



2024 Masters 40-49 Rankings

Updated 12/21/2024 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	115	253.5	Catarina Aldi	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
2	110	242.5	Angela Goldstein	US-MD	2024 American Challenge - MD		MD
3	100	220.4	Mariela Olivares	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
4	70	154.3	Alison Bulluck	US-VA	Ironbuilt DAV Open	Ashland	VA
Weight Class: 60 / 132				Squat			
				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	88.5	195.1	Jennifer Zak	US-NC	2024 OBX Open	Jarvisburg	NC
2	80	176.3	Galaxia Planchez	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
Weight Class: 67.5 / 148				Squat			
				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Natasha Beasley	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	90	198.4	Galaxia Planchez	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
3	85	187.3	Eileen Mole	US-OH	2024 American Challenge - OH	Bedford Heights	OH
4	80	176.3	Christina Milie	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
5	47.5	104.7	Lynne Michaud	Canada	2024 Icebreaker		Canada
Weight Class: 75 / 165				Squat			
				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Gillian McCann	Canada	Iron Challenge Medicine Hat Alberta		Alberta
2	82.5	181.8	Stacy Burak	Canada	Tower of Power	Calgary	Alberta
3	80	176.3	Jenelle Aspinwall	US-MI	2024 Powerlifting World Championships	Virginia Beach	VA
	80	176.3	Lisa Walker	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
5	67.5	148.8	Rebecca Meeder	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA
6	55	121.2	Binu Jaj Abreu	UAE	Dubai International Open		Dubai
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	38.56	85	Sarah Mallett	US-FL	2024 American Challenge - FL	Melbourne	FL

Weight Class: 90+ / 198+ Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Rebecca Tucker	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA
2	155	341.7	Erica Rojek	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
3	142.5	314.1	Michelle Pushinsky	US-PA	Eerie Power	Erie	PA
4	120	264.5	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
	120	264.5	Janelle Shollenberger	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
6	107.5	236.9	Erin Gorney	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
7	95	209.4	Joni Talavera	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
8	65	143.2	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
9	62.5	137.7	Danielle Diecidue	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
10	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	60	132.2	Catarina Aldi	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
2	57.5	126.7	Mariela Olivares	US-MD	2024 American Challenge - MD		MD
3	55	121.2	Angela Goldstein	US-MD	2024 American Challenge - MD		MD
4	42.5	93.6	Alison Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 60 / 132 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	56.5	124.5	Jennifer Zak	US-NC	2024 OBX Open	Jarvisburg	NC
2	47.5	104.7	Galaxia Planchez	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL

Weight Class: 67.5 / 148 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Natasha Beasley	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	50	110.2	Galaxia Planchez	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
3	47.5	104.7	Eileen Mole	US-OH	2024 American Challenge - OH	Bedford Heights	OH
	47.5	104.7	Christina Milie	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
5	45	99.2	Lynne Michaud	Canada	2024 Icebreaker		Canada

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	85	187.3	Gillian McCann	Canada	Iron Challenge Medicine Hat Alberta		Alberta
3	77.5	170.8	Stacy Burak	Canada	Tower of Power	Calgary	Alberta
4	57.5	126.7	Lisa Walker	US-VA	Ironbuilt DAV Open	Ashland	VA
5	50	110.2	Jenelle Aspinwall	US-MI	2024 Powerlifting World Championships	Virginia Beach	VA
6	45	99.2	Rebecca Meeder	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA
7	27.5	60.6	Hester .	UAE	Dubai International Open		Dubai
8	25	55.1	Binu Jaj Abreu	UAE	Dubai International Open		Dubai

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	30.39	66.9	Sarah Mallett	US-FL	2024 American Challenge - FL	Melbourne	FL

