



2023 Masters 40-49 Rankings

Updated 12/23/2023 Ed Kutin

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2023 Squat Rankings				Female			
Weight Class: 44 / 97				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Jeanette Savage	US-NY	Owego Winter Classic 2023	Owego	NY
Weight Class: 48 / 105				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	74	163.1	Jill Keilty	Canada	Gathering of Nations	Canada	
Weight Class: 56 / 123				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	97.5	214.9	Mariela Olivares	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
Weight Class: 60 / 132				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	88	194	Jennifer Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC
Weight Class: 67.5 / 148				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Karen Ogilvie	Canada	Valhalla Rising	Canada	
2	75	165.3	Suzanne Jeffers	US-NY	2023 Great Lakes Championships	Erie	PA
3	40	88.1	Lynne Michaud	Canada	Gathering of Nations	Canada	
Weight Class: 75 / 165				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Alexis Kajencki	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	97.5	214.9	Eileen Mole	US-OH	2023 Ohio State Championships	Bedford	OH
3	92.5	203.9	Andrea Yeung-Meadows	Canada	Valhalla Rising	Canada	
	92.5	203.9	Kayleen McDonald	US-FL	2023 American Challenge - OH	Bedford	OH
5	72.5	159.8	Christina Milie	US-PA	2023 Central PA Open	Clearfield	PA
Weight Class: 82.5 / 181				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Patti Presson	US-NC	NC State Championships	Raleigh	NC
2	90	198.4	Tara LePage	US-NY	2023 Central PA Open	Clearfield	PA
Weight Class: 90 / 198				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Sasha Kone	US-PA	Owego Winter Classic 2023	Owego	NY
2	60	132.2	Carin Shollenberger	US-PA	2023 Central PA Open	Clearfield	PA
Weight Class: 90+ / 198+				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190.56	420.1	LaRiena Ferguson	US-FL	Florida State Championships	Viera	FL

2	150	330.6	Erica Rojek	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	145	319.6	Kristy Hughes	Canada	Valhalla Rising		Canada
4	125	275.5	Crystal Bridgforth	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
5	112.5	248	Sarita Tams	Canada	Summer Smash 2023		Canada
6	105	231.4	Callista Puchmeyer	US-OH	2023 American Challenge - OH	Bedford	OH
7	72.5	159.8	Bessilynn Spikes	US-TX	2023 American Challenge - TX	Houston	TX
	72.5	159.8	Joni Talavera	US-PA	2023 Central PA Open	Clearfield	PA

2023 Bench Press Rankings Female

Weight Class: 44 / 97				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	25	55.1	Jeanette Savage	US-NY	Owego Winter Classic 2023	Owego	NY

Weight Class: 48 / 105				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	59	130	Jill Keilty	Canada	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 52 / 114				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	60	132.2	Bianca Rivera	US-NY	Owego Winter Classic 2023	Owego	NY
	60	132.2	Yessica Lopez	US-NC	Henderson Open	Henderson	NC
3	45	99.2	Alison Bullock	US-VA	2023 Eastern USA Open	Richmond	VA

Weight Class: 56 / 123				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	60	132.2	Mariela Olivares	US-MD	DMV Classic	Alexandria	VA

Weight Class: 60 / 132				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55.5	122.3	Jennifer Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC

Weight Class: 67.5 / 148				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Kimberly Capers	US-MD	DMV Classic	Alexandria	VA
	65	143.2	Karen Ogilvie	Canada	Valhalla Rising		Canada
3	53	116.8	Suzanne Jeffers	US-NY	United States Open	York	PA
4	52.5	115.7	Nicole Costantino	US-PA	United States Open	York	PA
5	47.5	104.7	Lynne Michaud	Canada	Gathering of Nations		Canada
	47.5	104.7	Tiffany Pridgen	US-NC	Henderson Open	Henderson	NC

Weight Class: 75 / 165				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Alexis Kajencki	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	75	165.3	Tammy Ranney	US-AZ	West Coast Challenge	Peoria	AZ
3	57.5	126.7	Lisa Walker	US-VA	2023 Virginia State Open	Woodstock	VA
4	55	121.2	Eileen Mole	US-OH	2023 Ohio State Championships	Bedford	OH
5	52.5	115.7	Andrea Yeung-Meadows	Canada	Valhalla Rising		Canada
6	50	110.2	Kayleen McDonald	US-FL	2023 American Challenge - OH	Bedford	OH
7	45	99.2	Christina Milie	US-PA	2023 Central PA Open	Clearfield	PA

