



2026 Women's Rankings

Updated 07/03/2026 Ed Kutin

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2026 Squat Rankings Female

Weight Class: 44 / 97				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Payton Ahart	US-NY	2026 American Challenge - NY CT	Owego	NY
2	37.5	82.6	Gabriella Person	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	35	77.1	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego	NY
	35	77.1	Jeaniva Milie	US-PA	2026 American Challenge - OH	Bedford	OH
5	32.5	71.6	Sophie Jernigan	US-NC	2026 North Carolina State Championships	Williamston	NC
6	22.5	49.6	Payton LaCoste	US-MD	2026 American Challenge - MD	Silver Springs	MD
7	15	33	Jaylynn Berge	US-NC	2026 American Challenge - NC	Currituck	NC

Weight Class: 48 / 105				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	78	171.9	Kimberly Price	US-VA	2026 Masters Nationals	York	PA

Weight Class: 52 / 114				Squat			
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	80	176.3	Jennifer Molina	US-VA	2026 American Challenge - VA	Woodstock	VA
4	60	132.2	Christina Amendola	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

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	110	242.5	Melissa Underdown	US-PA	2026 American Challenge - NY CT	Owego	NY
3	105	231.4	Allison Freeman	US-NC	2026 North Carolina State Championships	Williamston	NC
4	100.5	221.5	Mariela Olivares	US-MD	2026 American Challenge - MD	Silver Springs	MD
5	95	209.4	Natasha Esteves	US-CT	2026 Owego Winter Classic	Owego	NY
6	85	187.3	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego	NY
7	70	154.3	Janet Huntley	US-PA	2026 Masters Nationals	York	PA
8	62.5	137.7	Emily Kane	US-NY	2026 American Challenge - NY CT	Owego	NY
9	60	132.2	Shirleen Barnes	US-NY	2026 American Challenge - NY CT	Owego	NY
10	57.5	126.7	Barbara Phillips	US-WA	2026 American Challenge - VA	Woodstock	VA
	57.5	126.7	Ashley Kney	US-NY	2026 American Challenge - NY CT	Owego	NY
	57.5	126.7	Mariann Strain	US-PA	2026 American Challenge - OH	Bedford	OH

Weight Class: 60 / 132				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	133	293.2	Naomi Kutin	US-NJ	2026 American Challenge - OH	Bedford	OH
2	125	275.5	Amanda Evans	US-VA	2026 North Carolina State Championships	Williamston	NC
3	122.5	270	Cydney Amoroso	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	115	253.5	Lorelei Golden	US-PA	2026 American Challenge - NY CT	Owego	NY
5	102.5	225.9	Melissa Wright	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	92.5	203.9	Staci Stadler	US-NY	2026 Owego Winter Classic	Owego	NY

7	90	198.4	Megan Wolbert	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
8	85	187.3	Kit Loberg	Canada	2026 Ice Breaker	Calgary	Alberta
9	80	176.3	Connie Dote	US-NY	2026 American Challenge - NY CT	Owego	NY
10	75	165.3	Grace Nanney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
11	70	154.3	Geri-Lyn Hoffman	US-PA	2026 Masters Nationals	York	PA

Weight Class: 67.5 / 148		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Nena Pfeffer	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	120	264.5	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY
3	110	242.5	Ania Bayait	US-NY	2026 Owego Winter Classic	Owego	NY
4	107.5	236.9	Lori Kosienski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	105	231.4	Leyla Dombrowski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	100	220.4	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
	100	220.4	Shannon Minihane	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
8	90	198.4	Kyla Golden	US-PA	2026 American Challenge - NY CT	Owego	NY
9	82.5	181.8	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
10	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
12	77.5	170.8	Sheila Porterfield	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
13	70	154.3	Haley Hennessey	US-NY	2026 Owego Winter Classic	Owego	NY
	70	154.3	Nancy Breen	US-VA	2026 Masters Nationals	York	PA
15	65	143.2	Elliot Pufky	US-NY	2026 Owego Winter Classic	Owego	NY
16	60	132.2	Nancy Olsen	US-NY	2026 American Challenge - NY CT	Owego	NY
17	42.5	93.6	Jill Nagg	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 75 / 165		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Courtney Hansell	US-NY	2026 Owego Winter Classic	Owego	NY
2	110	242.5	Jacquelyn McLaughlin	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	107.5	236.9	Karen Cue	US-VA	2026 American Challenge - NC	Currituck	NC
4	105	231.4	Carissa Perez	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	100	220.4	Christina Carlson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	92.5	203.9	Rebecca Bogart	US-VA	2026 Virginia State Championship	Woodstock	VA
7	90	198.4	Jennarose Reagan	US-NY	2026 American Challenge - NY CT	Owego	NY
	90	198.4	Nancy Breen	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
9	87.5	192.9	Leah Steger	US-VA	2026 American Challenge - NC	Currituck	NC
	87.5	192.9	April Fales	US-MD	2026 American Challenge - MD	Silver Springs	MD
11	82.5	181.8	Christina Milie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
12	80	176.3	Madison Allen	US-VA	Golds Gym Classic	Richmond	VA
13	77.5	170.8	Rebecca Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
14	75	165.3	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY
15	72.5	159.8	Imogen Mugan	US-NC	2026 American Challenge - NC	Currituck	NC
16	70	154.3	Alison Wilber	US-NY	2026 American Challenge - NY CT	Owego	NY
17	65	143.2	Cailey Bayait	US-NY	2026 Owego Winter Classic	Owego	NY
	65	143.2	Heather Henderson	US-NY	2026 American Challenge - NY CT	Owego	NY
19	62.5	137.7	Gilda Giancola	US-PA	2026 American Challenge - OH	Bedford	OH
20	60	132.2	Shauna Stiles	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 82.5 / 181		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Madison Berry	US-NC	2026 North Carolina State Championships	Williamston	NC
2	135	297.6	Rose BrownEagle	US-MD	2026 American Challenge - VA	Woodstock	VA
3	130	286.5	Jennifer Twohig-Williams	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	125	275.5	Michele Latour	US-NY	2026 American Challenge - NY CT	Owego	NY
5	112.5	248	Sarah Jelinek	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	102.5	225.9	Shaina Brown	US-PA	2026 American Challenge - NY CT	Owego	NY
7	100	220.4	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
	100	220.4	Elise Weisenberger	US-VA	Golds Gym Classic	Richmond	VA

