



2024 Masters 60+ Rankings

Updated 12/21/2024 Ed Kutin

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2024 Squat Rankings Female

Weight Class: 48 / 105 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Kimberly Price	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 52 / 114 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40	88.1	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 56 / 123 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Janet Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	62.5	137.7	Lori Christ	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 60 / 132 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	35	77.1	Norma Jean Teufel	US-PA	Eerie Power	Erie	PA

Weight Class: 67.5 / 148 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Cynthia Kremenik	US-PA	2024 American Challenge - OH	Bedford Heights	OH
2	40	88.1	Karina Harris	Canada	2024 Icebreaker		Canada

Weight Class: 75 / 165 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110	242.5	Nancy Breen	US-VA	2024 American Challenge - VA	Woodstock	VA

Weight Class: 82.5 / 181 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	130.5	287.7	Linda Arvey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	60	132.2	Sonya Jones	US-VA	2024 Shenandoah Open	Woodstock	VA

Weight Class: 90+ / 198+ Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Wanda Sommerfeld	Canada	Tower of Power	Calgary	Alberta
2	92.5	203.9	Elaine Ostrander	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
3	87.5	192.9	Janis Ferguson	US-PA	2024 Great Lakes Championships	Erie	PA

2024 Bench Press Rankings Female

Weight Class: 44 / 97 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Karen Poyner	US-VA	2024 Battle of the Border	Currituck	NC

Weight Class: 48 / 105				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	42.5	93.6	Kimberly Price	US-VA	2024 Masters Nationals - Powerlifting	York	PA	

Weight Class: 52 / 114				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	40	88.1	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA	

Weight Class: 56 / 123				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	47.5	104.7	Jo Hendon	US-VA	Ironbuilt 804 Classic	Ashland	VA	
	47.5	104.7	Janet Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA	
3	40	88.1	Lori Christ	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA	

Weight Class: 60 / 132				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	60.5	133.3	Linda Lee	US-VA	2024 World Ironman Championships	York	PA	
2	35	77.1	Norma Jean Teufel	US-PA	2024 American Challenge - OH	Bedford Heights	OH	

Weight Class: 67.5 / 148				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	65	143.2	Linda Lee	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA	
2	45	99.2	Diane Hiller	US-NY	2024 American Challenge - NY	Owego	NY	
3	43	94.7	Karina Harris	Canada	2024 Icebreaker		Canada	
4	37.5	82.6	Patricia Fedoryk	US-VA	Ironbuilt 804 Classic	Ashland	VA	
5	30	66.1	Cynthia Kremenik	US-PA	2024 Great Lakes Championships	Erie	PA	

Weight Class: 75 / 165				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	65.5	144.4	Nancy Breen	US-VA	2024 OBX Open	Jarvisburg	NC	
2	60	132.2	Susan Shofner	US-OH	Ohio State Championships	Bedford Heights	OH	

Weight Class: 82.5 / 181				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	75	165.3	Linda Arvey	US-PA	2024 Masters Nationals - Powerlifting	York	PA	
2	47.5	104.7	Sonya Jones	US-VA	2024 Shenandoah Open	Woodstock	VA	

Weight Class: 90+ / 198+				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	73.5	162	Dorothy Sosnicki	US-AZ	2024 Powerlifting World Championships	Virginia Beach	VA	
2	57.5	126.7	Wanda Sommerfeld	Canada	Tower of Power	Calgary	Alberta	
3	52.5	115.7	Janis Ferguson	US-PA	2024 Great Lakes Championships	Erie	PA	
4	47.5	104.7	Elaine Ostrander	US-MD	2024 Masters Nationals - Powerlifting	York	PA	

2024 Deadlift Rankings Female

Weight Class: 48 / 105				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	113.5	250.2	Kimberly Price	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA	

Weight Class: 52 / 114				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	80	176.3	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA	

Weight Class: 56 / 123				Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	107.5	236.9	Lori Christ	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA
2	105	231.4	Janet Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA

Weight Class: 60 / 132			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Norma Jean Teufel	US-PA	Eerie Power	Erie	PA

Weight Class: 67.5 / 148			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	90	198.4	Karina Harris	Canada	2024 Icebreaker		Canada
2	72.5	159.8	Cynthia Kremenik	US-PA	2024 American Challenge - OH	Bedford Heights	OH

Weight Class: 75 / 165			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Nancy Breen	US-VA	2024 OBX Open	Jarvisburg	NC

Weight Class: 82.5 / 181			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	158	348.3	Linda Arvey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	117.5	259	Sonya Jones	US-VA	2024 Shenandoah Open	Woodstock	VA

Weight Class: 90+ / 198+			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	137.5	303.1	Wanda Sommerfeld	Canada	Tower of Power	Calgary	Alberta
2	130	286.5	Elaine Ostrander	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
3	120	264.5	Janis Ferguson	US-PA	2024 Great Lakes Championships	Erie	PA

2024 Total Rankings Female

Weight Class: 48 / 105			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	228.5	503.7	Kimberly Price	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 52 / 114			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 56 / 123			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	222.5	490.5	Janet Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	210	462.9	Lori Christ	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 60 / 132			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Norma Jean Teufel	US-PA	Eerie Power	Erie	PA