Weight Class: 82.5 / 181				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Mona Espinosa	US-VA	DMV Classic	Alexandria	VA
2	70	154.3	Tara LePage	US-NY	2023 Central PA Open	Clearfield	PA
3	60	132.2	Patti Presson	US-NC	NC State Championships	Raleigh	NC
4	57.5	126.7	Laura Willson	US-CT	New England Championships	Cheshire	CT

Weight Class: 90 / 198			Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Sasha Kone	US-PA	Owego Winter Classic 2023	Owego	NY
2	47.5	104.7	Carin Shollenberger	US-PA	2023 Central PA Open	Clearfield	PA

Weight Class: 90+ / 198+			Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95.28	210	LaRiena Ferguson	US-FL	Florida State Championships	Viera	FL
2	80	176.3	Kristy Hughes	Canada	Valhalla Rising		Canada
3	77.5	170.8	Jaclyn Anne-Sachs	US-MD	DMV Classic	Alexandria	VA
4	76	167.5	Crystal Bridgforth	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
5	75	165.3	Erica Rojek	US-MD	2023 Masters Strict Curl and Ironman Nationals	York	PA
6	72.5	159.8	Monika Steczkowski	US-CT	Owego Winter Classic 2023	Owego	NY
7	62.5	137.7	Sarita Tams	Canada	Summer Smash 2023		Canada
8	60	132.2	Callista Puchmeyer	US-OH	2023 American Challenge - OH	Bedford	OH
9	52.5	115.7	Bessilynn Spikes	US-TX	2023 American Challenge - TX	Houston	TX
10	47.5	104.7	Joni Talavera	US-PA	2023 Central PA Open	Clearfield	PA
11	31.76	70	Virginia Acevedo	US-FL	Florida State Championships	Viera	FL

2023 Deadlift Rankings Female

Weight Class: 44 / 97			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	62.5	137.7	Jeanette Savage	US-NY	Owego Winter Classic 2023	Owego	NY

Weight Class: 48 / 105			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Jill Keilty	Canada	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 52 / 114			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	97.5	214.9	Alison Bullock	US-VA	2023 Eastern USA Open	Richmond	VA

Weight Class: 56 / 123			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110	242.5	Mariela Olivares	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 60 / 132			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Rachel Forbes	Canada	Valhalla Rising		Canada
2	102.5	225.9	Jennifer Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC

Weight Class: 67.5 / 148			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	137.5	303.1	Karen Ogilvie	Canada	Valhalla Rising		Canada
2	130	286.5	Nicole Costantino	US-PA	2023 Central PA Open	Clearfield	PA
3	105	231.4	Suzanne Jeffers	US-NY	United States Open	York	PA
4	100	220.4	Cori Lynn	US-TX	Down South Pull Classic	Houston	TX
5	90	198.4	Lynne Michaud	Canada	Gathering of Nations		Canada

Weight Class: 75 / 165			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Alexis Kajencki	US-MD	2023 American Challenge - VA	Woodstock	VA
2	120	264.5	Andrea Yeung-Meadows	Canada	Valhalla Rising		Canada
3	110	242.5	Eileen Mole	US-OH	2023 Ohio State Championships	Bedford	OH
		110	Christina Milie	US-PA	2023 Central PA Open	Clearfield	PA
5	95	209.4	Kayleen McDonald	US-FL	2023 American Challenge - OH	Bedford	OH

Weight Class: 82.5 / 181			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Patti Presson	US-NC	NC State Championships	Raleigh	NC
2	142.5	314.1	Janelle Ollivierre	US-DC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	122.5	270	Tara LePage	US-NY	2023 Central PA Open	Clearfield	PA

Weight Class: 90 / 198			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	165	363.7	Sasha Kone	US-PA	Owego Winter Classic 2023	Owego	NY
2	92.5	203.9	Carin Shollenberger	US-PA	2023 Central PA Open	Clearfield	PA

Weight Class: 90+ / 198+			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	186.03	410.1	LaRiena Ferguson	US-FL	Florida State Championships	Viera	FL
2	175	385.8	Erica Rojek	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	152.5	336.2	Crystal Bridgforth	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
4	145	319.6	Kristy Hughes	Canada	Valhalla Rising		Canada
5	130	286.5	Sarita Tams	Canada	Summer Smash 2023		Canada
6	122.5	270	Amanda Dellinger	US-VA	2023 American Challenge - VA	Woodstock	VA
7	120	264.5	Bessilynn Spikes	US-TX	2023 American Challenge - TX	Houston	TX
	120	264.5	Callista Puchmeyer	US-OH	2023 American Challenge - OH	Bedford	OH
9	105	231.4	Joni Talavera	US-PA	2023 Central PA Open	Clearfield	PA