Weight Class: 90+ / 198+		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	97.5	214.9	Michelle Pushinsky	US-PA	Eerie Power	Erie	PA
2	92.5	203.9	Rebecca Tucker	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA
3	80	176.3	Mona Espinoza	US-VA	2024 Patriot Open	Woodstock	VA
	80	176.3	Mona Espinosa	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
5	77.5	170.8	Erica Rojek	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
	77.5	170.8	Janelle Shollenberger	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
	77.5	170.8	Erin Gorney	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
8	77	169.7	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
9	65	143.2	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
10	60	132.2	Sydney Katz	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
11	55	121.2	Joni Talavera	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
12	42.5	93.6	Jennelle Thomson	Canada	Lift 4 Kids Open		Canada
	42.5	93.6	Amanda Dellinger	US-VA	2024 Shenandoah Open	Woodstock	VA
14	37.5	82.6	Danielle Diecidue	US-FL	2024 Patriots Power Day	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	130	286.5	Catarina Aldi	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
2	127.5	281	Angela Goldstein	US-MD	2024 American Challenge - MD		MD
3	115	253.5	Mariela Olivares	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
4	102.5	225.9	Alison Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 60 / 132		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95	209.4	Jennifer Zak	US-NC	2024 OBX Open	Jarvisburg	NC
2	92.5	203.9	Galaxia Planchez	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL

Weight Class: 67.5 / 148		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Natasha Beasley	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	112.5	248	Christina Milie	US-PA	Eerie Power	Erie	PA
3	105	231.4	Eileen Mole	US-OH	2024 American Challenge - OH	Bedford Heights	OH
4	100	220.4	Galaxia Planchez	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
5	97.5	214.9	Lynne Michaud	Canada	2024 Icebreaker		Canada

Weight Class: 75 / 165		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Gillian McCann	Canada	Iron Challenge Medicine Hat Alberta		Alberta
2	127.5	281	Jenelle Aspinwall	US-MI	2024 Powerlifting World Championships	Virginia Beach	VA

3	113.5	250.2	Stacy Burak	Canada	Tower of Power	Calgary	Alberta
4	110	242.5	Rebecca Meeder	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA
5	105	231.4	Lisa Walker	US-VA	Ironbuilt DAV Open	Ashland	VA
6	85	187.3	Binu Jaj Abreu	UAE	Dubai International Open		Dubai

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	
7	95	209.4	Andria Wesley-Hayes	US-TX	2024 American Challenge - TX	Houston	TX

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	115	253.5	Cori Lynn	US-TX	2024 American Challenge - TX	Houston	TX
3	90.72	200	Sarah Mallett	US-FL	2024 American Challenge - FL	Melbourne	FL
4	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	175	385.8	Rebecca Tucker	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA
3	150	330.6	Michelle Pushinsky	US-PA	Eerie Power	Erie	PA
4	145	319.6	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
		145	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
6	142.5	314.1	Janelle Shollenberger	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
7	137.5	303.1	Amanda Dellinger	US-VA	2024 Shenandoah Open	Woodstock	VA
		137.5	Erin Gorney	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
9	130	286.5	Sydney Katz	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
10	112.5	248	Joni Talavera	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
11	102.5	225.9	Jennelle Thomson	Canada	Lift 4 Kids Open	Canada	
12	95	209.4	Danielle Diecidue	US-FL	2024 Patriots Power Day	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	300.5	662.4	Catarina Aldi	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
2	292.5	644.8	Angela Goldstein	US-MD	2024 American Challenge - MD	MD	
3	272.5	600.7	Mariela Olivares	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
4	215	473.9	Alison Bulluck	US-VA	Ironbuilt DAV Open	Ashland	VA

Weight Class: 60 / 132				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	236	520.2	Jennifer Zak	US-NC	2024 OBX Open	Jarvisburg	NC
2	220	485	Galaxia Planchez	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL

Weight Class: 67.5 / 148				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	370	815.7	Natasha Beasley	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA

2	240	529.1	Galaxia Planchez	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
3	237.5	523.5	Eileen Mole	US-OH	2024 American Challenge - OH	Bedford Heights	OH
	237.5	523.5	Christina Milie	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
5	190	418.8	Lynne Michaud	Canada	2024 Icebreaker		Canada