Weight Class: 67.5 / 148			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	173	381.3	Karina Harris	Canada	2024 Icebreaker		Canada
2	147.5	325.1	Cynthia Kremenik	US-PA	2024 American Challenge - OH	Bedford Heights	OH

Weight Class: 75 / 165			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	300.5	662.4	Nancy Breen	US-VA	2024 OBX Open	Jarvisburg	NC

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

1	363.5	801.3	Linda Arvey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	225	496	Sonya Jones	US-VA	2024 Shenandoah Open	Woodstock	VA

Weight Class: 90+ / 198+			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	307.5	677.9	Wanda Sommerfeld	Canada	Tower of Power	Calgary	Alberta
2	270	595.2	Elaine Ostrander	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
3	260	573.1	Janis Ferguson	US-PA	2024 Great Lakes Championships	Erie	PA

2024 Strict Curl Rankings Female

Weight Class: 44 / 97			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	25	55.1	Karen Poyner	US-VA	2024 Battle of the Border	Currituck	NC

Weight Class: 52 / 114			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	26	57.3	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 56 / 123			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	34	74.9	Lori Christ	US-NM	2024 Strict Curl Worlds	Virginia Beach	VA
2	25.5	56.2	Jo Hendon	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 60 / 132			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36.5	80.4	Linda Lee	US-VA	2024 World Ironman Championships	York	PA
2	32	70.5	Lori Christ	US-NM	Curlfornia 2	Santa Clara	CA

Weight Class: 67.5 / 148			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Linda Lee	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
2	34	74.9	Annette Knox	US-MD	KPC Babycat Curl and Chill 2024 AC	Kensington	MD
3	31	68.3	Karina Harris	Canada	Stampede Roundup		Canada
4	30.5	67.2	Diane Hiller	US-NY	2024 American Challenge - NY	Owego	NY
5	23	50.7	Patricia Fedoryk	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 75 / 165			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	41	90.3	Linda Lee	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 82.5 / 181			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38	83.7	Linda Arvey	US-PA	2024 Masters Nationals - SC - Ironman	York	PA

Weight Class: 90 / 198			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	34	74.9	Gwen Bailey	US-MD	2024 American Challenge - MD		MD

Weight Class: 90+ / 198+			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	39.5	87	Dorothy Sosnicki	US-AZ	Curlfornia 2	Santa Clara	CA

2024 Squat Rankings Male

Weight Class: 60 / 132			Squat	Male			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110	242.5	Gary Teeter	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
Weight Class: 67.5 / 148			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Gary Teeter	US-PA	Ohio State Championships	Bedford Heights	OH
Weight Class: 75 / 165			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	232.5	512.5	Tony Conyers	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
2	166.47	366.9	Roger Shaw	US-FL	2024 American Challenge - FL	Melbourne	FL
3	122.5	270	Rob Lawson	US-WA	2024 Shenandoah Open	Woodstock	VA
4	62.5	137.7	Larry Edwards	US-OH	2024 American Challenge - OH	Bedford Heights	OH
5	47.5	104.7	Yogi Sumner	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
Weight Class: 82.5 / 181			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	200	440.9	Michael Sullivan	US-NV	2024 Powerlifting World Championships	Virginia Beach	VA
2	182.5	402.3	Miles Baker	US-VA	Ironbuilt DAV Open	Ashland	VA
3	165	363.7	Vinnie Gengaro	US-NJ	2024 Masters Nationals - Powerlifting	York	PA
4	150	330.6	Raymond Gillett	Canada	Tower of Power	Calgary	Alberta
		150	John Permelia	US-VA	2024 OBX Open	Jarvisburg	NC
6	148.32	326.9	Spero Tshontikidis	US-FL	2024 American Challenge - FL	Melbourne	FL
7	135	297.6	Jim Haskayne	Canada	2024 Icebreaker		Canada
8	127.5	281	Danielle Henson	US-FL	2024 Patriots Power Day	Melbourne	FL
9	112.5	248	Bob Nicholas	US-OH	2024 American Challenge - OH	Bedford Heights	OH
10	80	176.3	Daniel Henson	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
11	75	165.3	Joe Oregia	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
Weight Class: 90 / 198			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170.5	375.8	Douglas Delainey	Canada	2024 Icebreaker		Canada
2	147.5	325.1	Bruce Maus	US-CT	2024 American Challenge - NJ	Fair Lawn	NJ
3	145	319.6	Robert Jackson	US-CT	2024 Masters Nationals - Powerlifting	York	PA
4	130	286.5	Kurt Leverett	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
5	125	275.5	Michael Shannon	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA
6	102.5	225.9	Bugs Bayer	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
7	60	132.2	Fred Rice	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
Weight Class: 100 / 220			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Terry Napisa	US-VA	2024 Masters Nationals - Powerlifting	York	PA
2	142.5	314.1	Randal Olinger	US-PA	2024 Masters Nationals - Powerlifting	York	PA
3	125	275.5	Harry Miller	US-PA	2024 American Challenge - NY	Owego	NY
4	105	231.4	Aldo Jackson	US-PA	2024 American Challenge - OH	Bedford Heights	OH
5	102.5	225.9	Paul Corter	US-NY	2024 American Challenge - NY	Owego	NY
	102.5	225.9	Richard Staten	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
Weight Class: 110 / 242			Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Randy Sparks	Canada	Iron Challenge Medicine Hat Alberta		Alberta
2	197.31	434.9	Gerry Guenther	US-FL	2024 American Challenge - FL	Melbourne	FL
3	167.5	369.2	Dave Schneider	US-OH	Eerie Power	Erie	PA
4	160	352.7	Benjamin Ott	US-NY	2024 American Challenge - NY	Owego	NY
5	122	268.9	David Stonis	US-PA	Eerie Power	Erie	PA
6	100	220.4	Lloyd Penberthy	US-WV	2024 Great Lakes Championships	Erie	PA

