



2025 Masters 50-59 Rankings

Updated 12/22/2025 Ed Kutin

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2025 Squat Rankings Female

Weight Class: 48 / 105				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	74.84	164.9	Dina Yarborough	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL	

Weight Class: 52 / 114				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	50	110.2	Christina Amendola	US-PA	2025 Eerie Power	Erie	PA	

Weight Class: 60 / 132				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	85	187.3	Laura Clancy	US-VA	2025 American Challenge - NC	Elizabeth City	NC	
2	65	143.2	Geri-Lyn Hoffman	US-PA	2025 American Challenge - OH	Bedford	OH	
3	57.5	126.7	Geri Lyn Hoffman	US-PA	2025 Masters Nationals	York	PA	

Weight Class: 67.5 / 148				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	87.5	192.9	Connie Dote	US-NY	2025 Eerie Power	Erie	PA	

Weight Class: 75 / 165				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	75	165.3	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA	
2	70	154.3	Karla Cherico	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA	

Weight Class: 82.5 / 181				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	97.5	214.9	Lisa Klaus	US-IL	Shenandoah Open	Woodstock	VA	
2	83.91	184.9	Ronda Bouie	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL	
3	75	165.3	Christine Cedzo	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA	

Weight Class: 90+ / 198+				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	150	330.6	Charlotte Baker	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA	
2	107.5	236.9	Michelle Lawson	US-PA	2025 Eerie Power	Erie	PA	
3	70	154.3	Michelle Woods	US-VA	2025 OBX Open	Jarvisburg	NC	

2025 Bench Press Rankings Female

Weight Class: 48 / 105				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	38.56	85	Dina Yarborough	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL	

Weight Class: 52 / 114				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	30	66.1	Christina Amendola	US-PA	2025 Eerie Power	Erie	PA	

Weight Class: 56 / 123			Bench Press	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	77	169.7	Kerry Self	US-VA	2025 Ironman World and US Single Lift Championship	York	PA	
2	42.5	93.6	Beth Permelia	US-VA	2025 OBX Open	Jarvisburg	NC	

Weight Class: 60 / 132			Bench Press	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	52.5	115.7	Laura Clancy	US-VA	2025 American Challenge - NC	Elizabeth City	NC	
2	40	88.1	Geri Lyn Hoffman	US-PA	2025 Masters Nationals	York	PA	
	40	88.1	Geri-Lyn Hoffman	US-PA	2025 Great Lakes Championships	Erie	PA	

Weight Class: 67.5 / 148			Bench Press	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	55	121.2	Heidi Lightner	US-PA	2025 Christmas Classic	Woodstock	VA	
2	45	99.2	Sherry Rowe	US-VA	2025 Eastern USA Open	Woodstock	VA	
3	40	88.1	Connie Dote	US-NY	2025 Eerie Power	Erie	PA	

Weight Class: 75 / 165			Bench Press	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	52.5	115.7	Karla Cherico	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA	
2	47.5	104.7	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA	

Weight Class: 82.5 / 181			Bench Press	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	81	178.5	Kimberly Lindner	US-MA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA	
2	77.5	170.8	Lisa Klaus	US-IL	Shenandoah Open	Woodstock	VA	
3	65.7	144.8	Jennifer Dostie	US-NH	NH Record Breakers	Laconia	NH	
4	52.5	115.7	Terri Korba	US-NY	2025 American Challenge - NY	Owego	NY	
5	52.16	114.9	Ronda Bouie	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL	
6	50	110.2	Christine Cedzo	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA	

Weight Class: 90 / 198			Bench Press	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	70	154.3	Jennifer Tillet	US-NC	2025 NC State Championships	Jarvisburg	NC	
2	52.5	115.7	Katina James	US-VA	2025 Christmas Classic	Woodstock	VA	