Weight Class: 75 / 165				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	360	793.6	Gillian McCann	Canada	Iron Challenge Medicine Hat Alberta						Alberta
2	257.5	567.6	Jenelle Aspinwall	US-MI	2024 Powerlifting World Championships	Virginia Beach					VA
3	252.5	556.6	Stacy Burak	Canada	Tower of Power	Calgary					Alberta
4	237.5	523.5	Lisa Walker	US-VA	Ironbuilt DAV Open	Ashland					VA
5	222.5	490.5	Rebecca Meeder	US-NY	2024 Powerlifting World Championships	Virginia Beach					VA
6	165	363.7	Binu Jaj Abreu	UAE	Dubai International Open						Dubai

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	159.67	352	Sarah Mallett	US-FL	2024 American Challenge - FL	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	427.5	942.4	Rebecca Tucker	US-NY	2024 Powerlifting World Championships	Virginia Beach					VA
2	407.5	898.3	Erica Rojek	US-MD	2024 Powerlifting World Championships	Virginia Beach					VA
3	390	859.7	Michelle Pushinsky	US-PA	Eerie Power	Erie					PA
4	342	753.9	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland					VA
5	340	749.5	Janelle Shollenberger	US-PA	2024 Powerlifting World Championships	Virginia Beach					VA
6	322.5	710.9	Erin Gorney	US-PA	2024 Powerlifting World Championships	Virginia Beach					VA
7	275	606.2	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie					PA
8	262.5	578.7	Joni Talavera	US-PA	42nd Annual Central PA Championships	Valley Forge					PA
9	205	451.9	Jennelle Thomson	Canada	Lift 4 Kids Open						Canada
10	182.5	402.3	Danielle Diecidue	US-FL	2024 Youth & Teenage National Championships	Melbourne					FL

2024 Strict Curl Rankings Female

Weight Class: 48 / 105				Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	41.5	91.4	Britania Williams	US-TX	2024 Strict Curl Worlds	Virginia Beach					VA

Weight Class: 56 / 123				Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	35	77.1	Angela Goldstein	US-MD	KPC Babycat Curl and Chill 2024 AC	Kensington					MD
2	33.5	73.8	Mariela Olivares	US-MD	KPC Babycat Curl and Chill 2024 AC	Kensington					MD

Weight Class: 60 / 132				Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	31.5	69.4	Jennifer Zak	US-NC	2024 OBX Open	Jarvisburg					NC
2	30	66.1	Alicia Loveday	Canada	Stampede Roundup						Canada

Weight Class: 67.5 / 148				Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					

1	37.5	82.6	Natasha Beasley	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
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Weight Class: 75 / 165				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55.5	122.3	Alexis Kajencki	US-MD	2024 Strict Curl Worlds	Virginia Beach	VA
2	47.5	104.7	Stacy Burak	Canada	Stampede Roundup		Canada
3	45	99.2	Katy Gaglione	US-DE	2024 Strict Curl Worlds	Virginia Beach	VA
4	43.5	95.9	Lisa Walker	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
5	31.5	69.4	Jenelle Aspinwall	US-MI	2024 Strict Curl Worlds	Virginia Beach	VA
6	19	41.8	Binu Jaj Abreu	UAE	Dubai International Open		Dubai
7	17.5	38.5	Hester .	UAE	Dubai International Open		Dubai

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
3	35	77.1	Rebekah Babcock	US-CA	Curlfornia 2	Santa Clara	CA

Weight Class: 90 / 198				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	41	90.3	Mona Espinoza	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	37.5	82.6	Cori Lynn	US-TX	2024 American Challenge - TX	Houston	TX
3	34.5	76	Courtney Dunham	US-TX	2024 American Challenge - TX	Houston	TX

Weight Class: 90+ / 198+				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	46	101.4	Sydney Katz	US-MD	2024 Strict Curl Worlds	Virginia Beach	VA
2	45.5	100.3	Erica Rojek	US-ME	KPC Babycat Curl and Chill 2024 AC	Kensington	MD
3	42	92.5	Mona Espinoza	US-VA	2024 Patriot Open	Woodstock	VA
4	30	66.1	Stephanie Malcolm	US-CA	Curlfornia 2	Santa Clara	CA

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: 75 / 165				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	John Wong	US-CA	2024 Powerlifting World Championships	Virginia Beach	VA
2	100	220.4	Anil Kumar	UAE	Dubai International Open		Dubai