9	97.5	214.9	Michelle Hartung	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	97.5	214.9	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY
	97.5	214.9	Jacquelyn Branscomb Haebe	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
12	95	209.4	Heather Van Elk	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
13	92.5	203.9	Kathy Perugini	US-CT	Connecticut Winter State Championships	Cheshire	CT
	92.5	203.9	Amanda Skinner	US-NC	2026 American Challenge - NC	Currituck	NC
15	90	198.4	Danielle Richtmyer	US-NY	2026 American Challenge - NY CT	Owego	NY
16	87.5	192.9	Miranda Craft	US-NY	2026 Owego Winter Classic	Owego	NY
17	77.5	170.8	Christine Cedzo	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	77.5	170.8	Janis Ferguson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
19	75	165.3	Stephanie Forman	US-NC	2026 North Carolina State Championships	Williamston	NC
20	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	162.5	358.2	Madison Berry	US-NC	2026 American Challenge - NC	Currituck	NC
2	145	319.6	Mackenzie Taylor	US-NC	2026 North Carolina State Championships	Williamston	NC
3	142.5	314.1	Colleen Woods	US-NY	2026 Owego Winter Classic	Owego	NY
4	127.5	281	Noresha Gardner	US-NC	2026 American Challenge - NC	Currituck	NC
5	117.5	259	Erin Gorney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	115	253.5	Teenae Jacobson	US-NC	2026 American Challenge - NC	Currituck	NC
7	112.5	248	Mary Rolotti	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
8	110	242.5	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY
	110	242.5	Akaia Hancock	US-NC	2026 American Challenge - NC	Currituck	NC
10	92.5	203.9	Stephanie Condamine	US-NY	2026 American Challenge - NY CT	Owego	NY
11	62.5	137.7	Ashlin Nagg	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
12	60	132.2	Sophia Wilson	US-NC	2026 American Challenge - NC	Currituck	NC
13	52.5	115.7	Sonya Jones	US-VA	2026 Masters Nationals	York	PA

Weight Class: 90+ / 198+			Squat	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Rachel Clarke	US-PA	2026 Masters Nationals	York	PA
2	152.5	336.2	Charlotte Baker	US-VA	2026 Masters Nationals	York	PA
3	147.5	325.1	Janelle Shollenberger	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	145	319.6	Ivy Lander	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	132.5	292.1	Celesse Tucker	US-VA	2026 American Challenge - NC	Currituck	NC
6	127.5	281	Kiley Brown	US-NC	2026 American Challenge - NC	Currituck	NC
7	125	275.5	Jessica Roberts	US-PA	2026 American Challenge - NY CT	Owego	NY
8	120	264.5	Adelia Conton	US-NY	2026 American Challenge - NY CT	Owego	NY
9	117.5	259	Jashara Ross	US-NC	2026 North Carolina State Championships	Williamston	NC
10	115	253.5	Lashonda Dance	US-NC	2026 American Challenge - NC	Currituck	NC
11	112.5	248	Bethany Kalie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
12	102.5	225.9	Michelle Lawson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
13	100	220.4	Brittaney Marshall	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
14	55	121.2	Jennifer Kolis	US-NY	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	46	101.4	Karen Poyner	US-VA	2026 American Challenge - NC	Currituck	NC
2	30	66.1	Payton Ahart	US-NY	2026 American Challenge - NY CT	Owego	NY
3	27.5	60.6	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego	NY
4	25	55.1	Jeaniva Milie	US-PA	2026 American Challenge - OH	Bedford	OH
5	20.8	45.8	Gabriella Person	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	17.5	38.5	Sophie Jernigan	US-NC	2026 North Carolina State Championships	Williamston	NC
	17.5	38.5	Payton LaCoste	US-MD	2026 American Challenge - MD	Silver Springs	MD
8	15	33	Jaylynn Berge	US-NC	2026 American Challenge - NC	Currituck	NC
9	13	28.6	Jaelynn Berge	US-NC	2026 Battle of the Border	Jarvisburg	NC

10	8.5	18.7	Madison Freeman	US-NC	2026 North Carolina State Championships	Williamston	NC
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Weight Class: 48 / 105				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40	88.1	Kimberly Price	US-VA	2026 Masters Nationals	York	PA

Weight Class: 52 / 114				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Jennifer Molina	US-VA	2026 American Challenge - VA	Woodstock	VA
2	47.5	104.7	Mariela Olivares	US-MD	2026 Virginia State Championship	Woodstock	VA
	47.5	104.7	Logan White	US-NC	2026 Battle of the Border	Jarvisburg	NC
4	42.5	93.6	Lisa Grazul	US-PA	2026 American Challenge - NY CT	Owego	NY
5	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	70	154.3	Rachel Walker	US-VA	2026 Eastern USA Open	Wookstock	VA
2	65	143.2	Melissa Underdown	US-PA	2026 Owego Winter Classic	Owego	NY
3	63	138.8	Natasha Esteves	US-CT	2026 Owego Winter Classic	Owego	NY
4	57.5	126.7	Allison Freeman	US-NC	2026 North Carolina State Championships	Williamston	NC
5	55	121.2	Mariela Olivares	US-MD	2026 American Challenge - MD	Silver Springs	MD
6	52.5	115.7	Angela Goldstein	US-MD	2026 American Challenge - MD	Silver Springs	MD
7	45	99.2	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego	NY
	45	99.2	Emily Kane	US-NY	2026 American Challenge - NY CT	Owego	NY
	45	99.2	Ashley Kney	US-NY	2026 American Challenge - NY CT	Owego	NY
10	42.5	93.6	Janet Huntley	US-PA	2026 Masters Nationals	York	PA
11	33.5	73.8	Mariann Strain	US-PA	2026 American Challenge - OH	Bedford	OH
12	32.5	71.6	Shirleen Barnes	US-NY	2026 American Challenge - NY CT	Owego	NY
13	30	66.1	Barbara Phillips	US-WA	2026 American Challenge - VA	Woodstock	VA

