



2026 Masters 50-59 Rankings

Updated 09/01/2026 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 Kosienski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
2	102.5	225.9	Jennifer Zak	US-NC	2026 Southern Open	Jarvisburg	NC
3	82.5	181.8	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
4	77.5	170.8	Sheila Porterfield	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	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	102.5	225.9	Rachael Lincoln	US-NC	2026 Southern Open	Jarvisburg	NC
3	92.5	203.9	Kathy Perugini	US-CT	Connecticut Winter State Championships	Cheshire	CT
4	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
3	77.5	170.8	Norma Brown	US-CA	California Open II	Santa Clara	CA

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	75	165.3	Kerry Self	US-VA	Ironman World Championship and US Open Single Lift	York	PA
2	55	121.2	Mariela Olivares	US-MD	2026 American Challenge - MD	Silver Springs	MD
3	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	65	143.2	Jennifer Zak	US-NC	2026 Southern Open	Jarvisburg	NC
3	57.5	126.7	Lori Kosienski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
4	50	110.2	Sheila Porterfield	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA
5	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	52.5	115.7	Rachael Lincoln	US-NC	2026 Southern Open	Jarvisburg	NC
5	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	55	121.2	Katina James	US-VA	2026 Shenandoah Open	Woodstock	VA

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	70.5	155.4	Norma Brown	US-CA	California Open II	Santa Clara	CA

3	60	132.2	Michelle Lawson	US-PA	2026 Masters Nationals	York	PA
4	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	112.5	248	Jennifer Zak	US-NC	2026 Southern Open	Jarvisburg	NC
4	107.5	236.9	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
5	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	142.5	314.1	Rachael Lincoln	US-NC	2026 Southern Open	Jarvisburg	NC
4	125	275.5	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT
5	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
4	110	242.5	Norma Brown	US-CA	California Open II	Santa Clara	CA

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 Kosienski	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA		
2	280	617.2	Jennifer Zak	US-NC	2026 Southern Open	Jarvisburg	NC		
3	253	557.7	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta		
4	242.5	534.6	Sheila Porterfield	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA		
5	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	292.5	644.8	Rachael Lincoln	US-NC	2026 Southern Open	Jarvisburg	NC		
3	282.5	622.7	Christine Cedzo	US-PA	2026 Great Lakes Powerlifting Championships	Erie	PA		
4	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		
3	257.5	567.6	Norma Brown	US-CA	California Open II	Santa Clara	CA		