2023 Total Rankings Female

Weight Class: 44 / 97			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Jeanette Savage	US-NY	Owego Winter Classic 2023	Owego	NY

Weight Class: 48 / 105			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	244	537.9	Jill Keilty	Canada	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 56 / 123			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	265	584.2	Mariela Olivares	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 60 / 132			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	246	542.3	Jennifer Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC

Weight Class: 67.5 / 148			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	287.5	633.8	Karen Ogilvie	Canada	Valhalla Rising		Canada
2	230	507	Suzanne Jeffers	US-NY	2023 Great Lakes Championships	Erie	PA
3	177.5	391.3	Lynne Michaud	Canada	Gathering of Nations		Canada

Weight Class: 75 / 165			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	430	947.9	Alexis Kajencki	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	265	584.2	Andrea Yeung-Meadows	Canada	Valhalla Rising		Canada
3	260	573.1	Eileen Mole	US-OH	2023 Ohio State Championships	Bedford	OH
4	237.5	523.5	Kayleen McDonald	US-FL	2023 American Challenge - OH	Bedford	OH
5	227.5	501.5	Christina Milie	US-PA	2023 Central PA Open	Clearfield	PA

Weight Class: 82.5 / 181			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	327.5	722	Patti Presson	US-NC	NC State Championships	Raleigh	NC

2 282.5 622.7 Tara LePage US-NY 2023 Central PA Open Clearfield PA

Weight Class: 90 / 198				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	390	859.7	Sasha Kone	US-PA	Owego Winter Classic 2023	Owego	NY	
2	200	440.9	Carin Shollenberger	US-PA	2023 Central PA Open	Clearfield	PA	

Weight Class: 90+ / 198+				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	471.87	1040.2	LaRiena Ferguson	US-FL	Florida State Championships	Viera	FL	
2	395	870.8	Erica Rojek	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA	
3	370	815.7	Kristy Hughes	Canada	Valhalla Rising		Canada	
4	353.5	779.3	Crystal Bridgforth	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA	
5	305	672.4	Sarita Tams	Canada	Summer Smash 2023		Canada	
6	285	628.3	Callista Puchmeyer	US-OH	2023 American Challenge - OH	Bedford	OH	
7	245	540.1	Bessilynn Spikes	US-TX	2023 American Challenge - TX	Houston	TX	
8	225	496	Joni Talavera	US-PA	2023 Central PA Open	Clearfield	PA	

2023 Strict Curl Rankings Female

Weight Class: 52 / 114				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	31.5	69.4	Bianca Rivera	US-NY	Owego Winter Classic 2023	Owego	NY	

Weight Class: 56 / 123				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	33	72.7	Mariela Olivares	US-MD	DMV Classic	Alexandria	VA	
2	32.5	71.6	Kerry Self	US-VA	2023 Arnold Invitational Strict Curl	Columbus	OH	

Weight Class: 60 / 132				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	33.5	73.8	Jennifer Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC	

Weight Class: 67.5 / 148				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	54	119	Tricia Floyd	US-VA	2023 Arnold Invitational Strict Curl	Columbus	OH	
2	41	90.3	Natasha Beasley	US-VA	2023 Arnold Invitational Strict Curl	Columbus	OH	
3	36.5	80.4	Nicole Costantino	US-PA	United States Open	York	PA	
4	34	74.9	Cori Lynn	US-TX	Down South Pull Classic	Houston	TX	
5	33	72.7	Kimberly Capers	US-MD	DMV Classic	Alexandria	VA	
6	25.5	56.2	Suzanne Jeffers	US-NY	United States Open	York	PA	
	25.5	56.2	Tiffany Pridgen	US-NC	2023 Strict Curl Worlds	Virginia Beach	VA	

Weight Class: 75 / 165				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	53.5	117.9	Alexis Kajencki	US-MD	Pro Strict Curl Championship	Virginia Beach	VA	
2	40	88.1	Lisa Walker	US-VA	2023 Eastern USA Open	Richmond	VA	
3	36	79.3	Tammy Ranney	US-AZ	West Coast Challenge	Peoria	AZ	

Weight Class: 82.5 / 181				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	40.5	89.2	Laura Willson	US-CT	2023 American Challenge - CT	Cheshire	CT	
2	40	88.1	Mona Espinosa	US-VA	DMV Classic	Alexandria	VA	
3	38	83.7	Mona Espinoza	US-VA	2023 Christmas Classic	Woodstock	VA	
4	36.5	80.4	Kimberly Iheka	US-TX	Down South Pull Classic	Houston	TX	
5	29.5	65	Patti Presson	US-NC	2023 Battle of the Border	Currituck	NC	

