



2026 Masters 50-59 Rankings

Updated 07/03/2026 Ed Kutin

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2026 Squat Rankings				Female			
Weight Class: 44 / 97		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	35	77.1	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego	NY
Weight Class: 52 / 114		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	90.5	199.5	Mariela Olivares	US-MD	2026 Virginia State Championship	Woodstock	VA
2	87.5	192.9	Lisa Grazul	US-PA	2026 American Challenge - NY CT	Owego	NY
3	60	132.2	Christina Amendola	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
Weight Class: 56 / 123		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100.5	221.5	Mariela Olivares	US-MD	2026 American Challenge - MD	Silver Springs	MD
2	85	187.3	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego	NY
Weight Class: 60 / 132		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Connie Dote	US-NY	2026 American Challenge - NY CT	Owego	NY
Weight Class: 67.5 / 148		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Lori Kosienksi	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	82.5	181.8	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
3	77.5	170.8	Sheila Porterfield	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	60	132.2	Nancy Olsen	US-NY	2026 American Challenge - NY CT	Owego	NY
Weight Class: 75 / 165		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Christina Carlson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	75	165.3	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY
3	62.5	137.7	Gilda Giancola	US-PA	2026 American Challenge - OH	Bedford	OH
Weight Class: 82.5 / 181		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Michele Latour	US-NY	2026 American Challenge - NY CT	Owego	NY
2	92.5	203.9	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT
3	77.5	170.8	Christine Cedzo	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
Weight Class: 90+ / 198+		Squat		Female			

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Charlotte Baker	US-VA	2026 Masters Nationals	York	PA
2	102.5	225.9	Michelle Lawson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

2026 Bench Press Rankings Female

Weight Class: 44 / 97			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	27.5	60.6	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 52 / 114			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	47.5	104.7	Mariela Olivares	US-MD	2026 Virginia State Championship	Woodstock	VA
2	42.5	93.6	Lisa Grazul	US-PA	2026 American Challenge - NY CT	Owego	NY
3	35	77.1	Christina Amendola	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 56 / 123			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Mariela Olivares	US-MD	2026 American Challenge - MD	Silver Springs	MD
2	45	99.2	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego	NY

Weight Class: 60 / 132			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	37.5	82.6	Connie Dote	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 67.5 / 148			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77.5	170.8	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
2	57.5	126.7	Lori Kosienksi	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	50	110.2	Sheila Porterfield	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	37.5	82.6	Nancy Olsen	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 75 / 165			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Christina Carlson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	57.5	126.7	Betsy Hauptman	US-NY	2026 Owego Winter Classic	Owego	NY
3	45	99.2	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY
4	37.5	82.6	Gilda Giancola	US-PA	2026 American Challenge - OH	Bedford	OH

Weight Class: 82.5 / 181			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Kimberly Lindner	US-MA	2026 Masters Nationals	York	PA
2	67.5	148.8	Michele Latour	US-NY	2026 American Challenge - NY CT	Owego	NY
3	60	132.2	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT
4	50	110.2	Christine Cedzo	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 90+ / 198+			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Charlotte Baker	US-VA	2026 Masters Nationals	York	PA
2	60	132.2	Michelle Lawson	US-PA	2026 Masters Nationals	York	PA
3	42.5	93.6	Jennifer Perrin	US-VA	2026 American Challenge - VA Ashland	Ashland	VA

2026 Deadlift Rankings Female

Weight Class: 44 / 97		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 52 / 114		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Lisa Grazul	US-PA	2026 American Challenge - NY CT	Owego	NY
2	100	220.4	Mariela Olivares	US-MD	2026 Virginia State Championship	Woodstock	VA
3	82.5	181.8	Christina Amendola	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 56 / 123		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego	NY
2	105	231.4	Mariela Olivares	US-MD	2026 American Challenge - MD	Silver Springs	MD

Weight Class: 60 / 132		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110	242.5	Connie Dote	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 67.5 / 148		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Lori Kosienski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	115	253.5	Sheila Porterfield	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	107.5	236.9	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
4	95	209.4	Nancy Olsen	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 75 / 165		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Christina Carlson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	125	275.5	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY
3	102.5	225.9	Gilda Giancola	US-PA	2026 American Challenge - OH	Bedford	OH