7 97.5 214.9 James Maguire US-NJ 2024 NJ State Championships Fair Lawn NJ

Weight Class: 125 / 275		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	230	507	Jeff Lawson	US-PA	2024 American Challenge - OH	Bedford Heights	OH
2	205	451.9	Tom Nicholls	Canada	2024 Icebreaker		Canada
3	190	418.8	Toby Jones	US-VA	2024 Shenandoah Open	Woodstock	VA
4	180	396.8	David Blanco	US-NY	2024 American Challenge - NY	Owego	NY

Weight Class: 140 / 308		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	John James	US-VA	2024 Masters Nationals - Powerlifting	York	PA
2	150	330.6	Raymond Clasing	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
3	125	275.5	Timothy Rabbitt	US-MD	2024 American Challenge - MD		MD

Unknown Class: SHW		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Robert Gains	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	200	440.9	Michael Hogan	Canada	Tower of Power	Calgary	Alberta
3	145	319.6	Raymond Clasing	US-MD	2024 OBX Open	Jarvisburg	NC

2024 Bench Press Rankings Male

Weight Class: 60 / 132		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Gary Teeter	US-PA	2024 Christmas Classic	Woodstock	VA

Weight Class: 67.5 / 148		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Guy Ha	US-SC	Ironbuilt 804 Classic	Ashland	VA
2	100	220.4	Gary Teeter	US-PA	Ohio State Championships	Bedford Heights	OH

Weight Class: 75 / 165		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Tony Conyers	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
2	123	271.1	Tom Peterson	Canada	Iron Challenge Medicine Hat Alberta		Alberta
3	102.5	225.9	Stephen Gregori	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
4	97.5	214.9	Rob Lawson	US-WA	2024 Shenandoah Open	Woodstock	VA
	97.5	214.9	James Hart	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
6	92.99	205	Roger Shaw	US-FL	2024 American Challenge - FL	Melbourne	FL
7	85	187.3	Doug Schader	US-PA	2024 Masters Nationals - SC - Ironman	York	PA
	85	187.3	Bill Cross	US-AZ	2024 Powerlifting World Championships	Virginia Beach	VA
9	80	176.3	Dave Heintzel	US-PA	2024 Great Lakes Championships	Erie	PA
10	75	165.3	Larry Edwards	US-OH	2024 American Challenge - OH	Bedford Heights	OH
11	60	132.2	Yogi Sumner	US-NC	2024 American Challenge - NC	Barco	NC

Weight Class: 82.5 / 181		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Danielle Henson	US-FL	2024 Patriots Power Day	Melbourne	FL
2	150	330.6	Daniel Henson	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
3	115	253.5	Vinnie Gengaro	US-NJ	2024 Masters Nationals - Powerlifting	York	PA
4	113	249.1	Bill Lindsey	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
5	112.5	248	Bill Lindsey	US-VA	Ironbuilt 804 Classic	Ashland	VA
6	110	242.5	John Permelia	US-VA	2024 NC Championships / Southern Open	Jarvisburg	NC
7	107.5	236.9	Larry Eastman	US-PA	2024 Masters Nationals - SC - Ironman	York	PA
	107.5	236.9	John Hansberry	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
9	102.5	225.9	Hugh McMunn	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ

	102.5	225.9	Raymond Gillett	Canada	Tower of Power	Calgary	Alberta
11	100	220.4	Stephen Smith	US-NY	2024 American Challenge - NY	Owego	NY
12	97.5	214.9	Jim Haskayne	Canada	2024 Icebreaker		Canada
	97.5	214.9	Miles Baker	US-VA	Ironbuilt DAV Open	Ashland	VA
14	95	209.4	Edwin Rose	US-PA	2024 World Ironman Championships	York	PA
15	85	187.3	Bob Nicholas	US-OH	2024 American Challenge - OH	Bedford Heights	OH
	85	187.3	Michael Sullivan	US-NV	2024 Powerlifting World Championships	Virginia Beach	VA
	85	187.3	Steven White	US-MD	2024 Christmas Classic	Woodstock	VA
18	84.82	186.9	Spero Tshontikidis	US-FL	2024 American Challenge - FL	Melbourne	FL
19	60	132.2	William Arnold	US-ME	2024 American Challenge - MD		MD
20	55	121.2	Joe Oregia	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 90 / 198				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	130	286.5	Michael Shannon	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA
2	112	246.9	Robert Jackson	US-CT	2024 Powerlifting World Championships	Virginia Beach	VA
3	110	242.5	Larry Eastman	US-PA	Eerie Power	Erie	PA
4	102.5	225.9	Hugh McMunn	US-NY	2024 Masters Nationals - SC - Ironman	York	PA
	102.5	225.9	Gene Berry	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
6	100	220.4	Bruce Maus	US-CT	2024 Masters Nationals - Powerlifting	York	PA
	100	220.4	Kent Cassell	US-VA	2024 Masters Nationals - Powerlifting	York	PA
8	92.5	203.9	John Shifflett	US-VA	2024 World Ironman Championships	York	PA
9	90	198.4	Kurt Leverett	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
10	77.5	170.8	Douglas Delaine	Canada	2024 Icebreaker		Canada
11	60	132.2	Fred Rice	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
12	52.5	115.7	Bugs Bayer	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 100 / 220				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Tom Reumont	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
2	157.5	347.2	Tony DiLucente	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
3	145	319.6	Glenn Smith	US-PA	2024 American Challenge - NY	Owego	NY
4	140	308.6	Terry Napisa	US-VA	2024 Masters Nationals - Powerlifting	York	PA
5	137.5	303.1	Brian Washington	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
6	130	286.5	Hal Pittman	US-NC	2024 World Ironman Championships	York	PA
7	115	253.5	Butch Huey	US-PA	2024 Great Lakes Championships	Erie	PA
8	112.5	248	Randal Olinger	US-PA	2024 Masters Nationals - Powerlifting	York	PA
9	105	231.4	Richard Staten	US-VA	2024 American Challenge - NC	Barco	NC
10	102.5	225.9	Harry Miller	US-PA	2024 American Challenge - NY	Owego	NY
	102.5	225.9	Gene Berry	US-NC	2024 Christmas Classic	Woodstock	VA
12	100	220.4	Ricky Carrow	US-NC	Fitness Warehouse Open	Elizabeth City	NC
	100	220.4	Paul Corter	US-NY	2024 American Challenge - NY	Owego	NY
14	97.5	214.9	Kevin Farber	US-FL	2024 Patriots Power Day	Melbourne	FL
15	88.45	194.9	George Woodbury	US-FL	2024 American Challenge - FL	Melbourne	FL
16	87.5	192.9	John Shifflett	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
17	77.5	170.8	Aldo Jackson	US-PA	2024 American Challenge - OH	Bedford Heights	OH
	77.5	170.8	Bob Dunn	US-OH	Ohio State Championships	Bedford Heights	OH

Weight Class: 110 / 242				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Nate Matthews	US-OH	Ohio State Championships	Bedford Heights	OH
2	160	352.7	Jeff Oliver	US-PA	2024 American Challenge - OH	Bedford Heights	OH
3	140	308.6	Ray Berry	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
4	136.08	300	Gerry Guenther	US-FL	2024 American Challenge - FL	Melbourne	FL
5	127.5	281	Brian Washington	US-MD	2024 World Ironman Championships	York	PA
6	120	264.5	George Gast	US-PA	Eerie Power	Erie	PA

7	115.5	254.6	Bernie Rhodes	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
8	115	253.5	Lloyd Penberthy	US-WV	2024 Great Lakes Championships	Erie	PA
9	112.5	248	Benjamin Ott	US-NY	2024 American Challenge - NY	Owego	NY
10	110	242.5	David Stonis	US-PA	Eerie Power	Erie	PA
11	102.5	225.9	James Maguire	US-NJ	2024 NJ State Championships	Fair Lawn	NJ
	102.5	225.9	Dave Schneider	US-OH	Eerie Power	Erie	PA
13	95	209.4	James Michael Lafferty	UAE	Dubai International Open		Dubai
14	75	165.3	Randy Sparks	Canada	Iron Challenge Medicine Hat Alberta		Alberta
	75	165.3	Bob Dunn	US-OH	2024 American Challenge - OH	Bedford Heights	OH

Weight Class: 125 / 275			Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	180	396.8	Stephen Kozlowski	US-VA	2024 American Challenge - NC	Barco	NC
2	157.5	347.2	Stephen Kozlowski	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	145	319.6	Tom Nicholls	Canada	2024 Icebreaker		Canada
		145	Toby Jones	US-VA	2024 Christmas Classic	Woodstock	VA
5	142.5	314.1	Dave Reeder	US-PA	2024 Masters Nationals - SC - Ironman	York	PA
6	127.5	281	Jeff Lawson	US-PA	2024 American Challenge - OH	Bedford Heights	OH
7	120	264.5	Bernard Rhodes	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
8	117.5	259	Bernie Rhoades	US-VA	Ironbuilt 804 Classic	Ashland	VA
	117.5	259	David Blanco	US-NY	2024 American Challenge - NY	Owego	NY
10	107.5	236.9	James Michael Lafferty	UAE	2024 Powerlifting World Championships	Virginia Beach	VA
11	102.5	225.9	Bill Parks	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
12	102.26	225.4	Jim Jarboe	US-FL	2024 American Challenge - FL	Melbourne	FL