2026 Strict Curl Rankings Female

Weight Class: 56 / 123				Strict Curl				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	37	81.5	Kerry Self	US-VA	Ironman World Championship and US Open Single Lift	York	PA		
2	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	34.5	76	Jennifer Zak	US-NC	2026 Southern Open	Jarvisburg	NC
2	29.5	65	Connie Dote	US-NY	2026 Owego Winter Classic	Owego	NY
Weight Class: 75 / 165 Strict Curl Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36.5	80.4	Linda Eggleston	US-NY	Ironman World Championship and US Open Single Lift	York	PA
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	32	70.5	Rachael Lincoln	US-NC	Fitness Warehouse Bench and Curl Chmpionships	Elizabeth City	NC
Weight Class: 90 / 198 Strict Curl Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	35.5	78.2	Katina James	US-VA	2026 Shenandoah Open	Woodstock	VA
Weight Class: 90+ / 198+ Strict Curl Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	44	97	Sarah Helwig	US-CA	California Open II Strict Curl Pro Qualifier	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	155	341.7	Ben Zak	US-NC	2026 Southern Open	Jarvisburg	NC
4	150	330.6	Stephen Babish	US-NY	2026 Owego Winter Classic	Owego	NY
5	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	158	348.3	John Self	US-VA	Ironman World Championship and US Open Single Lift	York	PA
2	122.5	270	Stephen Babish	US-NY	2026 Owego Winter Classic	Owego	NY
3	117.5	259	Ben Zak	US-NC	2026 American Challenge - NC	Currituck	NC
4	112.5	248	Tim Garriss	US-NC	2026 North Carolina State Championships	Williamston	NC
5	92.5	203.9	Christopher Stewart	US-VA	2026 American Challenge - VA	Woodstock	VA
6	87.5	192.9	David Machmer	US-PA	2026 Masters Nationals	York	PA
	87.5	192.9	Robin Riviere	US-VA	Ironman World Championship and US Open Single Lift	York	PA
8	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	135	297.6	John Jackson	US-MD	2026 Shenandoah Open	Woodstock	VA
3	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	165	363.7	John Cooper	US-NC	2026 Southern Open	Jarvisburg	NC
2	145	319.6	Michael Dalton	US-VA	2026 Masters Nationals	York	PA
3	135	297.6	Ulises Mathews	US-PA	Ironman World Championship and US Open Single Lift	York	PA
4	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
6	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	192.5	424.3	Sherm Pensyl	US-PA	Ironman World Championship and US Open Single Lift	York	PA
2	147.5	325.1	Tim Durrett	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
3	122.5	270	Mike Knopf	US-CT	2026 American Challenge - NY CT	Owego	NY
4	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	182.5	402.3	Jason Dexter	US-MI	Northeren National Championships		MI
2	167.5	369.2	Chris Allen	US-VA	Golds Gym Classic	Richmond	VA
3	137.5	303.1	Jeff Willson	US-CT	2026 Owego Winter Classic	Owego	NY
4	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	147.5	325.1	Jonathan Nicholson	US-NC	2026 Southern Open	Jarvisburg	NC
5	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	195	429.8	Ben Zak	US-NC	2026 Southern Open	Jarvisburg	NC
3	187.5	413.3	Stephen Babish	US-NY	2026 Owego Winter Classic	Owego	NY
4	155	341.7	Jeff Pugh	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
5	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	227.5	501.5	Ulises Mathews	US-PA	Ironman World Championship and US Open Single Lift	York	PA
3	182.5	402.3	Mike Knopf	US-CT	2026 Owego Winter Classic	Owego	NY
4	155	341.7	Adrian Molina	US-NC	2026 North Carolina State Championships	Williamston	NC
5	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	260	573.1	Jason Dexter	US-MI	Northeren National Championships		MI

2	250	551.1	Chris Allen	US-VA	Golds Gym Classic	Richmond	VA
3	165	363.7	Jeff Willson	US-CT	2026 Owego Winter Classic	Owego	NY
4	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	182.5	402.3	Jonathan Nicholson	US-NC	2026 Southern Open	Jarvisburg	NC
5	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	465	1025.1	Ben Zak	US-NC	2026 Southern Open	Jarvisburg	NC
2	460	1014.1	Stephen Babish	US-NY	2026 Owego Winter Classic	Owego	NY
3	457.5	1008.6	Christopher Stewart	US-VA	2026 American Challenge - VA	Woodstock	VA
4	402.5	887.3	Jeff Pugh	US-VA	2026 American Challenge - VA Ashland	Ashland	VA
5	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		
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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	58.5	128.9	Ben Zak	US-NC	Fitness Warehouse Bench and Curl Chmpionships	Elizabeth City	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	66	145.5	John Self	US-VA	Ironman World Championship and US Open Single Lift	York	PA
2	59.5	131.1	Ben Zak	US-NC	2026 Southern Open	Jarvisburg	NC
3	56.5	124.5	Tim Garriss	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
4	52.5	115.7	Robin Riviere	US-VA	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	56	123.4	John Jackson	US-MD	2026 Shenandoah Open	Woodstock	VA

Weight Class: 90 / 198		Strict Curl		Male			
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	70.5	155.4	Ronald Sellner	US-MD	2026 Shenandoah Open	Woodstock	VA
2	70	154.3	David Haney	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
3	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