Weight Class: 82.5 / 181		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Michele Latour	US-NY	2026 American Challenge - NY CT	Owego	NY
2	155	341.7	Christine Cedzo	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	125	275.5	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT
4	95	209.4	Renicca Hicks	US-NC	2026 American Challenge - NC	Currituck	NC

Weight Class: 90+ / 198+		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Charlotte Baker	US-VA	2026 Masters Nationals	York	PA
2	130	286.5	Michelle Lawson	US-PA	2026 Masters Nationals	York	PA
3	125	275.5	Cheri Williams	US-NC	2026 American Challenge - NC	Currituck	NC

2026 Total Rankings Female

Weight Class: 44 / 97		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 52 / 114		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	247.5	545.6	Lisa Grazul	US-PA	2026 American Challenge - NY CT	Owego	NY

2	238	524.6	Mariela Olivares	US-MD	2026 Virginia State Championship	Woodstock	VA
3	177.5	391.3	Christina Amendola	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 56 / 123				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	260.5	574.2	Mariela Olivares	US-MD	2026 American Challenge - MD	Silver Springs	MD
2	245	540.1	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego	NY

Weight Class: 60 / 132				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Connie Dote	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 67.5 / 148				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	307.5	677.9	Lori Kosienksi	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	253	557.7	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
3	242.5	534.6	Sheila Porterfield	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	192.5	424.3	Nancy Olsen	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 75 / 165				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	327.5	722	Christina Carlson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	245	540.1	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY
3	202.5	446.4	Gilda Giancola	US-PA	2026 American Challenge - OH	Bedford	OH

Weight Class: 82.5 / 181				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	350	771.6	Michele Latour	US-NY	2026 American Challenge - NY CT	Owego	NY
2	282.5	622.7	Christine Cedzo	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	277.5	611.7	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT

Weight Class: 90+ / 198+				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	407.5	898.3	Charlotte Baker	US-VA	2026 Masters Nationals	York	PA
2	290	639.3	Michelle Lawson	US-PA	2026 Masters Nationals	York	PA

2026 Strict Curl Rankings Female

Weight Class: 56 / 123				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	34	74.9	Krystal Brown	US-NC	2026 American Challenge - NC	Currituck	NC

Weight Class: 60 / 132				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	32	70.5	Krystal Brown	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
2	29	63.9	Connie Dote	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 67.5 / 148				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	29.5	65	Connie Dote	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 82.5 / 181				Strict Curl	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	47.5	104.7	Kimberly Lindner	US-MA	2026 Masters Nationals	York	PA

Weight Class: 90+ / 198+ Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42	92.5	Sarah Helwig	US-CA	NoCal Ironman Classic	Santa Clara	CA
2	26	57.3	Jennifer Perrin	US-VA	2026 American Challenge - VA Ashland	Ashland	VA

2026 Squat Rankings Male

Weight Class: 67.5 / 148 Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Joe Martucci	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	147.5	325.1	Ben Zak	US-NC	2026 North Carolina State Championships	Williamston	NC

Weight Class: 75 / 165 Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	167.5	369.2	Christopher Stewart	US-VA	2026 American Challenge - VA	Woodstock	VA
2	162.5	358.2	Jeff Pugh	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
3	150	330.6	Stephen Babish	US-NY	2026 Owego Winter Classic	Owego	NY
4	120	264.5	David Machmer	US-PA	2026 Masters Nationals	York	PA

Weight Class: 100 / 220 Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	237.5	523.5	Michael Dalton	US-VA	2026 Masters Nationals	York	PA
2	147.5	325.1	Adrian Molina	US-NC	2026 North Carolina State Championships	Williamston	NC
3	127.5	281	Thomas Corson	US-VA	Golds Gym Classic	Richmond	VA
4	125	275.5	Mike Knopf	US-CT	2026 Owego Winter Classic	Owego	NY