Weight Class: 140 / 308			Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	202.5	446.4	Roy Johnson	US-IN	Eerie Power	Erie	PA
2	177.5	391.3	Stephen Kozlowski	US-VA	2024 Masters Nationals - Powerlifting	York	PA
3	170	374.7	Raymond Clasing	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
4	152.5	336.2	Greg Stott	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
5	125	275.5	Jeff House	US-GA	2024 World Ironman Championships	York	PA
6	122.5	270	Timothy Rabbitt	US-MD	2024 American Challenge - MD		MD
7	112.5	248	John James	US-VA	2024 Masters Nationals - Powerlifting	York	PA
8	102.97	227	Bill Bradford	US-FL	2024 American Challenge - FL	Melbourne	FL

Unknown Class: SHW			Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Robert Gains	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
2	175	385.8	Raymond Clasing	US-MD	2024 OBX Open	Jarvisburg	NC
3	157.5	347.2	Michael Hogan	Canada	Tower of Power	Calgary	Alberta

2024 Deadlift Rankings Male

Weight Class: 60 / 132			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	187.5	413.3	Jim Marchio	US-VA	2024 Shenandoah Open	Woodstock	VA
2	170	374.7	Gary Teeter	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 67.5 / 148			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Gary Teeter	US-PA	Ohio State Championships	Bedford Heights	OH
2	92.5	203.9	Nikola Lucas	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 75 / 165			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	265	584.2	Tony Conyers	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA

2	198.22	436.9	Roger Shaw	US-FL	2024 American Challenge - FL	Melbourne	FL
3	145	319.6	Rob Lawson	US-WA	2024 Shenandoah Open	Woodstock	VA
4	105	231.4	Doug Schader	US-PA	2024 World Ironman Championships	York	PA
5	87.5	192.9	Yogi Sumner	US-NC	2024 Battle of the Border	Currituck	NC
6	85	187.3	Larry Edwards	US-OH	2024 American Challenge - OH	Bedford Heights	OH

Weight Class: 82.5 / 181			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	220	485	Raymond Gillett	Canada	Tower of Power	Calgary	Alberta
2	212.5	468.4	Miles Baker	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
3	200	440.9	Michael Sullivan	US-NV	2024 Powerlifting World Championships	Virginia Beach	VA
4	193.68	426.9	Spero Tshontikidis	US-FL	2024 American Challenge - FL	Melbourne	FL
5	190.5	419.9	Vinnie Gengaro	US-NJ	2024 Masters Nationals - Powerlifting	York	PA
6	187.5	413.3	Jim Haskayne	Canada	2024 Icebreaker		Canada
7	180	396.8	John Permelia	US-VA	2024 OBX Open	Jarvisburg	NC
8	165	363.7	Danielle Henson	US-FL	2024 Patriots Power Day	Melbourne	FL
9	162.5	358.2	Steven White	US-MD	2024 Christmas Classic	Woodstock	VA
10	160	352.7	Bob Nicholas	US-OH	2024 American Challenge - OH	Bedford Heights	OH
11	150	330.6	Daniel Henson	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
12	137.5	303.1	Joe Oregia	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 90 / 198			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Rich Sadiv	US-NJ	2024 Powerlifting World Championships	Virginia Beach	VA
2	235	518	Roy Apseloff	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	227.5	501.5	Douglas Delaine	Canada	2024 Icebreaker		Canada
4	207.5	457.4	Kent Cassell	US-VA	2024 Masters Nationals - Powerlifting	York	PA
5	190	418.8	Bruce Maus	US-CT	2024 American Challenge - NJ	Fair Lawn	NJ
	190	418.8	Stephen Koval	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
7	182.5	402.3	Fred Rice	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
8	157.5	347.2	Robert Jackson	US-CT	2024 Powerlifting World Championships	Virginia Beach	VA
9	155	341.7	Kurt Leverett	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
10	145	319.6	Michael Shannon	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA
11	132.5	292.1	David Pobran	Canada	Tower of Power	Calgary	Alberta
12	60	132.2	Bugs Bayer	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 100 / 220			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Tony DiLucente	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
2	212.5	468.4	Randal Olinger	US-PA	2024 Masters Nationals - Powerlifting	York	PA
3	202.5	446.4	Terry Napisa	US-VA	2024 Masters Nationals - Powerlifting	York	PA
4	182.5	402.3	Harry Miller	US-PA	2024 American Challenge - NY	Owego	NY
5	172.5	380.2	Richard Staten	US-VA	2024 American Challenge - NC	Barco	NC
6	152.5	336.2	Paul Corter	US-NY	2024 American Challenge - NY	Owego	NY
7	147.5	325.1	Bernie Marcoccia	US-VA	Ironbuilt 804 Classic	Ashland	VA
8	140	308.6	Aldo Jackson	US-PA	2024 Masters Nationals - Powerlifting	York	PA
9	105	231.4	Frank Cihlar	US-VA	2024 Christmas Classic	Woodstock	VA
10	97.5	214.9	Frank Cinclair	US-VA	2024 Shenandoah Open	Woodstock	VA
11	92.5	203.9	Frank Cihlae	US-VA	2024 Eastern Open	Woodstock	PA

