



2023 Masters 50-59 Rankings

Updated 12/23/2023 Ed Kutin

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2023 Squat Rankings Female

Weight Class: 52 / 114				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	57.5	126.7	Jodi McCain	US-MD	2023 American Challenge - MD	Silver Springs	MD	

Weight Class: 60 / 132				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	80	176.3	Wanda Bradbury	Canada	Valhalla Rising		Canada	
2	70	154.3	Vanaja Nair	UAE	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA	
3	60	132.2	Geri Lyn Hoffman	US-PA	2023 Great Lakes Championships	Erie	PA	
	60	132.2	Kathleen Pacifici	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ	
5	57.5	126.7	Geri-Lyn Hoffman	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA	

Weight Class: 67.5 / 148				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	110	242.5	Christine Blythe	Canada	Spring Showdown		Canada	
2	75	165.3	Haydee Ortega	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA	
3	68.04	150	Hadley Winslow	US-FL	Patriots Power Day	Melbourne	FL	

Weight Class: 75 / 165				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	85	187.3	Katrin Ribb	Germany	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA	
2	62.5	137.7	Christine Cedzo	US-PA	2023 American Challenge - OH	Bedford	OH	

Weight Class: 82.5 / 181				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	90	198.4	Lori McWatters	Canada	Gathering of Nations		Canada	

Weight Class: 90 / 198				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	45	99.2	Tanya Renne	US-DC	2023 American Challenge - MD	Silver Springs	MD	

Weight Class: 90+ / 198+				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	158.8	350	Anna Stamets	US-FL	Florida State Championships	Viera	FL	
2	120	264.5	Charlotte Baker	US-VA	2023 American Challenge - VA	Woodstock	VA	
3	110	242.5	Liberty Buccello	US-PA	2023 Masters Powerlifting Nationals	York	PA	
4	107.5	236.9	Michelle Lawson	US-PA	2023 Masters Powerlifting Nationals	York	PA	
5	70	154.3	Rachel Ryan	Canada	Gathering of Nations		Canada	

2023 Bench Press Rankings Female

Weight Class: 56 / 123				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	42.5	93.6	Victoria Giorgi	US-MD	2023 American Challenge - VA	Woodstock	VA	

Weight Class: 60 / 132				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	62.5	137.7	Wanda Bradbury	Canada	Valhalla Rising	Canada	
2	60.5	133.3	Lesley DeAngelo	US-CT	New England Championships	Cheshire	CT
3	50	110.2	Krystal Brown	US-VA	2023 Masters Strict Curl and Ironman Nationals	York	PA
4	42.5	93.6	Kathleen Pacifici	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ
5	40	88.1	Vanaja Nair	UAE	Dubai International Championships	Dubai	
	40	88.1	Geri-Lyn Hoffman	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
7	37.5	82.6	Geri Lyn Hoffman	US-PA	2023 Great Lakes Championships	Erie	PA

Weight Class: 67.5 / 148				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Heather Flottmann	US-NY	2023 Masters Strict Curl and Ironman Nationals	York	PA
2	60	132.2	Christine Blythe	Canada	Spring Showdown	Canada	
3	55	121.2	Shawn Eure	US-VA	2023 Patriots Open	Fredericksburg	VA
4	52.5	115.7	Linda Eggleston	US-NY	2023 American Challenge - NY	Owego	NY
5	45.36	100	Hadley Winslow	US-FL	Patriots Power Day	Melbourne	FL
6	35	77.1	Haydee Ortega	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 75 / 165				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Katrin Ribb	Germany	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	67.5	148.8	Veronica Paylor	US-NC	2023 OBX Open Championships	Jarvisburg	NC
3	52.5	115.7	Linda Eggleston	US-NY	2023 Shenandoah Open	Woodstock	VA
4	42.5	93.6	Christine Cedzo	US-PA	2023 American Challenge - OH	Bedford	OH

Weight Class: 82.5 / 181				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Veronica Paylor	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	57.5	126.7	Lori McWatters	Canada	Gathering of Nations	Canada	

Weight Class: 90 / 198				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Dorothy Sosnicki	US-AZ	2023 American Challenge - AZ	Phoenix	AZ

Weight Class: 90+ / 198+				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120.24	265	Anna Stamets	US-FL	Florida State Championships	Viera	FL
2	73	160.9	Charlotte Baker	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	70	154.3	Dorothy Sosnicki	US-AZ	West Coast Challenge	Peoria	AZ
4	62.5	137.7	Terri Korba	US-NY	2023 American Challenge - NY	Owego	NY
5	57.5	126.7	Kathleen Delaine	Canada	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
6	55	121.2	Liberty Buccello	US-PA	2023 Masters Powerlifting Nationals	York	PA
	55	121.2	Michelle Lawson	US-PA	2023 Masters Powerlifting Nationals	York	PA
	55	121.2	Rachel Ryan	Canada	Gathering of Nations	Canada	