Weight Class: 60 / 132				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Lorelei Golden	US-PA	2026 American Challenge - NY CT	Owego	NY
2	67.5	148.8	Cydney Amoroso	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	65	143.2	Staci Stadler	US-NY	2026 Owego Winter Classic	Owego	NY
	65	143.2	Naomi Kutin	US-NJ	2026 American Challenge - OH	Bedford	OH
5	62.5	137.7	Natasha Esteves	US-CT	Winter Brawl	Cheshire	CT
6	60	132.2	Amanda Evans	US-VA	2026 North Carolina State Championships	Williamston	NC
7	55	121.2	Melissa Wright	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
8	45	99.2	Tiffani Teeter	US-PA	2026 Owego Winter Classic	Owego	NY
	45	99.2	Angela Krompier	US-NJ	2026 Masters Nationals	York	PA
	45	99.2	Courtney Stryffeler	US-OH	2026 American Challenge - OH	Bedford	OH
11	42.5	93.6	Kit Loberg	Canada	2026 Ice Breaker	Calgary	Alberta
	42.5	93.6	Grace Nanney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
13	40	88.1	Geri-Lyn Hoffman	US-PA	2026 Masters Nationals	York	PA
14	37.5	82.6	Megan Wolbert	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	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	76	167.5	Nena Pfeffer	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	70	154.3	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY
4	65	143.2	Ania Bayait	US-NY	2026 Owego Winter Classic	Owego	NY
	65	143.2	Angela Kirstein	Canada	2026 Ice Breaker	Calgary	Alberta
6	60	132.2	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
	60	132.2	Layla Zylinsky	US-NY	2026 American Challenge - NY CT	Owego	NY
8	57.5	126.7	Haley Hennessey	US-NY	2026 Owego Winter Classic	Owego	NY
	57.5	126.7	Nancy Breen	US-VA	2026 Masters Nationals	York	PA

	57.5	126.7	Lori Kosienski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
11	56.5	124.5	Heidi Lightner	US-PA	2026 Masters Nationals	York	PA
12	55	121.2	Elliot Pufky	US-NY	2026 Owego Winter Classic	Owego	NY
	55	121.2	Christina Milie	US-PA	2026 Masters Nationals	York	PA
	55	121.2	Shannon Minihane	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
15	52.5	115.7	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA
	52.5	115.7	Leyla Dombrowski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
17	50	110.2	Sheila Porterfield	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
18	47.5	104.7	Kyla Golden	US-PA	2026 American Challenge - NY CT	Owego	NY
19	42.5	93.6	Dorothy Bolton	US-NY	2026 American Challenge - NY CT	Owego	NY
20	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	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	70	154.3	Christina Carlson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	65	143.2	Jacquelyn McLaughlin	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	62.5	137.7	Karen Cue	US-VA	2026 American Challenge - NC	Currituck	NC
	62.5	137.7	Jennarose Reagan	US-NY	2026 American Challenge - NY CT	Owego	NY
7	57.5	126.7	Betsy Hauptman	US-NY	2026 Owego Winter Classic	Owego	NY
	57.5	126.7	Leah Steger	US-VA	2026 Battle of the Border	Jarvisburg	NC
	57.5	126.7	Carissa Perez	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
10	55	121.2	Christina Milie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
11	52.5	115.7	Rebecca Bogart	US-VA	2026 Virginia State Championship	Woodstock	VA
	52.5	115.7	Courtney Hansell	US-NY	2026 Owego Winter Classic	Owego	NY
	52.5	115.7	Imogen Mugan	US-NC	2026 American Challenge - NC	Currituck	NC
	52.5	115.7	Shauna Stiles	US-NY	2026 American Challenge - NY CT	Owego	NY
	52.5	115.7	Nancy Breen	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
16	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
18	45	99.2	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY
19	42.5	93.6	Madison Allen	US-VA	Golds Gym Classic	Richmond	VA
20	40	88.1	Alison Wilber	US-NY	2026 American Challenge - NY CT	Owego	NY
	40	88.1	April Fales	US-MD	2026 American Challenge - MD	Silver Springs	MD

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	87.5	192.9	Madison Berry	US-NC	2026 North Carolina State Championships	Williamston	NC
3	81	178.5	Stacy Burak	Canada	2026 Ice Breaker	Calgary	Alberta
4	80	176.3	Kimberly Lindner	US-MA	2026 Masters Nationals	York	PA
5	77.5	170.8	Rose BrownEagle	US-MD	2026 American Challenge - VA	Woodstock	VA
6	70	154.3	Sarah Beech	US-OH	2026 American Challenge - OH	Bedford	OH
7	67.5	148.8	Michelle Hartung	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	67.5	148.8	Michele Latour	US-NY	2026 American Challenge - NY CT	Owego	NY
	67.5	148.8	Shaina Brown	US-PA	2026 American Challenge - NY CT	Owego	NY
10	60	132.2	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT
	60	132.2	Heather Van Elk	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
12	57.5	126.7	Jennifer Twohig-Williams	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	57.5	126.7	Sarah Jelinek	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
14	55	121.2	Amanda Skinner	US-NC	2026 American Challenge - NC	Currituck	NC
	55	121.2	Terri Korba	US-NY	2026 American Challenge - NY CT	Owego	NY
	55	121.2	Jacquelyn Branscomb Haebe	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
17	52.5	115.7	Danielle Richtmyer	US-NY	2026 American Challenge - NY CT	Owego	NY
18	51	112.4	Monica Mazzarino	US-CA	NoCal Ironman Classic	Santa Clara	CA
19	50	110.2	Miranda Craft	US-NY	2026 Owego Winter Classic	Owego	NY
	50	110.2	Christine Cedzo	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	50	110.2	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY

Weight Class: 90 / 198			Bench Press	Female				
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	102.5	225.9	Mackenzie Taylor	US-NC	2026 North Carolina State Championships	Williamston	NC	
2	90	198.4	Madison Berry	US-NC	2026 American Challenge - NC	Currituck	NC	
3	75	165.3	Erin Gorney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA	
	75	165.3	Stephanie Condamé	US-NY	2026 American Challenge - NY CT	Owego	NY	
5	70	154.3	Colleen Woods	US-NY	2026 Owego Winter Classic	Owego	NY	
6	65	143.2	Teena Jacobson	US-NC	2026 American Challenge - NC	Currituck	NC	
	65	143.2	Noresha Gardner	US-NC	2026 American Challenge - NC	Currituck	NC	
8	62.5	137.7	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY	
	62.5	137.7	Mary Rolotti	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA	
	62.5	137.7	Akaia Hancock	US-NC	2026 American Challenge - NC	Currituck	NC	
11	47.5	104.7	Sonya Jones	US-VA	2026 Masters Nationals	York	PA	
12	40	88.1	Ashlin Nagg	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA	
13	25	55.1	Sophia Wilson	US-NC	2026 American Challenge - NC	Currituck	NC	

Weight Class: 90+ / 198+			Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	97.5	214.9	Kierstyn Bourdeau	US-CT	Conneticut Winter State Championships	Cheshire	CT
2	80	176.3	Charlotte Baker	US-VA	2026 Masters Nationals	York	PA
	80	176.3	Adelia Conton	US-NY	2026 American Challenge - NY CT	Owego	NY
4	77.5	170.8	Janelle Shollenberger	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	75	165.3	Rachel Clarke	US-PA	2026 Masters Nationals	York	PA
6	72.5	159.8	Bethany Kalie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
7	70	154.3	Dorothy Sosnicki	US-AZ	2026 American Challenge - NC	Currituck	NC
	70	154.3	Kiley Brown	US-NC	2026 American Challenge - NC	Currituck	NC
9	62.5	137.7	Jashara Ross	US-NC	2026 North Carolina State Championships	Williamston	NC
	62.5	137.7	Ivy Lander	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
11	60	132.2	Michelle Lawson	US-PA	2026 Masters Nationals	York	PA
	60	132.2	Lashonda Dance	US-NC	2026 American Challenge - NC	Currituck	NC
	60	132.2	Celesse Tucker	US-VA	2026 American Challenge - NC	Currituck	NC
	60	132.2	Jessica Roberts	US-PA	2026 American Challenge - NY CT	Owego	NY
15	55	121.2	Brittaney Marshall	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
16	47.5	104.7	Jennifer Kolis	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
17	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	83	182.9	Karen Poyner	US-VA	2026 American Challenge - NC	Currituck	NC	
2	62.5	137.7	Payton Ahart	US-NY	2026 American Challenge - NY CT	Owego	NY	
3	57.5	126.7	Gabriella Person	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA	
4	55	121.2	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego	NY	
5	52.5	115.7	Jeaniva Milie	US-PA	2026 American Challenge - OH	Bedford	OH	
6	47.5	104.7	Sophie Jernigan	US-NC	2026 North Carolina State Championships	Williamston	NC	
7	36	79.3	Ali Nerone	US-OH	2026 American Challenge - OH	Bedford	OH	
8	35	77.1	Jaylynn Berge	US-NC	2026 American Challenge - NC	Currituck	NC	
	35	77.1	Payton LaCoste	US-MD	2026 American Challenge - MD	Silver Springs	MD	
10	30	66.1	Madison Freeman	US-NC	2026 North Carolina State Championships	Williamston	NC	
11	27	59.5	Jaelynn Berge	US-NC	2026 Battle of the Border	Jarvisburg	NC	

Weight Class: 48 / 105			Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	110	242.5	Kimberly Price	US-VA	2026 Masters Nationals	York	PA	

Weight Class: 52 / 114			Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	120	264.5	Logan White	US-NC	2026 American Challenge - NC	Currituck	NC
	120	264.5	Jennifer Molina	US-VA	2026 American Challenge - VA	Woodstock	VA
3	117.5	259	Lisa Grazul	US-PA	2026 American Challenge - NY CT	Owego	NY
4	100	220.4	Mariela Olivares	US-MD	2026 Virginia State Championship	Woodstock	VA
5	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	135	297.6	Angela Goldstein	US-MD	2026 American Challenge - MD	Silver Springs	MD
2	127.5	281	Allison Freeman	US-NC	2026 North Carolina State Championships	Williamston	NC
3	120	264.5	Melissa Underdown	US-PA	2026 American Challenge - NY CT	Owego	NY
4	115	253.5	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego	NY
5	107.5	236.9	Natasha Esteves	US-CT	Conneticut Winter State Championships	Cheshire	CT
6	105	231.4	Emily Kane	US-NY	2026 American Challenge - NY CT	Owego	NY
	105	231.4	Mariela Olivares	US-MD	2026 American Challenge - MD	Silver Springs	MD
8	97.5	214.9	Janet Huntley	US-PA	2026 Masters Nationals	York	PA
9	95	209.4	Shirleen Barnes	US-NY	2026 American Challenge - NY CT	Owego	NY
10	92.5	203.9	Barbara Phillips	US-WA	2026 American Challenge - VA	Woodstock	VA
11	82.5	181.8	Ashley Kney	US-NY	2026 American Challenge - NY CT	Owego	NY
	82.5	181.8	Mariann Strain	US-PA	2026 American Challenge - OH	Bedford	OH

