CT	
4	65	143.2	Jerry Matthews	US-MI	Tri State Championships	Bedford Heights	OH	
	65	143.2	Jeff Wilson	US-CT	American Challenge 2021 - NH		NH	

Weight Class: 308				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	78	171.9	Chris Fry	US-VA	2021 Christmas Classic	Woodstock	VA	
2	52.5	115.7	Curt Brown	US-OH	2021 Ohio State Championships	Bedford Heights	OH	