



2024 Masters 50-59 Rankings

Updated 12/21/2024 Ed Kutin

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2024 Squat Rankings Female

Weight Class: 56 / 123 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Julie Schroeder	US-PA	Eerie Power	Erie	PA

Weight Class: 60 / 132 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Heather Flottmann	US-NY	2024 American Challenge - FL Miami Mahem	Miami	FL
2	75	165.3	Kristin Gulling	US-OH	2024 Tri-State Championship	Bedford Heights	OH
3	70	154.3	Vanaja Nair	UAE	Dubai International Open		Dubai
4	62.5	137.7	Geri-Lyn Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 67.5 / 148 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95	209.4	Julie Grey	Canada	Lift 4 Kids Open		Canada
2	92.5	203.9	Laura Clancy	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	70	154.3	Hadley Winslow	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
4	65	143.2	Linda Eggleston	US-NY	2024 American Challenge - NY	Owego	NY

Weight Class: 75 / 165 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Debbie Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
2	45	99.2	Tanya Renne	US-DC	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 82.5 / 181 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	90	198.4	Carolyn Olsen	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
2	67.5	148.8	Christine Cedzo	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Lisa Klaus	US-IL	2024 American Challenge - OH	Bedford Heights	OH
2	75	165.3	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90+ / 198+ Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	137.5	303.1	Charlotte Baker	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	110	242.5	Michelle Lawson	US-PA	Eerie Power	Erie	PA

2024 Bench Press Rankings Female

Weight Class: 52 / 114 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	74.5	164.2	Kerry Self	US-VA	2024 World Ironman Championships	York	PA
2	47.5	104.7	Elva Dudley	US-NJ	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 56 / 123				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	76	167.5	Kerry Self	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	40	88.1	Julie Schroeder	US-PA	Eerie Power	Erie	PA

Weight Class: 60 / 132				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Heather Flottmann	US-NY	2024 American Challenge - FL Miami Mahem	Miami	FL
2	47.5	104.7	Kristin Gulling	US-PA	2024 American Challenge - OH	Bedford Heights	OH
3	42.5	93.6	Vanaja Nair	UAE	Dubai International Open		Dubai
4	40	88.1	Geri-Lyn Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 67.5 / 148				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57.5	126.7	Sue Kish	Canada	2024 Icebreaker		Canada
2	55	121.2	Linda Eggleston	US-NY	Owego Winter Classic 2024	Owego	NY
3	52.5	115.7	Laura Clancy	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
4	50	110.2	Hadley Winslow	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
	50	110.2	Julie Grey	Canada	Lift 4 Kids Open		Canada

Weight Class: 75 / 165				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	62.5	137.7	Lesley Deangelo	US-CT	Owego Winter Classic 2024	Owego	NY
2	50	110.2	Tanya Renne	US-DC	Ironbuilt DAV Open	Ashland	VA
3	35	77.1	Debbie Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 82.5 / 181				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57.5	126.7	Carolyn Olsen	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
2	55	121.2	Kathy Perugini	US-CT	Owego Winter Classic 2024	Owego	NY
3	47.5	104.7	Christine Cedzo	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Lisa Klaus	US-IL	2024 American Challenge - OH	Bedford Heights	OH
2	60	132.2	Terri Korba	US-NY	Owego Winter Classic 2024	Owego	NY
3	47.5	104.7	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90+ / 198+				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	73.5	162	Charlotte Baker	US-VA	2024 Masters Nationals - Powerlifting	York	PA
2	52.5	115.7	Michelle Lawson	US-PA	Eerie Power	Erie	PA
3	50	110.2	Rachel Ryan	Canada	2024 Icebreaker		Canada

2024 Deadlift Rankings Female

Weight Class: 56 / 123				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Julie Schroeder	US-PA	Eerie Power	Erie	PA

Weight Class: 60 / 132				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Heather Flottmann	US-NY	2024 American Challenge - FL Miami Mahem	Miami	FL
2	107.5	236.9	Geri-Lyn Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA
3	95	209.4	Vanaja Nair	India	2024 Powerlifting World Championships	Virginia Beach	VA
4	93	205	Kristin Gulling	US-OH	2024 Tri-State Championship	Bedford Heights	OH

