



2025 Masters 40-49 Rankings

Updated 04/29/2025 Ed Kutin

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2025 Squat Rankings Female

Weight Class: 44 / 97			Squat		Female			
Rank	Lift	Ibs	Lifter		Country	Meet	Location	
1	40	88.1	Jeanette Savage		US-NY	Owego Winter Classic	Owego	NY

Weight Class: 56 / 123			Squat		Female			
Rank	Lift	Ibs	Lifter		Country	Meet	Location	
1	120	264.5	Catarina Aldi		US-PA	2025 Masters Nationals	York	PA

Weight Class: 60 / 132			Squat		Female			
Rank	Lift	Ibs	Lifter		Country	Meet	Location	
1	92.5	203.9	Jennifer Zak		US-NC	2025 NC State Championships	Jarvisburg	NC

Weight Class: 67.5 / 148			Squat	Female				
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	102.5	225.9	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA	
2	92.5	203.9	Galaxia Planchez	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH	
3	87.5	192.9	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH	
4	77.5	170.8	Christina Milie	US-PA	2025 Masters Nationals	York	PA	

Weight Class: 75 / 165			Squat	Female				
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	115	253.5	Natasha Beasley	US-VA	Arnold Stronglifting Powerlifting	Columbus	OH	

Weight Class: 82.5 / 181			Squat	Female				
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	97.5	214.9	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA	
2	77.5	170.8	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA	

Weight Class: 90 / 198			Squat		Female			
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	110	242.5	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta	
2	75	165.3	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta	
3	60	132.2	Stephanie Forman	US-NC	2025 NC State Championships	Jarvisburg	NC	

Weight Class: 90+ / 198+ Squat				Female				
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	160	352.7	Michelle Pushinsky	US-PA	2025 Masters Nationals	York	PA	
2	117.5	259	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA	
3	72.5	159.8	Stephanie Forman	US-NC	Ironbuilt Classic	Ashland	VA	
4	65	143.2	Marquesses D Glazner	US-CA	Ironbuilt Classic	Ashland	VA	

2025 Bench Press Rankings Female

Weight Class: 44 / 97				Bench Press	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Jeanette Savage	US-NY	Owego Winter Classic	Owego	NY

Weight Class: 56 / 123				Bench Press	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	62.5	137.7	Catarina Aldi	US-PA	2025 Masters Nationals	York	PA

Weight Class: 60 / 132				Bench Press	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	58	127.8	Jennifer Zak	US-NC	2025 NC State Championships	Jarvisburg	NC

Weight Class: 67.5 / 148				Bench Press	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57.5	126.7	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH
	57.5	126.7	Galaxia Planchez	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
3	52.5	115.7	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA
4	50	110.2	Christina Milie	US-PA	2025 Masters Nationals	York	PA

Weight Class: 75 / 165				Bench Press	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Natasha Beasley	US-VA	Arnold Stronglifting Powerlifting	Columbus	OH

Weight Class: 82.5 / 181				Bench Press	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Kristen Corson	US-VA	Ironbuilt Classic	Ashland	VA
2	52.5	115.7	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA
	52.5	115.7	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198				Bench Press	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Mona Espinosa	US-NC	Virginia State Open	Woodstock	VA
2	68	149.9	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta
3	45	99.2	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta
4	35	77.1	Stephanie Forman	US-NC	2025 NC State Championships	Jarvisburg	NC

Weight Class: 90+ / 198+				Bench Press	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	103	227	Michelle Pushinsky	US-PA	2025 Masters Nationals	York	PA
2	80	176.3	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA
3	57.5	126.7	Monique Lee	US-NY	Owego Winter Classic	Owego	NY
4	55	121.2	Marquesses D Glazner	US-CA	Ironbuilt Classic	Ashland	VA
5	45	99.2	Stephanie Forman	US-NC	2025 Battle of the Border	Currituck	NC

2025 Deadlift Rankings Female

Weight Class: 44 / 97				Deadlift	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57.5	126.7	Jeanette Savage	US-NY	Owego Winter Classic	Owego	NY