Weight Class: 82.5 / 181				Squat		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	John Wong	US-CA	Ohio State Championships	Bedford Heights	OH
2	125	275.5	Sid Meeder	US-NY	Eerie Power	Erie	PA
3	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	238	524.6	Jeffrey Kepler	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
2	185	407.8	Reuven Tolchin	US-MD	2024 American Challenge - MD		MD
3	180	396.8	Walter Heint	US-PA	Eerie Power	Erie	PA
4	177.5	391.3	Walter Heint II	US-PA	2024 Great Lakes Championships	Erie	PA
5	165	363.7	Dustin Moch	Canada	Iron Challenge Medicine Hat Alberta		Alberta
	165	363.7	Andrew Schmidt	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
7	137.5	303.1	Eric Braswell	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA

8 60 132.2 Jaj Abreu UAE Dubai International Open Dubai

Weight Class: 100 / 220				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	227.5	501.5	Richard Dean	US-VA	2024 Shenandoah Open	Woodstock	VA	
2	222.5	490.5	Michael Dalton	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA	
3	215	473.9	Alejandro Medina	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL	
4	205	451.9	Kristepher Richard	US-TX	2024 American Challenge - TX	Houston	TX	
5	202.5	446.4	Edward Brown	US-VA	Ironbuilt 804 Classic	Ashland	VA	
6	200	440.9	Richard Tanner	Canada	Tower of Power	Calgary	Alberta	
7	162.5	358.2	Gene Natale	US-OH	2024 American Challenge - OH	Bedford Heights	OH	
8	160	352.7	Keith Hadlock	US-PA	2024 Great Lakes Championships	Erie	PA	
9	155	341.7	Ivan Ulovich	Canada	Tower of Power	Calgary	Alberta	
10	132.5	292.1	Matt Shollenberger	US-PA	2024 American Challenge - OH	Bedford Heights	OH	
11	60	132.2	Ramadan Sebil Ahmad Matoot	UAE	Dubai International Open		Dubai	

Weight Class: 110 / 242				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	262.5	578.7	Michael Eaton	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA	
2	122	268.9	Ryan Watson	US-MD	Ironbuilt DAV Open	Ashland	VA	
3	107.5	236.9	Steven Thompson	US-FL	2024 Patriots Power Day	Melbourne	FL	

Weight Class: 125 / 275				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	272.5	600.7	Tobarrus Hollingsworth	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA	
2	252.5	556.6	Tyrone Evans	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL	
3	247.5	545.6	Tab Brown	US-WV	2024 Powerlifting World Championships	Virginia Beach	VA	
4	245	540.1	Anthony Jewell	US-VA	2024 American Challenge - VA	Woodstock	VA	
5	229.06	504.9	Wilson Echevarria	US-FL	2024 American Challenge - FL	Melbourne	FL	
6	220	485	Bryan Moody	US-PA	2024 Great Lakes Championships	Erie	PA	
7	120	264.5	Vinod Kumar	UAE	Dubai International Open		Dubai	

Weight Class: 140 / 308				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	275	606.2	Russell Peel	Canada	2024 Icebreaker		Canada	
2	260	573.1	Daniel Corridean	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC	
3	240	529.1	Adam Harman	US-VA	2024 American Challenge - VA	Woodstock	VA	

Unknown Class: SHW				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	305	672.4	Raymond Hodges	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL	

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: 75 / 165				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	120	264.5	John Wong	US-CA	2024 Powerlifting World Championships	Virginia Beach	VA	
2	95	209.4	Anil Kumar	UAE	Dubai International Open		Dubai	

Weight Class: 82.5 / 181				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	145	319.6	Anthony Pellicano	US-NY	2024 American Challenge - NY	Owego	NY	
2	127.5	281	Mike Deutsch	US-AZ	2024 Masters Nationals - SC - Ironman	York	PA	
3	117.5	259	David Gibson	US-GA	Welsh Expo		UK	