Weight Class: 67.5 / 148				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Linda Eggleston	US-NY	2024 American Challenge - NY	Owego	NY
2	102.5	225.9	Hadley Winslow	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
	102.5	225.9	Julie Grey	Canada	Lift 4 Kids Open		Canada
4	92.5	203.9	Laura Clancy	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
5	80	176.3	Subaida Majeed	UAE	Dubai International Open		Dubai

Weight Class: 75 / 165				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Lesley Deangelo	US-CT	Owego Winter Classic 2024	Owego	NY
2	90	198.4	Tanya Renne	US-DC	2024 Powerlifting World Championships	Virginia Beach	VA
3	82.5	181.8	Debbie Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 82.5 / 181				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	135	297.6	Christine Cedzo	US-PA	2024 Great Lakes Championships	Erie	PA
2	115	253.5	Carolyn Olsen	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
3	102.5	225.9	Kathy Perugini	US-CT	Owego Winter Classic 2024	Owego	NY

Weight Class: 90 / 198				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Lisa Klaus	US-IL	2024 American Challenge - OH	Bedford Heights	OH
2	117.5	259	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA
3	67.5	148.8	Terri Korba	US-NY	Owego Winter Classic 2024	Owego	NY

Weight Class: 90+ / 198+				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Charlotte Baker	US-VA	2024 Shenandoah Open	Woodstock	VA
2	125	275.5	Michelle Lawson	US-PA	Eerie Power	Erie	PA
3	105	231.4	Rachel Ryan	Canada	2024 Icebreaker		Canada

2024 Total Rankings Female

Weight Class: 56 / 123				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Julie Schroeder	US-PA	Eerie Power	Erie	PA

Weight Class: 60 / 132				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	295	650.3	Heather Flottmann	US-NY	2024 American Challenge - FL Miami Mahem	Miami	FL
2	210	462.9	Geri-Lyn Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA
3	207.5	457.4	Kristin Gulling	US-PA	2024 American Challenge - OH	Bedford Heights	OH
4	202.5	446.4	Vanaja Nair	UAE	Dubai International Open		Dubai

Weight Class: 67.5 / 148				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	247.5	545.6	Julie Grey	Canada	Lift 4 Kids Open		Canada
2	237.5	523.5	Laura Clancy	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	222.5	490.5	Hadley Winslow	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
	222.5	490.5	Linda Eggleston	US-NY	2024 American Challenge - NY	Owego	NY

Weight Class: 75 / 165				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Debbie Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
	182.5	402.3	Tanya Renne	US-DC	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 82.5 / 181				Total		Female	
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	262.5	578.7	Carolyn Olsen	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
2	250	551.1	Christine Cedzo	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	337.5	744	Lisa Klaus	US-IL	2024 American Challenge - OH	Bedford Heights	OH
2	240	529.1	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90+ / 198+			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	377.5	832.2	Charlotte Baker	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	287.5	633.8	Michelle Lawson	US-PA	Eerie Power	Erie	PA

2024 Strict Curl Rankings Female

Weight Class: 52 / 114			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36.5	80.4	Kerry Self	US-VA	2024 World Ironman Championships	York	PA
2	20	44	Jill Sheakley	US-PA	2024 American Challenge - VA_Iron Built SC	Ashland	VA

Weight Class: 56 / 123			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	37	81.5	Kerry Self	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
2	34.5	76	Krystal Brown	US-NC	2024 Strict Curl Worlds	Virginia Beach	VA
3	32.5	71.6	Denise Jaffe	US-OH	2024 Tri-State Championship	Bedford Heights	OH

Weight Class: 60 / 132			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	41.5	91.4	Heather Flottmann	US-NY	2024 American Challenge - FL Miami Mahem	Miami	FL
2	35.5	78.2	Krystal Brown	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
3	21	46.2	Vanaja Nair	UAE	2024 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 67.5 / 148			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36.5	80.4	Linda Eggleston	US-NY	2024 Christmas Classic	Woodstock	VA
2	34	74.9	Krystal Brown	US-VA	2024 American Challenge - NC SC	Barco	NC
3	28.5	62.8	Sue Kish	Canada	2024 Icebreaker		Canada
4	27.5	60.6	Tanya Loffreno	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ
5	26	57.3	Laura Clancy	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 75 / 165			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	39	85.9	Lesley Deangelo	US-CT	Owego Winter Classic 2024	Owego	NY
2	33	72.7	Tanya Renne	US-DC	Ironbuilt DAV Open	Ashland	VA
3	32.5	71.6	Sue Kish	Canada	Stampede Roundup		Canada