Weight Class: 60 / 132			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	168.5	371.4	Naomi Kutin	US-NJ	2026 American Challenge - OH	Bedford	OH
2	150	330.6	Lorelei Golden	US-PA	2026 Owego Winter Classic	Owego	NY
3	140	308.6	Cydney Amoroso	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	135	297.6	Melissa Wright	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	132.5	292.1	Amanda Evans	US-VA	2026 North Carolina State Championships	Williamston	NC
6	130	286.5	Megan Wolbert	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
7	122.5	270	Grace Nanney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
8	120	264.5	Staci Stadler	US-NY	2026 Owego Winter Classic	Owego	NY
9	110	242.5	Connie Dote	US-NY	2026 American Challenge - NY CT	Owego	NY
10	107.5	236.9	Geri-Lyn Hoffman	US-PA	2026 Masters Nationals	York	PA
11	105	231.4	Angela Krompier	US-NJ	2026 Masters Nationals	York	PA
12	102.5	225.9	Kit Loberg	Canada	2026 Ice Breaker	Calgary	Alberta

Weight Class: 67.5 / 148			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Nena Pfeffer	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	142.5	314.1	Lori Kosienski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	140.5	309.7	Layla Zylinsky	US-NY	2026 American Challenge - NY CT	Owego	NY
4	140	308.6	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY
5	132.5	292.1	Ania Bayait	US-NY	2026 Owego Winter Classic	Owego	NY
6	125	275.5	Shannon Minihane	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
7	120	264.5	Christina Milie	US-PA	2026 Masters Nationals	York	PA
8	115	253.5	Sheila Porterfield	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
9	107.5	236.9	Haley Hennessey	US-NY	2026 Owego Winter Classic	Owego	NY
	107.5	236.9	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
	107.5	236.9	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
	107.5	236.9	Leyla Dombrowski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
13	105	231.4	Nancy Breen	US-VA	2026 Masters Nationals	York	PA
14	97.5	214.9	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA
15	95	209.4	Nancy Olsen	US-NY	2026 American Challenge - NY CT	Owego	NY
16	92.5	203.9	Elliot Pufky	US-NY	2026 Owego Winter Classic	Owego	NY
	92.5	203.9	Kyla Golden	US-PA	2026 American Challenge - NY CT	Owego	NY
18	90	198.4	Dorothy Bolton	US-NY	2026 American Challenge - NY CT	Owego	NY
19	80	176.3	Jill Nagg	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 75 / 165			Deadlift	Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Natasha Beasley	US-VA	Golds Gym Classic	Richmond	VA
	157.5	347.2	Christina Carlson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
3	150	330.6	Jennarose Reagan	US-NY	2026 American Challenge - NY CT	Owego	NY
4	145	319.6	Cristen Byerly	US-NC	2026 American Challenge - NC	Currituck	NC
5	137.5	303.1	Carissa Perez	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	135	297.6	Courtney Hansell	US-NY	2026 Owego Winter Classic	Owego	NY
7	130	286.5	Karen Cue	US-VA	2026 American Challenge - NC	Currituck	NC
8	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
10	125	275.5	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY
11	122.5	270	Jacquelyn McLaughlin	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
12	120	264.5	Christina Milie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	120	264.5	Imogen Mugan	US-NC	2026 American Challenge - NC	Currituck	NC
14	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
	115	253.5	April Fales	US-MD	2026 American Challenge - MD	Silver Springs	MD
17	107.5	236.9	Rebecca Bogart	US-VA	2026 Virginia State Championship	Woodstock	VA
	107.5	236.9	Madison Allen	US-VA	Golds Gym Classic	Richmond	VA
19	105	231.4	Nancy Breen	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
20	102.5	225.9	Marie Palisano	US-VA	Golds Gym Classic	Richmond	VA
	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	Madison Berry	US-NC	2026 Battle of the Border	Jarvisburg	NC
	157.5	347.2	Sarah Jelinek	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	157.5	347.2	Michele Latour	US-NY	2026 American Challenge - NY CT	Owego	NY
4	155	341.7	Christine Cedzo	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	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
7	137.5	303.1	Linda Lee	US-VA	2026 American Challenge - VA	Woodstock	VA
8	130	286.5	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY
9	127.5	281	Elise Weisenberger	US-VA	Golds Gym Classic	Richmond	VA
10	125	275.5	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT
11	122.5	270	Heather Van Elk	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
	122.5	270	Jacquelyn Branscomb Haebe	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
13	120	264.5	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
	120	264.5	Janis Ferguson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
15	117.5	259	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY
	117.5	259	Miranda Craft	US-NY	2026 Owego Winter Classic	Owego	NY
	117.5	259	Michelle Hartung	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	117.5	259	Danielle Richtmyer	US-NY	2026 American Challenge - NY CT	Owego	NY
19	112.5	248	Amanda Skinner	US-NC	2026 American Challenge - NC	Currituck	NC
20	107.5	236.9	Shaina Brown	US-PA	2026 American Challenge - NY CT	Owego	NY

Weight Class: 90 / 198		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Mackenzie Taylor	US-NC	2026 North Carolina State Championships	Williamston	NC
2	166	365.9	Madison Berry	US-NC	2026 American Challenge - NC	Currituck	NC
3	155	341.7	Keisha St.John	US-VA	Golds Gym Classic	Richmond	VA
4	150	330.6	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY
	150	330.6	Mary Rolotti	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
	150	330.6	Noresha Gardner	US-NC	2026 American Challenge - NC	Currituck	NC
7	142.5	314.1	Colleen Woods	US-NY	2026 Owego Winter Classic	Owego	NY
	142.5	314.1	Erin Gorney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
9	140	308.6	Teena Jacobson	US-NC	2026 American Challenge - NC	Currituck	NC
	140	308.6	Stephanie Condamé	US-NY	2026 American Challenge - NY CT	Owego	NY
11	125	275.5	Akaia Hancock	US-NC	2026 North Carolina State Championships	Williamston	NC

	125	275.5	Sonya Jones	US-VA	2026 Masters Nationals	York	PA
13	110	242.5	Ashlin Nagg	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
14	67.5	148.8	Sophia Wilson	US-NC	2026 American Challenge - NC	Currituck	NC