Weight Class: 110 / 242 Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Tim Durrett	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
2	192.5	424.3	Eric Hawes	US-PA	2026 Masters Nationals	York	PA
3	142.5	314.1	Mike Knopf	US-CT	2026 American Challenge - NY CT	Owego	NY

Weight Class: 125 / 275 Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Chris Allen	US-VA	Golds Gym Classic	Richmond	VA
2	142.5	314.1	Jeff Willson	US-CT	2026 Owego Winter Classic	Owego	NY

Weight Class: 140 / 308 Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	215	473.9	Rob Mostoller	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	165.5	364.8	Sean Savage	Canada	2026 Ice Breaker	Calgary	Alberta
3	150	330.6	Chris Fry	US-VA	2026 American Challenge - VA	Woodstock	VA
4	127.5	281	Terry Johnson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Unknown Class: SHW Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	167.5	369.2	Scott Frazee	US-NC	2026 North Carolina State Championships	Williamston	NC

2026 Bench Press Rankings Male

Weight Class: 67.5 / 148 Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	112.5	248	Ben Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
2	105	231.4	Tim Garriss	US-NC	2026 American Challenge - VA Ashland	Ashland	VA
3	92.5	203.9	Joe Martucci	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 75 / 165			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	122.5	270	Stephen Babish	US-NY	2026 Owego Winter Classic	Owego	NY
2	117.5	259	Ben Zak	US-NC	2026 American Challenge - NC	Currituck	NC
3	112.5	248	Tim Garriss	US-NC	2026 North Carolina State Championships	Williamston	NC
4	92.5	203.9	Christopher Stewart	US-VA	2026 American Challenge - VA	Woodstock	VA
5	87.5	192.9	David Machmer	US-PA	2026 Masters Nationals	York	PA
6	85	187.3	Jeff Pugh	US-VA	2026 American Challenge - VA Ashland	Ashland	VA

Weight Class: 82.5 / 181			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Colby Nissen	US-VA	2026 American Challenge - VA	Woodstock	VA
2	115	253.5	Randy Johnson	US-PA	2026 Masters Nationals	York	PA

Weight Class: 90 / 198			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Ted Biggs	US-NC	2026 North Carolina State Championships	Williamston	NC
2	110	242.5	Barry Capps	US-SC	2026 Battle of the Border	Jarvisburg	NC

Weight Class: 100 / 220			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Michael Dalton	US-VA	2026 Masters Nationals	York	PA
2	122.5	270	Mike Knopf	US-CT	2026 Owego Winter Classic	Owego	NY
	122.5	270	Adrian Molina	US-NC	2026 North Carolina State Championships	Williamston	NC
4	120	264.5	Thomas Corson	US-VA	Golds Gym Classic	Richmond	VA

Weight Class: 110 / 242			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Tim Durrett	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
2	122.5	270	Mike Knopf	US-CT	2026 American Challenge - NY CT	Owego	NY
3	110	242.5	Eric Hawes	US-PA	2026 Masters Nationals	York	PA

Weight Class: 125 / 275			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	167.5	369.2	Chris Allen	US-VA	Golds Gym Classic	Richmond	VA
2	137.5	303.1	Jeff Willson	US-CT	2026 Owego Winter Classic	Owego	NY
3	107.5	236.9	Robert Onsi	US-MD	2026 American Challenge - MD	Silver Springs	MD

Weight Class: 140 / 308			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Sean Savage	Canada	2026 Ice Breaker	Calgary	Alberta
2	180	396.8	Chris Fry	US-VA	2026 Masters Nationals	York	PA
3	155	341.7	Rob Mostoller	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	90	198.4	Terry Johnson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Unknown Class: SHW			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Scott Frazee	US-NC	2026 North Carolina State Championships	Williamston	NC