Weight Class: 90 / 198				Strict Curl	Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	43	94.7	Leslie Wright	US-NC	2023 American Challenge SC - NC	Elizabeth City	NC

Weight Class: 90+ / 198+ Strict Curl Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	46.5	102.5	Erica Rojek	US-MD	2023 Masters Strict Curl and Ironman Nationals	York	PA
2	43.5	95.9	Jeannie Iavarona	US-CT	2023 American Challenge - CT	Cheshire	CT
3	43	94.7	Jaclyn Anne-Sachs	US-MD	DMV Classic	Alexandria	VA
4	42.5	93.6	Monika Steczkowski	US-CT	New England Championships	Cheshire	CT
5	39	85.9	Bessilynn Spikes	US-TX	Down South Pull Classic	Houston	TX

2023 Squat Rankings Male

Weight Class: 67.5 / 148 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Eric Haley	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ

Weight Class: 75 / 165 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Matyas Kovach	US-OH	2023 Tri-State Championship	Solon	OH
2	25	55.1	Mike Deutsch	US-AZ	2023 American Challenge - AZ	Phoenix	AZ

Weight Class: 82.5 / 181 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	197.5	435.4	David Sobota	US-NC	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
2	100	220.4	Mikeal Basile	US-NY	Owego Winter Classic 2023	Owego	NY

Weight Class: 90 / 198 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	233	513.6	Jeffrey Kepler	US-VA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA
2	210	462.9	Dan Wales	Canada	Valhalla Rising		Canada
3	200	440.9	Justin Schlossberg	US-NC	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA
4	180	396.8	Aaron Chrietzberg	US-MD	2023 American Challenge - MD	Silver Springs	MD
5	167.5	369.2	Andrew Schmidt	US-PA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA
6	130	286.5	Eric Braswell	US-NC	2023 Southern Open	Jarvisburg	NC
7	102	224.8	Dan Anderson	US-FL	2023 American Challenge - FL	South Daytona	FL

Weight Class: 100 / 220 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	232.5	512.5	Jesse Bifano	Canada	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
2	227.5	501.5	Zac McHugh	Canada	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
3	202.5	446.4	Michael Dalton	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
4	190	418.8	Rick Tanner	Canada	Gathering of Nations		Canada
5	137.5	303.1	Jeffrey Bruner	US-PA	2023 Central PA Open	Clearfield	PA
6	130	286.5	Andrew Harding	Canada	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
7	65	143.2	Derik Stetson	US-NY	Owego Winter Classic 2023	Owego	NY

Weight Class: 110 / 242 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	295	650.3	Azi Idehenre	US-NC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA

Weight Class: 125 / 275 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Tab Brown	US-WV	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
2	232.5	512.5	Bryan Moody	US-PA	2023 Great Lakes Championships	Erie	PA
3	180	396.8	Christopher Allen	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
4	117.5	259	Jason Puchmeyer	US-OH	2023 American Challenge - OH	Bedford	OH

Weight Class: 140 / 308				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	280	617.2	Matt Slate	US-NV	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA	
2	272.5	600.7	Matthew Lucas	Canada	Valhalla Rising		Canada	
3	255	562.1	Daniel Corridean	US-NC	2023 Southern Open	Jarvisburg	NC	
4	240	529.1	Russell Peel	Canada	Gathering of Nations		Canada	
5	227.5	501.5	Ray Reynolds	US-NY	2023 American Challenge - NY	Owego	NY	
6	187.5	413.3	Travis Cooley	US-PA	Owego Winter Classic 2023	Owego	NY	

Unknown Class: SHW				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	265	584.2	Daniel Corridean	US-NC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA	

2023 Bench Press Rankings Male

Weight Class: 67.5 / 148				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	112.5	248	John Wong	US-CA	2023 Masters Strict Curl and Ironman Nationals	York	PA	
2	90	198.4	Eric Haley	US-NY	2023 Masters Powerlifting Nationals	York	PA	

Weight Class: 75 / 165				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	132.5	292.1	Nasir Nantambu	US-NC	NC State Championships	Raleigh	NC	
	132.5	292.1	Matyas Kovach	US-OH	2023 Tri-State Championship	Solon	OH	
	132.5	292.1	Amit Bajaj	India	India Paul Bossi Classic		India	
4	120	264.5	Mike Deutsch	US-AZ	2023 American Challenge - AZ	Phoenix	AZ	
5	90	198.4	Anilkumar K	UAE	Dubai International Championships		Dubai	