Weight Class: 90+ / 198+			Bench Press	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	77.5	170.8	Charlotte Baker	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA	
2	62.5	137.7	Michelle Woods	US-VA	2025 OBX Open	Jarvisburg	NC	
3	60	132.2	Michelle Lawson	US-PA	2025 Eerie Power	Erie	PA	

2025 Deadlift Rankings Female

Weight Class: 48 / 105			Deadlift	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	104.32	229.9	Dina Yarborough	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL	

Weight Class: 52 / 114			Deadlift	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	70	154.3	Christina Amendola	US-PA	2025 Eerie Power	Erie	PA	

Weight Class: 56 / 123			Deadlift	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	87.5	192.9	Beth Permelia	US-VA	2025 OBX Open	Jarvisburg	NC	

Weight Class: 60 / 132			Deadlift	Female				
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Sherry Rowe	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	107.5	236.9	Geri-Lyn Hoffman	US-PA	2025 Great Lakes Championships	Erie	PA
3	102.5	225.9	Geri Lyn Hoffman	US-PA	2025 Masters Nationals	York	PA
4	90	198.4	Laura Clancy	US-VA	2025 American Challenge - NC	Elizabeth City	NC

Weight Class: 67.5 / 148			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Sherry Rowe	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
2	117.5	259	Connie Dote	US-NY	2025 Eerie Power	Erie	PA

Weight Class: 75 / 165			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
2	70	154.3	Karla Cherico	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

Weight Class: 82.5 / 181			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150.5	331.7	Christine Cedzo	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	147.5	325.1	Lisa Klaus	US-IL	Shenandoah Open	Woodstock	VA
3	115.67	255	Ronda Bouie	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL

Weight Class: 90+ / 198+			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	173	381.3	Charlotte Baker	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	122.5	270	Michelle Lawson	US-PA	2025 Eerie Power	Erie	PA
3	105	231.4	Michelle Woods	US-VA	2025 OBX Open	Jarvisburg	NC

2025 Total Rankings Female

Weight Class: 48 / 105			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	217.72	479.9	Dina Yarborough	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL

Weight Class: 52 / 114			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	Christina Amendola	US-PA	2025 Eerie Power	Erie	PA

Weight Class: 60 / 132			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Laura Clancy	US-VA	2025 American Challenge - NC	Elizabeth City	NC
2	207.5	457.4	Geri-Lyn Hoffman	US-PA	2025 Great Lakes Championships	Erie	PA
3	200	440.9	Geri Lyn Hoffman	US-PA	2025 Masters Nationals	York	PA

Weight Class: 67.5 / 148			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	245	540.1	Connie Dote	US-NY	2025 Eerie Power	Erie	PA

Weight Class: 75 / 165			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	265	584.2	Christine Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
2	192.5	424.3	Karla Cherico	US-KS	2025 Powerlifting Worlds Women and Light Men	Ashland	VA

Weight Class: 82.5 / 181			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	322.5	710.9	Lisa Klaus	US-IL	Shenandoah Open	Woodstock	VA
2	275.5	607.3	Christine Cedzo	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
3	251.74	554.9	Ronda Bouie	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL

Weight Class: 90+ / 198+				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	400.5	882.9	Charlotte Baker	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA	
2	290	639.3	Michelle Lawson	US-PA	2025 Eerie Power	Erie	PA	
3	237.5	523.5	Michelle Woods	US-VA	2025 OBX Open	Jarvisburg	NC	

2025 Strict Curl Rankings Female

Weight Class: 56 / 123				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	39	85.9	Kerry Self	US-VA	2025 Strict Curl Worlds	Ashland	VA	
2	32.5	71.6	Denise Jaffe	US-OH	2025 Great Lakes Strict Curl Championships	Bedford Heights	OH	

Weight Class: 60 / 132				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	35.5	78.2	Krystal Brown	US-NC	2025 American Challenge - NC	Elizabeth City	NC	
2	31.5	69.4	Susan Kozlowski	US-VA	2025 Southern Open	Jarvisburg	NC	