Weight Class: 82.5 / 181			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36.5	80.4	Kathy Perugini	US-CT	Owego Winter Classic 2024	Owego	NY
2	28	61.7	Jennifer Tillett	US-NC	2024 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 90 / 198			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	27.5	60.6	Lisa Klaus	US-IL	2024 American Challenge - OH	Bedford Heights	OH
2	26.5	58.4	Terri Korba	US-NY	Owego Winter Classic 2024	Owego	NY

Weight Class: 90+ / 198+			Strict Curl	Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location
1	35	77.1	Kathleen Delainey	Canada	Stampede Roundup	Canada

2024 Squat Rankings Male

Weight Class: 56 / 123 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	115.5	254.6	Gary Teeter	US-PA	2024 American Challenge - VA	Woodstock VA

Weight Class: 60 / 132 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	152.5	336.2	George James	US-MD	2024 American Challenge - NJ	Fair Lawn NJ
2	115	253.5	Gary Teeter	US-PA	2024 Masters Nationals - Powerlifting	York PA

Weight Class: 67.5 / 148 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	160	352.7	Joe Martucci	US-PA	2024 Great Lakes Championships	Erie PA
2	145	319.6	Ben Zak	US-NC	2024 OBX Open	Jarvisburg NC
3	135	297.6	Matthew Chapman	US-VA	Welsh Expo	UK
4	120	264.5	Gary Teeter	US-PA	2024 NJ State Championships	Fair Lawn NJ
5	70	154.3	Priyesh Meethale Valappil	UAE	Dubai International Open	Dubai

Weight Class: 75 / 165 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	147.5	325.1	James Darr	US-MD	2024 Masters Nationals - Powerlifting	York PA
2	125	275.5	Santhosh Sadanandan	UAE	Dubai International Open	Dubai
3	122.5	270	David Machmer	US-PA	2024 Masters Nationals - Powerlifting	York PA
	122.5	270	Douglas Nola	US-PA	2024 American Challenge - OH	Bedford Heights OH
5	115	253.5	Steve Lawrence	Canada	2024 Icebreaker	Canada
6	100	220.4	Jordie MacInnes	Canada	2024 Icebreaker	Canada
7	75	165.3	Ramathullah Syed Abu Thahir	UAE	Dubai International Open	Dubai

Weight Class: 82.5 / 181 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	190	418.8	Keith Nautel	US-NY	2024 American Challenge - NY	Owego NY
2	177.5	391.3	Jason Roberts	US-HI	2024 Powerlifting World Championships	Virginia Beach VA
3	165	363.7	John Batiste	US-IL	2024 Powerlifting World Championships	Virginia Beach VA
4	150	330.6	Drew Hoffman	US-PA	Eerie Power	Erie PA
5	100	220.4	Pradeesh M.V.	UAE	Dubai International Open	Dubai

Weight Class: 90 / 198 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	180	396.8	Patrick Huntley	US-PA	2024 Masters Nationals - Powerlifting	York PA
2	160	352.7	Aaron Pickrel	US-NC	2024 OBX Open	Jarvisburg NC
3	157.5	347.2	Aaron Pickrell	US-NC	2024 Powerlifting World Championships	Virginia Beach VA
4	152.5	336.2	Timo Quintana	US-OH	Ohio State Championships	Bedford Heights OH
5	135	297.6	Spencer Stevens	Canada	Tower of Power	Calgary Alberta
6	120	264.5	Steve Haug	US-VA	2024 American Challenge - VA_Iron Built	Ashland VA
7	102.5	225.9	Aldo Jackson	US-NC	2024 Powerlifting World Championships	Virginia Beach VA

Weight Class: 100 / 220 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location
1	218	480.6	Brad Swidzinski	Canada	2024 Icebreaker	Canada
2	185	407.8	James Storch	US-NY	2024 American Challenge - NY	Owego NY
3	160	352.7	George Bannon	US-VA	2024 Powerlifting World Championships	Virginia Beach VA

Weight Class: 110 / 242 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	228	502.6	Ronald Hagen	Canada	2024 Icebreaker		Canada
2	192.5	424.3	Don Hickey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
3	190	418.8	Bill Adams	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
	190	418.8	Jack Butler	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
5	160	352.7	Jim Frankson	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
	160	352.7	Tim Durrett	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
	160	352.7	Travis Ramsey	US-FL	2024 Patriots Power Day	Melbourne	FL