Weight Class: 90+ / 198+				Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	217	478.3	Rachel Clarke	US-PA	2026 Masters Nationals	York			PA		
2	175	385.8	Charlotte Baker	US-VA	2026 Masters Nationals	York			PA		
3	162.5	358.2	Ivy Lander	US-PA	2026 Great Lakes Powerlifting Championships	Erie			PA		
4	160	352.7	Kierstyn Bourdeau	US-CT	Conneticut Winter State Championships	Cheshire			CT		
5	157.5	347.2	Jashara Ross	US-NC	2026 North Carolina State Championships	Williamston			NC		
6	155	341.7	Bethany Kalie	US-PA	2026 Great Lakes Powerlifting Championships	Erie			PA		
7	152.5	336.2	Lashonda Dance	US-NC	2026 American Challenge - NC	Currituck			NC		
	152.5	336.2	Celesse Tucker	US-VA	2026 American Challenge - NC	Currituck			NC		
9	150	330.6	Adelia Conton	US-NY	2026 Owego Winter Classic	Owego			NY		
10	145	319.6	Ellen Plummert	US-MD	2026 American Challenge - MD	Silver Springs			MD		
11	140	308.6	Janelle Shollenberger	US-PA	2026 Great Lakes Powerlifting Championships	Erie			PA		
	140	308.6	Kiley Brown	US-NC	2026 American Challenge - NC	Currituck			NC		
13	132.5	292.1	Brittaney Marshall	US-VA	2026 American Challenge - VA Ashland	Ashland			VA		
14	130	286.5	Michelle Lawson	US-PA	2026 Masters Nationals	York			PA		
15	125	275.5	Cheri Williams	US-NC	2026 American Challenge - NC	Currituck			NC		
16	120	264.5	Jessica Roberts	US-PA	2026 American Challenge - NY CT	Owego			NY		
17	105	231.4	Jennifer Kolis	US-NY	2026 Great Lakes Powerlifting Championships	Erie			PA		
18	100	220.4	Jennifer Perrin	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland			VA		
19	80	176.3	Dorothy Sosnicki	US-AZ	2026 American Challenge - NC	Currituck			NC		

2026 Total Rankings Female

Weight Class: 44 / 97				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	142.5	314.1	Payton Ahart	US-NY	2026 American Challenge - NY CT	Owego			NY		
2	117.5	259	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego			NY		
3	115.8	255.2	Gabriella Person	US-PA	2026 Great Lakes Powerlifting Championships	Erie			PA		
4	112.5	248	Jeaniva Milie	US-PA	2026 American Challenge - OH	Bedford			OH		
5	97.5	214.9	Sophie Jernigan	US-NC	2026 North Carolina State Championships	Williamston			NC		
6	75	165.3	Payton LaCoste	US-MD	2026 American Challenge - MD	Silver Springs			MD		
7	65	143.2	Jaylynn Berge	US-NC	2026 American Challenge - NC	Currituck			NC		

Weight Class: 48 / 105				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	222.5	490.5	Kimberly Price	US-VA	2026 Masters Nationals	York			PA		

Weight Class: 52 / 114				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	267.5	589.7	Jennifer Molina	US-VA	2026 American Challenge - VA	Woodstock			VA		
2	247.5	545.6	Lisa Grazul	US-PA	2026 American Challenge - NY CT	Owego			NY		
3	238	524.6	Mariela Olivares	US-MD	2026 Virginia State Championship	Woodstock			VA		
4	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	302.5	666.8	Angela Goldstein	US-MD	2026 American Challenge - MD	Silver Springs			MD		
2	295	650.3	Melissa Underdown	US-PA	2026 American Challenge - NY CT	Owego			NY		
3	290	639.3	Allison Freeman	US-NC	2026 North Carolina State Championships	Williamston			NC		
4	262.5	578.7	Natasha Esteves	US-CT	Conneticut Winter State Championships	Cheshire			CT		
5	260.5	574.2	Mariela Olivares	US-MD	2026 American Challenge - MD	Silver Springs			MD		
6	245	540.1	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego			NY		
7	212.5	468.4	Emily Kane	US-NY	2026 American Challenge - NY CT	Owego			NY		
8	210	462.9	Janet Huntley	US-PA	2026 Masters Nationals	York			PA		

9	187.5	413.3	Shirleen Barnes	US-NY	2026 American Challenge - NY CT	Owego	NY
10	185	407.8	Ashley Kney	US-NY	2026 American Challenge - NY CT	Owego	NY
11	180	396.8	Barbara Phillips	US-WA	2026 American Challenge - VA	Woodstock	VA
12	172	379.1	Mariann Strain	US-PA	2026 American Challenge - OH	Bedford	OH

Weight Class: 60 / 132				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	366.5	807.9	Naomi Kutin	US-NJ	2026 American Challenge - OH	Bedford	OH
2	332.5	733	Lorelei Golden	US-PA	2026 American Challenge - NY CT	Owego	NY
3	330	727.5	Cydney Amoroso	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	317.5	699.9	Amanda Evans	US-VA	2026 North Carolina State Championships	Williamston	NC
5	292.5	644.8	Melissa Wright	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	277.5	611.7	Staci Stadler	US-NY	2026 Owego Winter Classic	Owego	NY
7	257.5	567.6	Megan Wolbert	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
8	240	529.1	Grace Nanney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
9	230	507	Kit Loberg	Canada	2026 Ice Breaker	Calgary	Alberta
10	227.5	501.5	Connie Dote	US-NY	2026 American Challenge - NY CT	Owego	NY
11	217.5	479.5	Geri-Lyn Hoffman	US-PA	2026 Masters Nationals	York	PA