Weight Class: 67.5 / 148				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	36	79.3	Krystal Brown	US-NC	2025 NC State Championships	Jarvisburg	NC	
2	25	55.1	Heidi Lightner	US-PA	2025 Christmas Classic	Woodstock	VA	

Weight Class: 75 / 165				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	48	105.8	Kimberly Lindner	US-MA	2025 Strict Curl Worlds	Ashland	VA	
2	35	77.1	Linda Eggleston	US-NY	Owego Winter Classic	Owego	NY	

Weight Class: 82.5 / 181				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	35	77.1	Lisa Klaus	US-IL	Shenandoah Open	Woodstock	VA	
2	21	46.2	Terri Korba	US-NY	2025 American Challenge - NY	Owego	NY	

Weight Class: 90 / 198				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	34.5	76	Katina James	US-VA	2025 Christmas Classic	Woodstock	VA	
2	29.5	65	Jennifer Tillet	US-NC	2025 NC State Championships	Jarvisburg	NC	

Weight Class: 90+ / 198+				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	38.5	84.8	Sarah Helwig	US-CA	Curlhirstmas III	Santa Clara	CA	
2	29	63.9	Meghan Swedish	Canada	Iron Challenge Competition	Medicine Hat	Alberta	

2025 Squat Rankings Male

Weight Class: 67.5 / 148				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	162.5	358.2	Joe Martucci	US-PA	2025 Masters Nationals	York	PA	
2	155	341.7	Ben Zak	US-NC	2025 Southern Open	Jarvisburg	NC	
3	47.5	104.7	Brian Couch	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH	

Weight Class: 75 / 165				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	142.5	314.1	Matthew Chapman	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA	
2	127.5	281	Douglas Nola	US-PA	2025 American Challenge - OH	Bedford	OH	
3	122.5	270	David Machmer	US-PA	2025 Masters Nationals	York	PA	

Weight Class: 82.5 / 181				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	162.5	358.2	Timo Quintana	US-OH	2025 Ohio State Championship	Bedford Heights	OH	
2	152.5	336.2	Rich Martucci	US-PA	2025 Great Lakes Championships	Erie	PA	
3	145	319.6	Drew Hoffman	US-PA	2025 Great Lakes Championships	Erie	PA	
		145	Jeffrey Dettelis	US-NY	2025 Eerie Power	Erie	PA	
5	100	220.4	Jason Roberts	US-HI	2025 Masters Nationals	York	PA	

Weight Class: 90 / 198				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	175	385.8	Patrick Huntley	US-PA	2025 Masters Nationals	York	PA	
2	172.5	380.2	Norm Garden	Canada	Ice Breaker II	Calgary	Alberta	
3	165	363.7	Aaron Pickrell	US-NC	2025 American Challenge - NC	Elizabeth City	NC	
4	162.5	358.2	Brian Knarr	US-PA	2025 Great Lakes Championships	Erie	PA	
5	155	341.7	Michael Mee	Canada	2025 Stampede Roundup	Calgary	Alberta	
6	136.08	300	Chris Moore	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL	
7	117.5	259	Anthony Iovine	US-NY	Owego Winter Classic	Owego	NY	
8	115	253.5	Chris Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA	
9	90	198.4	Salam Thamarasseri	UAE	2025 Dubai Championships		Dubai	

Weight Class: 100 / 220				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	232.5	512.5	Michael Dalton	US-VA	2025 Powerlifting Worlds Heavy Men	Ashland	VA	
2	219	482.8	Brad Swidzinski	Canada	2025 Tower of Power	Calgary	Alberta	
3	187.5	413.3	James Storch	US-NY	2025 American Challenge - NY	Owego	NY	
4	137.5	303.1	Anthony Bannerman	US-NC	2025 NC State Championships	Jarvisburg	NC	
5	120	264.5	Charles Panholzer	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA	
6	105	231.4	David Riha	US-VA	2025 American Challenge - VA	Woodstock	VA	

