



2026 Masters 40-49 Rankings

Updated 05/03/2026 Ed Kutin

edkutin@gmail.com

2026 Squat Rankings

Female

Weight Class: 67.5 / 148 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY
2	100	220.4	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
3	80	176.3	Christina Milie	US-PA	2026 Masters Nationals	York	PA
4	72.5	159.8	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA

Weight Class: 82.5 / 181 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
2	75	165.3	Stephanie Forman	US-NC	2026 North Carolina State Championships	Williamston	NC
3	65	143.2	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 90 / 198 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110	242.5	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY

2026 Bench Press Rankings

Female

Weight Class: 56 / 123 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Rachel Walker	US-VA	2026 Eastern USA Open	Wookstock	VA

Weight Class: 67.5 / 148 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY
2	65	143.2	Angela Kirstein	Canada	2026 Ice Breaker	Calgary	Alberta
3	60	132.2	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
4	55	121.2	Christina Milie	US-PA	2026 Masters Nationals	York	PA
5	52.5	115.7	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA

Weight Class: 75 / 165 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Natasha Beasley	US-VA	Golds Gym Classic	Richmond	VA

Weight Class: 82.5 / 181 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	90	198.4	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
2	81	178.5	Stacy Burak	Canada	2026 Ice Breaker	Calgary	Alberta
3	40	88.1	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY
	40	88.1	Stephanie Forman	US-NC	2026 North Carolina State Championships	Williamston	NC

Weight Class: 90 / 198 Bench Press				Female			
------------------------------------	--	--	--	--------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	62.5	137.7	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 90+ / 198+ Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40	88.1	Jennifer Perrin	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA

2026 Deadlift Rankings Female

Weight Class: 67.5 / 148 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY
2	120	264.5	Christina Milie	US-PA	2026 Masters Nationals	York	PA
3	107.5	236.9	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
4	97.5	214.9	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA

Weight Class: 75 / 165 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Natasha Beasley	US-VA	Golds Gym Classic	Richmond	VA
2	127.5	281	Nikki Dorval	US-CT	Conneticut Winter State Championships	Cheshire	CT

Weight Class: 82.5 / 181 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
2	117.5	259	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY
3	85	187.3	Stephanie Forman	US-NC	2026 North Carolina State Championships	Williamston	NC

Weight Class: 90 / 198 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Keisha St.John	US-VA	Golds Gym Classic	Richmond	VA
2	150	330.6	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 90+ / 198+ Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Jennifer Perrin	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA

2026 Total Rankings Female

Weight Class: 67.5 / 148 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	330	727.5	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY
2	267.5	589.7	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
3	255	562.1	Christina Milie	US-PA	2026 Masters Nationals	York	PA
4	222.5	490.5	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA

Weight Class: 82.5 / 181 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	310	683.4	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
2	222.5	490.5	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY
3	200	440.9	Stephanie Forman	US-NC	2026 North Carolina State Championships	Williamston	NC

Weight Class: 90 / 198 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	322.5	710.9	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY

2026 Strict Curl Rankings Female

Weight Class: 56 / 123 Strict Curl				Female			
------------------------------------	--	--	--	--------	--	--	--

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36.5	80.4	Rachel Walker	US-VA	2026 Eastern USA Open	Wookstock	VA

Weight Class: 67.5 / 148 Strict Curl Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40	88.1	Angela Kirstein	Canada	2026 Ice Breaker	Calgary	Alberta
2	34	74.9	Jennifer Zak	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
3	27.5	60.6	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA

Weight Class: 75 / 165 Strict Curl Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	37.5	82.6	Natasha Beasley	US-VA	2026 Masters Nationals	York	PA
2	25.5	56.2	Heather Henderson	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 82.5 / 181 Strict Curl Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	44.5	98.1	Stacy Burak	Canada	2026 Ice Breaker	Calgary	Alberta
2	41	90.3	Rebekah Babcock	US-CA	NoCal Ironman Classic	Santa Clara	CA
3	19.5	42.9	Stephanie Forman	US-NC	2026 NC State Strict Curl Championships	Williamston	NC

Weight Class: 90+ / 198+ Strict Curl Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38.5	84.8	Eefje Sevenants	Belgium	Belgium Curl Records		Belgium
2	28.5	62.8	Stephanie Malcolm	US-CA	NoCal Ironman Classic	Santa Clara	CA
3	25	55.1	Jennifer Perrin	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA

2026 Squat Rankings Male

Weight Class: 75 / 165 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95	209.4	Chris Morgan	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 90 / 198 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	272.5	600.7	Bruce Knox	US-MD	2026 Virginia State Championship	Woodstock	VA
2	160	352.7	Paul Monk	Canada	2026 Ice Breaker	Calgary	Alberta

Weight Class: 100 / 220 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	262.5	578.7	Bruce Knox	US-MD	2026 Masters Nationals	York	PA
2	187.5	413.3	Kevin Bolton	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 110 / 242 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	210	462.9	Joseph Fiori	US-NY	2026 Owego Winter Classic	Owego	NY
2	182.5	402.3	Anthony LaCoste	US-MD	2026 Virginia State Championship	Woodstock	VA
3	137.5	303.1	Michael Balsbaugh	US-PA	2026 Masters Nationals	York	PA

2026 Bench Press Rankings Male

Weight Class: 75 / 165 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Chris Morgan	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 90 / 198 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Bruce Knox	US-MD	2026 Virginia State Championship	Woodstock	VA

