



2024 Masters 40-49 Rankings

Updated 04/25/2024 Ed Kutin

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2024 Squat Rankings

Female

Weight Class: 52 / 114				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Jill Keilty-Dilling	Canada	2024 Icebreaker	Canada	

Weight Class: 56 / 123				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Alison Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 67.5 / 148				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Christina Milie	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	47.5	104.7	Lynne Michaud	Canada	2024 Icebreaker	Canada	

Weight Class: 82.5 / 181				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110.5	243.6	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	105	231.4	Janais Turuk	Canada	2024 Icebreaker	Canada	
3	97.5	214.9	Jeannie Stewart	Canada	Lift 4 Kids Open	Canada	
4	75	165.3	Rebecca Meeder	US-NY	2024 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA
2	55	121.2	Carin Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
3	32.5	71.6	Sarah Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 90+ / 198+				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	117.5	259	Janelle Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
3	105	231.4	Erin Gorney	US-PA	2024 Great Lakes Championships	Erie	PA
4	65	143.2	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
5	62.5	137.7	Danielle Diecidue	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
6	60	132.2	Jennelle Thomson	Canada	Lift 4 Kids Open	Canada	

2024 Bench Press Rankings

Female

Weight Class: 52 / 114				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	60.5	133.3	Jill Keilty-Dilling	Canada	2024 Icebreaker	Canada	

Weight Class: 56 / 123		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Alison Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 67.5 / 148		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Lynne Michaud	Canada	2024 Icebreaker		Canada
	45	99.2	Christina Milie	US-PA	2024 Masters Nationals - Powerlifting	York	PA

Weight Class: 75 / 165		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Alexis Kajencki	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
2	75	165.3	Stacy Burak	Canada	2024 Icebreaker		Canada

Weight Class: 82.5 / 181		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Courtney Johnston	Canada	2024 Icebreaker		Canada
	80	176.3	Mona Espinoza	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
3	65	143.2	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA
4	52.5	115.7	Janais Turuk	Canada	2024 Icebreaker		Canada
5	47.5	104.7	Jeannie Stewart	Canada	Lift 4 Kids Open		Canada
	47.5	104.7	Rebecca Meeder	US-NY	2024 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77.5	170.8	Mona Espinosa	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	65	143.2	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA
3	42.5	93.6	Carin Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
4	29.4835	64.9	Sarah Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 90+ / 198+		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77	169.7	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	75	165.3	Janelle Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
	75	165.3	Erin Gorney	US-PA	2024 Great Lakes Championships	Erie	PA
4	65	143.2	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
5	42.5	93.6	Jennelle Thomson	Canada	Lift 4 Kids Open		Canada
6	32.5	71.6	Danielle Diecidue	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

2024 Deadlift Rankings Female

Weight Class: 52 / 114		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Jill Keilty-Dilling	Canada	2024 Icebreaker		Canada

Weight Class: 56 / 123		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Alison Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 67.5 / 148		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Christina Milie	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	97.5	214.9	Lynne Michaud	Canada	2024 Icebreaker		Canada

Weight Class: 82.5 / 181		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	172.5	380.2	Courtney Johnston	Canada	2024 Icebreaker		Canada
2	145.5	320.7	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA
3	128	282.1	Jennifer Tramontano	US-CT	Owego Winter Classic 2024	Owego	NY
4	122.5	270	Janais Turuk	Canada	2024 Icebreaker		Canada
5	112.5	248	Rebecca Meeder	US-NY	2024 Great Lakes Championships	Erie	PA
6	107.5	236.9	Jeannie Stewart	Canada	Lift 4 Kids Open		Canada

Weight Class: 90 / 198			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA
2	85	187.3	Sarah Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	20	44	Carin Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90+ / 198+			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	177.5	391.3	Erica Rojek	US-MD	Ironbuilt 804 Classic	Ashland	VA
2	145	319.6	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
	145	319.6	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
4	130	286.5	Amanda Dellinger	US-VA	2024 Masters Nationals - Powerlifting	York	PA
	130	286.5	Janelle Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
6	122.5	270	Erin Gorney	US-PA	2024 Great Lakes Championships	Erie	PA
7	102.5	225.9	Jennelle Thomson	Canada	Lift 4 Kids Open		Canada
8	87.5	192.9	Danielle Diecidue	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

2024 Total Rankings Female

Weight Class: 52 / 114			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	248	546.7	Jill Keilty-Dilling	Canada	2024 Icebreaker		Canada