Weight Class: 110 / 242				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	235	518	Ronald Hagen	Canada	Liftmas 2025	Calgary	Alberta	
2	227.5	501.5	Michael Dalton	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA	
3	197.5	435.4	Tim Durrett	US-VA	2025 Powerlifting Worlds Heavy Men	Ashland	VA	
4	190	418.8	Eric Hawes	US-PA	2025 Great Lakes Championships	Erie	PA	
5	185	407.8	James Huff	US-MA	2025 Great Lakes Championships	Erie	PA	
		185	Jack Butler	US-PA	2025 Powerlifting Worlds Heavy Men	Ashland	VA	
7	155	341.7	Victor Addis	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH	

Weight Class: 125 / 275				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	285	628.3	Kevin Dixon	Canada	Liftmas 2025	Calgary	Alberta	
2	240	529.1	Larry Carroll	US-DC	2025 Powerlifting Worlds Heavy Men	Ashland	VA	
3	220	485	Jim Mingle	US-PA	Shenandoah Open	Woodstock	VA	
4	147.5	325.1	Jonathan Nicholson	US-NC	2025 Powerlifting Worlds Heavy Men	Ashland	VA	

2025 Bench Press Rankings Male

Weight Class: 67.5 / 148				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	115.5	254.6	Ben Zak	US-NC	2025 Southern Open	Jarvisburg	NC	
2	112.5	248	Tim Garriss	US-NC	2025 American Challenge - NC	Elizabeth City	NC	
3	92.5	203.9	Joe Martucci	US-PA	2025 Masters Nationals	York	PA	
4	37.5	82.6	Brian Couch	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH	

Weight Class: 75 / 165				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	157.5	347.2	John Self	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA	

2	147.5	325.1	John Jaeger	US-NY	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
3	125	275.5	John Jackson	US-MD	Shenandoah Open	Woodstock	VA
4	112.5	248	Matthew Chapman	US-VA	Ironbuilt Classic	Ashland	VA
5	110	242.5	Tim Garriss	US-NC	2025 Southern Open	Jarvisburg	NC
6	107.5	236.9	Oleg Tyan	Canada	2025 Tower of Power	Calgary	Alberta
7	90	198.4	David Machmer	US-PA	2025 Masters Nationals	York	PA
	90	198.4	Douglas Nola	US-PA	2025 American Challenge - OH	Bedford	OH
9	75	165.3	Santhosh S	India	2025 Dubai Championships		Dubai

Weight Class: 82.5 / 181			Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	John Jaeger	US-NY	2025 Ironman World and US Single Lift Championship	York	PA
2	125	275.5	Rich Martucci	US-PA	2025 Great Lakes Championships	Erie	PA
3	117.5	259	Jeffrey Dettelis	US-NY	2025 Eerie Power	Erie	PA
4	112.5	248	Timo Quintana	US-OH	2025 Ohio State Championship	Bedford Heights	OH
5	110	242.5	Jason Roberts	US-HI	2025 Masters Nationals	York	PA
6	82.5	181.8	Drew Hoffman	US-PA	2025 Masters Nationals	York	PA

Weight Class: 90 / 198			Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	202.5	446.4	Jacob Williams	US-PA	2025 Masters Nationals	York	PA
2	165	363.7	Craig Kozens	US-NH	2025 NJ State Championships	Fair Lawn	NJ
3	137.5	303.1	Ray Jones	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
4	130	286.5	Aaron Pickrell	US-NC	2025 American Challenge - NC	Elizabeth City	NC
5	117.5	259	Norm Garden	Canada	Ice Breaker II	Calgary	Alberta
6	114	251.3	Barry Capps	US-SC	2025 Battle of the Border	Currituck	NC
7	111.13	244.9	Chris Moore	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
8	110	242.5	Patrick Huntley	US-PA	2025 Masters Nationals	York	PA
9	105	231.4	Brian Knarr	US-PA	2025 Great Lakes Championships	Erie	PA
10	100	220.4	Michael Mee	Canada	2025 Stampede Roundup	Calgary	Alberta
11	87.5	192.9	Anthony Iovine	US-NY	Owego Winter Classic	Owego	NY
12	80	176.3	Chris Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
13	50	110.2	Salam Thamarasseri	UAE	2025 Dubai Championships		Dubai