Weight Class: 110 / 242			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	260	573.1	Nate Matthews	US-OH	Ohio State Championships	Bedford Heights	OH
2	231.33	509.9	Gerry Guenther	US-FL	2024 American Challenge - FL	Melbourne	FL
3	222.5	490.5	Dave Schneider	US-OH	2024 Masters Nationals - Powerlifting	York	PA
4	205	451.9	Benjamin Ott	US-NY	2024 American Challenge - NY	Owego	NY

5	200	440.9	Randy Sparks	Canada	Iron Challenge Medicine Hat Alberta		Alberta
6	160	352.7	David Stonis	US-PA	Eerie Power	Erie	PA
7	152.5	336.2	Bob Dunn	US-OH	2024 Tri-State Championship	Bedford Heights	OH
8	147.5	325.1	James Maguire	US-NJ	2024 NJ State Championships	Fair Lawn	NJ
9	110	242.5	Lloyd Penberthy	US-WV	2024 Great Lakes Championships	Erie	PA

Weight Class: 125 / 275		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	272.5	600.7	Jeff Lawson	US-PA	2024 American Challenge - OH	Bedford Heights	OH
2	247.5	545.6	Stephen Kozlowski	US-VA	Welsh Expo		UK
3	245	540.1	Tom Nicholls	Canada	2024 Icebreaker		Canada
4	220	485	Toby Jones	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
5	205	451.9	David Blanco	US-NY	2024 American Challenge - NY	Owego	NY
6	145.15	319.9	Jim Jarboe	US-FL	2024 American Challenge - FL	Melbourne	FL

Weight Class: 140 / 308		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	240	529.1	Stephen Kozlowski	US-VA	2024 Masters Nationals - Powerlifting	York	PA
2	192.5	424.3	John James	US-VA	2024 Masters Nationals - Powerlifting	York	PA
3	182.5	402.3	Raymond Clasing	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
4	162.5	358.2	Timothy Rabbitt	US-MD	2024 American Challenge - MD		MD
5	150	330.6	Jeff House	US-GA	2024 Patriot Open	Woodstock	VA

Unknown Class: SHW		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	260	573.1	Robert Gains	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	245	540.1	Michael Hogan	Canada	Tower of Power	Calgary	Alberta
3	182.5	402.3	Raymond Clasing	US-MD	2024 OBX Open	Jarvisburg	NC

2024 Total Rankings Male

Weight Class: 60 / 132		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	377.5	832.2	Gary Teeter	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 67.5 / 148		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	372.5	821.2	Gary Teeter	US-PA	Ohio State Championships	Bedford Heights	OH

Weight Class: 75 / 165		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	645	1421.9	Tony Conyers	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
2	457.68	1009	Roger Shaw	US-FL	2024 American Challenge - FL	Melbourne	FL
3	365	804.6	Rob Lawson	US-WA	2024 Shenandoah Open	Woodstock	VA
4	222.5	490.5	Larry Edwards	US-OH	2024 American Challenge - OH	Bedford Heights	OH
5	182.5	402.3	Yogi Sumner	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 82.5 / 181		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	485	1069.2	Michael Sullivan	US-NV	2024 Powerlifting World Championships	Virginia Beach	VA
2	477.5	1052.6	Miles Baker	US-VA	Ironbuilt DAV Open	Ashland	VA
3	472.5	1041.6	Raymond Gillett	Canada	Tower of Power	Calgary	Alberta
4	470.5	1037.2	Vinnie Gengaro	US-NJ	2024 Masters Nationals - Powerlifting	York	PA
5	450	992	Danielle Henson	US-FL	2024 Patriots Power Day	Melbourne	FL
6	430	947.9	John Permelia	US-VA	2024 OBX Open	Jarvisburg	NC
7	426.82	940.9	Spero Tshontikidis	US-FL	2024 American Challenge - FL	Melbourne	FL
8	420	925.9	Jim Haskayne	Canada	2024 Icebreaker		Canada

9	380	837.7	Daniel Henson	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
10	357.5	788.1	Bob Nicholas	US-OH	2024 American Challenge - OH	Bedford Heights	OH
11	267.5	589.7	Joe Oregia	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 90 / 198				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	471	1038.3	Douglas Delaine	Canada	2024 Icebreaker		Canada	
2	437.5	964.5	Bruce Maus	US-CT	2024 American Challenge - NJ	Fair Lawn	NJ	
3	409.5	902.7	Robert Jackson	US-CT	2024 Powerlifting World Championships	Virginia Beach	VA	
4	400	881.8	Michael Shannon	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA	
5	375	826.7	Kurt Leverett	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA	
6	302.5	666.8	Fred Rice	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA	
7	215	473.9	Bugs Bayer	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA	