Weight Class: 125 / 275 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	237.5	523.5	Larry Carroll	US-DC	2024 Powerlifting World Championships	Virginia Beach	VA
2	227.5	501.5	Jeff Lawson	US-PA	2024 Masters Nationals - Powerlifting	York	PA
3	205	451.9	Chris Fry	US-VA	2024 Masters Nationals - Powerlifting	York	PA
4	200	440.9	Christopher Allen	US-VA	2024 American Challenge - FL Miami Mahem	Miami	FL
5	160	352.7	Steve Treon	US-VA	Ironbuilt DAV Open	Ashland	VA

Weight Class: 140 / 308 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	200	440.9	Chris Fry	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	165	363.7	Jack Robinson	US-VA	Ironbuilt 804 Classic	Ashland	VA

2024 Bench Press Rankings Male

Weight Class: 56 / 123 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Gary Teeter	US-PA	2024 World Ironman Championships	York	PA

Weight Class: 60 / 132 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Gary Teeter	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	95	209.4	George James	US-MD	2024 Eastern Open	Woodstock	PA

Weight Class: 67.5 / 148 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	144	317.4	John Self	US-VA	2024 World Ironman Championships	York	PA
2	117.5	259	Matthew Chapman	US-VA	Welsh Expo		UK
3	115	253.5	Ben Zak	US-NC	2024 OBX Open	Jarvisburg	NC
4	110	242.5	Tim Garriss	US-NC	2024 American Challenge - NC	Barco	NC
5	95	209.4	Gary Teeter	US-PA	2024 NJ State Championships	Fair Lawn	NJ
6	92.5	203.9	Joe Martucci	US-PA	2024 American Challenge - OH	Bedford Heights	OH
7	65	143.2	Priyesh Meethale Valappil	UAE	Dubai International Open		Dubai

Weight Class: 75 / 165 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	John Self	US-VA	2024 American Challenge - VA	Woodstock	VA
2	125	275.5	John Jackson	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
3	111	244.7	James Darr	US-MD	2024 Masters Nationals - Powerlifting	York	PA
4	110	242.5	Oleg Tyan	Canada	Tower of Power	Calgary	Alberta
5	92.5	203.9	Douglas Nola	US-PA	2024 American Challenge - OH	Bedford Heights	OH
6	90	198.4	David Machmer	US-PA	2024 Masters Nationals - Powerlifting	York	PA
7	87.5	192.9	Steve Lawrence	Canada	2024 Icebreaker		Canada
8	85	187.3	Jordie MacInnes	Canada	2024 Icebreaker		Canada
9	75	165.3	Santhosh Sadanandan	UAE	Dubai International Open		Dubai
10	65	143.2	Ramathullah Syed Abu Thahir	UAE	Dubai International Open		Dubai