Weight Class: 100 / 220			Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	183.5	404.5	Anthony Bannerman	US-NC	2025 American Challenge - NC	Elizabeth City	NC
2	165.5	364.8	Craig Kozens	US-NH	NH Record Breakers	Laconia	NH
3	147.5	325.1	Michael Dalton	US-VA	2025 Powerlifting Worlds Heavy Men	Ashland	VA
4	145	319.6	John Cooper	US-NC	2025 Masters Nationals	York	PA
5	110	242.5	James Storch	US-NY	2025 American Challenge - NY	Owego	NY
6	107.5	236.9	Brad Swidzinski	Canada	2025 Tower of Power	Calgary	Alberta
7	100	220.4	David Riha	US-VA	2025 American Challenge - VA	Woodstock	VA
8	97.5	214.9	Charles Panholzer	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
9	82.5	181.8	Sergio Tijerino	Costa Rica	2025 Ironman World and US Single Lift Championship	York	PA

Weight Class: 110 / 242			Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	187.5	413.3	Sherm Pensyl	US-PA	2025 Ironman World and US Single Lift Championship	York	PA
2	167.5	369.2	Brad Beach	US-VA	Virginia State Open	Woodstock	VA
	167.5	369.2	Jack Butler	US-PA	2025 Great Lakes Championships	Erie	PA
4	160	352.7	Victor Addis	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
5	157.5	347.2	Ronald Hagen	Canada	Liftmas 2025	Calgary	Alberta
6	147.5	325.1	Michael Dalton	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
7	145	319.6	Tim Durrett	US-VA	2025 Powerlifting Worlds Heavy Men	Ashland	VA
8	132.5	292.1	Ronald Sellner	US-MD	Ironbuilt Classic	Ashland	VA
9	130	286.5	James Huff	US-MA	2025 Great Lakes Championships	Erie	PA
	130	286.5	Denni T.K	UAE	2025 Dubai Championships		Dubai

11 125 275.5 Eric Hawes US-PA 2025 Great Lakes Championships Erie PA

Weight Class: 125 / 275				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Paul Bossi	US-NC	2025 Masters Nationals	York	PA
2	182.5	402.3	Jason Bentley	US-NY	2025 Ohio State Championship	Bedford Heights	OH
3	175	385.8	Raphael Johnson	US-MI	2025 Eastern USA Open	Woodstock	VA
4	171	376.9	Wayne Smith	US-FL	2025 American Challenge - FL	Merritt Island	FL
5	170	374.7	Larry Carroll	US-DC	2025 Powerlifting Worlds Heavy Men	Ashland	VA
6	160	352.7	Kevin Dixon	Canada	Liftmas 2025	Calgary	Alberta
7	142.5	314.1	Jonathan Nicholson	US-NC	2025 Powerlifting Worlds Heavy Men	Ashland	VA
8	140	308.6	Jim Mingle	US-PA	Shenandoah Open	Woodstock	VA

Weight Class: 140 / 308				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	195	429.8	Sean Savage	Canada	Liftmas 2025	Calgary	Alberta

2025 Deadlift Rankings Male

Weight Class: 67.5 / 148				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	George James	US-MD	2025 American Challenge - OH	Bedford	OH
2	198	436.5	Ben Zak	US-NC	2025 Southern Open	Jarvisburg	NC
3	182.5	402.3	Joe Martucci	US-PA	2025 Masters Nationals	York	PA
4	62.5	137.7	Brian Couch	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH

Weight Class: 75 / 165				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Douglas Nola	US-PA	2025 American Challenge - OH	Bedford	OH
	160	352.7	Santhosh S	India	2025 Dubai Championships		Dubai
3	155	341.7	Matthew Chapman	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
4	145	319.6	David Machmer	US-PA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
5	135	297.6	Russ Pickford	Canada	Ice Breaker II	Calgary	Alberta
6	107.5	236.9	Oleg Tyan	Canada	2025 Tower of Power	Calgary	Alberta

Weight Class: 82.5 / 181				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Jeffrey Dettelis	US-NY	2025 Eerie Power	Erie	PA
2	182.5	402.3	Rich Martucci	US-PA	2025 Great Lakes Championships	Erie	PA
	182.5	402.3	Timo Quintana	US-OH	2025 Ohio State Championship	Bedford Heights	OH
4	150	330.6	Drew Hoffman	US-PA	2025 Masters Nationals	York	PA
5	130	286.5	Jason Roberts	US-HI	2025 Masters Nationals	York	PA

Weight Class: 90 / 198				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	215	473.9	Aaron Pickrell	US-NC	2025 Powerlifting Worlds Heavy Men	Ashland	VA
2	201.85	444.9	Chris Moore	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
3	200	440.9	Patrick Huntley	US-PA	2025 Masters Nationals	York	PA
4	197.5	435.4	Brian Knarr	US-PA	2025 Great Lakes Championships	Erie	PA
5	192.5	424.3	Michael Mee	Canada	2025 Stampede Roundup	Calgary	Alberta
6	187.5	413.3	Norm Garden	Canada	Ice Breaker II	Calgary	Alberta
7	147.5	325.1	Chris Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
8	142.5	314.1	Anthony Iovine	US-NY	Owego Winter Classic	Owego	NY
9	110	242.5	Salam Thamarasseri	UAE	2025 Dubai Championships		Dubai

Weight Class: 100 / 220				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	280	617.2	Michael Dalton	US-VA	2025 Powerlifting Worlds Heavy Men	Ashland	VA

2	227.5	501.5	James Storch	US-NY	2025 American Challenge - NY	Owego	NY
	227.5	501.5	Brad Swidzinski	Canada	2025 Tower of Power	Calgary	Alberta
4	192.5	424.3	Anthony Bannerman	US-NC	2025 NC State Championships	Jarvisburg	NC
5	162.5	358.2	Sergio Tijerino	Costa Rica	2025 Ironman World and US Single Lift Championship	York	PA
6	150	330.6	Charles Panholzer	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
7	137.5	303.1	David Riha	US-VA	2025 American Challenge - VA	Woodstock	VA

Weight Class: 110 / 242			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	280	617.2	Michael Dalton	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA
2	253	557.7	Ronald Hagen	Canada	Liftmas 2025	Calgary	Alberta
3	250	551.1	Victor Addis	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH
4	235	518	Tim Durrett	US-VA	2025 Powerlifting Worlds Heavy Men	Ashland	VA
5	232.5	512.5	Jack Butler	US-PA	2025 Powerlifting Worlds Heavy Men	Ashland	VA
6	215	473.9	Eric Hawes	US-PA	2025 Great Lakes Championships	Erie	PA
7	167.5	369.2	James Huff	US-MA	2025 Great Lakes Championships	Erie	PA

Weight Class: 125 / 275			Deadlift		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	277.5	611.7	Kevin Dixon	Canada	Liftmas 2025	Calgary	Alberta
2	275	606.2	Larry Carroll	US-DC	2025 Powerlifting Worlds Heavy Men	Ashland	VA
3	230	507	Jim Mingle	US-PA	Shenandoah Open	Woodstock	VA
4	192.5	424.3	Jonathan Nicholson	US-NC	2025 Powerlifting Worlds Heavy Men	Ashland	VA

2025 Total Rankings Male

Weight Class: 67.5 / 148			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	468.5	1032.8	Ben Zak	US-NC	2025 Southern Open	Jarvisburg	NC
2	437.5	964.5	Joe Martucci	US-PA	2025 Masters Nationals	York	PA
3	147.5	325.1	Brian Couch	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH

Weight Class: 75 / 165			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	407.5	898.3	Matthew Chapman	US-VA	2025 Powerlifting Worlds Women and Light Men	Ashland	VA
2	377.5	832.2	Douglas Nola	US-PA	2025 American Challenge - OH	Bedford	OH
3	355	782.6	David Machmer	US-PA	2025 Masters Nationals	York	PA

Weight Class: 82.5 / 181			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	460	1014.1	Rich Martucci	US-PA	2025 Great Lakes Championships	Erie	PA
2	457.5	1008.6	Timo Quintana	US-OH	2025 Ohio State Championship	Bedford Heights	OH
3	455	1003	Jeffrey Dettelis	US-NY	2025 Eerie Power	Erie	PA
4	375	826.7	Drew Hoffman	US-PA	2025 Masters Nationals	York	PA
5	340	749.5	Jason Roberts	US-HI	2025 Masters Nationals	York	PA

Weight Class: 90 / 198			Total		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	505	1113.3	Aaron Pickrell	US-NC	2025 American Challenge - NC	Elizabeth City	NC
2	485	1069.2	Patrick Huntley	US-PA	2025 Masters Nationals	York	PA
3	477.5	1052.6	Norm Garden	Canada	Ice Breaker II	Calgary	Alberta
4	465	1025.1	Brian Knarr	US-PA	2025 Great Lakes Championships	Erie	PA
5	449.06	989.9	Chris Moore	US-FL	2025 Tony Conyers Extravaganza	Tampa	FL
6	447.5	986.5	Michael Mee	Canada	2025 Stampede Roundup	Calgary	Alberta
7	347.5	766	Anthony Iovine	US-NY	Owego Winter Classic	Owego	NY
8	342.5	755	Chris Cedzo	US-PA	2025 Great Lakes Championships	Erie	PA
9	250	551.1	Salam Thamarasseri	UAE	2025 Dubai Championships		Dubai

Weight Class: 100 / 220				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	660	1455	Michael Dalton	US-VA	2025 Powerlifting Worlds Heavy Men	Ashland	VA	
2	546.5	1204.8	Brad Swidzinski	Canada	2025 Tower of Power	Calgary	Alberta	
3	525	1157.4	James Storch	US-NY	2025 American Challenge - NY	Owego	NY	
4	512.5	1129.8	Anthony Bannerman	US-NC	2025 NC State Championships	Jarvisburg	NC	
5	367.5	810.1	Charles Panholzer	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA	
6	342.5	755	David Riha	US-VA	2025 American Challenge - VA	Woodstock	VA	

Weight Class: 110 / 242				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	655	1444	Michael Dalton	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA	
2	637.5	1405.4	Ronald Hagen	Canada	Liftmas 2025	Calgary	Alberta	
3	577.5	1273.1	Jack Butler	US-PA	2025 Great Lakes Championships	Erie	PA	
	577.5	1273.1	Tim Durrett	US-VA	2025 Powerlifting Worlds Heavy Men	Ashland	VA	
5	565	1245.5	Victor Addis	US-OH	Arnold Stronglifting Powerlifting	Columbus	OH	
6	530	1168.4	Eric Hawes	US-PA	2025 Great Lakes Championships	Erie	PA	
7	482.5	1063.7	James Huff	US-MA	2025 Great Lakes Championships	Erie	PA	

Weight Class: 125 / 275				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	722.5	1592.8	Kevin Dixon	Canada	Liftmas 2025	Calgary	Alberta	
2	685	1510.1	Larry Carroll	US-DC	2025 Powerlifting Worlds Heavy Men	Ashland	VA	
3	590	1300.7	Jim Mingle	US-PA	Shenandoah Open	Woodstock	VA	
4	482.5	1063.7	Jonathan Nicholson	US-NC	2025 Powerlifting Worlds Heavy Men	Ashland	VA	

