



2026 Masters 40-49 Rankings

Updated 09/01/2026 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: 60 / 132				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	52.5	115.7	Patricia Niklas	Canada	Iron Challenge	Medicine Hat	Canada
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	77.5	170.8	Chanelle Neff	US-FL	Florida Heat Championships	Lakeland	FL
7	75	165.3	Stephanie Forman	US-NC	2026 North Carolina State Championships	Williamston	NC
8	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	Teena 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
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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
2	35	77.1	Patricia Niklas	Canada	Iron Challenge	Medicine Hat	Canada
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
	52.5	115.7	Bridget Kelley	US-MI	Northeren National Championships		MI
7	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
	52.5	115.7	Brooke Wood	US-NC	2026 Southern Open	Jarvisburg	NC
6	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
8	40	88.1	Stephanie Forman	US-NC	2026 Shenandoah Open	Woodstock	VA
Weight Class: 82.5 / 181		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	90	198.4	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
2	81	178.5	Stacy Burak	Canada	2026 Ice Breaker	Calgary	Alberta
3	77.5	170.8	Rose BrownEagle	US-MD	2026 American Challenge - VA	Woodstock	VA
4	65	143.2	Chanelle Neff	US-FL	Florida Heat Championships	Lakeland	FL
5	57.5	126.7	Jennifer Twohig-Williams	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	55	121.2	Jacquelyn Branscomb Haeberle	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
7	50	110.2	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY
	50	110.2	Rebekah Babcock	US-CA	California Open II	Santa Clara	CA
9	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

	47.5	104.7	Stephanie Malcolm	US-CA	California Open II	Santa Clara	CA
7	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: 60 / 132			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Patricia Niklas	Canada	Iron Challenge	Medicine Hat	Canada

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	102.5	225.9	Bridget Kelley	US-MI	Northeren National Championships		MI
5	97.5	214.9	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA
6	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
7	97.5	214.9	Brooke Wood	US-NC	2026 Southern Open	Jarvisburg	NC

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	102.5	225.9	Chanelle Neff	US-FL	Florida Heat Championships	Lakeland	FL
8	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	Teena 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			
1	302.5	666.8	Angela Goldstein	US-MD				2026 American Challenge - MD			
2	185	407.8	Ashley Kney	US-NY				2026 American Challenge - NY CT			

Weight Class: 60 / 132				Total				Female			
Rank	Lift	lbs	Lifter	Country				Meet			
1	155	341.7	Patricia Niklas	Canada				Iron Challenge			

Weight Class: 67.5 / 148				Total				Female			
Rank	Lift	lbs	Lifter	Country				Meet			
1	330	727.5	Nicole Golden	US-PA				2026 Owego Winter Classic			
2	267.5	589.7	Jennifer Zak	US-NC				2026 North Carolina State Championships			
3	255	562.1	Christina Milie	US-PA				2026 Masters Nationals			
4	230	507	Suzanne Jeffers	US-NY				2026 American Challenge - NY CT			
5	152.5	336.2	Jill Nagg	US-PA				2026 Great Lakes Powerlifting Championships			

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

Weight Class: 82.5 / 181				Total				Female			
Rank	Lift	lbs	Lifter	Country				Meet			
1	355	782.6	Rose BrownEagle	US-MD				2026 American Challenge - VA			
2	330	727.5	Jennifer Twohig-Williams	US-PA				2026 Great Lakes Powerlifting Championships			
3	310	683.4	Kristen Corson	US-VA				Golds Gym Classic			
4	277.5	611.7	Karen Andela	US-NY				2026 American Challenge - NY CT			
5	275	606.2	Jacquelyn Branscomb Haeberle	US-VA				2026 American Challenge - VA Ashland			
6	245	540.1	Chanelle Neff	US-FL				Florida Heat Championships			
7	222.5	490.5	Shauna Stiles	US-NY				2026 Owego Winter Classic			
8	200	440.9	Stephanie Forman	US-NC				2026 North Carolina State Championships			