Weight Class: 82.5 / 181 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	190	418.8	Jacob Williams	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
2	162.5	358.2	Daniel Henson	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	152.5	336.2	John Ernest Jaeger	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA
4	150	330.6	Keith Nautel	US-NY	2024 American Challenge - NY	Owego	NY
5	137.5	303.1	John Jackson	US-MD	2024 American Challenge - VA	Woodstock	VA
6	125	275.5	Michael Habina	Canada	Tower of Power	Calgary	Alberta
7	107.5	236.9	John Batiste	US-IL	2024 Powerlifting World Championships	Virginia Beach	VA
8	105	231.4	Jason Roberts	US-HI	2024 Powerlifting World Championships	Virginia Beach	VA
9	95	209.4	Pradeesh M.V.	UAE	Dubai International Open		Dubai
10	85	187.3	Drew Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	200.5	442	Rico Terrel	US-VA	2024 NC Championships / Southern Open	Jarvisburg	NC
2	195	429.8	Rico Terrell	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	192.5	424.3	Jacob Williams	US-PA	2024 Masters Nationals - SC - Ironman	York	PA
4	167.83	369.9	Daniel Henson	US-FL	2024 American Challenge - FL	Melbourne	FL
5	132.5	292.1	Ray Jones	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
6	130	286.5	Ernest Binder	US-PA	2024 Masters Nationals - SC - Ironman	York	PA
7	122.5	270	Rob O'Connell	US-PA	Ohio State Championships	Bedford Heights	OH
8	118	260.1	Barry Capps	US-SC	2024 NC Championships / Southern Open	Jarvisburg	NC
9	115	253.5	Patrick Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA
	115	253.5	Aaron Pickrel	US-NC	2024 OBX Open	Jarvisburg	NC
11	112.5	248	Aaron Pickrell	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
	112.5	248	Timo Quintana	US-OH	Ohio State Championships	Bedford Heights	OH
13	95	209.4	Steve Haug	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
14	72.5	159.8	Spencer Stevens	Canada	2024 Icebreaker		Canada
15	70	154.3	Aldo Jackson	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 100 / 220 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	197.5	435.4	Jasper Jones Jr.	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	187.5	413.3	Jasper Jones Jr	US-VA	2024 NC Championships / Southern Open	Jarvisburg	NC
3	170	374.7	Craig Kozens	US-NH	2024 Masters Nationals - SC - Ironman	York	PA
4	155	341.7	Tom Reumont	US-MD	2024 World Ironman Championships	York	PA
5	142.5	314.1	Joe Cotton	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
6	140	308.6	Randy Elbert	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
7	125	275.5	George Bannon	US-VA	2024 NC Championships / Southern Open	Jarvisburg	NC
8	117.5	259	Mike Knopf	US-CT	Owego Winter Classic 2024	Owego	NY
	117.5	259	Brad Swidzinski	Canada	2024 Icebreaker		Canada
10	107.5	236.9	James Storch	US-NY	2024 American Challenge - NY	Owego	NY

Weight Class: 110 / 242 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	177.5	391.3	Clint Poore	US-KY	2024 Powerlifting World Championships	Virginia Beach	VA
2	172	379.1	Craig Kozens	US-NH	NH Record Setters	Laconia	NH
3	165	363.7	Jack Butler	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
4	152.5	336.2	Don Hickey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
5	150	330.6	Ronald Hagen	Canada	2024 Icebreaker		Canada
	150	330.6	Tim Durrett	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
7	137.5	303.1	Ronald Sellner	US-MD	2024 World Ironman Championships	York	PA
	137.5	303.1	Travis Ramsey	US-FL	2024 Patriots Power Day	Melbourne	FL
9	125	275.5	Bill Adams	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
10	107.5	236.9	Jim Frankson	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA

Weight Class: 125 / 275 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	218	480.6	Patrick McMillan Sr.	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA

2	177.5	391.3	Christopher Allen	US-VA	2024 American Challenge - FL Miami Mahem	Miami	FL
3	175	385.8	Chris Fry	US-VA	2024 Masters Nationals - Powerlifting	York	PA
4	160	352.7	Larry Carroll	US-DC	2024 American Challenge - VA_Iron Built	Ashland	VA
5	147.5	325.1	Doug Mignot	US-PA	Eerie Power	Erie	PA
6	142.5	314.1	Dion Lee	US-VA	Ironbuilt DAV Open	Ashland	VA
7	132.5	292.1	Donny Avila	US-NY	Eerie Power	Erie	PA
8	127.5	281	Jeff Lawson	US-PA	2024 Masters Nationals - Powerlifting	York	PA
9	120	264.5	Steve Treon	US-VA	Ironbuilt DAV Open	Ashland	VA

Weight Class: 140 / 308				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	185	407.8	Sean Savage	Canada	Tower of Power	Calgary	Alberta
2	182.5	402.3	Jason Bentley	US-NY	Eerie Power	Erie	PA
3	180	396.8	Chris Fry	US-VA	Ironbuilt 804 Classic	Ashland	VA
4	176	388	Paul Sundy	US-OH	2024 American Challenge - OH	Bedford Heights	OH
5	150	330.6	Baron Dixon	US-VA	Ironbuilt DAV Open	Ashland	VA
6	147.5	325.1	David Palo	US-PA	2024 Great Lakes Championships	Erie	PA
7	130	286.5	Jack Robinson III	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
8	117.5	259	Jack Robinson	US-VA	2024 Battle of the Border	Currituck	NC

Unknown Class: SHW				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	195	429.8	Charles Johnson	US-VA	2024 American Challenge - NY	Owego	NY

2024 Deadlift Rankings Male

Weight Class: 56 / 123				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175.5	386.9	Gary Teeter	US-PA	2024 American Challenge - VA	Woodstock	VA