Weight Class: 56 / 123			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	210	462.9	Alison Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 67.5 / 148			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	212.5	468.4	Christina Milie	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	190	418.8	Lynne Michaud	Canada	2024 Icebreaker		Canada

Weight Class: 82.5 / 181			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	321	707.6	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	280	617.2	Janais Turuk	Canada	2024 Icebreaker		Canada
3	252.5	556.6	Jeannie Stewart	Canada	Lift 4 Kids Open		Canada
4	235	518	Rebecca Meeder	US-NY	2024 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	322.5	710.9	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA
2	146.9835	324	Sarah Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	117.5	259	Carin Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90+ / 198+			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	342	753.9	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	322.5	710.9	Janelle Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA

3	302.5	666.8	Erin Gorney	US-PA	2024 Great Lakes Championships	Erie	PA
4	275	606.2	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
5	205	451.9	Jennelle Thomson	Canada	Lift 4 Kids Open		Canada
6	182.5	402.3	Danielle Diecidue	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

2024 Strict Curl Rankings Female

Weight Class: 56 / 123		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	32	70.5	Mariela Olivares	US-MD	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 75 / 165		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	54	119	Alexis Kajencki	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
2	43.5	95.9	Stacy Burak	Canada	2024 Icebreaker		Canada

Weight Class: 82.5 / 181		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40	88.1	Jennifer Tramontano	US-CT	Owego Winter Classic 2024	Owego	NY
2	38.5	84.8	Mona Espinoza	US-VA	2024 Masters Nationals - SC - Ironman	York	PA

Weight Class: 90 / 198		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	41	90.3	Mona Espinosa	US-VA	Ironbuilt 804 Classic	Ashland	VA

2024 Squat Rankings Male

Weight Class: 67.5 / 148		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Eric Haley	US-NY	2024 NJ State Championships	Fair Lawn	NJ

Weight Class: 82.5 / 181		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110.5	243.6	James Logsdon	US-KY	2024 Masters Nationals - Powerlifting	York	PA

Weight Class: 90 / 198		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	237.5	523.5	Jeffrey Kepler	US-VA	2024 Masters Nationals - Powerlifting	York	PA
2	177.5	391.3	Walter Heint II	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 100 / 220		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	210	462.9	Michael Dalton	US-VA	2024 Masters Nationals - Powerlifting	York	PA
2	202.5	446.4	Edward Brown	US-VA	Ironbuilt 804 Classic	Ashland	VA
3	160	352.7	Keith Hadlock	US-PA	2024 Great Lakes Championships	Erie	PA
4	122.5	270	Matt Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 110 / 242		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Ryan Watson	US-MD	2024 Masters Nationals - Powerlifting	York	PA

Weight Class: 125 / 275		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	245	540.1	Tab Brown	US-WV	2024 Masters Nationals - Powerlifting	York	PA
2	220	485	Bryan Moody	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 140 / 308		Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	275	606.2	Russell Peel	Canada	2024 Icebreaker	Canada

2024 Bench Press Rankings Male

Weight Class: 67.5 / 148		Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	85	187.3	Eric Haley	US-NY	2024 NJ State Championships	Fair Lawn NJ

Weight Class: 82.5 / 181		Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	127.5	281	Mike Deutsch	US-AZ	2024 Masters Nationals - SC - Ironman	York PA
2	92.5	203.9	Keith Koske	US-NY	Owego Winter Classic 2024	Owego NY
3	87.5	192.9	James Logsdon	US-KY	2024 Masters Nationals - Powerlifting	York PA

Weight Class: 90 / 198		Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	165.5	364.8	Jeffrey Kepler	US-VA	2024 Masters Nationals - Powerlifting	York PA
2	130	286.5	Walter Heint II	US-PA	2024 Great Lakes Championships	Erie PA

Weight Class: 100 / 220		Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	145	319.6	Michael Dalton	US-VA	2024 Masters Nationals - Powerlifting	York PA
2	142.5	314.1	Edward Brown	US-VA	Ironbuilt 804 Classic	Ashland VA
3	102.5	225.9	Keith Hadlock	US-PA	2024 Great Lakes Championships	Erie PA
4	92.5	203.9	Matt Shollenberger	US-PA	2024 Great Lakes Championships	Erie PA

Weight Class: 110 / 242		Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	145	319.6	Frank Nerone	US-OH	2024 Tri-State Championship	Bedford Heights OH
2	77.5	170.8	Ryan Watson	US-MD	2024 Masters Nationals - Powerlifting	York PA