Weight Class: 90 / 198				Total				Female			
Rank	Lift	lbs	Lifter	Country				Meet			
1	335	738.5	Erin Gorney	US-PA				2026 Great Lakes Powerlifting Championships			
2	322.5	710.9	Monique Lee	US-NY				2026 Owego Winter Classic			
3	320	705.4	Teenae Jacobson	US-NC				2026 American Challenge - NC			

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

2026 Strict Curl Rankings Female

Weight Class: 56 / 123				Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country				Meet			
1	36.5	80.4	Rachel Walker	US-VA				2026 Eastern USA Open			

Weight Class: 67.5 / 148				Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country				Meet			
1	40	88.1	Angela Kirstein	Canada				2026 Ice Breaker			
2	34	74.9	Jennifer Zak	US-NC				2026 NC State Strict Curl Championships			
3	29	63.9	Suzanne Jeffers	US-NY				2026 American Challenge - NY CT			

Weight Class: 75 / 165				Strict Curl				Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Tricia Floyd	US-VA	California Open II Strict Curl Pro Qualifier	Santa Clara	CA
2	37.5	82.6	Natasha Beasley	US-VA	2026 Masters Nationals	York	PA
3	35	77.1	Brooke Wood	US-NC	2026 Southern Open	Jarvisburg	NC
4	34.5	76	Mona Espinosa	US-NC	2026 American Challenge - VA Ashland	Ashland	VA
5	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	45.5	100.3	Rebekah Babcock	US-CA	California Open II Strict Curl Pro Qualifier	Santa Clara	CA
2	44.5	98.1	Stacy Burak	Canada	2026 Ice Breaker	Calgary	Alberta
3	35	77.1	Karen Andela	US-NY	2026 American Challenge - NY CT	Owego	NY
4	32.5	71.6	Chanelle Neff	US-FL	Florida Heat Championships	Lakeland	FL
5	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	40.5	89.2	Eefje Sevenants	Belgium	Belgium Arm Open 2.0		Belgium
2	32	70.5	Stephanie Malcolm	US-CA	California Open II Strict Curl Pro Qualifier	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	130	286.5	Henry Qi	US-CA	California Open II	Santa Clara	CA
2	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	165	363.7	John Wong	US-CA	California Open II	Santa Clara	CA
2	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	205	451.9	Nick Vany	Canada	2026 Tower of Power		Canada
3	160	352.7	Paul Monk	Canada	2026 Ice Breaker	Calgary	Alberta
4	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	172.5	380.2	Dustin Moch	Canada	Iron Challenge	Medicine Hat	Canada
5	170	374.7	Gene Natale	US-OH	2026 American Challenge - OH	Bedford	OH
6	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	240	529.1	Russell Peel	Canada	2026 Tower of Power		Canada
2	215	473.9	Dan Furlong	US-VA	2026 American Challenge - NC	Currituck	NC
3	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
	105	231.4	Keisuke Kuwano	US-CA	California Open II	Santa Clara	CA
3	95	209.4	Henry Qi	US-CA	California Open II	Santa Clara	CA