Weight Class: 56 / 123				Deadlift	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Catarina Aldi	US-PA	2025 Masters Nationals	York	PA

Weight Class: 60 / 132				Deadlift	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Jennifer Zak	US-NC	2025 NC State Championships	Jarvisburg	NC

Weight Class: 67.5 / 148 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH
2	125	275.5	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA
3	112.5	248	Galaxia Planchez	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
	112.5	248	Christina Milie	US-PA	2025 Masters Nationals	York	PA

Weight Class: 75 / 165 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Natasha Beasley	US-VA	Arnold Stronglifting Powerlifting	Columbus	OH

Weight Class: 82.5 / 181 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	137.5	303.1	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA
2	122.5	270	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA

Weight Class: 90 / 198 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	165	363.7	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta
2	105	231.4	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta
3	91	200.6	Stephanie Forman	US-NC	2025 NC State Championships	Jarvisburg	NC

Weight Class: 90+ / 198+ Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Michelle Pushinsky	US-PA	2025 Masters Nationals	York	PA
2	142.5	314.1	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA
3	140	308.6	Monique Lee	US-NY	Owego Winter Classic	Owego	NY
4	135	297.6	Amanda Dellinger	US-VA	2025 Masters Nationals	York	PA
5	100	220.4	Marquesses D Glazner	US-CA	Ironbuilt Classic	Ashland	VA
6	97.5	214.9	Stephanie Forman	US-NC	2025 Battle of the Border	Currituck	NC

2025 Total Rankings				Female			
Weight Class: 44 / 97 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Jeanette Savage	US-NY	Owego Winter Classic	Owego	NY

Weight Class: 56 / 123 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	318	701	Catarina Aldi	US-PA	2025 Masters Nationals	York	PA

Weight Class: 60 / 132 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	252	555.5	Jennifer Zak	US-NC	2025 NC State Championships	Jarvisburg	NC

Weight Class: 67.5 / 148 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	280	617.2	Jeannette Leonard	US-MD	2025 Masters Nationals	York	PA
2	272.5	600.7	Jenelle Aspinwall	US-MI	Arnold Stronglifting Powerlifting	Columbus	OH
3	262.5	578.7	Galaxia Planchez	US-FL	Arnold Stronglifting Powerlifting	Columbus	OH
4	240	529.1	Christina Milie	US-PA	2025 Masters Nationals	York	PA

Weight Class: 75 / 165 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	372.5	821.2	Natasha Beasley	US-VA	Arnold Stronglifting Powerlifting	Columbus	OH

Weight Class: 82.5 / 181				Total				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	287.5	633.8	Jennifer Twohig-Williams	US-PA	2025 Great Lakes Championships	Erie	PA		
2	252.5	556.6	Rebecca Meeder	US-NY	2025 Great Lakes Championships	Erie	PA		

Weight Class: 90 / 198				Total				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	343	756.1	Becky Mclean	Canada	Ice Breaker II	Calgary	Alberta		
2	225	496	Jennelle Thomson	Canada	Ice Breaker II	Calgary	Alberta		
3	172.5	380.2	Stephanie Forman	US-NC	2025 NC State Championships	Jarvisburg	NC		

Weight Class: 90+ / 198+				Total				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	417.5	920.4	Michelle Pushinsky	US-PA	2025 Masters Nationals	York	PA		
2	340	749.5	Erin Gorney	US-PA	2025 Great Lakes Championships	Erie	PA		
3	220	485	Marquesses D Glazner	US-CA	Ironbuilt Classic	Ashland	VA		
4	200	440.9	Stephanie Forman	US-NC	Ironbuilt Classic	Ashland	VA		

2025 Strict Curl Rankings				Female					
Weight Class: 60 / 132				Strict Curl				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	32.5	71.6	Jennifer Zak	US-NC	2025 NC State Championships	Jarvisburg	NC		

Weight Class: 82.5 / 181				Strict Curl				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	37.5	82.6	Rebekah Babcock	US-CA	NorCal Ironman Classic	Santa Clara	CA		