Weight Class: 82.5 / 181				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	190	418.8	Jacob Williams	US-PA	2023 American Challenge - NC	Elizabeth City	NC	
2	135	297.6	David Sobota	US-NC	2023 American Challenge - NC	Elizabeth City	NC	
3	100	220.4	Mikeal Basile	US-NY	Owego Winter Classic 2023	Owego	NY	
	100	220.4	Pradeesh M.V	UAE	Dubai International Championships		Dubai	
5	90	198.4	Pramod Kaniyambady	UAE	Dubai International Championships		Dubai	
6	82.5	181.8	Douglas Marx	US-NY	Owego Winter Classic 2023	Owego	NY	

Weight Class: 90 / 198				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	170	374.7	Jeffrey McDaniel	US-PA	2023 American Challenge - NJ	Fair Lawn	NJ	
	170	374.7	Tywann Williams	US-NC	Henderson Open	Henderson	NC	
3	162.5	358.2	Jeffrey Kepler	US-VA	2023 Masters Powerlifting Nationals	York	PA	
4	137.5	303.1	Justin Schlossberg	US-NC	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA	
	137.5	303.1	Jamie Ness	US-KY	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA	
6	130	286.5	Andrew Schmidt	US-PA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA	
7	125	275.5	Dan Wales	Canada	Valhalla Rising		Canada	
	125	275.5	Aaron Chrietzberg	US-MD	2023 American Challenge - MD	Silver Springs	MD	
9	102	224.8	Dan Anderson	US-FL	2023 American Challenge - FL	South Daytona	FL	
10	97.5	214.9	Eric Braswell	US-NC	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA	
11	57.5	126.7	Vijay Kumar	India	India Paul Bossi Classic		India	

Weight Class: 100 / 220				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	175	385.8	Jasper Adams	US-NC	2023 American Challenge - VA	Woodstock	VA	
2	160	352.7	Charles Schoeneberg	US-MD	2023 Virginia State Open	Woodstock	VA	
3	155	341.7	Kenneth Pitt	US-NC	2023 Battle of the Border	Currituck	NC	
4	145	319.6	Jesse Bifano	Canada	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA	

5	142.5	314.1	Michael Dalton	US-VA	2023 OBX Open Championships	Jarvisburg	NC
6	132.5	292.1	John Wells	Canada	Spring Showdown		Canada
7	127.5	281	Jeffrey Bruner	US-PA	2023 Central PA Open	Clearfield	PA
8	120	264.5	Zac McHugh	Canada	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
9	115	253.5	Shamim Ahmed	UAE	Dubai International Championships		Dubai
10	110	242.5	Rick Tanner	Canada	Gathering of Nations		Canada
11	85	187.3	Andrew Harding	Canada	Gathering of Nations		Canada
12	75	165.3	Kumar .	UAE	Dubai International Championships		Dubai
13	57.5	126.7	Derik Stetson	US-NY	Owego Winter Classic 2023	Owego	NY

Weight Class: 110 / 242 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	195	429.8	Sherm Pensyl	US-PA	2023 Great Lakes Championships	Erie	PA
2	147.5	325.1	Tim Durrett	US-VA	2023 Patriots Open	Fredericksburg	VA
	147.5	325.1	Azi Idehenre	US-NC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
4	142.5	314.1	Trevor McDonald	US-FL	2023 American Challenge - OH	Bedford	OH
5	127.5	281	Sanjeev Sharma	India	Dubai International Championships		Dubai
6	90	198.4	Jerry Perdue	US-FL	2023 American Challenge - NC	Elizabeth City	NC

Weight Class: 125 / 275 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Christopher Allen	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
2	177.5	391.3	Tab Brown	US-WV	2023 Masters Powerlifting Nationals	York	PA
	177.5	391.3	Bryan Moody	US-PA	2023 Great Lakes Championships	Erie	PA
4	172.5	380.2	Chris Allen	US-VA	DMV Classic	Alexandria	VA
5	115	253.5	Jason Puchmeyer	US-OH	2023 American Challenge - OH	Bedford	OH

Weight Class: 140 / 308 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	215	473.9	Chris Pitts	US-NY	2023 Masters Strict Curl and Ironman Nationals	York	PA
2	202.5	446.4	Matt Slate	US-NV	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
3	182.5	402.3	Russell Peel	Canada	Gathering of Nations		Canada
4	162.5	358.2	Daniel Corridean	US-NC	2023 Battle of the Border	Currituck	NC
5	160	352.7	Matthew Lucas	Canada	Valhalla Rising		Canada
	160	352.7	Roosevelt Chestnut	US-NC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
7	137.5	303.1	Ray Reynolds	US-NY	Owego Winter Classic 2023	Owego	NY
8	120	264.5	Vinod Kumar	UAE	Dubai International Championships		Dubai
9	102.5	225.9	Travis Cooley	US-PA	Owego Winter Classic 2023	Owego	NY