Weight Class: 75 / 165 Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	167.5	369.2	Richard Bloom	US-MA	Ironman World Championship and US Open Single Lift	York	PA
2	95	209.4	Jeff McQueen	US-VA	Ironman World Championship and US Open Single Lift	York	PA
3	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	152.5	336.2	Frank Gentile	US-PA	Ironman World Championship and US Open Single Lift	York	PA
2	122.5	270	John Wong	US-CA	California Open II	Santa Clara	CA
3	117.5	259	Jesse Dayhoff	US-NC	2026 Southern Open	Jarvisburg	NC
4	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	140	308.6	Nick Vany	Canada	2026 Tower of Power		Canada
4	127.5	281	Michael Felts	US-MD	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
5	126	277.7	John Wong	US-CA	NoCal Ironman Classic	Santa Clara	CA
6	122.5	270	Jason Delp	US-MD	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
7	112.5	248	Jeffrey Long	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
8	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	172.5	380.2	Larry Brendel	US-MI	Northeren National Championships		MI
2	162.5	358.2	Bruce Knox	US-MD	2026 Masters Nationals	York	PA
3	160	352.7	Chris Burak	Canada	2026 Ice Breaker	Calgary	Alberta
4	152.5	336.2	Kenneth Pitt	US-NC	2026 Battle of the Border	Jarvisburg	NC
5	150	330.6	Steve Babcock	US-CA	California Open II	Santa Clara	CA
6	137.5	303.1	Kevin Bolton	US-NY	2026 American Challenge - NY CT	Owego	NY
7	132.5	292.1	Eric Shotts	US-PA	2026 American Challenge - OH	Bedford	OH
8	120	264.5	Andrew Schmidt	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
	120	264.5	Dustin Moch	Canada	Iron Challenge	Medicine Hat	Canada
10	117.5	259	Gene Natale	US-OH	2026 American Challenge - OH	Bedford	OH
11	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	167	368.1	Vikas Verma	Canada	2026 Tower of Power		Canada
2	145	319.6	Anthony LaCoste	US-MD	2026 American Challenge - MD	Silver Springs	MD
3	142	313	Nathaniel Cooley	US-VA	2026 American Challenge - VA	Woodstock	VA

4	130	286.5	Eric Shotts	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	122.5	270	Michael Balsbaugh	US-PA	2026 Masters Nationals	York	PA
6	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

Weight Class: 140 / 308			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Matt Slate	US-NV	Ironman World Championship and US Open Single Lift	York	PA

Unknown Class: SHW			Bench Press	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Russell Peel	Canada	2026 Tower of Power		Canada
2	187.5	413.3	Dan Furlong	US-VA	2026 American Challenge - NC	Currituck	NC
3	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	135	297.6	Henry Qi	US-CA	California Open II	Santa Clara	CA
2	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	
1	205	451.9	Richard Bloom	US-MA	Ironman World Championship and US Open Single Lift	York	PA
2	107.5	236.9	Chris Morgan	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 82.5 / 181			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	180	396.8	John Wong	US-CA	California Open II	Santa Clara	CA
2	137.5	303.1	Sid Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 90 / 198			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	272.5	600.7	Bruce Knox	US-MD	2026 Virginia State Championship	Woodstock	VA
2	260	573.1	Nick Vany	Canada	2026 Tower of Power		Canada
3	202.5	446.4	Michael Felts	US-MD	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
4	200	440.9	Paul Monk	Canada	2026 Ice Breaker	Calgary	Alberta
5	195	429.8	Reuven Tolchin	US-MD	2026 American Challenge - MD	Silver Springs	MD
6	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			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
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	232.5	512.5	Dustin Moch	Canada	Iron Challenge	Medicine Hat	Canada
4	230	507	Kunal Singh	Canada	2026 Ice Breaker	Calgary	Alberta
5	215	473.9	Andrew Schmidt	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
6	200	440.9	Chris Burak	Canada	2026 Ice Breaker	Calgary	Alberta
7	192	423.2	Gene Natale	US-OH	2026 American Challenge - OH	Bedford	OH
8	180	396.8	Eric Shotts	US-PA	2026 American Challenge - OH	Bedford	OH
9	167.5	369.2	Steve Toriski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 110 / 242			Deadlift	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	235	518	Nathaniel Cooley	US-VA	2026 American Challenge - VA	Woodstock	VA

2	215	473.9	Kunal Singh	Canada	2026 Tower of Power		Canada
3	210	462.9	Anthony LaCoste	US-MD	2026 American Challenge - MD	Silver Springs	MD
4	202.5	446.4	Joseph Fiori	US-NY	2026 American Challenge - NY CT	Owego	NY
5	200	440.9	Jason Flood	US-CT	2026 American Challenge - NY CT	Owego	NY
6	185	407.8	Michael Balsbaugh	US-PA	2026 Masters Nationals	York	PA
7	160	352.7	Eric Shotts	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 125 / 275		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
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

