



2026 Masters 40-49 Rankings

Updated 07/03/2026 Ed Kutin

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2026 Squat Rankings				Female			
Weight Class: 56 / 123				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Angela Goldstein	US-MD	2026 American Challenge - MD	Silver Springs	MD
2	57.5	126.7	Ashley Kney	US-NY	2026 American Challenge - NY CT	Owego	NY
Weight Class: 67.5 / 148				Squat			
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
	80	176.3	Suzanne Jeffers	US-NY	2026 American Challenge - NY CT	Owego	NY
5	42.5	93.6	Jill Nagg	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
Weight Class: 75 / 165				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Christina Milie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	77.5	170.8	Rebecca Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
3	65	143.2	Heather Henderson	US-NY	2026 American Challenge - NY CT	Owego	NY
4	60	132.2	Shauna Stiles	US-NY	2026 American Challenge - NY CT	Owego	NY
Weight Class: 82.5 / 181				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	135	297.6	Rose BrownEagle	US-MD	2026 American Challenge - VA	Woodstock	VA
2	130	286.5	Jennifer Twohig-Williams	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	100	220.4	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
4	97.5	214.9	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY
	97.5	214.9	Jacquelyn Branscomb Haeberle	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
6	75	165.3	Stephanie Forman	US-NC	2026 North Carolina State Championships	Williamston	NC
7	65	143.2	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY
Weight Class: 90 / 198				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Erin Gorney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	115	253.5	Teenae Jacobson	US-NC	2026 American Challenge - NC	Currituck	NC
3	110	242.5	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY
Weight Class: 90+ / 198+				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Janelle Shollenberger	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	125	275.5	Jessica Roberts	US-PA	2026 American Challenge - NY CT	Owego	NY
3	115	253.5	Lashonda Dance	US-NC	2026 American Challenge - NC	Currituck	NC
4	112.5	248	Bethany Kalie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	55	121.2	Jennifer Kolis	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA

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
2	52.5	115.7	Angela Goldstein	US-MD	2026 American Challenge - MD	Silver Springs	MD
3	45	99.2	Ashley Kney	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 60 / 132 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Courtney Stryffeler	US-OH	2026 American Challenge - OH	Bedford	OH

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
6	30	66.1	Jill Nagg	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 75 / 165 Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Heather McCarthy	US-NY	2026 American Challenge - NY CT	Owego	NY
2	82.5	181.8	Natasha Beasley	US-VA	Golds Gym Classic	Richmond	VA
3	55	121.2	Christina Milie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	52.5	115.7	Shauna Stiles	US-NY	2026 American Challenge - NY CT	Owego	NY
5	47.5	104.7	Rebecca Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
	47.5	104.7	Heather Henderson	US-NY	2026 American Challenge - NY CT	Owego	NY

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	77.5	170.8	Rose BrownEagle	US-MD	2026 American Challenge - VA	Woodstock	VA
4	57.5	126.7	Jennifer Twohig-Williams	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	55	121.2	Jacquelyn Branscomb Haeberle	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
6	50	110.2	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY
7	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	75	165.3	Erin Gorney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	65	143.2	Teenae Jacobson	US-NC	2026 American Challenge - NC	Currituck	NC
3	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	77.5	170.8	Janelle Shollenberger	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	72.5	159.8	Bethany Kalie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	60	132.2	Lashonda Dance	US-NC	2026 American Challenge - NC	Currituck	NC
	60	132.2	Jessica Roberts	US-PA	2026 American Challenge - NY CT	Owego	NY
5	47.5	104.7	Jennifer Kolis	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
6	40	88.1	Jennifer Perrin	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA

2026 Deadlift Rankings Female

Weight Class: 56 / 123				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	135	297.6	Angela Goldstein	US-MD	2026 American Challenge - MD	Silver Springs	MD
2	82.5	181.8	Ashley Kney	US-NY	2026 American Challenge - NY CT	Owego	NY