Weight Class: 100 / 220				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	532.5	1173.9	Terry Napisa	US-VA	2024 Masters Nationals - Powerlifting	York	PA	
2	467.5	1030.6	Randal Olinger	US-PA	2024 Masters Nationals - Powerlifting	York	PA	
3	410	903.8	Harry Miller	US-PA	2024 American Challenge - NY	Owego	NY	
4	372.5	821.2	Richard Staten	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA	
5	355	782.6	Paul Corter	US-NY	2024 American Challenge - NY	Owego	NY	
6	320	705.4	Aldo Jackson	US-PA	2024 American Challenge - OH	Bedford Heights	OH	

Weight Class: 110 / 242				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	564.72	1244.9	Gerry Guenther	US-FL	2024 American Challenge - FL	Melbourne	FL	
2	485	1069.2	Dave Schneider	US-OH	Eerie Power	Erie	PA	
3	477.5	1052.6	Benjamin Ott	US-NY	2024 American Challenge - NY	Owego	NY	
4	467.5	1030.6	Randy Sparks	Canada	Iron Challenge Medicine Hat Alberta		Alberta	
5	392	864.2	David Stonis	US-PA	Eerie Power	Erie	PA	
6	347.5	766	James Maguire	US-NJ	2024 NJ State Championships	Fair Lawn	NJ	
7	325	716.4	Lloyd Penberthy	US-WV	2024 Great Lakes Championships	Erie	PA	

Weight Class: 125 / 275				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	630	1388.8	Jeff Lawson	US-PA	2024 American Challenge - OH	Bedford Heights	OH	
2	595	1311.7	Tom Nicholls	Canada	2024 Icebreaker		Canada	
3	547.5	1207	Toby Jones	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA	
4	502.5	1107.8	David Blanco	US-NY	2024 American Challenge - NY	Owego	NY	

Weight Class: 140 / 308				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	502.5	1107.8	Raymond Clasing	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA	
2	457.5	1008.6	John James	US-VA	2024 Masters Nationals - Powerlifting	York	PA	
3	410	903.8	Timothy Rabbitt	US-MD	2024 American Challenge - MD		MD	

Unknown Class: SHW				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	662.5	1460.5	Robert Gains	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA	
2	590	1300.7	Michael Hogan	Canada	Tower of Power	Calgary	Alberta	
3	495	1091.2	Raymond Clasing	US-MD	2024 OBX Open	Jarvisburg	NC	

2024 Strict Curl Rankings				Male				
Weight Class: 48 / 105				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	27.5	60.6	Joe Kyme	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ	

Weight Class: 56 / 123				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	56	123.4	Gary Teeter	US-PA	2024 Strict Curl Worlds	Virginia Beach	VA	

Weight Class: 60 / 132				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	57.5	126.7	Gary Teeter	US-PA	2024 Christmas Classic	Woodstock	VA	

Weight Class: 67.5 / 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	56	123.4	Gary Teeter	US-PA	Ohio State Championships	Bedford Heights	OH	

Weight Class: 75 / 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	60	132.2	Tony Conyers	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL	
2	55.5	122.3	Rob Lawson	US-WA	2024 Shenandoah Open	Woodstock	VA	
3	54	119	Brad Coy	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL	
4	47.5	104.7	Oleg Tyan	Canada	Stampede Roundup		Canada	
5	45.5	100.3	Brian Brindle	US-VA	2024 Shenandoah Open	Woodstock	VA	
6	45	99.2	Stephen Gregori	US-MD	2024 Masters Nationals - SC - Ironman	York	PA	
7	41.5	91.4	Doug Schader	US-PA	2024 Masters Nationals - SC - Ironman	York	PA	
8	40	88.1	Bill Cross	US-AZ	2024 Strict Curl Worlds	Virginia Beach	VA	
9	35	77.1	Larry Edwards	US-OH	2024 American Challenge - OH	Bedford Heights	OH	
10	28	61.7	Yogi Sumner	US-NC	2024 American Challenge - NC SC	Barco	NC	

Weight Class: 82.5 / 181				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	70.5	155.4	Charles Smith	US-WV	2024 Strict Curl Worlds	Virginia Beach	VA	
2	66	145.5	Mark Wilhelm	US-MD	2024 Strict Curl Worlds	Virginia Beach	VA	
3	62	136.6	Larry Eastman	US-OH	2024 American Challenge - OH	Bedford Heights	OH	
4	58.5	128.9	Hugh McMunn	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ	
5	55	121.2	Kurt Leverett	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL	
6	49	108	William Arnold	US-ME	2024 American Challenge - MD		MD	
			Gary Banks	US-VA	2024 World Ironman Championships	York	PA	
8	48	105.8	Bennett Rubin	US-OH	Ohio State Championships	Bedford Heights	OH	
9	44.5	98.1	Edwin Rose	US-PA	2024 Christmas Classic	Woodstock	VA	