2023 Deadlift Rankings Female

Weight Class: 56 / 123				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Victoria Giorgi	US-MD	2023 American Challenge - VA	Woodstock	VA

Weight Class: 60 / 132				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	128	282.1	Sherry Rowe	US-VA	2023 Eastern USA Open	Richmond	VA
2	112.5	248	Denise Jaffe	US-OH	2023 Tri-State Championship	Solon	OH
3	110	242.5	Geri-Lyn Hoffman	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

4	105	231.4	Wanda Bradbury	Canada	Valhalla Rising		Canada
5	97.5	214.9	Geri Lyn Hoffman	US-PA	2023 Great Lakes Championships	Erie	PA
6	95	209.4	Vanaja Nair	UAE	Dubai International Championships		Dubai
7	92.5	203.9	Kathleen Pacifici	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ

Weight Class: 67.5 / 148			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Christine Blythe	Canada	Spring Showdown		Canada
2	122.5	270	Kimberly Thibeau	US-CT	2023 Masters Powerlifting Nationals	York	PA
3	121	266.7	Shawn Eure	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
4	105	231.4	Haydee Ortega	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
5	104.33	230	Hadley Winslow	US-FL	Patriots Power Day	Melbourne	FL

Weight Class: 75 / 165			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	137.5	303.1	Katrin Ribb	Germany	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	135	297.6	Christine Cedzo	US-PA	2023 American Challenge - OH	Bedford	OH
3	112.5	248	Veronica Paylor	US-NC	2023 OBX Open Championships	Jarvisburg	NC

Weight Class: 82.5 / 181			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Lori McWatters	Canada	Gathering of Nations		Canada
	120	264.5	Veronica Paylor	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 90 / 198			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	90	198.4	Tanya Renne	US-DC	2023 American Challenge - MD	Silver Springs	MD

Weight Class: 90+ / 198+			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	226.86	500.1	Anna Stamets	US-FL	Florida State Championships	Viera	FL
2	162.5	358.2	Charlotte Baker	US-VA	2023 Christmas Classic	Woodstock	VA
3	140	308.6	Liberty Buccello	US-PA	2023 American Challenge - NJ	Fair Lawn	NJ
4	122.5	270	Michelle Lawson	US-PA	2023 Masters Powerlifting Nationals	York	PA
5	115	253.5	Rachel Ryan	Canada	Gathering of Nations		Canada

2023 Total Rankings Female

Weight Class: 60 / 132			Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	247.5	545.6	Wanda Bradbury	Canada	Valhalla Rising		Canada
2	207.5	457.4	Geri-Lyn Hoffman	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	195	429.8	Geri Lyn Hoffman	US-PA	2023 Great Lakes Championships	Erie	PA
	195	429.8	Kathleen Pacifici	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ
	195	429.8	Vanaja Nair	UAE	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 67.5 / 148			Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	322.5	710.9	Christine Blythe	Canada	Spring Showdown		Canada
2	217.73	480	Hadley Winslow	US-FL	Patriots Power Day	Melbourne	FL
3	215	473.9	Haydee Ortega	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 75 / 165			Total		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	310	683.4	Katrin Ribb	Germany	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	235	518	Christine Cedzo	US-PA	2023 American Challenge - OH	Bedford	OH

Weight Class: 82.5 / 181			Total		Female		
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Rank	Lift	lbs	Lifter	Country	Meet	Location
1	267.5	589.7	Lori McWatters	Canada	Gathering of Nations	Canada

Weight Class: 90+ / 198+			Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	505.9	1115.3	Anna Stamets	US-FL	Florida State Championships	Viera FL
2	345.5	761.6	Charlotte Baker	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach VA
3	302.5	666.8	Liberty Buccello	US-PA	2023 Masters Powerlifting Nationals	York PA
4	285	628.3	Michelle Lawson	US-PA	2023 Masters Powerlifting Nationals	York PA
5	240	529.1	Rachel Ryan	Canada	Gathering of Nations	Canada

2023 Strict Curl Rankings Female

Weight Class: 56 / 123			Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	35.5	78.2	Krystal Brown	US-VA	2023 Arnold Invitational Strict Curl	Columbus OH
2	25	55.1	Victoria Giorgi	US-MD	2023 American Challenge SC - VA	Woodstock VA