Weight Class: 140 / 308		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	280	617.2	Matt Slate	US-NV	Ironman World Championship and US Open Single Lift	York	PA

Unknown Class: SHW		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	246	542.3	Russell Peel	Canada	2026 Tower of Power		Canada
2	240	529.1	Dan Furlong	US-VA	2026 American Challenge - NC	Currituck	NC
3	145	319.6	Shane Green	US-MD	2026 American Challenge - MD	Silver Springs	MD

2026 Total Rankings

Male

Weight Class: 67.5 / 148		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	360	793.6	Henry Qi	US-CA	California Open II	Santa Clara	CA
2	330	727.5	Agustus Beck	US-OH	2026 American Challenge - OH	Bedford	OH

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

Weight Class: 82.5 / 181		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	467.5	1030.6	John Wong	US-CA	California Open II	Santa Clara	CA
2	352.5	777.1	Sid Meeder	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 90 / 198		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	700	1543.2	Bruce Knox	US-MD	2026 Virginia State Championship	Woodstock	VA
2	605	1333.7	Nick Vany	Canada	2026 Tower of Power		Canada
3	505	1113.3	Paul Monk	Canada	2026 Ice Breaker	Calgary	Alberta
4	377.5	832.2	Shawn Charnisky	US-NY	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 100 / 220		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	687.5	1515.6	Bruce Knox	US-MD	2026 Masters Nationals	York	PA
2	567.5	1251.1	Kevin Bolton	US-NY	2026 American Challenge - NY CT	Owego	NY
3	525	1157.4	Dustin Moch	Canada	Iron Challenge	Medicine Hat	Canada
4	512.5	1129.8	Andrew Schmidt	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	479.5	1057.1	Gene Natale	US-OH	2026 American Challenge - OH	Bedford	OH
6	407.5	898.3	Steve Toriski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA

Weight Class: 110 / 242		Total		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				Total				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				Total				Male			
Rank	Lift	lbs	Lifter					Country	Meet	Location	
1	676	1490.3	Russell Peel					Canada	2026 Tower of Power		Canada
2	642.5	1416.4	Dan Furlong					US-VA	2026 American Challenge - NC	Currituck	NC
3	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				Strict Curl				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				Strict Curl				Male			
Rank	Lift	lbs	Lifter					Country	Meet	Location	
1	64.5	142.1	Brian Karlson					US-PA	2026 Masters Nationals	York	PA
2	55.5	122.3	Jeff McQueen					US-VA	Ironman World Championship and US Open Single Lift	York	PA
3	51	112.4	Richard Bloom					US-MA	Ironman World Championship and US Open Single Lift	York	PA

Weight Class: 82.5 / 181				Strict Curl				Male			
Rank	Lift	lbs	Lifter					Country	Meet	Location	
1	86.5	190.6	Bryan Ruskin					US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
2	70	154.3	Alex Kornev					US-NY	2026 American Challenge - NY CT	Owego	NY
3	66	145.5	John Wong					US-CA	California Open II Strict Curl Pro Qualifier	Santa Clara	CA
4	61.5	135.5	Jesse Dayhoff					US-NC	2026 Southern Open	Jarvisburg	NC

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

Weight Class: 100 / 220				Strict Curl				Male			
Rank	Lift	lbs	Lifter					Country	Meet	Location	
1	91.5	201.7	Steve Babcock					US-CA	California Open II Strict Curl Pro Qualifier	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

Weight Class: 140 / 308				Strict Curl				Male			
Rank	Lift	lbs	Lifter					Country	Meet	Location	
1	84	185.1	Matt Slate					US-NV	Ironman World Championship and US Open Single Lift	York	PA

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