2025 Strict Curl Rankings Male

Weight Class: 67.5 / 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	57	125.6	Ben Zak	US-NC	2025 OBX Open	Jarvisburg	NC	
2	55.5	122.3	Tim Garriss	US-NC	2025 Strict Curl Worlds	Ashland	VA	
3	50	110.2	George James	US-MD	2025 American Challenge - OH	Bedford	OH	
4	36	79.3	Brian Couch	US-OH	Miami International Fitness Pro-Am	Miami	FL	
5	32	70.5	Ernesto Sanchez	Canada	Iron Challenge Competition	Medicine Hat	Alberta	

Weight Class: 75 / 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	73	160.9	John Self	US-VA	2025 Ironman World and US Single Lift Championship	York	PA	
2	70.5	155.4	John Jaeger	US-NY	2025 Strict Curl Worlds	Ashland	VA	
3	55.5	122.3	Tim Garriss	US-NC	2025 Southern Open	Jarvisburg	NC	
4	52	114.6	Matthew Chapman	US-VA	2025 Masters Nationals	York	PA	
5	50	110.2	John Jackson	US-MD	Shenandoah Open	Woodstock	VA	
6	48	105.8	Russ Pickford	Canada	Ice Breaker II	Calgary	Alberta	

Weight Class: 82.5 / 181				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	73	160.9	John Jaeger	US-NY	2025 Ironman World and US Single Lift Championship	York	PA	
2	48	105.8	Jason Roberts	US-HI	2025 Masters Nationals	York	PA	

Weight Class: 90 / 198				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	92	202.8	Ray Jones	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA	
2	67.5	148.8	Craig Kozens	US-NH	2025 NJ State Championships	Fair Lawn	NJ	
3	65.5	144.4	Desmond Rend	US-PA	2025 American Challenge - VA Ironbuilt	Ashland	VA	
4	59.5	131.1	Barry Capps	US-SC	2025 Battle of the Border	Currituck	NC	
5	56.5	124.5	Norm Garden	Canada	Ice Breaker II	Calgary	Alberta	

Weight Class: 100 / 220				Strict Curl		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	97	213.8	John Cooper	US-NC	2025 Eastern NC Open	Williamson	NC	
2	77	169.7	Michael Dalton	US-VA	2025 Strict Curl Worlds	Ashland	VA	
3	76	167.5	Anthony Bannerman	US-NC	2025 Battle of the Border	Currituck	NC	
4	58.5	128.9	Randy Elbert	US-MD	Mid Atlantic Strict Curl Pro Qualifier	Milton	DE	
5	57	125.6	Barry Capps	US-SC	2025 Eastern NC Open	Williamson	NC	
6	42.5	93.6	Sergio Tijerino	Costa Rica	2025 Ironman World and US Single Lift Championship	York	PA	

Weight Class: 110 / 242				Strict Curl		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	77.5	170.8	Michael Dalton	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA	
2	72.5	159.8	Ronald Sellner	US-MD	Ironbuilt Classic	Ashland	VA	
3	59	130	Tim Durrett	US-VA	2025 Strict Curl Worlds	Ashland	VA	
4	50	110.2	Denni T.K	UAE	2025 Dubai Championships		Dubai	

Weight Class: 125 / 275				Strict Curl		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	82.5	181.8	Paul Bossi	US-NC	2025 American Challenge - NC	Elizabeth City	NC	
2	80	176.3	Raphael Johnson	US-MI	2025 Masters Nationals	York	PA	
3	72	158.7	Wesley Wild	US-IN	2025 Great Lakes Strict Curl Championships	Bedford Heights	OH	
4	65	143.2	Jason Bentley	US-NY	2025 Ohio State Championship	Bedford Heights	OH	

Weight Class: 140 / 308				Strict Curl		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	79.5	175.2	Baron Dixon	US-VA	2025 American Challenge - VA Ironbuilt	Ashland	VA	