Weight Class: 90 / 198				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	65	143.2	Mark Wilhelm	US-MD	2024 Masters Nationals - SC - Ironman	York	PA	
2	58	127.8	Hugh McMunn	US-NY	2024 Masters Nationals - SC - Ironman	York	PA	
3	54	119	Kurt Leverett	US-FL	2024 Strict Curl Worlds	Virginia Beach	VA	
4	53.5	117.9	Robert Jackson	US-CT	2024 Strict Curl Worlds	Virginia Beach	VA	
5	50	110.2	Michael Shannon	US-NM	2024 Strict Curl Worlds	Virginia Beach	VA	
6	47	103.6	John Shifflett	US-VA	2024 American Challenge - VA	Woodstock	VA	
7	45	99.2	Doc Nash	US-NY	2024 American Challenge - NY	Owego	NY	
			Douglas Delainey	Canada	Tower of Power	Calgary	Alberta	
9	40.5	89.2	Donald Silveus	US-VA	2024 Christmas Classic	Woodstock	VA	
10	35	77.1	Manikuttan Purushothaman	UAE	2024 Strict Curl Worlds	Virginia Beach	VA	

Weight Class: 100 / 220				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	73	160.9	Tony Huffman	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA	
2	72.5	159.8	Reno Birt	US-FL	2024 Strict Curl Worlds	Virginia Beach	VA	
3	66	145.5	Tom Reumont	US-MD	2024 Strict Curl Worlds	Virginia Beach	VA	

4	64	141	George Roy	US-VT	Owego Winter Classic 2024	Owego	NY
5	61.5	135.5	Hugh McMunn	US-NY	2024 Strict Curl Worlds	Virginia Beach	VA
6	61	134.4	Brian Washington	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
7	60	132.2	Tony DiLucente	US-FL	Ohio State Championships	Bedford Heights	OH
8	55	121.2	Tony Villa	US-IN	2024 Masters Nationals - SC - Ironman	York	PA
	55	121.2	Hal Pittman	US-NC	2024 World Ironman Championships	York	PA
10	53.5	117.9	John Minnick	US-MD	2024 American Challenge - MD		MD
11	49	108	Bob Dunn	US-OH	Ohio State Championships	Bedford Heights	OH
12	48	105.8	John Shifflett	US-VA	KPC Babycat Curl and Chill 2024 AC	Kensington	MD
13	45.5	100.3	Bernie Marcoccia	US-VA	2024 American Challenge - NC SC	Barco	NC
	45.5	100.3	Harry Miller	US-PA	2024 American Challenge - NY	Owego	NY
15	45	99.2	Ricky Carrow	US-NC	Fitness Warehouse Open	Elizabeth City	NC
	45	99.2	Richard Staten	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
17	44	97	George Woodbury	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL

Weight Class: 110 / 242				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	76	167.5	Jeff Oliver	US-PA	2024 Masters Nationals - SC - Ironman	York	PA
2	73	160.9	Nate Matthews	US-OH	Ohio State Championships	Bedford Heights	OH
3	71	156.5	Reno Birt	US-FL	Ironbuilt 804 Classic	Ashland	VA
4	61.5	135.5	Brian Washington	US-MD	2024 World Ironman Championships	York	PA
5	59	130	Sam Jaffe	US-OH	Ohio State Championships	Bedford Heights	OH
6	55	121.2	Bob Dunn	US-OH	2024 Tri-State Championship	Bedford Heights	OH
7	50	110.2	Bernie Rhodes	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
8	47.5	104.7	Bob Feeney	US-PA	2024 Masters Nationals - SC - Ironman	York	PA
	47.5	104.7	James Michael Lafferty	UAE	Dubai International Open		Dubai
10	27.5	60.6	Robert Turner	US-VA	2024 American Challenge - VA_Iron Built SC	Ashland	VA

Weight Class: 125 / 275				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	79.5	175.2	Stephen Kozlowski	US-VA	2024 American Challenge - NC SC	Barco	NC
2	75	165.3	Stephen Kozlowski	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
3	63.5	139.9	James Slade	US-MD	2024 American Challenge - MD		MD
4	50	110.2	Bernie Rhodes	US-VA	2024 American Challenge - VA_Iron Built SC	Ashland	VA
5	49	108	Bernie Rhoades	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
6	48.5	106.9	Bob Feeney	US-PA	2024 American Challenge - NJ	Fair Lawn	NJ
7	45	99.2	James Michael Lafferty	UAE	2024 Strict Curl Worlds	Virginia Beach	VA
8	26	57.3	Robert Turner	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 140 / 308				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	79	174.1	Stephen Kozlowski	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
2	70.5	155.4	Bill Schnepf	US-MD	2024 Christmas Classic	Woodstock	VA
3	68	149.9	Raymond Clasing	US-MD	2024 Strict Curl Worlds	Virginia Beach	VA
4	52.5	115.7	Jeff House	US-GA	2024 World Ironman Championships	York	PA

Unknown Class: SHW				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	68	149.9	Michael Hogan	Canada	Stampede Roundup		Canada
2	65.5	144.4	Raymond Clasing	US-MD	2024 OBX Open	Jarvisburg	NC