Weight Class: 60 / 132			Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	40	88.1	Lesley DeAngelo	US-CT	New England Championships	Cheshire CT
2	37	81.5	Krystal Brown	US-VA	2023 American Challenge SC - VA	Woodstock VA
3	30.5	67.2	Denise Jaffe	US-OH	2023 Tri-State Championship	Solon OH
4	24	52.9	Vanaja Nair	UAE	Dubai International Championships	Dubai

Weight Class: 67.5 / 148			Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	42	92.5	Heather Flottmann	US-NY	2023 American Challenge - CT	Cheshire CT
2	41.5	91.4	Heather Flottman	US-NY	2023 Arnold Invitational Strict Curl	Columbus OH
3	33.5	73.8	Linda Eggleston	US-NY	2023 American Challenge - NY	Owego NY
4	28	61.7	Tanya Loffreno	US-NY	2023 American Challenge - NJ	Fair Lawn NJ
5	27.5	60.6	Shawn Eure	US-VA	2023 Strict Curl Worlds	Virginia Beach VA
6	22	48.5	Vanaja Nair	UAE	India Paul Bossi Classic	India

Weight Class: 75 / 165			Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	41	90.3	Katrin Ribb	Germany	Dubai International Championships	Dubai
2	34.5	76	Veronica Paylor	US-NC	2023 OBX Open Championships	Jarvisburg NC
3	34	74.9	Linda Eggleston	US-NY	2023 Shenandoah Open	Woodstock VA
4	29	63.9	Diamond Carter	US-AZ	Curlifornia	CA

Weight Class: 82.5 / 181			Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	41.5	91.4	Mary Hodge	US-VA	2023 Eastern USA Open	Richmond VA
2	39	85.9	Lisa Cynkin-Hardy	US-CA	Curlifornia	CA
3	30	66.1	Lori McWatters	Canada	Summer Smash 2023	Canada

Weight Class: 90 / 198			Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	48	105.8	Jennifer Macon	US-GA	2023 American Challenge - TX	Houston TX
2	39	85.9	Dorothy Sosnicki	US-AZ	2023 American Challenge - AZ	Phoenix AZ
3	23	50.7	Tanya Renne	US-DC	2023 American Challenge - MD	Silver Springs MD

Weight Class: 90+ / 198+			Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	42.5	93.6	Dorothy Sosnicki	US-AZ	West Coast Challenge	Peoria AZ
2	37	81.5	Liberty Buccello	US-PA	2023 American Challenge - NJ	Fair Lawn NJ
3	33	72.7	Kathleen Delainey	Canada	2023 Strict Curl Worlds	Virginia Beach VA

2023 Squat Rankings Male

Weight Class: 56 / 123		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Gary Teeter	US-PA	2023 American Challenge - CT	Cheshire	CT

Weight Class: 60 / 132		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	128	282.1	Gary Teeter	US-PA	2023 American Challenge - VA	Woodstock	VA

Weight Class: 67.5 / 148		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	162.5	358.2	Joe Martucci	US-PA	2023 Great Lakes Championships	Erie	PA
2	140	308.6	Ben Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC
3	137.5	303.1	Matthew Chapman	US-VA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA

Weight Class: 75 / 165		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	David Machmer	US-PA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
2	120	264.5	Russ Pickford	Canada	Gathering of Nations		Canada
		120	Douglas Nola	US-PA	2023 American Challenge - OH	Bedford	OH
4	110	242.5	Jeff Fielding	Canada	Valhalla Rising		Canada

Weight Class: 82.5 / 181		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Brian McIntyre	US-VA	2023 American Challenge - NC	Elizabeth City	NC
2	160	352.7	Patrick Huntley	US-PA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
3	135	297.6	Drew Hoffman	US-PA	2023 Great Lakes Championships	Erie	PA
4	107.5	236.9	Chris Cedzo	US-PA	2023 American Challenge - OH	Bedford	OH
5	102.5	225.9	Daniel Henson	US-FL	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
6	77.5	170.8	Eric Christie	US-PA	2023 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	222.5	490.5	Keith Nautel	US-NY	2023 American Challenge - NY	Owego	NY
2	222.2	489.8	Greg Prince	US-FL	2023 American Challenge - FL	South Daytona	FL
3	165	363.7	Patrick Huntley	US-PA	2023 Masters Powerlifting Nationals	York	PA
4	160	352.7	Brian Knarr	US-PA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
5	142.5	314.1	David Machmer	US-PA	2023 Great Lakes Championships	Erie	PA
6	120	264.5	Spencer Stevens	Canada	Gathering of Nations		Canada
7	112.5	248	Anthony Iovine	US-NY	Owego Winter Classic 2023	Owego	NY
8	90	198.4	Michael Joseph	UAE	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA

Weight Class: 100 / 220		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	215	473.9	Brad Swidzinski	Canada	Gathering of Nations		Canada
2	195	429.8	Terry Napisa	US-VA	2023 Masters Powerlifting Nationals	York	PA
3	182.5	402.3	James Storch	US-NY	Owego Winter Classic 2023	Owego	NY
4	170	374.7	Todd Baney	US-PA	2023 Central PA Open	Clearfield	PA
5	142.5	314.1	Eric Hawes	US-PA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
6	135	297.6	Rewell Rivera	US-NY	Owego Winter Classic 2023	Owego	NY

Weight Class: 110 / 242		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Hagen Ribb	Germany	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
2	182.5	402.3	Jack Butler	US-PA	2023 Central PA Open	Clearfield	PA

3 130 286.5 Tim Durrett US-VA 2023 World Heavyweight Mens Powerlifting Cha Virginia Beach VA

Weight Class: 125 / 275				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	240	529.1	Larry Carroll	US-DC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
2	237.5	523.5	Jeff Lawson	US-PA	2023 Masters Powerlifting Nationals	York	PA
3	210	462.9	John Giffen	Canada	Spring Showdown		Canada
4	197.3	434.9	Jorge Acevedo	US-FL	2023 American Challenge - FL	South Daytona	FL
5	187.5	413.3	Chris Fry	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
6	150	330.6	Terry Cox	US-IL	2023 American Challenge - IL	Casey	IL
7	142.8	314.8	James Allen	US-FL	2023 American Challenge - FL	South Daytona	FL
	142.8	314.8	James Daly	US-FL	2023 American Challenge - FL	South Daytona	FL

Weight Class: 140 / 308				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	232.5	512.5	Ed Henderson	US-PA	2023 Central PA Open	Clearfield	PA
2	150	330.6	Jack Robinson III	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
3	60	132.2	Baron Dixon	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA

Unknown Class: SHW				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	253	557.7	Garry Coates	Canada	Spring Showdown		Canada

2023 Bench Press Rankings Male

Weight Class: 56 / 123				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	103	227	Gary Teeter	US-PA	2023 American Challenge - CT	Cheshire	CT

Weight Class: 60 / 132				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Gary Teeter	US-PA	2023 Virginia State Open	Woodstock	VA

Weight Class: 67.5 / 148				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110	242.5	Ben Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC
	110	242.5	Matthew Chapman	US-VA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
3	105	231.4	Gary Teeter	US-PA	New England Championships	Cheshire	CT
	105	231.4	Tim Garriss	US-NC	Henderson Open	Henderson	NC
5	95	209.4	George James	US-MD	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
6	92.5	203.9	Joe Martucci	US-PA	2023 Great Lakes Championships	Erie	PA

Weight Class: 75 / 165				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Tim Garriss	US-NC	2023 American Challenge - NC	Elizabeth City	NC
	105	231.4	Russ Pickford	Canada	Gathering of Nations		Canada
3	102.5	225.9	Gary Teeter	US-PA	2023 Masters Strict Curl and Ironman Nationals	York	PA
4	100	220.4	Oleg Tyan	Canada	Gathering of Nations		Canada
5	95	209.4	Ken Jones	US-NC	Henderson Open	Henderson	NC
	95	209.4	David Machmer	US-PA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
7	90	198.4	Douglas Nola	US-PA	2023 Masters Powerlifting Nationals	York	PA
8	80	176.3	Jeff Fielding	Canada	Valhalla Rising		Canada
	80	176.3	Santhosh Sadanandan	UAE	Dubai International Championships		Dubai

Weight Class: 82.5 / 181				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	167.83	369.9	Daniel Henson	US-FL	Patriots Power Day	Melbourne	FL
2	127.5	281	Brian McIntyre	US-VA	2023 American Challenge - NC	Elizabeth City	NC

3	120	264.5	Will Lynch	US-NC	Henderson Open	Henderson	NC
4	110	242.5	Patrick Huntley	US-PA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA
5	82.5	181.8	Drew Hoffman	US-PA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA
6	80	176.3	Donald Silveus	US-VA	2023 Shenandoah Open	Woodstock	VA
7	75	165.3	Chris Cedzo	US-PA	2023 American Challenge - OH	Bedford	OH
8	65	143.2	Eric Christie	US-PA	2023 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Jacob Williams	US-PA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA
2	160	352.7	James Gardner	US-VA	2023 Patriots Open	Fredericksburg	VA
3	155	341.7	Keith Nautel	US-NY	2023 American Challenge - NY	Owego	NY
4	111	244.7	Barry Capps	US-SC	2023 OBX Open Championships	Jarvisburg	NC
5	110	242.5	Patrick Huntley	US-PA	2023 Masters Powerlifting Nationals	York	PA
6	107.5	236.9	David Machmer	US-PA	2023 Great Lakes Championships	Erie	PA
7	102.5	225.9	Brian Knarr	US-PA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA
8	95	209.4	Michael Joseph	UAE	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA
9	92.5	203.9	Anthony Iovine	US-NY	Owego Winter Classic 2023	Owego	NY
10	90.7	199.9	Greg Prince	US-FL	2023 American Challenge - FL	South Daytona	FL
11	72.5	159.8	Spencer Stevens	Canada	Gathering of Nations		Canada