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
5	80	176.3	Jill Nagg	US-PA	2026 Great Lakes Powerlifting Championships	Erie	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
	127.5	281	Heather Henderson	US-NY	2026 American Challenge - NY CT	Owego	NY
4	120	264.5	Christina Milie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	115	253.5	Rebecca Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
	115	253.5	Shauna Stiles	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 82.5 / 181				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Jennifer Twohig-Williams	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	142.5	314.1	Rose BrownEagle	US-MD	2026 American Challenge - VA	Woodstock	VA
3	130	286.5	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY
4	122.5	270	Jacquelyn Branscomb Haeberle	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
5	120	264.5	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
6	117.5	259	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY
7	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
3	142.5	314.1	Erin Gorney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	140	308.6	Teenae Jacobson	US-NC	2026 American Challenge - NC	Currituck	NC

Weight Class: 90+ / 198+				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Bethany Kalie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	152.5	336.2	Lashonda Dance	US-NC	2026 American Challenge - NC	Currituck	NC
3	140	308.6	Janelle Shollenberger	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	120	264.5	Jessica Roberts	US-PA	2026 American Challenge - NY CT	Owego	NY
5	105	231.4	Jennifer Kolis	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
6	100	220.4	Jennifer Perrin	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA

2026 Total Rankings Female

Weight Class: 56 / 123				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	302.5	666.8	Angela Goldstein	US-MD	2026 American Challenge - MD	Silver Springs	MD
2	185	407.8	Ashley Kney	US-NY	2026 American Challenge - NY CT	Owego	NY

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	230	507	Suzanne Jeffers	US-NY	2026 American Challenge - NY CT	Owego	NY
5	152.5	336.2	Jill Nagg	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 75 / 165 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	257.5	567.6	Christina Milie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	240	529.1	Rebecca Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
	240	529.1	Heather Henderson	US-NY	2026 American Challenge - NY CT	Owego	NY
4	227.5	501.5	Shauna Stiles	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 82.5 / 181 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	355	782.6	Rose BrownEagle	US-MD	2026 American Challenge - VA	Woodstock	VA
2	330	727.5	Jennifer Twohig-Williams	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	310	683.4	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
4	277.5	611.7	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY
5	275	606.2	Jacquelyn Branscomb Haeberle	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
6	222.5	490.5	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY
7	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	335	738.5	Erin Gorney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	322.5	710.9	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY
3	320	705.4	Teenae Jacobson	US-NC	2026 American Challenge - NC	Currituck	NC

Weight Class: 90+ / 198+ Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	365	804.6	Janelle Shollenberger	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	340	749.5	Bethany Kalie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	327.5	722	Lashonda Dance	US-NC	2026 American Challenge - NC	Currituck	NC
4	305	672.4	Jessica Roberts	US-PA	2026 American Challenge - NY CT	Owego	NY
5	207.5	457.4	Jennifer Kolis	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA

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	29	63.9	Suzanne Jeffers	US-NY	2026 American Challenge - NY CT	Owego	NY

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	34.5	76	Mona Espinosa	US-NC	2026 American Challenge - VA Ashland	Ashland	VA
3	26	57.3	Heather Henderson	US-NY	2026 American Challenge - NY CT	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	44	97	Rebekah Babcock	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA

3	35	77.1	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY
4	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	30	66.1	Stephanie Malcolm	US-CA	Hear and Strength Strict Curl Championships	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: 67.5 / 148 Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Agustus Beck	US-OH	2026 American Challenge - OH	Bedford	OH

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: 82.5 / 181 Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Sid Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA

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
3	115	253.5	Shawn Charnisky	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA

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	192.5	424.3	Kevin Bolton	US-NY	2026 American Challenge - NY CT	Owego	NY
3	177.5	391.3	Andrew Schmidt	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	170	374.7	Gene Natale	US-OH	2026 American Challenge - OH	Bedford	OH
5	140	308.6	Steve Toriski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 110 / 242 Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Joseph Fiori	US-NY	2026 American Challenge - NY CT	Owego	NY
2	205	451.9	Nathaniel Cooley	US-VA	2026 American Challenge - VA	Woodstock	VA
3	182.5	402.3	Anthony LaCoste	US-MD	2026 Virginia State Championship	Woodstock	VA
4	137.5	303.1	Michael Balsbaugh	US-PA	2026 Masters Nationals	York	PA
5	117.5	259	Eric Shotts	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 125 / 275 Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	237.5	523.5	Bryan Moody	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	195	429.8	Edward Tyler	US-NC	2026 American Challenge - NC	Currituck	NC