Weight Class: 60 / 132				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	222.5	490.5	George James	US-MD	2024 American Challenge - NJ	Fair Lawn	NJ
2	162.5	358.2	Gary Teeter	US-PA	2024 American Challenge - FL Miami Mahem	Miami	FL

Weight Class: 67.5 / 148				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	187.5	413.3	Joe Martucci	US-PA	2024 Great Lakes Championships	Erie	PA
2	185	407.8	Ben Zak	US-NC	2024 OBX Open	Jarvisburg	NC
3	165	363.7	Gary Teeter	US-PA	2024 NJ State Championships	Fair Lawn	NJ
4	150	330.6	Matthew Chapman	US-VA	Welsh Expo		UK
5	90	198.4	Priyesh Meethale Valappil	UAE	Dubai International Open		Dubai

Weight Class: 75 / 165				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	James Darr	US-MD	2024 Masters Nationals - Powerlifting	York	PA
2	172.5	380.2	Douglas Nola	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
3	162.5	358.2	Steve Lawrence	Canada	2024 Icebreaker		Canada
4	147.5	325.1	David Machmer	US-PA	2024 Masters Nationals - Powerlifting	York	PA
5	145	319.6	Santhosh Sadanandan	UAE	Dubai International Open		Dubai
6	140	308.6	Jordie MacInnes	Canada	2024 Icebreaker		Canada
7	115	253.5	Ramathullah Syed Abu Thahir	UAE	Dubai International Open		Dubai

Weight Class: 82.5 / 181				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	280.5	618.3	Keith Nautel	US-NY	2024 American Challenge - NY	Owego	NY
2	205	451.9	Jason Roberts	US-HI	2024 Powerlifting World Championships	Virginia Beach	VA
3	187.5	413.3	John Batiste	US-IL	2024 Powerlifting World Championships	Virginia Beach	VA

4	182.5	402.3	Drew Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA
5	120	264.5	Pradeesh M.V.	UAE	Dubai International Open		Dubai

Weight Class: 90 / 198				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Patrick Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA
	205	451.9	Aaron Pickrell	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
3	202.5	446.4	Aaron Pickrel	US-NC	2024 OBX Open	Jarvisburg	NC
4	170	374.7	Spencer Stevens	Canada	Tower of Power	Calgary	Alberta
	170	374.7	Timo Quintana	US-OH	Ohio State Championships	Bedford Heights	OH
6	140	308.6	Steve Haug	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
7	135	297.6	Aldo Jackson	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 100 / 220				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	217.5	479.5	James Storch	US-NY	2024 American Challenge - NY	Owego	NY
2	212.5	468.4	George Bannon	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	205	451.9	Brad Swidzinski	Canada	2024 Icebreaker		Canada
4	165	363.7	Mike Knopf	US-CT	Owego Winter Classic 2024	Owego	NY

Weight Class: 110 / 242				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	245	540.1	Ronald Hagen	Canada	2024 Icebreaker		Canada
2	235	518	Jack Butler	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
3	215	473.9	Bill Adams	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
4	212.5	468.4	Tim Durrett	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
5	205	451.9	Don Hickey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
6	190	418.8	Clint Poore	US-KY	2024 Powerlifting World Championships	Virginia Beach	VA
7	185	407.8	Travis Ramsey	US-FL	2024 Patriots Power Day	Melbourne	FL
8	175	385.8	Ahmad Reza Nasiri Avanaki	Iran	Dubai International Open		Dubai
9	140	308.6	Jim Frankson	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA

Weight Class: 125 / 275				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	275	606.2	Patrick McMillan Sr.	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	262.5	578.7	Jeff Lawson	US-PA	2024 Masters Nationals - Powerlifting	York	PA
3	250	551.1	Larry Carroll	US-DC	2024 Powerlifting World Championships	Virginia Beach	VA
4	247.5	545.6	Christopher Allen	US-VA	Ironbuilt DAV Open	Ashland	VA
5	240	529.1	Chris Fry	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
6	195.5	430.9	Steve Treon	US-VA	Ironbuilt DAV Open	Ashland	VA

Weight Class: 140 / 308				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	265	584.2	Baron Dixon	US-VA	Ironbuilt DAV Open	Ashland	VA
2	245	540.1	Sean Savage	Canada	Tower of Power	Calgary	Alberta
3	230	507	Chris Fry	US-VA	Ironbuilt 804 Classic	Ashland	VA
4	212.5	468.4	Jack Robinson III	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
5	205	451.9	Jack Robinson	US-VA	Ironbuilt 804 Classic	Ashland	VA