Weight Class: 100 / 220		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Craig Kozens	US-NH	2023 Masters Strict Curl and Ironman Nationals	York	PA
2	162.5	358.2	Charles Schoeneberg	US-MD	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
3	155	341.7	Tom Reumont	US-MD	2023 Eastern USA Open	Richmond	VA
4	142.5	314.1	Joe Cotton	US-VA	2023 Masters Strict Curl and Ironman Nationals	York	PA
5	137.5	303.1	Terry Napisa	US-VA	2023 Masters Powerlifting Nationals	York	PA
	137.5	303.1	Tony Huffman	US-VA	India Paul Bossi Classic		India
7	127.5	281	Brad Swidzinski	Canada	Gathering of Nations		Canada
8	125	275.5	Todd Baney	US-PA	2023 Central PA Open	Clearfield	PA
9	112.5	248	Eric Hawes	US-PA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
10	110	242.5	James Storch	US-NY	Owego Winter Classic 2023	Owego	NY
11	100	220.4	Rewell Rivera	US-NY	Owego Winter Classic 2023	Owego	NY

Weight Class: 110 / 242		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Clint Poore	US-KY	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
	160	352.7	Jack Butler	US-PA	2023 Central PA Open	Clearfield	PA
3	157.5	347.2	Larry Carroll	US-DC	DMV Classic	Alexandria	VA
4	155	341.7	Tim Durrett	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
5	145	319.6	Ronald Sellner	US-MD	2023 Christmas Classic	Woodstock	VA
6	135	297.6	Tony Huffman	US-VA	2023 American Challenge - NC	Elizabeth City	NC
	135	297.6	Denny .	UAE	Dubai International Championships		Dubai
8	125	275.5	Hagen Ribb	Germany	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
9	107.5	236.9	Mike Knopf	US-CT	New England Championships	Cheshire	CT

Weight Class: 125 / 275		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	217.5	479.5	John Giffen	Canada	Spring Showdown		Canada
2	213.25	470.1	Jorge Acevedo	US-FL	Florida State Championships	Viera	FL
3	200	440.9	Paul Bossi	US-NC	2023 Masters Strict Curl and Ironman Nationals	York	PA
4	182.5	402.3	Chris Fry	US-VA	2023 Masters Strict Curl and Ironman Nationals	York	PA
5	170	374.7	Terry Cox	US-IL	2023 American Challenge - IL	Casey	IL
6	165.5	364.8	James Allen	US-FL	2023 American Challenge - FL	South Daytona	FL
7	160	352.7	Larry Carroll	US-DC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
8	136	299.8	Jeff Willson	US-CT	2023 American Challenge - CT	Cheshire	CT
9	132.5	292.1	Jeff Lawson	US-PA	2023 Masters Powerlifting Nationals	York	PA

10	100	220.4	Jeff Trumpower	US-NC	2023 Battle of the Border	Currituck	NC
11	90.7	199.9	James Daly	US-FL	2023 American Challenge - FL	South Daytona	FL

Weight Class: 140 / 308		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Chris Fry	US-VA	2023 Christmas Classic	Woodstock	VA
2	150	330.6	Ed Henderson	US-PA	2023 Central PA Open	Clearfield	PA
3	147.5	325.1	Ronald Garrett	US-OR	NC State Championships	Raleigh	NC
4	142.5	314.1	Baron Dixon	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
5	112.5	248	Jack Robinson III	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
6	105	231.4	Jack Robinson	US-VA	2023 Patriots Open	Fredericksburg	VA

Unknown Class: SHW		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Garry Coates	Canada	Spring Showdown	Canada	

2023 Deadlift Rankings Male

Weight Class: 56 / 123		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Gary Teeter	US-PA	2023 American Challenge - CT	Cheshire	CT

Weight Class: 60 / 132		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Gary Teeter	US-PA	2023 American Challenge - VA	Woodstock	VA

Weight Class: 67.5 / 148		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	221	487.2	George James	US-MD	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
2	182.5	402.3	Gary Teeter	US-PA	2023 Masters Powerlifting Nationals	York	PA
3	180	396.8	Joe Martucci	US-PA	2023 Great Lakes Championships	Erie	PA
4	177.5	391.3	Ben Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC
5	147.5	325.1	Matthew Chapman	US-VA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA

Weight Class: 75 / 165		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	167.5	369.2	Jeff Fielding	Canada	Valhalla Rising	Canada	
	167.5	369.2	Douglas Nola	US-PA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
3	162.5	358.2	David Machmer	US-PA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA
4	145	319.6	Santhosh Sadanandan	UAE	Dubai International Championships	Dubai	
5	125	275.5	Russ Pickford	Canada	Gathering of Nations	Canada	

Weight Class: 82.5 / 181		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Brian McIntyre	US-VA	2023 American Challenge - NC	Elizabeth City	NC
	205	451.9	Raymond Gillett	Canada	Gathering of Nations	Canada	
3	197.5	435.4	Patrick Huntley	US-PA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
4	185	407.8	Drew Hoffman	US-PA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
5	157.5	347.2	Donald Silveus	US-VA	2023 Shenandoah Open	Woodstock	VA
6	145	319.6	Chris Cedzo	US-PA	2023 American Challenge - OH	Bedford	OH
7	125	275.5	Daniel Henson	US-FL	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
8	120	264.5	Eric Christie	US-PA	2023 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	280	617.2	Keith Nautel	US-NY	2023 American Challenge - NY	Owego	NY
2	219.9	484.7	Greg Prince	US-FL	2023 American Challenge - FL	South Daytona	FL
3	202.5	446.4	Patrick Huntley	US-PA	2023 Masters Powerlifting Nationals	York	PA

4	192.5	424.3	Brian Knarr	US-PA	2023 World Lightweight Mens Powerlifting Charr	Virginia Beach	VA
5	167.5	369.2	David Machmer	US-PA	2023 Great Lakes Championships	Erie	PA
6	165	363.7	Donald Silveus	US-VA	2023 American Challenge - VA	Woodstock	VA
7	155	341.7	Anthony Iovine	US-NY	Owego Winter Classic 2023	Owego	NY
8	145	319.6	Spencer Stevens	Canada	Gathering of Nations		Canada
9	140	308.6	Michael Joseph	UAE	Dubai International Championships		Dubai

Weight Class: 100 / 220			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	235	518	Vaughn Johnson	Canada	Spring Showdown	Canada	
2	230	507	James Storch	US-NY	Owego Winter Classic 2023	Owego	NY
3	220	485	Brad Swidzinski	Canada	Gathering of Nations	Canada	
4	215	473.9	Todd Baney	US-PA	2023 Central PA Open	Clearfield	PA
5	202.5	446.4	Terry Napisa	US-VA	2023 Masters Powerlifting Nationals	York	PA
6	185	407.8	Rewell Rivera	US-NY	Owego Winter Classic 2023	Owego	NY
7	177.5	391.3	Eric Hawes	US-PA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA

Weight Class: 110 / 242			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	255	562.1	Larry Carroll	US-DC	DMV Classic	Alexandria	VA
2	227.5	501.5	Jack Butler	US-PA	2023 Central PA Open	Clearfield	PA
3	190	418.8	Hagen Ribb	Germany	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
4	182.5	402.3	Tim Durrett	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
5	170	374.7	Denny .	UAE	Dubai International Championships	Dubai	

Weight Class: 125 / 275			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	265	584.2	Jeff Lawson	US-PA	2023 Masters Powerlifting Nationals	York	PA
2	227.5	501.5	John Giffen	Canada	Spring Showdown	Canada	
	227.5	501.5	Chris Fry	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
	227.5	501.5	Larry Carroll	US-DC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
5	222.32	490.1	Jorge Acevedo	US-FL	Florida State Championships	Viera	FL
6	200	440.9	Terry Cox	US-IL	2023 American Challenge - IL	Casey	IL
7	192.83	425.1	James Allen	US-FL	Florida State Championships	Viera	FL
8	165.5	364.8	James Daly	US-FL	2023 American Challenge - FL	South Daytona	FL
9	142.5	314.1	Jeff Trumpower	US-NC	2023 Battle of the Border	Currituck	NC

Weight Class: 140 / 308			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	262.5	578.7	Baron Dixon	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
2	227.5	501.5	Ed Henderson	US-PA	2023 Central PA Open	Clearfield	PA
3	200	440.9	Jack Robinson III	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA
4	190	418.8	Jack Robinson	US-VA	2023 Patriots Open	Fredericksburg	VA

Unknown Class: SHW			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	255	562.1	Garry Coates	Canada	Spring Showdown	Canada	

2023 Total Rankings Male

Weight Class: 56 / 123			Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	393	866.4	Gary Teeter	US-PA	2023 American Challenge - CT	Cheshire	CT