Unknown Class: SHW Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Chris Medlar	US-NY	Owego Winter Classic 2023	Owego	NY
2	167.5	369.2	Daniel Corridean	US-NC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA

2023 Deadlift Rankings Male

Weight Class: 67.5 / 148 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	185	407.8	Eric Haley	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ

Weight Class: 75 / 165 Deadlift Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	185	407.8	Matyas Kovach	US-OH	2023 Tri-State Championship	Solon	OH
2	182.5	402.3	Jason Creswell	US-VA	2023 Patriots Open	Fredericksburg	VA
3	110	242.5	Anilkumar K	UAE	Dubai International Championships		Dubai
4	80	176.3	Binu Jajabreu	UAE	Dubai International Championships		Dubai
5	45	99.2	Mike Deutsch	US-AZ	2023 American Challenge - AZ	Phoenix	AZ

Weight Class: 82.5 / 181			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	230	507	David Sobota	US-NC	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
2	227.5	501.5	Matt Tetreault	US-VA	2023 Christmas Classic	Woodstock	VA
3	192.5	424.3	Reuven Tolchin	US-MD	2023 American Challenge - MD	Silver Springs	MD
4	137.5	303.1	Mikeal Basile	US-NY	Owego Winter Classic 2023	Owego	NY
5	135	297.6	Pradeesh M.V	UAE	Dubai International Championships		Dubai
6	130	286.5	Pramod Kaniyambady	UAE	Dubai International Championships		Dubai

Weight Class: 90 / 198			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	252.5	556.6	Jeffrey Kepler	US-VA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
2	235	518	Dan Wales	Canada	Valhalla Rising		Canada
		518	Justin Schlossberg	US-NC	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
4	212.5	468.4	Andrew Schmidt	US-PA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
5	187.5	413.3	Aaron Chrietzberg	US-MD	2023 American Challenge - MD	Silver Springs	MD
6	142.5	314.1	Eric Braswell	US-NC	2023 Southern Open	Jarvisburg	NC
7	135	297.6	Vijay Kumar	India	Dubai International Championships		Dubai
8	113.3	249.7	Dan Anderson	US-FL	2023 American Challenge - FL	South Daytona	FL

Weight Class: 100 / 220			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	277.5	611.7	Jesse Bifano	Canada	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
2	255	562.1	Zac McHugh	Canada	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
3	250	551.1	Michael Dalton	US-VA	2023 OBX Open Championships	Jarvisburg	NC
4	215	473.9	John Wells	Canada	Spring Showdown		Canada
5	210	462.9	Rick Tanner	Canada	Gathering of Nations		Canada
6	180	396.8	Andrew Harding	Canada	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
7	160	352.7	Jeffrey Bruner	US-PA	2023 Central PA Open	Clearfield	PA
8	145	319.6	Kumar .	UAE	Dubai International Championships		Dubai
9	110	242.5	Derik Stetson	US-NY	Owego Winter Classic 2023	Owego	NY

Weight Class: 110 / 242			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	355	782.6	Azi Idehenre	US-NC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
2	180	396.8	Sanjeev Sharma	India	Dubai International Championships		Dubai
3	167.5	369.2	Tim Durrett	US-VA	2023 Patriots Open	Fredericksburg	VA

Weight Class: 125 / 275			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	275	606.2	Tab Brown	US-WV	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
2	260	573.1	Chris Allen	US-VA	DMV Classic	Alexandria	VA
3	245	540.1	Christopher Allen	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
4	242.5	534.6	Bryan Moody	US-PA	2023 Great Lakes Championships	Erie	PA
5	175	385.8	Jason Puchmeyer	US-OH	2023 American Challenge - OH	Bedford	OH

Weight Class: 140 / 308			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	292.5	644.8	Matthew Lucas	Canada	Valhalla Rising		Canada
2	290	639.3	Daniel Corridean	US-NC	2023 Southern Open	Jarvisburg	NC
3	272.5	600.7	Matt Slate	US-NV	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
4	255	562.1	Russell Peel	Canada	Gathering of Nations		Canada
5	230	507	Ray Reynolds	US-NY	2023 American Challenge - NY	Owego	NY
6	225	496	Travis Cooley	US-PA	Owego Winter Classic 2023	Owego	NY
7	175	385.8	Vinod Kumar	UAE	Dubai International Championships		Dubai

Unknown Class: SHW			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1 290 639.3 Daniel Corridean US-NC 2023 World Heavyweight Mens Powerlifting Cha Virginia Beach VA