Weight Class: 125 / 275		Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	175	385.8	Tab Brown	US-WV	2024 Masters Nationals - Powerlifting	York PA
2	167.5	369.2	Bryan Moody	US-PA	2024 Great Lakes Championships	Erie PA

Weight Class: 140 / 308		Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	192.5	424.3	Russell Peel	Canada	2024 Icebreaker	Canada

Unknown Class: SHW		Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	127.5	281	Kevin Tyson	Canada	2024 Icebreaker	Canada

2024 Deadlift Rankings Male

Weight Class: 67.5 / 148		Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	182.5	402.3	Eric Haley	US-NY	2024 NJ State Championships	Fair Lawn NJ

Weight Class: 82.5 / 181		Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	158	348.3	James Logsdon	US-KY	2024 Masters Nationals - Powerlifting	York PA

Weight Class: 90 / 198		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	265	584.2	Jeffrey Kepler	US-VA	2024 Masters Nationals - Powerlifting	York	PA
2	237.5	523.5	Walter Heint II	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 100 / 220		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	273	601.8	Michael Dalton	US-VA	2024 Masters Nationals - Powerlifting	York	PA
2	225	496	Edward Brown	US-VA	Ironbuilt 804 Classic	Ashland	VA
3	207.5	457.4	Keith Hadlock	US-PA	2024 Great Lakes Championships	Erie	PA
4	145	319.6	Matt Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 110 / 242		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Ryan Watson	US-MD	2024 Masters Nationals - Powerlifting	York	PA

Weight Class: 125 / 275		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	277.5	611.7	Tab Brown	US-WV	2024 Masters Nationals - Powerlifting	York	PA
2	240	529.1	Bryan Moody	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 140 / 308		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	275	606.2	Russell Peel	Canada	2024 Icebreaker		Canada

2024 Total Rankings Male

Weight Class: 67.5 / 148		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	382.5	843.2	Eric Haley	US-NY	2024 NJ State Championships	Fair Lawn	NJ

Weight Class: 82.5 / 181		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	356	784.8	James Logsdon	US-KY	2024 Masters Nationals - Powerlifting	York	PA

Weight Class: 90 / 198		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	668	1472.6	Jeffrey Kepler	US-VA	2024 Masters Nationals - Powerlifting	York	PA
2	545	1201.5	Walter Heint II	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 100 / 220		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	628	1384.4	Michael Dalton	US-VA	2024 Masters Nationals - Powerlifting	York	PA
2	570	1256.6	Edward Brown	US-VA	Ironbuilt 804 Classic	Ashland	VA
3	470	1036.1	Keith Hadlock	US-PA	2024 Great Lakes Championships	Erie	PA
4	360	793.6	Matt Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 110 / 242		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	335	738.5	Ryan Watson	US-MD	2024 Masters Nationals - Powerlifting	York	PA

Weight Class: 125 / 275		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	697.5	1537.7	Tab Brown	US-WV	2024 Masters Nationals - Powerlifting	York	PA
2	627.5	1383.3	Bryan Moody	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 140 / 308				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	742.5	1636.9	Russell Peel	Canada	2024 Icebreaker	Canada		

2024 Strict Curl Rankings Male

Weight Class: 67.5 / 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	55	121.2	Eric Haley	US-NY	2024 NJ State Championships	Fair Lawn	NJ	

Weight Class: 75 / 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	57.5	126.7	Shane Frey	Canada	2024 Icebreaker	Canada		

Weight Class: 82.5 / 181				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	56	123.4	Jeremy Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA	
2	52.5	115.7	Mike Deutsch	US-AZ	2024 Masters Nationals - SC - Ironman	York	PA	
3	51	112.4	Keith Koske	US-NY	Owego Winter Classic 2024	Owego	NY	
4	50	110.2	Douglas Marx	US-NY	Owego Winter Classic 2024	Owego	NY	

Weight Class: 90 / 198				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	76	167.5	Christopher Burak	Canada	2024 Icebreaker	Canada		
2	69	152.1	Mikeal Basile	US-NY	Owego Winter Classic 2024	Owego	NY	

Weight Class: 100 / 220				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	67.5	148.8	Michael Dalton	US-VA	2024 Masters Nationals - SC - Ironman	York	PA	
2	65	143.2	Stanley Hunter	US-NY	Owego Winter Classic 2024	Owego	NY	
3	52.5	115.7	Devon Sankey	Canada	2024 Icebreaker	Canada		

Unknown Class: SHW				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	60	132.2	Kevin Tyson	Canada	2024 Icebreaker	Canada		