2026 Deadlift Rankings					Male			
Weight Class: 67.5 / 148		Deadlift			Male			
Rank	Lift	lbs	Lifter	Country	Meet		Location	
1	202.5	446.4	Ben Zak	US-NC	2026 North Carolina State Championships		Williamston	NC
2	182.5	402.3	Joe Martucci	US-PA	2026 Great Lakes Powerlifting Championships		Erie	PA
Weight Class: 75 / 165		Deadlift			Male			
Rank	Lift	lbs	Lifter	Country	Meet		Location	
1	197.5	435.4	Christopher Stewart	US-VA	2026 American Challenge - VA		Woodstock	VA
2	187.5	413.3	Stephen Babish	US-NY	2026 Owego Winter Classic		Owego	NY
3	155	341.7	Jeff Pugh	US-VA	2026 American Challenge - VA Ashland		Ashland	VA
4	142.5	314.1	David Machmer	US-PA	2026 Great Lakes Powerlifting Championships		Erie	PA
Weight Class: 82.5 / 181		Deadlift			Male			
Rank	Lift	lbs	Lifter	Country	Meet		Location	
1	205	451.9	Randy Johnson	US-PA	2026 Masters Nationals		York	PA
Weight Class: 90 / 198		Deadlift			Male			
Rank	Lift	lbs	Lifter	Country	Meet		Location	
1	150	330.6	Ted Biggs	US-NC	2026 North Carolina State Championships		Williamston	NC
Weight Class: 100 / 220		Deadlift			Male			
Rank	Lift	lbs	Lifter	Country	Meet		Location	
1	280	617.2	Michael Dalton	US-VA	2026 Masters Nationals		York	PA
2	182.5	402.3	Mike Knopf	US-CT	2026 Owego Winter Classic		Owego	NY
3	155	341.7	Adrian Molina	US-NC	2026 North Carolina State Championships		Williamston	NC
4	150	330.6	Thomas Corson	US-VA	Golds Gym Classic		Richmond	VA
Weight Class: 110 / 242		Deadlift			Male			
Rank	Lift	lbs	Lifter	Country	Meet		Location	
1	245	540.1	Tim Durrett	US-VA	2026 American Challenge - VA Ashland		Ashland	VA
2	227.5	501.5	Eric Hawes	US-PA	2026 Masters Nationals		York	PA
3	187.5	413.3	Mike Knopf	US-CT	2026 American Challenge - NY CT		Owego	NY
Weight Class: 125 / 275		Deadlift			Male			
Rank	Lift	lbs	Lifter	Country	Meet		Location	
1	250	551.1	Chris Allen	US-VA	Golds Gym Classic		Richmond	VA
2	165	363.7	Jeff Willson	US-CT	2026 Owego Winter Classic		Owego	NY
3	137.5	303.1	Robert Onsi	US-MD	2026 American Challenge - MD		Silver Springs	MD
Weight Class: 140 / 308		Deadlift			Male			
Rank	Lift	lbs	Lifter	Country	Meet		Location	
1	250	551.1	Sean Savage	Canada	2026 Ice Breaker		Calgary	Alberta
2	232.5	512.5	Rob Mostoller	US-PA	2026 Great Lakes Powerlifting Championships		Erie	PA
3	200	440.9	Chris Fry	US-VA	2026 Masters Nationals		York	PA
4	137.5	303.1	Terry Johnson	US-PA	2026 Great Lakes Powerlifting Championships		Erie	PA
Unknown Class: SHW		Deadlift			Male			
Rank	Lift	lbs	Lifter	Country	Meet		Location	
1	187.5	413.3	Scott Frazee	US-NC	2026 North Carolina State Championships		Williamston	NC
2026 Total Rankings					Male			

Weight Class: 67.5 / 148				Total	Male			
Rank	Lift	lbs	Lifter		Country	Meet	Location	
1	462.5	1019.6	Ben Zak		US-NC	2026 North Carolina State Championships	Williamston	NC
2	435	959	Joe Martucci		US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 75 / 165				Total	Male			
Rank	Lift	lbs	Lifter		Country	Meet	Location	
1	460	1014.1	Stephen Babish		US-NY	2026 Owego Winter Classic	Owego	NY
2	457.5	1008.6	Christopher Stewart		US-VA	2026 American Challenge - VA	Woodstock	VA
3	402.5	887.3	Jeff Pugh		US-VA	2026 American Challenge - VA Ashland	Ashland	VA
4	347.5	766	David Machmer		US-PA	2026 Masters Nationals	York	PA