2023 Total Rankings Male

Weight Class: 67.5 / 148 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
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1	387.5	854.2	Eric Haley	US-NY	2023 American Challenge - NJ	Fair Lawn NJ
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Weight Class: 75 / 165 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
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1	497.5	1096.7	Matyas Kovach	US-OH	2023 Tri-State Championship	Solon OH
2	190	418.8	Mike Deutsch	US-AZ	2023 American Challenge - AZ	Phoenix AZ

Weight Class: 82.5 / 181 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
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1	560	1234.5	David Sobota	US-NC	2023 World Lightweight Mens Powerlifting Char	Virginia Beach VA
2	337.5	744	Mikeal Basile	US-NY	Owego Winter Classic 2023	Owego NY

Weight Class: 90 / 198 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
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1	645.5	1423	Jeffrey Kepler	US-VA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach VA
2	572.5	1262.1	Justin Schlossberg	US-NC	2023 World Lightweight Mens Powerlifting Char	Virginia Beach VA
3	570	1256.6	Dan Wales	Canada	Valhalla Rising	Canada
4	510	1124.3	Andrew Schmidt	US-PA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach VA
5	492.5	1085.7	Aaron Chrietzberg	US-MD	2023 American Challenge - MD	Silver Springs MD
6	365	804.6	Eric Braswell	US-NC	2023 World Lightweight Mens Powerlifting Char	Virginia Beach VA
7	317.3	699.5	Dan Anderson	US-FL	2023 American Challenge - FL	South Daytona FL

Weight Class: 100 / 220 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
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1	655	1444	Jesse Bifano	Canada	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach VA
2	602.5	1328.2	Zac McHugh	Canada	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach VA
3	587.5	1295.2	Michael Dalton	US-VA	2023 OBX Open Championships	Jarvisburg NC
4	510	1124.3	Rick Tanner	Canada	Gathering of Nations	Canada
5	425	936.9	Jeffrey Bruner	US-PA	2023 Central PA Open	Clearfield PA
6	395	870.8	Andrew Harding	Canada	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach VA
7	232.5	512.5	Derek Stetson	US-NY	Owego Winter Classic 2023	Owego NY

Weight Class: 110 / 242 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
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1	797.5	1758.1	Azi Idehenre	US-NC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach VA
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Weight Class: 125 / 275 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
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1	700	1543.2	Tab Brown	US-WV	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach VA
2	652.5	1438.5	Bryan Moody	US-PA	2023 Great Lakes Championships	Erie PA
3	607.5	1339.2	Christopher Allen	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach VA
4	407.5	898.3	Jason Puchmeyer	US-OH	2023 American Challenge - OH	Bedford OH

Weight Class: 140 / 308 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
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1	755	1664.4	Matt Slate	US-NV	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach VA
2	725	1598.3	Matthew Lucas	Canada	Valhalla Rising	Canada
3	698.5	1539.9	Daniel Corridean	US-NC	2023 Southern Open	Jarvisburg NC
4	677.5	1493.6	Russell Peel	Canada	Gathering of Nations	Canada
5	590	1300.7	Ray Reynolds	US-NY	2023 American Challenge - NY	Owego NY
6	515	1135.3	Travis Cooley	US-PA	Owego Winter Classic 2023	Owego NY

Unknown Class: SHW				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	722.5	1592.8	Daniel Corridean	US-NC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA	

2023 Strict Curl Rankings Male

Weight Class: 67.5 / 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	69.5	153.2	Steve Orseno	US-MA	2023 Masters Strict Curl and Ironman Nationals	York	PA	
2	60.5	133.3	John Wong	US-CA	HardKore Strict Curl Open	Rockland	MA	
3	53.5	117.9	Eric Haley	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ	

Weight Class: 75 / 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	63	138.8	Matyas Kovach	US-OH	2023 Tri-State Championship	Solon	OH	
2	62.5	137.7	Shane Frey	Canada	Summer Smash 2023		Canada	
3	61	134.4	John Wong	US-CA	2023 Strict Curl Worlds	Virginia Beach	VA	
4	52.5	115.7	Amit Bajaj	India	India Paul Bossi Classic		India	
5	50	110.2	John Pridgen	US-NC	Henderson Open	Henderson	NC	
6	48	105.8	Mohamed Mazzy	US-NY	2023 American Challenge SC - VA	Woodstock	VA	
7	45.5	100.3	Douglas Marx	US-NY	2023 American Challenge - CT	Cheshire	CT	
8	45	99.2	Mike Deutsch	US-AZ	West Coast Challenge	Peoria	AZ	
		45	Anilkumar K	UAE	Dubai International Championships		Dubai	
10	18.5	40.7	Binu Jajabreu	UAE	Dubai International Championships		Dubai	