4	102.5	225.9	John Wong	US-CA	Ohio State Championships	Bedford Heights	OH
5	92.5	203.9	Keith Koske	US-NY	Owego Winter Classic 2024	Owego	NY
6	90	198.4	Sid Meeder	US-NY	Erie Power	Erie	PA
7	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	167.5	369.2	Jeffrey Kepler	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	165	363.7	Jeffrey McDaniel	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
3	150	330.6	Raj Kumar	N/A	2024 Powerlifting World Championships	Virginia Beach	VA
4	135	297.6	Walter Heidl	US-PA	Erie Power	Erie	PA
5	130	286.5	Walter Heidl II	US-PA	2024 Great Lakes Championships	Erie	PA
6	122.5	270	Andrew Schmidt	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
7	117.5	259	Reuven Tolchin	US-MD	2024 American Challenge - MD		MD
8	110	242.5	Dustin Moch	Canada	Iron Challenge Medicine Hat Alberta		Alberta
9	95	209.4	Eric Braswell	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
10	60	132.2	Jaj Abreu	UAE	Dubai International Open		Dubai

Weight Class: 100 / 220		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Alejandro Medina	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
2	150	330.6	Kristepher Richard	US-TX	2024 American Challenge - TX	Houston	TX
	150	330.6	Michael Dalton	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
4	149.69	330	Collin Massey	US-TX	2024 American Challenge - FL	Melbourne	FL
5	147.5	325.1	Frank Nerone	US-OH	2024 American Challenge - OH	Bedford Heights	OH
6	145	319.6	Richard Dean	US-VA	2024 Shenandoah Open	Woodstock	VA
7	142.5	314.1	Edward Brown	US-VA	Ironbuilt 804 Classic	Ashland	VA
8	117.5	259	Gene Natale	US-OH	2024 American Challenge - OH	Bedford Heights	OH
9	105	231.4	Richard Tanner	Canada	Tower of Power	Calgary	Alberta
	105	231.4	Ivan Ulovich	Canada	Tower of Power	Calgary	Alberta
11	102.5	225.9	Keith Hadlock	US-PA	2024 Great Lakes Championships	Erie	PA
12	92.5	203.9	Matt Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
13	60	132.2	Ramadan Sebil Ahmad Matoot	UAE	Dubai International Open		Dubai

Weight Class: 110 / 242		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Michael Eaton	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
2	152.5	336.2	VIKAS VERMA	India	2024 Powerlifting World Championships	Virginia Beach	VA
3	145	319.6	Frank Nerone	US-OH	2024 Tri-State Championship	Bedford Heights	OH
4	140	308.6	Shafeeq Chenadan	UAE	Dubai International Open		Dubai
5	110	242.5	Benjamin Gruenstein	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ
6	87.5	192.9	Ryan Watson	US-MD	2024 Christmas Classic	Woodstock	VA
7	60	132.2	Steven Thompson	US-FL	2024 Patriots Power Day	Melbourne	FL

Weight Class: 125 / 275		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Tobarrus Hollingsworth	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
2	182.5	402.3	Anthony Jewell	US-VA	2024 American Challenge - VA	Woodstock	VA
3	175	385.8	Tab Brown	US-WV	2024 Masters Nationals - Powerlifting	York	PA
	175	385.8	Tyrone Evans	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
5	170	374.7	Cary Soloyna	US-NY	2024 American Challenge - NY	Owego	NY
6	167.5	369.2	Bryan Moody	US-PA	2024 Great Lakes Championships	Erie	PA
7	151.95	334.9	Wilson Echevarria	US-FL	2024 American Challenge - FL	Melbourne	FL
8	120	264.5	James Glanville	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
9	110	242.5	Vinod Kumar	UAE	Dubai International Open		Dubai

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
2	177.5	391.3	Adam Harman	US-VA	2024 American Challenge - VA	Woodstock	VA
3	170	374.7	Daniel Corridean	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC

Unknown Class: SHW				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	227.5	501.5	Raymond Hodges	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL	
2	170	374.7	James Mitchell	US-ME	2024 Powerlifting World Championships	Virginia Beach	VA	
3	127.5	281	Kevin Tyson	Canada	2024 Icebreaker		Canada	