Weight Class: 90 / 198				Strict Curl				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	43.5	95.9	Mona Espinosa	US-NC	2025 Masters Nationals	York	PA		

Weight Class: 90+ / 198+				Strict Curl				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	42	92.5	Mona Espinosa	US-NC	Ironbuilt Classic	Ashland	VA		
2	32.5	71.6	Stephanie Malcolm	US-CA	NorCal Ironman Classic	Santa Clara	CA		
3	25	55.1	Marquesses D Glazner	US-CA	Ironbuilt Classic	Ashland	VA		

2025 Squat Rankings				Male					
Weight Class: 67.5 / 148				Squat				Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	172.5	380.2	Richard Bloom	US-MA	2025 Masters Nationals	York	PA		

Weight Class: 75 / 165				Squat				Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	175	385.8	Matyas Kovach	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH		
2	147.5	325.1	John Wong	US-CA	Arnold Stronglifting Powerlifting	Columbus	OH		

Weight Class: 90 / 198				Squat				Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	245	540.1	Jeffrey Kepler	US-VA	2025 Masters Nationals	York	PA		
2	182.5	402.3	Walter Heini	US-PA	2025 Great Lakes Championships	Erie	PA		
3	167.5	369.2	Andrew Schmidt	US-PA	2025 Great Lakes Championships	Erie	PA		
4	145	319.6	Andrew Weins	Canada	Ice Breaker II	Calgary	Alberta		
5	140	308.6	Eric Braswell	US-NC	2025 NC State Championships	Jarvisburg	NC		
6	75	165.3	Derik Stetson	US-NY	Owego Winter Classic	Owego	NY		

Weight Class: 100 / 220				Squat	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Keith Hadlock	US-PA	2025 Great Lakes Championships	Erie	PA
2	117.5	259	Jerry Wayman	US-NY	Owego Winter Classic	Owego	NY
3	102.5	225.9	Michael Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH

Weight Class: 110 / 242				Squat	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Ryan Watson	US-MD	2025 Masters Nationals	York	PA

Weight Class: 125 / 275				Squat	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	225	496	Bryan Moody	US-PA	2025 Great Lakes Championships	Erie	PA

2025 Bench Press Rankings Male

Weight Class: 67.5 / 148				Bench Press	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Richard Bloom	US-MA	2025 Masters Nationals	York	PA

Weight Class: 75 / 165				Bench Press	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Matyas Kovach	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
2	115	253.5	John Wong	US-CA	Arnold Stronglifting Powerlifting	Columbus	OH

Weight Class: 90 / 198				Bench Press	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	168	370.3	Jeffrey Kepler	US-VA	2025 Masters Nationals	York	PA
2	135	297.6	Walter Heint	US-PA	2025 Great Lakes Championships	Erie	PA
3	122.5	270	Andrew Weins	Canada	Ice Breaker II	Calgary	Alberta
4	112.5	248	Andrew Schmidt	US-PA	2025 Great Lakes Championships	Erie	PA
5	100	220.4	Eric Braswell	US-NC	2025 NC State Championships	Jarvisburg	NC
6	62.5	137.7	Derik Stetson	US-NY	Owego Winter Classic	Owego	NY

Weight Class: 100 / 220				Bench Press	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Michael Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH
2	107.5	236.9	Keith Hadlock	US-PA	2025 Great Lakes Championships	Erie	PA
3	72.5	159.8	Jerry Wayman	US-NY	Owego Winter Classic	Owego	NY

Weight Class: 110 / 242				Bench Press	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Ryan Watson	US-MD	2025 Masters Nationals	York	PA

Weight Class: 125 / 275				Bench Press	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Bryan Moody	US-PA	2025 Great Lakes Championships	Erie	PA

Weight Class: 140 / 308				Bench Press	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Matt Slate	US-NV	2025 Battle of the Border	Currituck	NC

2025 Deadlift Rankings Male

Weight Class: 67.5 / 148				Deadlift	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Richard Bloom	US-MA	2025 Masters Nationals	York	PA