Weight Class: 82.5 / 181				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	68	149.9	David Escalante	US-OH	2023 American Challenge - OH	Bedford	OH	
2	66	145.5	Mikeal Basile	US-NY	Owego Winter Classic 2023	Owego	NY	
3	59	130	John Wong	US-CA	Curlifornia		CA	
4	55	121.2	Pradeesh M.V	UAE	Dubai International Championships		Dubai	
5	50.5	111.3	John Pridgen	US-NC	2023 Strict Curl Worlds	Virginia Beach	VA	
6	41	90.3	Douglas Marx	US-NY	Owego Winter Classic 2023	Owego	NY	
7	37.5	82.6	Pramod Kaniyambady	UAE	Dubai International Championships		Dubai	

Weight Class: 90 / 198				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	87	191.8	John Cooper	US-NC	2023 Arnold Invitational Strict Curl	Columbus	OH	
2	78.5	173	Steve Babcock	US-CA	2023 Arnold Invitational Strict Curl	Columbus	OH	
3	77.5	170.8	Jamie Ness	US-KY	2023 Strict Curl Worlds	Virginia Beach	VA	
4	60	132.2	Jerry Purdue	US-FL	2023 Strict Curl Worlds	Virginia Beach	VA	
5	56	123.4	Chris Colondrilla	US-PA	2023 American Challenge SC - VA	Woodstock	VA	
6	54.5	120.1	Aaron Chrietzberg	US-MD	2023 American Challenge - MD	Silver Springs	MD	
7	52.5	115.7	Eric Braswell	US-NC	2023 American Challenge SC - NC	Elizabeth City	NC	
8	50	110.2	Jason Carroll	US-MD	2023 Masters Strict Curl and Ironman Nationals	York	PA	

Weight Class: 100 / 220				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	91.5	201.7	John Cooper	US-NC	2023 Southern Open	Jarvisburg	NC	
2	78	171.9	Charles Schoeneberg	US-MD	2023 Virginia State Open	Woodstock	VA	
3	75.5	166.4	Jeff Oilar	US-IN	United States Open	York	PA	
4	67.5	148.8	Hoss Shelton	US-FL	2023 Shenandoah Open	Woodstock	VA	
5	60	132.2	Kenneth Pitt	US-NC	2023 Battle of the Border	Currituck	NC	
		60	Shamim Ahmed	UAE	Dubai International Championships		Dubai	
7	56.5	124.5	Jeffrey Bruner	US-PA	2023 Central PA Open	Clearfield	PA	
8	45	99.2	Kumar .	UAE	Dubai International Championships		Dubai	

Weight Class: 110 / 242				Strict Curl	Male			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	86	189.5	Kwame Grant	US-VA	2023 Strict Curl Worlds	Virginia Beach	VA
2	68	149.9	Jerry Perdue	US-FL	2023 American Challenge SC - NC	Elizabeth City	NC
3	66	145.5	Stanley Hunter	US-NY	Owego Winter Classic 2023	Owego	NY
4	62.5	137.7	Sanjeev Sharma	India	Dubai International Championships		Dubai
5	59	130	Tim Durrett	US-VA	2023 Patriots Open	Fredericksburg	VA
6	49	108	Matthew Denegal	US-TX	2023 American Challenge - TX	Houston	TX
7	45.5	100.3	Angelo Menza II	US-KY	2023 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 125 / 275 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	78	171.9	Christopher Allen	US-VA	2023 Strict Curl Worlds	Virginia Beach	VA
2	77.5	170.8	Chris Allen	US-VA	DMV Classic	Alexandria	VA
3	68.5	151	Tab Brown	US-WV	2023 Masters Strict Curl and Ironman Nationals	York	PA

Weight Class: 140 / 308 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	91	200.6	Chris Pitts	US-NY	2023 Masters Strict Curl and Ironman Nationals	York	PA
2	72.5	159.8	Daniel Corridean	US-NC	2023 Battle of the Border	Currituck	NC
3	70	154.3	Roosevelt Chestnut	US-NC	2023 Strict Curl Worlds	Virginia Beach	VA
4	45	99.2	Vinod Kumar	UAE	Dubai International Championships		Dubai

Unknown Class: SHW Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	99	218.2	Joseph Sabol	US-PA	2023 Strict Curl Worlds	Virginia Beach	VA
2	51	112.4	Matt Ostiz	US-CA	Curlifornia		CA