2024 Deadlift Rankings				Male				
Weight Class: 67.5 / 148				Deadlift				
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: 75 / 165				Deadlift				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	192.5	424.3	John Wong	US-CA	2024 Powerlifting World Championships	Virginia Beach	VA	
2	185	407.8	Jason Creswell	US-VA	2024 Christmas Classic	Woodstock	VA	
3	120	264.5	Anil Kumar	UAE	Dubai International Open		Dubai	

Weight Class: 82.5 / 181				Deadlift				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	252.5	556.6	David Gibson	US-GA	Welsh Expo		UK	
2	200	440.9	John Wong	US-CA	Ohio State Championships	Bedford Heights	OH	
3	158	348.3	James Logsdon	US-KY	2024 Masters Nationals - Powerlifting	York	PA	
4	147.5	325.1	Sid Meeder	US-NY	Eerie Power	Erie	PA	

Weight Class: 90 / 198				Deadlift				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	272.5	600.7	Jeffrey Kepler	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA	
2	245	540.1	Walter Heintl	US-PA	Eerie Power	Erie	PA	
3	237.5	523.5	Walter Heintl II	US-PA	2024 Great Lakes Championships	Erie	PA	
4	207.5	457.4	Andrew Schmidt	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA	
5	205	451.9	Reuven Tolchin	US-MD	2024 American Challenge - MD		MD	
6	200	440.9	Dustin Moch	Canada	Iron Challenge Medicine Hat Alberta		Alberta	
7	145	319.6	Eric Braswell	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA	
8	100	220.4	Jaj Abreu	UAE	Dubai International Open		Dubai	

Weight Class: 100 / 220				Deadlift					
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	273	601.8	Michael Dalton	US-VA	2024 Masters Nationals - Powerlifting	York	PA		
2	272.5	600.7	Kristopher Richard	US-TX	2024 American Challenge - TX	Houston	TX		
3	260	573.1	Alejandro Medina	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL		
4	227.5	501.5	Richard Dean	US-VA	2024 Shenandoah Open	Woodstock	VA		
5	225	496	Edward Brown	US-VA	Ironbuilt 804 Classic	Ashland	VA		
6	212.5	468.4	Richard Tanner	Canada	Tower of Power	Calgary	Alberta		
7	207.5	457.4	Keith Hadlock	US-PA	2024 Great Lakes Championships	Erie	PA		
8	195	429.8	Gene Natale	US-OH	2024 American Challenge - OH	Bedford Heights	OH		
			195	429.8	Ivan Ulovich	Canada	Tower of Power	Calgary	Alberta
10	162.5	358.2	Matt Shollenberger	US-PA	2024 American Challenge - OH	Bedford Heights	OH		
11	120	264.5	Ramadan Sebil Ahmad Matoot	UAE	Dubai International Open		Dubai		

Weight Class: 110 / 242				Deadlift				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	320	705.4	Michael Eaton	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA	
2	170	374.7	Shafeeq Chenadan	UAE	Dubai International Open		Dubai	

3	150	330.6	Rengaiya Nanda Kumar	UAE	Dubai International Open		Dubai
	150	330.6	Ryan Watson	US-MD	2024 Christmas Classic	Woodstock	VA
5	130	286.5	Steven Thompson	US-FL	2024 Patriots Power Day	Melbourne	FL

Weight Class: 125 / 275				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	295	650.3	Tyrone Evans	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
2	277.5	611.7	Tab Brown	US-WV	2024 Masters Nationals - Powerlifting	York	PA
3	275	606.2	Tobarrus Hollingsworth	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
4	272.5	600.7	Anthony Jewell	US-VA	2024 American Challenge - VA	Woodstock	VA
5	240	529.1	Bryan Moody	US-PA	2024 Great Lakes Championships	Erie	PA
6	231.33	509.9	Wilson Echevarria	US-FL	2024 American Challenge - FL	Melbourne	FL
7	155	341.7	Vinod Kumar	UAE	Dubai International Open		Dubai

Weight Class: 140 / 308				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	282.5	622.7	Daniel Corridean	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
2	275	606.2	Russell Peel	Canada	2024 Icebreaker		Canada
3	65	143.2	Adam Harman	US-VA	2024 American Challenge - VA	Woodstock	VA