Weight Class: 67.5 / 148				Total	Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	361	795.8	Nena Pfeffer	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	330	727.5	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY
3	307.5	677.9	Ania Bayait	US-NY	2026 Owego Winter Classic	Owego	NY
		677.9	Lori Kosiencki	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	280	617.2	Shannon Minihane	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	267.5	589.7	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
7	265	584.2	Leyla Dombrowski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
8	255	562.1	Christina Milie	US-PA	2026 Masters Nationals	York	PA
9	253	557.7	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
10	242.5	534.6	Sheila Porterfield	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
11	235	518	Haley Hennessey	US-NY	2026 Owego Winter Classic	Owego	NY
12	232.5	512.5	Nancy Breen	US-VA	2026 Masters Nationals	York	PA
13	230	507	Kyla Golden	US-PA	2026 American Challenge - NY CT	Owego	NY
		507	Suzanne Jeffers	US-NY	2026 American Challenge - NY CT	Owego	NY
15	212.5	468.4	Elliot Pufky	US-NY	2026 Owego Winter Classic	Owego	NY
16	192.5	424.3	Nancy Olsen	US-NY	2026 American Challenge - NY CT	Owego	NY
17	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	327.5	722	Christina Carlson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	305	672.4	Courtney Hansell	US-NY	2026 Owego Winter Classic	Owego	NY
3	300.5	662.4	Jennarose Reagan	US-NY	2026 American Challenge - NY CT	Owego	NY
4	300	661.3	Carissa Perez	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
		661.3	Karen Cue	US-VA	2026 American Challenge - NC	Currituck	NC
6	297.5	655.8	Jacquelyn McLaughlin	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
7	257.5	567.6	Christina Milie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
8	252.5	556.6	Rebecca Bogart	US-VA	2026 Virginia State Championship	Woodstock	VA
9	247.5	545.6	Nancy Breen	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
10	245	540.1	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY
		540.1	Imogen Mugan	US-NC	2026 American Challenge - NC	Currituck	NC
12	242.5	534.6	Leah Steger	US-VA	2026 American Challenge - NC	Currituck	NC
		534.6	April Fales	US-MD	2026 American Challenge - MD	Silver Springs	MD
14	240	529.1	Rebecca Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
		529.1	Heather Henderson	US-NY	2026 American Challenge - NY CT	Owego	NY
16	230	507	Madison Allen	US-VA	Golds Gym Classic	Richmond	VA
17	227.5	501.5	Shauna Stiles	US-NY	2026 American Challenge - NY CT	Owego	NY
18	202.5	446.4	Alison Wilber	US-NY	2026 American Challenge - NY CT	Owego	NY

	202.5	446.4	Gilda Giancola	US-PA	2026 American Challenge - OH	Bedford	OH
20	190	418.8	Marie Palisano	US-VA	Golds Gym Classic	Richmond	VA

Weight Class: 82.5 / 181				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	385	848.7	Madison Berry	US-NC	2026 North Carolina State Championships	Williamston	NC
2	355	782.6	Rose BrownEagle	US-MD	2026 American Challenge - VA	Woodstock	VA
3	350	771.6	Michele Latour	US-NY	2026 American Challenge - NY CT	Owego	NY
4	330	727.5	Jennifer Twohig-Williams	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	327.5	722	Sarah Jelinek	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	310	683.4	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
7	282.5	622.7	Christine Cedzo	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	282.5	622.7	Michelle Hartung	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
9	277.5	611.7	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT
	277.5	611.7	Heather Van Elk	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA
	277.5	611.7	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY
	277.5	611.7	Shaina Brown	US-PA	2026 American Challenge - NY CT	Owego	NY
13	275	606.2	Elise Weisenberger	US-VA	Golds Gym Classic	Richmond	VA
	275	606.2	Jacquelyn Branscomb Haebe	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
15	260	573.1	Amanda Skinner	US-NC	2026 American Challenge - NC	Currituck	NC
	260	573.1	Danielle Richtmyer	US-NY	2026 American Challenge - NY CT	Owego	NY
17	255	562.1	Miranda Craft	US-NY	2026 Owego Winter Classic	Owego	NY
18	245	540.1	Janis Ferguson	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
19	222.5	490.5	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY
20	200	440.9	Stephanie Forman	US-NC	2026 North Carolina State Championships	Williamston	NC

Weight Class: 90 / 198				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	417.5	920.4	Mackenzie Taylor	US-NC	2026 North Carolina State Championships	Williamston	NC
2	407.5	898.3	Madison Berry	US-NC	2026 American Challenge - NC	Currituck	NC
3	355	782.6	Colleen Woods	US-NY	2026 Owego Winter Classic	Owego	NY
4	342.5	755	Noresha Gardner	US-NC	2026 American Challenge - NC	Currituck	NC
5	335	738.5	Erin Gorney	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	325	716.4	Mary Rolotti	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
7	322.5	710.9	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY
8	320	705.4	Teenae Jacobson	US-NC	2026 American Challenge - NC	Currituck	NC
9	307.5	677.9	Stephanie Condame	US-NY	2026 American Challenge - NY CT	Owego	NY
10	297.5	655.8	Akaia Hancock	US-NC	2026 American Challenge - NC	Currituck	NC
11	225	496	Sonya Jones	US-VA	2026 Masters Nationals	York	PA
12	212.5	468.4	Ashlin Nagg	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
13	152.5	336.2	Sophia Wilson	US-NC	2026 American Challenge - NC	Currituck	NC

Weight Class: 90+ / 198+				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	452	996.4	Rachel Clarke	US-PA	2026 Masters Nationals	York	PA
2	407.5	898.3	Charlotte Baker	US-VA	2026 Masters Nationals	York	PA
3	370	815.7	Ivy Lander	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	365	804.6	Janelle Shollenberger	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	350	771.6	Adelia Conton	US-NY	2026 American Challenge - NY CT	Owego	NY
6	345	760.5	Celesse Tucker	US-VA	2026 American Challenge - NC	Currituck	NC
7	340	749.5	Bethany Kalie	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
8	337.5	744	Jashara Ross	US-NC	2026 North Carolina State Championships	Williamston	NC
	337.5	744	Kiley Brown	US-NC	2026 American Challenge - NC	Currituck	NC
10	327.5	722	Lashonda Dance	US-NC	2026 American Challenge - NC	Currituck	NC
11	305	672.4	Jessica Roberts	US-PA	2026 American Challenge - NY CT	Owego	NY
12	290	639.3	Michelle Lawson	US-PA	2026 Masters Nationals	York	PA
13	287.5	633.8	Brittaney Marshall	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
14	207.5	457.4	Jennifer Kolis	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA

2026 Strict Curl Rankings				Female			
Weight Class: 44 / 97			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	23	50.7	Karen Poyner	US-VA	2026 American Challenge - NC	Currituck	NC
2	14.5	31.9	Sylvia Hunter	US-NY	2026 Owego Winter Classic	Owego	NY
3	10	22	Madison Freeman	US-NC	2026 American Challenge - NC	Currituck	NC
	10	22	Jaylynn Berge	US-NC	2026 American Challenge - NC	Currituck	NC
5	9.5	20.9	Jaelynn Berge	US-NC	2026 Battle of the Border	Jarvisburg	NC

Weight Class: 52 / 114			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38	83.7	Allison Freeman	US-NC	2026 Battle of the Border	Jarvisburg	NC
2	36	79.3	Logan White	US-NC	2026 American Challenge - NC	Currituck	NC
3	31	68.3	Andrea Golembesk	US-NY	Mid Atlantic Mr America Strict Curl Pro Qualifier	Milton	DE
4	22.5	49.6	Carina Canete	US-CA	NoCal Ironman Classic	Santa Clara	CA

Weight Class: 56 / 123			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38	83.7	Allison Freeman	US-NC	2026 American Challenge - NC	Currituck	NC
2	36.5	80.4	Rachel Walker	US-VA	2026 Eastern USA Open	Wookstock	VA
3	34	74.9	Krystal Brown	US-NC	2026 American Challenge - NC	Currituck	NC
4	33	72.7	Maddy Vanpevenage	Belgium	Belgium Arm Open 2.0		Belgium
5	30.5	67.2	Denise Jaffe	US-OH	2026 King of the Curl Championships	Bedford	OH
6	23.5	51.8	Carina Canete	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA
7	17	37.4	Audrey Keane	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA

Weight Class: 60 / 132			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	39	85.9	Laure Gathon	Belgium	Belgium Arm Open 2.0		Belgium
2	36.5	80.4	Lori Christ	US-NM	Hear and Strength Strict Curl Championships	Santa Clara	CA
3	33.5	73.8	Brooke Zak	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
	33.5	73.8	Angela Krompier	US-NJ	2026 Masters Nationals	York	PA
5	33	72.7	Madison Jaffe	US-OH	2026 American Challenge - OH	Bedford	OH
6	32	70.5	Krystal Brown	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
	32	70.5	Maddy Vanpevenage	Belgium	Belgium Curl Records		Belgium
8	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	52	114.6	Alexis Kajencki	US-MD	2026 Virginia State Championship	Woodstock	VA
2	45	99.2	Emma Mose Nielsen	Denmark	Belgium Arm Open 2.0		Belgium
3	40	88.1	Angela Kirstein	Canada	2026 Ice Breaker	Calgary	Alberta
4	37.5	82.6	Akeia Neptune	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA
5	36.5	80.4	Madison Jaffe	US-OH	2026 King of the Curl Championships	Bedford	OH
6	34	74.9	Jennifer Zak	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
7	30	66.1	Heidi Lightner	US-PA	2026 Masters Nationals	York	PA
8	29.5	65	Connie Dote	US-NY	2026 Owego Winter Classic	Owego	NY
9	29	63.9	Reagan Charlton	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
	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	36	79.3	Jennarose Reagan	US-NY	2026 American Challenge - NY CT	Owego	NY
3	35.5	78.2	Imogen Mugan	US-NC	2026 American Challenge - NC	Currituck	NC
4	34.5	76	Mona Espinosa	US-NC	2026 American Challenge - VA Ashland	Ashland	VA
5	31	68.3	Diane Hiller	US-NY	2026 American Challenge - NY CT	Owego	NY
6	29	63.9	Gwen Bailey	US-MD	2026 American Challenge - MD	Silver Springs	MD

7	26	57.3	Heather Henderson	US-NY	2026 American Challenge - NY CT	Owego	NY
	26	57.3	Alison Wilber	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	47.5	104.7	Kimberly Lindner	US-MA	2026 Masters Nationals	York	PA
2	44.5	98.1	Stacy Burak	Canada	2026 Ice Breaker	Calgary	Alberta
3	44	97	Rebekah Babcock	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA
4	42	92.5	Madison Berry	US-NC	2026 Battle of the Border	Jarvisburg	NC
5	39	85.9	Monica Mazzarino	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA
6	35	77.1	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY
7	33.5	73.8	Sarah Beech	US-OH	2026 American Challenge - OH	Bedford	OH
8	21.5	47.3	Stephanie Forman	US-NC	Ironbuilt Classic Full Power and Single Lift	Ashland	VA

Weight Class: 90 / 198		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Mackenzie Taylor	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
2	45.5	100.3	Madison Berry	US-NC	2026 American Challenge - NC	Currituck	NC
3	42	92.5	Emanni Parrish	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA
4	36.5	80.4	Mary Rolotti	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
5	32	70.5	Marayna Coleman	US-DE	Mid Atlantic Mr America Strict Curl Pro Qualifier	Milton	DE

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	41	90.3	Mary Rolotti	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
3	40	88.1	Dorothy Sosnicki	US-AZ	2026 American Challenge - NC	Currituck	NC
4	38.5	84.8	Eefje Sevenants	Belgium	Belgium Curl Records		Belgium
5	30	66.1	Stephanie Malcolm	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA
6	29.5	65	Jessica Clark	US-CA	Hear and Strength Strict Curl Championships	Santa Clara	CA
7	26	57.3	Jennifer Perrin	US-VA	2026 American Challenge - VA Ashland	Ashland	VA