Weight Class: 75 / 165			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	197.5	435.4	John Wong	US-CA	2025 NJ State Championships	Fair Lawn	NJ
2	182.5	402.3	Matyas Kovach	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH

Weight Class: 90 / 198			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	280	617.2	Jeffrey Kepler	US-VA	2025 Masters Nationals	York	PA
2	250	551.1	Walter Heintl	US-PA	2025 Great Lakes Championships	Erie	PA
3	210	462.9	Andrew Schmidt	US-PA	2025 Great Lakes Championships	Erie	PA
4	170	374.7	Andrew Weins	Canada	Ice Breaker II	Calgary	Alberta
5	142.5	314.1	Eric Braswell	US-NC	2025 NC State Championships	Jarvisburg	NC
6	95	209.4	Derik Stetson	US-NY	Owego Winter Classic	Owego	NY

Weight Class: 100 / 220			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	207.5	457.4	Keith Hadlock	US-PA	2025 Great Lakes Championships	Erie	PA
2	187.5	413.3	Michael Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH
3	177.5	391.3	Jerry Wayman	US-NY	Owego Winter Classic	Owego	NY

Weight Class: 110 / 242			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Ryan Watson	US-MD	2025 Masters Nationals	York	PA

Weight Class: 125 / 275			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	260	573.1	Bryan Moody	US-PA	2025 Great Lakes Championships	Erie	PA

Weight Class: 140 / 308			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	277.5	611.7	Matt Slate	US-NV	2025 Battle of the Border	Currituck	NC

2025 Total Rankings Male

Weight Class: 67.5 / 148			Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	490	1080.2	Richard Bloom	US-MA	2025 Masters Nationals	York	PA

Weight Class: 75 / 165			Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	502.5	1107.8	Matyas Kovach	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
2	455	1003	John Wong	US-CA	Arnold Stronglifting Powerlifting	Columbus	OH

Weight Class: 90 / 198			Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	693	1527.7	Jeffrey Kepler	US-VA	2025 Masters Nationals	York	PA
2	567.5	1251.1	Walter Heintl	US-PA	2025 Great Lakes Championships	Erie	PA
3	490	1080.2	Andrew Schmidt	US-PA	2025 Great Lakes Championships	Erie	PA
4	437.5	964.5	Andrew Weins	Canada	Ice Breaker II	Calgary	Alberta
5	382.5	843.2	Eric Braswell	US-NC	2025 NC State Championships	Jarvisburg	NC
6	232.5	512.5	Derik Stetson	US-NY	Owego Winter Classic	Owego	NY

Weight Class: 100 / 220			Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	507.5	1118.8	Keith Hadlock	US-PA	2025 Great Lakes Championships	Erie	PA
2	415	914.9	Michael Brown	US-KY	Arnold Stronglifting Powerlifting	Columbus	OH

3	367.5	810.1	Jerry Wayman	US-NY	Owego Winter Classic	Owego	NY
Weight Class: 110 / 242 Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	362.5	799.1	Ryan Watson	US-MD	2025 Masters Nationals	York	PA
Weight Class: 125 / 275 Total				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	655	1444	Bryan Moody	US-PA	2025 Great Lakes Championships	Erie	PA
2025 Strict Curl Rankings				Male			
Weight Class: 75 / 165 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	62.5	137.7	John Wong	US-CA	Virginia State Open	Woodstock	VA
Weight Class: 82.5 / 181 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Brent Miglierina	Canada	Ice Breaker II	Calgary	Alberta
Weight Class: 100 / 220 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82	180.7	Steve Babcock	US-CA	NorCal Ironman Classic	Santa Clara	CA
Weight Class: 110 / 242 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	66	145.5	Stanley Hunter	US-NY	Owego Winter Classic	Owego	NY
2	47	103.6	Ryan Watson	US-MD	2025 Masters Nationals	York	PA
Weight Class: 140 / 308 Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Matt Slate	US-NV	2025 Battle of the Border	Currituck	NC
Unknown Class: SHW Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	94	207.2	Joseph Sabol	US-PA	2025 Masters Nationals	York	PA