Unknown Class: SHW Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	215	473.9	Dan Furlong	US-VA	2026 American Challenge - NC	Currituck	NC
2	142.5	314.1	Shane Green	US-MD	2026 American Challenge - MD	Silver Springs	MD

2026 Bench Press Rankings				Male			
Weight Class: 67.5 / 148 Bench Press				Male			

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Agustus Beck	US-OH	2026 American Challenge - OH	Bedford	OH
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: 82.5 / 181 Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Sid Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
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	Ironbuilt 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	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
6	112.5	248	Jeffrey Long	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
7	85	187.3	Shawn Charnisky	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
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	137.5	303.1	Kevin Bolton	US-NY	2026 American Challenge - NY CT	Owego	NY
5	132.5	292.1	Eric Shotts	US-PA	2026 American Challenge - OH	Bedford	OH
6	120	264.5	Andrew Schmidt	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
7	117.5	259	Gene Natale	US-OH	2026 American Challenge - OH	Bedford	OH
8	100	220.4	Steve Toriski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
Weight Class: 110 / 242 Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Anthony LaCoste	US-MD	2026 American Challenge - MD	Silver Springs	MD
2	142	313	Nathaniel Cooley	US-VA	2026 American Challenge - VA	Woodstock	VA
3	130	286.5	Eric Shotts	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	122.5	270	Michael Balsbaugh	US-PA	2026 Masters Nationals	York	PA
5	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
2	172.5	380.2	Bryan Moody	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	142.5	314.1	Edward Tyler	US-NC	2026 American Challenge - NC	Currituck	NC
Unknown Class: SHW Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	187.5	413.3	Dan Furlong	US-VA	2026 American Challenge - NC	Currituck	NC
2	105	231.4	Shane Green	US-MD	2026 American Challenge - MD	Silver Springs	MD
2026 Deadlift Rankings				Male			
Weight Class: 67.5 / 148 Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Agustus Beck	US-OH	2026 American Challenge - OH	Bedford	OH
Weight Class: 75 / 165 Deadlift				Male			

Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	107.5	236.9	Chris Morgan	US-NY	2026 Owego Winter Classic	Owego	NY
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Weight Class: 82.5 / 181	Deadlift	Male
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	137.5	303.1	Sid Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
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Weight Class: 90 / 198	Deadlift	Male
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	272.5	600.7	Bruce Knox	US-MD	2026 Virginia State Championship	Woodstock	VA
2	202.5	446.4	Michael Felts	US-MD	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
3	200	440.9	Paul Monk	Canada	2026 Ice Breaker	Calgary	Alberta
4	195	429.8	Reuven Tolchin	US-MD	2026 American Challenge - MD	Silver Springs	MD
5	177.5	391.3	Jason Delp	US-MD	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
	177.5	391.3	Shawn Charnisky	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 100 / 220	Deadlift	Male
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	262.5	578.7	Bruce Knox	US-MD	2026 Masters Nationals	York	PA
2	237.5	523.5	Kevin Bolton	US-NY	2026 American Challenge - NY CT	Owego	NY
3	230	507	Kunal Singh	Canada	2026 Ice Breaker	Calgary	Alberta
4	215	473.9	Andrew Schmidt	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	200	440.9	Chris Burak	Canada	2026 Ice Breaker	Calgary	Alberta
6	192	423.2	Gene Natale	US-OH	2026 American Challenge - OH	Bedford	OH
7	180	396.8	Eric Shotts	US-PA	2026 American Challenge - OH	Bedford	OH
8	167.5	369.2	Steve Toriski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 110 / 242	Deadlift	Male
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	235	518	Nathaniel Cooley	US-VA	2026 American Challenge - VA	Woodstock	VA
2	210	462.9	Anthony LaCoste	US-MD	2026 American Challenge - MD	Silver Springs	MD
3	202.5	446.4	Joseph Fiori	US-NY	2026 American Challenge - NY CT	Owego	NY
4	200	440.9	Jason Flood	US-CT	2026 American Challenge - NY CT	Owego	NY
5	185	407.8	Michael Balsbaugh	US-PA	2026 Masters Nationals	York	PA
6	160	352.7	Eric Shotts	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 125 / 275	Deadlift	Male
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	267.5	589.7	Edward Tyler	US-NC	2026 American Challenge - NC	Currituck	NC
2	260	573.1	Bryan Moody	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Unknown Class: SHW	Deadlift	Male
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	240	529.1	Dan Furlong	US-VA	2026 American Challenge - NC	Currituck	NC
2	145	319.6	Shane Green	US-MD	2026 American Challenge - MD	Silver Springs	MD