2024 Total Rankings Male

Weight Class: 56 / 123				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	388.5	856.4	Gary Teeter	US-PA	2024 American Challenge - VA	Woodstock	VA

Weight Class: 60 / 132				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	455	1003	George James	US-MD	2024 American Challenge - NJ	Fair Lawn	NJ

2 375 826.7 Gary Teeter US-PA 2024 Masters Nationals - Powerlifting York PA

Weight Class: 67.5 / 148 Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	442.5	975.5	Ben Zak	US-NC	2024 OBX Open	Jarvisburg	NC
2	435	959	Joe Martucci	US-PA	2024 Great Lakes Championships	Erie	PA
3	402.5	887.3	Matthew Chapman	US-VA	Welsh Expo		UK
4	380	837.7	Gary Teeter	US-PA	2024 NJ State Championships	Fair Lawn	NJ
5	225	496	Priyesh Meethale Valappil	UAE	Dubai International Open		Dubai

Weight Class: 75 / 165 Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	433.5	955.6	James Darr	US-MD	2024 Masters Nationals - Powerlifting	York	PA
2	382.5	843.2	Douglas Nola	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
3	365	804.6	Steve Lawrence	Canada	2024 Icebreaker		Canada
4	360	793.6	David Machmer	US-PA	2024 Masters Nationals - Powerlifting	York	PA
5	345	760.5	Santhosh Sadanandan	UAE	Dubai International Open		Dubai
6	325	716.4	Jordie MacInnes	Canada	2024 Icebreaker		Canada
7	255	562.1	Ramathullah Syed Abu Thahir	UAE	Dubai International Open		Dubai

Weight Class: 82.5 / 181 Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	620.5	1367.9	Keith Nautel	US-NY	2024 American Challenge - NY	Owego	NY
2	487.5	1074.7	Jason Roberts	US-HI	2024 Powerlifting World Championships	Virginia Beach	VA
3	460	1014.1	John Batiste	US-IL	2024 Powerlifting World Championships	Virginia Beach	VA
4	412.5	909.3	Drew Hoffman	US-PA	Eerie Power	Erie	PA
5	315	694.4	Pradeesh M.V.	UAE	Dubai International Open		Dubai

Weight Class: 90 / 198 Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	500	1102.3	Patrick Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	477.5	1052.6	Aaron Pickrel	US-NC	2024 OBX Open	Jarvisburg	NC
3	475	1047.1	Aaron Pickrell	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
4	435	959	Timo Quintana	US-OH	Ohio State Championships	Bedford Heights	OH
5	377.5	832.2	Spencer Stevens	Canada	Tower of Power	Calgary	Alberta
6	355	782.6	Steve Haug	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
7	307.5	677.9	Aldo Jackson	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 100 / 220 Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	538	1186	Brad Swidzinski	Canada	2024 Icebreaker		Canada
2	510	1124.3	James Storch	US-NY	2024 American Challenge - NY	Owego	NY
3	480	1058.2	George Bannon	US-VA	2024 NC Championships / Southern Open	Jarvisburg	NC

Weight Class: 110 / 242 Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	620	1366.8	Ronald Hagen	Canada	2024 Icebreaker		Canada
2	590	1300.7	Jack Butler	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
3	550	1212.5	Don Hickey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
4	530	1168.4	Bill Adams	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
5	522.5	1151.9	Tim Durrett	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
6	482.5	1063.7	Travis Ramsey	US-FL	2024 Patriots Power Day	Melbourne	FL
7	407.5	898.3	Jim Frankson	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA

Weight Class: 125 / 275 Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	647.5	1427.4	Larry Carroll	US-DC	2024 Powerlifting World Championships	Virginia Beach	VA
2	617.5	1361.3	Jeff Lawson	US-PA	2024 Masters Nationals - Powerlifting	York	PA

3	615	1355.8	Chris Fry	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
4	613	1351.4	Christopher Allen	US-VA	Ironbuilt DAV Open	Ashland	VA
5	475.5	1048.2	Steve Treon	US-VA	Ironbuilt DAV Open	Ashland	VA