2	145	319.6	Paul Monk	Canada	2026 Ice Breaker	Calgary	Alberta
3	127.5	281	Michael Felts	US-MD	Ironbult Classic Full Power and Single Lift	Ashland	VA
4	126	277.7	John Wong	US-CA	NoCal Ironman Classic	Santa Clara	CA
5	122.5	270	Jason Delp	US-MD	Ironbult Classic Full Power and Single Lift	Ashland	VA

Weight Class: 100 / 220 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	162.5	358.2	Bruce Knox	US-MD	2026 Masters Nationals	York	PA
2	160	352.7	Chris Burak	Canada	2026 Ice Breaker	Calgary	Alberta
3	152.5	336.2	Kenneth Pitt	US-NC	2026 Battle of the Border	Jarvisburg	NC
4	132.5	292.1	Kevin Bolton	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 110 / 242 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Anthony LaCoste	US-MD	2026 Masters Nationals	York	PA
2	122.5	270	Michael Balsbaugh	US-PA	2026 Masters Nationals	York	PA
3	115	253.5	Joseph Fiori	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 125 / 275 Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	202.5	446.4	Davone Scott	US-VA	Golds Gym Classic	Richmond	VA

Unknown Class: SHW Bench Press Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Dan Furlong	US-VA	2026 Battle of the Border	Jarvisburg	NC

2026 Deadlift Rankings Male

Weight Class: 75 / 165 Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Chris Morgan	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 90 / 198 Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	272.5	600.7	Bruce Knox	US-MD	2026 Virginia State Championship	Woodstock	VA
2	202.5	446.4	Michael Felts	US-MD	Ironbult Classic Full Power and Single Lift	Ashland	VA
3	200	440.9	Paul Monk	Canada	2026 Ice Breaker	Calgary	Alberta
4	177.5	391.3	Jason Delp	US-MD	Ironbult Classic Full Power and Single Lift	Ashland	VA

Weight Class: 100 / 220 Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	262.5	578.7	Bruce Knox	US-MD	2026 Masters Nationals	York	PA
2	230	507	Kevin Bolton	US-NY	2026 Owego Winter Classic	Owego	NY
		507	Kunal Singh	Canada	2026 Ice Breaker	Calgary	Alberta
4	200	440.9	Chris Burak	Canada	2026 Ice Breaker	Calgary	Alberta

Weight Class: 110 / 242 Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Anthony LaCoste	US-MD	2026 Virginia State Championship	Woodstock	VA
2	192.5	424.3	Joseph Fiori	US-NY	2026 Owego Winter Classic	Owego	NY
3	185	407.8	Michael Balsbaugh	US-PA	2026 Masters Nationals	York	PA

Unknown Class: SHW Deadlift Male							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	237.5	523.5	Dan Furlong	US-VA	2026 Battle of the Border	Jarvisburg	NC

2026 Total Rankings Male

Weight Class: 75 / 165				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	270	595.2	Chris Morgan	US-NY	2026 Owego Winter Classic	Owego	NY	

Weight Class: 90 / 198				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	700	1543.2	Bruce Knox	US-MD	2026 Virginia State Championship	Woodstock	VA	
2	505	1113.3	Paul Monk	Canada	2026 Ice Breaker	Calgary	Alberta	

Weight Class: 100 / 220				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	687.5	1515.6	Bruce Knox	US-MD	2026 Masters Nationals	York	PA	
2	550	1212.5	Kevin Bolton	US-NY	2026 Owego Winter Classic	Owego	NY	

Weight Class: 110 / 242				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	525	1157.4	Anthony LaCoste	US-MD	2026 Masters Nationals	York	PA	
2	517.5	1140.8	Joseph Fiori	US-NY	2026 Owego Winter Classic	Owego	NY	
3	445	981	Michael Balsbaugh	US-PA	2026 Masters Nationals	York	PA	

2026 Strict Curl Rankings Male

Weight Class: 75 / 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	64.5	142.1	Brian Karlson	US-PA	2026 Masters Nationals	York	PA	

Weight Class: 82.5 / 181				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	86.5	190.6	Bryan Ruskin	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA	
2	58	127.8	Jesse Dayhoff	US-NC	2026 NC State Strict Curl Championships	Williamston	NC	

Weight Class: 90 / 198				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	65	143.2	Michael Felts	US-MD	Ironbuilt Classic Full Power and Single Lift	Ashland	VA	
	65	143.2	Paul Monk	Canada	2026 Ice Breaker	Calgary	Alberta	
3	62.5	137.7	John Wong	US-CA	NoCal Ironman Classic	Santa Clara	CA	
4	60	132.2	Jason Delp	US-MD	Ironbuilt Classic Full Power and Single Lift	Ashland	VA	

Weight Class: 100 / 220				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	89	196.2	Steve Babcock	US-CA	NoCal Ironman Classic	Santa Clara	CA	
2	76.5	168.6	Chris Burak	Canada	2026 Ice Breaker	Calgary	Alberta	

Weight Class: 110 / 242				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	66	145.5	Stan Hunter	US-NY	2026 Owego Winter Classic	Owego	NY	
2	60	132.2	Eric Shotts	US-PA	2026 King of the Curl Championships	Bedford	OH	
3	50	110.2	Frank Nerone	US-OH	2026 King of the Curl Championships	Bedford	OH	

Unknown Class: SHW				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	96	211.6	Joseph Sabol	US-PA	2026 Masters Nationals	York	PA	
2	78.5	173	Dan Furlong	US-VA	2026 Battle of the Border	Jarvisburg	NC	