Unknown Class: SHW				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	327.5	722	Raymond Hodges	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL

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: 75 / 165				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	465	1025.1	John Wong	US-CA	2024 Powerlifting World Championships	Virginia Beach	VA
2	315	694.4	Anil Kumar	UAE	Dubai International Open		Dubai

Weight Class: 82.5 / 181				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	457.5	1008.6	John Wong	US-CA	Ohio State Championships	Bedford Heights	OH
2	362.5	799.1	Sid Meeder	US-NY	Eerie Power	Erie	PA
3	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	675	1488.1	Jeffrey Kepler	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	560	1234.5	Walter Heinl	US-PA	Eerie Power	Erie	PA
3	545	1201.5	Walter Heinl II	US-PA	2024 Great Lakes Championships	Erie	PA
4	507.5	1118.8	Reuven Tolchin	US-MD	2024 American Challenge - MD		MD
5	495	1091.2	Andrew Schmidt	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
6	475	1047.1	Dustin Moch	Canada	Iron Challenge Medicine Hat Alberta		Alberta
7	377.5	832.2	Eric Braswell	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
8	220	485	Jaj Abreu	UAE	Dubai International Open		Dubai

Weight Class: 100 / 220				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	650	1432.9	Alejandro Medina	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
2	645	1421.9	Michael Dalton	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	627.5	1383.3	Kristepher Richard	US-TX	2024 American Challenge - TX	Houston	TX
4	600	1322.7	Richard Dean	US-VA	2024 Shenandoah Open	Woodstock	VA

5	570	1256.6	Edward Brown	US-VA	Ironbuilt 804 Classic	Ashland	VA
6	517.5	1140.8	Richard Tanner	Canada	Tower of Power	Calgary	Alberta
7	475	1047.1	Gene Natale	US-OH	2024 American Challenge - OH	Bedford Heights	OH
8	470	1036.1	Keith Hadlock	US-PA	2024 Great Lakes Championships	Erie	PA
9	455	1003	Ivan Ulovich	Canada	Tower of Power	Calgary	Alberta
10	382.5	843.2	Matt Shollenberger	US-PA	2024 American Challenge - OH	Bedford Heights	OH
11	240	529.1	Ramadan Sebil Ahmad Matoot	UAE	Dubai International Open		Dubai

Weight Class: 110 / 242				Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	775	1708.5	Michael Eaton	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA				
2	349.5	770.5	Ryan Watson	US-MD	Ironbuilt DAV Open	Ashland	VA				
3	297.5	655.8	Steven Thompson	US-FL	2024 Patriots Power Day	Melbourne	FL				

Weight Class: 125 / 275				Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	737.5	1625.8	Tobarrus Hollingsworth	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA				
2	722.5	1592.8	Tyrone Evans	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL				
3	700	1543.2	Anthony Jewell	US-VA	2024 American Challenge - VA	Woodstock	VA				
4	697.5	1537.7	Tab Brown	US-WV	2024 Masters Nationals - Powerlifting	York	PA				
5	627.5	1383.3	Bryan Moody	US-PA	2024 Great Lakes Championships	Erie	PA				
6	612.34	1349.9	Wilson Echevarria	US-FL	2024 American Challenge - FL	Melbourne	FL				
7	385	848.7	Vinod Kumar	UAE	Dubai International Open		Dubai				

Weight Class: 140 / 308				Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	742.5	1636.9	Russell Peel	Canada	2024 Icebreaker		Canada				
2	712.5	1570.7	Daniel Corridean	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC				
3	482.5	1063.7	Adam Harman	US-VA	2024 American Challenge - VA	Woodstock	VA				

Unknown Class: SHW				Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	860	1895.9	Raymond Hodges	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL				

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	63	138.8	John Wong	US-CA	Curlifornia 2	Santa Clara	CA				
2	57.5	126.7	Shane Frey	Canada	2024 Icebreaker		Canada				
3	50	110.2	Anil Kumar	UAE	Dubai International Open		Dubai				