Weight Class: 60 / 132			Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	413	910.4	Gary Teeter	US-PA	2023 American Challenge - VA	Woodstock	VA

Weight Class: 67.5 / 148				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	435	959	Joe Martucci	US-PA	2023 Great Lakes Championships	Erie	PA	
2	427.5	942.4	Ben Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC	
3	395	870.8	Matthew Chapman	US-VA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA	

Weight Class: 75 / 165				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	382.5	843.2	David Machmer	US-PA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA	
2	375	826.7	Douglas Nola	US-PA	2023 American Challenge - OH	Bedford	OH	
3	357.5	788.1	Jeff Fielding	Canada	Valhalla Rising		Canada	
4	350	771.6	Russ Pickford	Canada	Gathering of Nations		Canada	

Weight Class: 82.5 / 181				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	515	1135.3	Brian McIntyre	US-VA	2023 American Challenge - NC	Elizabeth City	NC	
2	467.5	1030.6	Patrick Huntley	US-PA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA	
3	402.5	887.3	Drew Hoffman	US-PA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA	
4	382.5	843.2	Daniel Henson	US-FL	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA	
5	327.5	722	Chris Cedzo	US-PA	2023 American Challenge - OH	Bedford	OH	
6	262.5	578.7	Eric Christie	US-PA	2023 Great Lakes Championships	Erie	PA	

Weight Class: 90 / 198				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	657.5	1449.5	Keith Nautel	US-NY	2023 American Challenge - NY	Owego	NY	
2	532.8	1174.6	Greg Prince	US-FL	2023 American Challenge - FL	South Daytona	FL	
3	477.5	1052.6	Patrick Huntley	US-PA	2023 Masters Powerlifting Nationals	York	PA	
4	455	1003	Brian Knarr	US-PA	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA	
5	417.5	920.4	David Machmer	US-PA	2023 Great Lakes Championships	Erie	PA	
6	360	793.6	Anthony Iovine	US-NY	Owego Winter Classic 2023	Owego	NY	
7	337.5	744	Spencer Stevens	Canada	Gathering of Nations		Canada	
8	315	694.4	Michael Joseph	UAE	2023 World Lightweight Mens Powerlifting Char	Virginia Beach	VA	

Weight Class: 100 / 220				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	562.5	1240	Brad Swidzinski	Canada	Gathering of Nations		Canada	
2	535	1179.4	Terry Napisa	US-VA	2023 Masters Powerlifting Nationals	York	PA	
3	522.5	1151.9	James Storch	US-NY	Owego Winter Classic 2023	Owego	NY	
4	510	1124.3	Todd Baney	US-PA	2023 Central PA Open	Clearfield	PA	
5	432.5	953.4	Eric Hawes	US-PA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA	
6	420	925.9	Rewell Rivera	US-NY	Owego Winter Classic 2023	Owego	NY	

Weight Class: 110 / 242				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	570	1256.6	Jack Butler	US-PA	2023 Central PA Open	Clearfield	PA	
2	505	1113.3	Hagen Ribb	Germany	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA	
3	467.5	1030.6	Tim Durrett	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA	

Weight Class: 125 / 275				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	655	1444	John Giffen	Canada	Spring Showdown		Canada	
2	635	1399.9	Jeff Lawson	US-PA	2023 Masters Powerlifting Nationals	York	PA	
3	627.5	1383.3	Larry Carroll	US-DC	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA	
4	607.7	1339.7	Jorge Acevedo	US-FL	2023 American Challenge - FL	South Daytona	FL	
5	580	1278.6	Chris Fry	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA	
6	520	1146.3	Terry Cox	US-IL	2023 American Challenge - IL	Casey	IL	
7	492	1084.6	James Allen	US-FL	2023 American Challenge - FL	South Daytona	FL	
8	399	879.6	James Daly	US-FL	2023 American Challenge - FL	South Daytona	FL	

Weight Class: 140 / 308				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	610	1344.8	Ed Henderson	US-PA	2023 Central PA Open	Clearfield	PA	
2	465	1025.1	Baron Dixon	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA	
3	462.5	1019.6	Jack Robinson III	US-VA	2023 World Heavyweight Mens Powerlifting Cha	Virginia Beach	VA	

Unknown Class: SHW				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	700.5	1544.3	Garry Coates	Canada	Spring Showdown	Canada		

2023 Strict Curl Rankings Male

Weight Class: 56 / 123				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	55.5	122.3	Gary Teeter	US-PA	2023 American Challenge - CT	Cheshire	CT	

Weight Class: 60 / 132				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	58.5	128.9	Gary Teeter	US-PA	2023 Strict Curl Worlds	Virginia Beach	VA	