Weight Class: 140 / 308 Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	610	1344.8	Chris Fry	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	477.5	1052.6	Jack Robinson	US-VA	Ironbuilt 804 Classic	Ashland	VA

2024 Strict Curl Rankings				Male			
Weight Class: 56 / 123 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	59	130	Gary Teeter	US-PA	2024 World Ironman Championships	York	PA

Weight Class: 60 / 132 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	60.5	133.3	Gary Teeter	US-PA	2024 Shenandoah Open	Woodstock	VA
2	45	99.2	George James	US-MD	2024 Eastern Open	Woodstock	PA

Weight Class: 67.5 / 148 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	68.5	151	John Self	US-VA	2024 World Ironman Championships	York	PA
2	59	130	Gary Teeter	US-PA	2024 NJ State Championships	Fair Lawn	NJ
3	56	123.4	Ben Zak	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
4	54.5	120.1	Tim Garriss	US-NC	2024 Strict Curl Worlds	Virginia Beach	VA
5	35	77.1	Priyesh Meethale Valappil	UAE	Dubai International Open		Dubai

Weight Class: 75 / 165 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	71.5	157.6	John Self	US-VA	2024 American Challenge - VA	Woodstock	VA
2	69	152.1	John Self, Sr	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
3	62	136.6	James Darr	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
4	59	130	Gary Teeter	US-PA	Owego Winter Classic 2024	Owego	NY
5	54	119	John Jackson	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
6	35	77.1	Rahamathullah Sayed Abutahir	UAE	Dubai International Open		Dubai

Weight Class: 82.5 / 181 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	69	152.1	Charles Smith	US-WV	2024 American Challenge - VA	Woodstock	VA
2	61	134.4	John Ernest Jaeger	US-NY	2024 Strict Curl Worlds	Virginia Beach	VA
3	57	125.6	John Jackson	US-MD	2024 American Challenge - VA	Woodstock	VA
4	55	121.2	Pradeesh M.V.	UAE	Dubai International Open		Dubai
5	41	90.3	Donald Silveus	US-VA	2024 Shenandoah Open	Woodstock	VA

Weight Class: 90 / 198 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	89	196.2	Ray Jones	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
2	86.5	190.6	Raymond Jones	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
3	59	130	Barry Capps	US-SC	2024 NC Championships / Southern Open	Jarvisburg	NC
	59	130	Rob O'Connell	US-PA	Ohio State Championships	Bedford Heights	OH
5	45	99.2	Michael Joseph	UAE	Dubai International Open		Dubai
6	40	88.1	Spencer Stevens	Canada	Tower of Power	Calgary	Alberta

Weight Class: 100 / 220 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	68.5	151	Joe Cotton	US-VA	2024 American Challenge - VA_Iron Built SC	Ashland	VA
2	68	149.9	Victor Addis	US-OH	2024 American Challenge - FL Miami Mahem	Miami	FL

3	66	145.5	Craig Kozens	US-NH	2024 Masters Nationals - SC - Ironman	York	PA
4	64.5	142.1	Tom Reumont	US-MD	2024 Shenandoah Open	Woodstock	VA
5	59.5	131.1	Lee Goldstein	US-MD	KPC Babycat Curl and Chill 2024 AC	Kensington	MD

Weight Class: 110 / 242 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	84	185.1	Victor Addis	US-OH	Ohio State Championships	Bedford Heights	OH
2	75.5	166.4	Tony Huffman	US-VA	Fitness Warehouse Open	Elizabeth City	NC
3	75	165.3	Ronald Sellner	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
4	57	125.6	Tim Durrett	US-VA	2024 Christmas Classic	Woodstock	VA

Weight Class: 125 / 275 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	George Basnett	US-NC	2024 Strict Curl Worlds	Virginia Beach	VA
2	72.5	159.8	Chris Fry	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
3	70	154.3	Christopher Allen	US-VA	Ironbuilt DAV Open	Ashland	VA
		70	Wesley Wild	US-IN	Ohio State Championships	Bedford Heights	OH
5	64.5	142.1	Dion Lee	US-VA	Ironbuilt DAV Open	Ashland	VA

Weight Class: 140 / 308 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Baron Dixon	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
2	75	165.3	Chris Fry	US-VA	Ironbuilt 804 Classic	Ashland	VA

Unknown Class: SHW Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	68	149.9	Charles Johnson	US-VA	2024 American Challenge - VA	Woodstock	VA