Weight Class: 82.5 / 181				Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	71	156.5	Alex Kornev	US-NY	2024 American Challenge - FL Miami Mahem	Miami	FL				
2	64	141	John Wong	US-CA	Ohio State Championships	Bedford Heights	OH				
3	63	138.8	Jeremy Bulluck	US-VA	Ironbuilt DAV Open	Ashland	VA				
4	61.5	135.5	Michael Tedone	US-TX	2024 American Challenge - TX	Houston	TX				
5	52.5	115.7	Mike Deutsch	US-AZ	2024 Masters Nationals - SC - Ironman	York	PA				
6	51	112.4	Keith Koske	US-NY	Owego Winter Classic 2024	Owego	NY				
7	50	110.2	Douglas Marx	US-NY	Owego Winter Classic 2024	Owego	NY				
8	37.5	82.6	David Gibson	US-GA	Welsh Expo		UK				

Weight Class: 90 / 198				Strict Curl				Male			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Chris Burak	Canada	Stampede Roundup		Canada
2	81	178.5	Steve Babcock	US-CA	Curlfornia 2	Santa Clara	CA
3	76	167.5	Christopher Burak	Canada	2024 Icebreaker		Canada
4	69	152.1	Mikeal Basile	US-NY	Owego Winter Classic 2024	Owego	NY
5	61.5	135.5	Jerry Perdue	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
6	60	132.2	Reuven Tolchin	US-MD	KPC Babycat Curl and Chill 2024 AC	Kensington	MD
7	55	121.2	Alan Cota	US-MD	KPC Babycat Curl and Chill 2024 AC	Kensington	MD
8	35	77.1	Jaj Abreu	UAE	Dubai International Open		Dubai

Weight Class: 100 / 220 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	94.5	208.3	John Cooper	US-NC	2024 OBX Open	Jarvisburg	NC
2	79.5	175.2	Jamie Ness	US-KY	2024 Strict Curl Worlds	Virginia Beach	VA
3	77.5	170.8	Michael Dalton	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
4	72.5	159.8	Alejandro Medina	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
	72.5	159.8	Richard Dean	US-VA	2024 Shenandoah Open	Woodstock	VA
6	68	149.9	Jeff Oilar	US-IN	Ohio State Championships	Bedford Heights	OH
7	65	143.2	Stanley Hunter	US-NY	Owego Winter Classic 2024	Owego	NY
8	64	141	Jonathan Smith	US-TX	2024 American Challenge - TX	Houston	TX
9	63.5	139.9	Tanyaradza Mupfumbu	US-MD	2024 American Challenge - MD		MD
	63.5	139.9	Kristepher Richard	US-TX	2024 American Challenge - TX	Houston	TX
11	52.5	115.7	Devon Sankey	Canada	2024 Icebreaker		Canada
12	40	88.1	Ramadan Sebil Ahmad Matoot	UAE	Dubai International Open		Dubai
13	37.5	82.6	Andrew Harding	Canada	Stampede Roundup		Canada

Weight Class: 110 / 242 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	71	156.5	Stanley Hunter	US-NY	2024 American Challenge - NY	Owego	NY
2	60	132.2	Shafeeq Chenadan	UAE	Dubai International Open		Dubai
3	47.5	104.7	Ryan Watson	US-MD	2024 Christmas Classic	Woodstock	VA
4	45	99.2	Rengaiya Nanda Kumar	UAE	Dubai International Open		Dubai

Weight Class: 125 / 275 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	66.5	146.6	Daniel Corridean	US-NC	2024 Strict Curl Worlds	Virginia Beach	VA
2	40	88.1	Vinod Kumar	UAE	Dubai International Open		Dubai

Weight Class: 140 / 308 Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Russell Peel	Canada	Stampede Roundup		Canada
2	62.5	137.7	Daniel Corridean	US-NC	2024 American Challenge - NC SC	Barco	NC

Unknown Class: SHW Strict Curl Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95.5	210.5	Joseph Sabol	US-PA	2024 American Challenge - FL Miami Mahem	Miami	FL
2	74	163.1	James Mitchell	US-ME	2024 Strict Curl Worlds	Virginia Beach	VA
3	60	132.2	Kevin Tyson	Canada	2024 Icebreaker		Canada