Weight Class: 100 / 220				Total	Male			
Rank	Lift	lbs	Lifter		Country	Meet	Location	
1	662.5	1460.5	Michael Dalton		US-VA	2026 Masters Nationals	York	PA
2	430	947.9	Mike Knopf		US-CT	2026 Owego Winter Classic	Owego	NY
3	425	936.9	Adrian Molina		US-NC	2026 North Carolina State Championships	Williamston	NC
4	397.5	876.3	Thomas Corson		US-VA	Golds Gym Classic	Richmond	VA

Weight Class: 110 / 242				Total	Male			
Rank	Lift	lbs	Lifter		Country	Meet	Location	
1	597.5	1317.2	Tim Durrett		US-VA	2026 American Challenge - VA Ashland	Ashland	VA
2	530	1168.4	Eric Hawes		US-PA	2026 Masters Nationals	York	PA
3	452.5	997.5	Mike Knopf		US-CT	2026 American Challenge - NY CT	Owego	NY

Weight Class: 125 / 275				Total	Male			
Rank	Lift	lbs	Lifter		Country	Meet	Location	
1	622.5	1372.3	Chris Allen		US-VA	Golds Gym Classic	Richmond	VA
2	445	981	Jeff Willson		US-CT	2026 Owego Winter Classic	Owego	NY

Weight Class: 140 / 308				Total	Male			
Rank	Lift	lbs	Lifter		Country	Meet	Location	
1	602.5	1328.2	Rob Mostoller		US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	588	1296.3	Sean Savage		Canada	2026 Ice Breaker	Calgary	Alberta
3	527.5	1162.9	Chris Fry		US-VA	2026 Masters Nationals	York	PA
4	355	782.6	Terry Johnson		US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Unknown Class: SHW				Total	Male			
Rank	Lift	lbs	Lifter		Country	Meet	Location	
1	475	1047.1	Scott Frazee		US-NC	2026 North Carolina State Championships	Williamston	NC

2026 Strict Curl Rankings Male

Weight Class: 67.5 / 148				Strict Curl	Male			
Rank	Lift	lbs	Lifter		Country	Meet	Location	
1	58	127.8	Ben Zak		US-NC	2026 NC State Strict Curl Championships	Williamston	NC
2	55.5	122.3	Tim Garriss		US-NC	2026 American Challenge - VA Ashland	Ashland	VA

Weight Class: 75 / 165				Strict Curl	Male			
Rank	Lift	lbs	Lifter		Country	Meet	Location	
1	57	125.6	Ben Zak		US-NC	2026 American Challenge - NC	Currituck	NC
2	56.5	124.5	Tim Garriss		US-NC	2026 NC State Strict Curl Championships	Williamston	NC

Weight Class: 90 / 198				Strict Curl	Male			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57	125.6	Barry Capps	US-SC	2026 Battle of the Border	Jarvisburg	NC
Weight Class: 100 / 220			Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	John Cooper	US-NC	2026 American Challenge - NC	Currituck	NC
2	76	167.5	Michael Dalton	US-VA	2026 Masters Nationals	York	PA
3	57	125.6	Chris McConnell	US-PA	2026 American Challenge - NY CT	Owego	NY
4	54	119	Barry Capps	US-SC	2026 American Challenge - NC	Currituck	NC
Weight Class: 110 / 242			Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	David Haney	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
2	59.5	131.1	Tim Durrett	US-VA	Golds Gym Classic	Richmond	VA
Weight Class: 125 / 275			Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Wesley Wild	US-IN	2026 King of the Curl Championships	Bedford	OH
2	65	143.2	Chris Allen	US-VA	Golds Gym Classic	Richmond	VA
3	52	114.6	Curt Brown	US-OH	2026 King of the Curl Championships	Bedford	OH
Weight Class: 140 / 308			Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Jason Bentley	US-NY	2026 King of the Curl Championships	Bedford	OH
	70	154.3	Chris Fry	US-VA	2026 American Challenge - VA	Woodstock	VA
3	60	132.2	Sean Savage	Canada	2026 Ice Breaker	Calgary	Alberta
Unknown Class: SHW			Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	78.5	173	Danny Dale Stinson Jr	US-VA	2026 American Challenge - VA	Woodstock	VA