Weight Class: 67.5 / 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	58	127.8	Gary Teeter	US-PA	2023 Eastern USA Open	Richmond	VA	
2	55	121.2	Ben Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC	
3	50	110.2	Tim Garriss	US-NC	Henderson Open	Henderson	NC	

Weight Class: 75 / 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	71	156.5	John Self	US-VA	2023 Arnold Invitational Strict Curl	Columbus	OH	
	71	156.5	Gary Kessler	US-VA	2023 Arnold Invitational Strict Curl	Columbus	OH	
3	57.5	126.7	Gary Teeter	US-PA	2023 Masters Strict Curl and Ironman Nationals	York	PA	
4	50	110.2	Tim Garriss	US-NC	2023 American Challenge SC - NC	Elizabeth City	NC	
5	35	77.1	Santhosh Sadanandan	UAE	Dubai International Championships	Dubai	Dubai	

Weight Class: 82.5 / 181				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	66	145.5	Mavrick von Haug	US-CA	Curlifornia	CA		
2	57	125.6	Will Lynch	US-NC	Henderson Open	Henderson	NC	
3	45.5	100.3	Donald Silveus	US-VA	2023 Shenandoah Open	Woodstock	VA	

Weight Class: 90 / 198				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	91	200.6	Ray Jones	US-VA	2023 Strict Curl Worlds	Virginia Beach	VA	
2	56	123.4	Barry Capps	US-SC	2023 OBX Open Championships	Jarvisburg	NC	
3	53	116.8	Michael Joseph	UAE	2023 Strict Curl Worlds	Virginia Beach	VA	
4	42	92.5	Donald Silveus	US-VA	2023 American Challenge SC - VA	Woodstock	VA	

Weight Class: 100 / 220				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	76	167.5	Charles Schoeneberg	US-MD	2023 Strict Curl Worlds	Virginia Beach	VA	
2	75.5	166.4	Joe Cotton	US-VA	2023 Masters Strict Curl and Ironman Nationals	York	PA	
3	75	165.3	Tony Huffman	US-VA	2023 Arnold Invitational Strict Curl	Columbus	OH	
4	65	143.2	Craig Kozens	US-NH	2023 Masters Strict Curl and Ironman Nationals	York	PA	
5	61	134.4	Kevin Hutcherson	US-PA	United States Open	York	PA	
6	57	125.6	Eric Hawes	US-PA	2023 Strict Curl Worlds	Virginia Beach	VA	

Weight Class: 110 / 242				Strict Curl	Male			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	78	171.9	George Basnett	US-NC	2023 Arnold Invitational Strict Curl	Columbus	OH
2	75	165.3	Tony Huffman	US-VA	Dubai International Championships		Dubai
3	74.5	164.2	Ronald Sellner	US-MD	2023 Christmas Classic	Woodstock	VA
4	73	160.9	Hagen Ribb	Germany	Dubai International Championships		Dubai
5	55	121.2	Herb Veckenstedt	Canada	Gathering of Nations		Canada
6	54.5	120.1	Mike Knopf	US-CT	New England Championships	Cheshire	CT
	54.5	120.1	Tim Durrett	US-VA	2023 Strict Curl Worlds	Virginia Beach	VA
8	40	88.1	Denny .	UAE	Dubai International Championships		Dubai

Weight Class: 125 / 275 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	97.5	214.9	Ihor Pober	Ukraine	2023 Strict Curl Worlds	Virginia Beach	VA
2	82	180.7	George Basnett	US-NC	2023 Strict Curl Worlds	Virginia Beach	VA
3	79	174.1	Paul Bossi	US-NC	2023 Masters Strict Curl and Ironman Nationals	York	PA
4	78	171.9	Chris Fry	US-VA	2023 Masters Strict Curl and Ironman Nationals	York	PA
5	68.5	151	Jeff Willson	US-CT	New England Championships	Cheshire	CT
6	55	121.2	Carl Elliott	US-NC	2023 American Challenge SC - NC	Elizabeth City	NC
7	50	110.2	Terry Cox	US-IL	2023 American Challenge - IL	Casey	IL
8	45	99.2	Jeff Trumpower	US-NC	2023 Battle of the Border	Currituck	NC

Weight Class: 140 / 308 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77.5	170.8	Baron Dixon	US-VA	2023 Strict Curl Worlds	Virginia Beach	VA
2	73	160.9	Chris Fry	US-VA	2023 Christmas Classic	Woodstock	VA
3	55	121.2	Curt Brown	US-OH	2023 Tri-State Championship	Solon	OH
4	50	110.2	Jack Robinson	US-VA	2023 Patriots Open	Fredericksburg	VA