2026 Total Rankings	Male
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Weight Class: 67.5 / 148	Total	Male
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	330	727.5	Agustus Beck	US-OH	2026 American Challenge - OH	Bedford	OH
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Weight Class: 75 / 165	Total	Male
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	270	595.2	Chris Morgan	US-NY	2026 Owego Winter Classic	Owego	NY
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Weight Class: 82.5 / 181	Total	Male
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	352.5	777.1	Sid Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
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Weight Class: 90 / 198				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
3	377.5	832.2	Shawn Charnisky	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 100 / 220				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	687.5	1515.6	Bruce Knox	US-MD	2026 Masters Nationals	York	PA
2	567.5	1251.1	Kevin Bolton	US-NY	2026 American Challenge - NY CT	Owego	NY
3	512.5	1129.8	Andrew Schmidt	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	479.5	1057.1	Gene Natale	US-OH	2026 American Challenge - OH	Bedford	OH
5	407.5	898.3	Steve Toriski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 110 / 242				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	582	1283	Nathaniel Cooley	US-VA	2026 American Challenge - VA	Woodstock	VA
2	545	1201.5	Joseph Fiori	US-NY	2026 American Challenge - NY CT	Owego	NY
3	535	1179.4	Anthony LaCoste	US-MD	2026 American Challenge - MD	Silver Springs	MD
4	445	981	Michael Balsbaugh	US-PA	2026 Masters Nationals	York	PA
5	407.5	898.3	Eric Shotts	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 125 / 275				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	670	1477	Bryan Moody	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	605	1333.7	Edward Tyler	US-NC	2026 American Challenge - NC	Currituck	NC

Unknown Class: SHW				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	642.5	1416.4	Dan Furlong	US-VA	2026 American Challenge - NC	Currituck	NC
2	392.5	865.3	Shane Green	US-MD	2026 American Challenge - MD	Silver Springs	MD

2026 Strict Curl Rankings

Male

Weight Class: 67.5 / 148				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	46	101.4	Henry Qi	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA

Weight Class: 75 / 165				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				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	70	154.3	Alex Kornev	US-NY	2026 American Challenge - NY CT	Owego	NY
3	63	138.8	John Wong	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA
4	58	127.8	Jesse Dayhoff	US-NC	2026 NC State Strict Curl Championships	Williamston	NC

Weight Class: 90 / 198				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	91	200.6	Steve Babcock	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA	
2	76.5	168.6	Chris Burak	Canada	2026 Ice Breaker	Calgary	Alberta	
3	70	154.3	Jeff Oilar	US-IN	2026 American Challenge - OH	Bedford	OH	
4	57.5	126.7	Eric Shotts	US-PA	2026 American Challenge - OH	Bedford	OH	

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	83	182.9	Dan Furlong	US-VA	2026 American Challenge - NC	Currituck	NC	
3	41	90.3	Shane Green	US-MD	2026 American Challenge - MD	Silver Springs	MD	