25th USAPL PENNSYLVANIA STATE POWERLIFTING CHAMPIONSHIPS

Inn at Valley Forge -- King of Prussia, Pennsylvania

March 24 & 25, 2007 [Day 1 - Session I]

								SQUAT			BENCHPRESS				DEADLIFT					
NR	WT	BDW.	NAME	AGE	Division	Club	ST	1.	2.	3.	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.
1			**Women**																	
2	52.00	49.1	Abi Balliet	17	High School Varsity	Parkland High School	PA	42.5	-47.5	-50.0	30.0	-37.5	Pass	72.5	62.5	75.0	-92.5	147.5	153.9	1.0
3	56.00	54.4	Tracey Neal	35	Open	Garage Ink - New Freedom	MD	47.5	52.5	57.5	35.0	37.5	-40.0	95.0	60.0	70.0	80.0	175.0	164.0	1.0
4	56.00	54.8	Alycia Reiss	14	High School JV	Pennridge High School	PA	75.0	97.5	-102.5	42.5	-47.5	-47.5	140.0	85.0	92.5	-102.5	232.5	216.2	1.0
5	60.00	58.4	Jessica Lyons	21	Open - OS	Dolphin Gym -- Bayonne	NJ	60.0	-72.5	-72.5	37.5	42.5	45.0	105.0	67.5	82.5	95.0	200.0	174.9	1.0
6	60.00	59.2	Emily Semmens	15	High School JV	Pennridge High School	PA	-65.0	-65.0	65.0	30.0	35.0	37.5	102.5	85.0	92.5	97.5	200.0	172.7	1.0
7	60.00	58.4	Jessica Lyons	21	Junior [20 - 23]	Dolphin Gym -- Bayonne	NJ	60.0	-72.5	-72.5	37.5	42.5	45.0	105.0	67.5	82.5	95.0	200.0	174.9	1.0
8	67.50	67.3	Eileen Applegate	15	High School JV	Pennridge High School	PA	-77.5	102.5	117.5	55.0	57.5	60.0	177.5	105.0	112.5	117.5	295.0	228.0	1.0
9	67.50	64.6	Beverly Crawford	15	High School JV	Pennridge High School	PA	75.0	95.0	-102.5	40.0	45.0	-47.5	140.0	102.5	110.0	115.0	255.0	203.8	2.0
10	67.50	67.5	Brittany Moses	17	High School Varsity	Pennridge High School	PA	75.0	95.0	-102.5	47.5	55.0	57.5	152.5	105.0	125.0	135.0	287.5	221.7	1.0
11	67.50	66.5	Cheryl Gibson	40	Masters I [40 - 49]	Garage Ink - New Freedom	PA	92.5	100.0	107.5	60.0	65.0	-70.0	172.5	110.0	120.0	135.0	307.5	240.0	1.0
12	75.00	74.4	Brooke Haines	17	Open	Blue Ridge Bar Benders	VA	80.0	92.5	-100.0	-55.0	55.0	-57.5	147.5	87.5	97.5	102.5	250.0	179.2	1.0
13	75.00	74.4	Brooke Haines	17	Teen [16 - 17]	Blue Ridge Bar Benders	VA	80.0	92.5	-100.0	-55.0	55.0	-57.5	147.5	87.5	97.5	102.5	250.0	179.2	1.0
14	75.00	74.4	Brooke Haines	17	High School Varsity	Blue Ridge Bar Benders	VA	80.0	92.5	-100.0	-55.0	55.0	-57.5	147.5	87.5	97.5	102.5	250.0	179.2	1.0
15	75.00	68.8	Devin Cunningham	16	High School JV	Pennridge High School	PA	67.5	87.5	95.0	35.0	-57.5	-57.5	130.0	95.0	102.5	107.5	237.5	180.4	1.0
16	90+	99.5	Shirley Cole	54	Open	Transitions Gym - Athens	PA	75.0	85.0	95.0	65.0	70.0	-77.5	165.0	92.5	115.0	137.5	302.5	184.5	1.0
17	90+	99.5	Shirley Cole	54	Masters II [50 - 59]	Transitions Gym - Athens	PA	75.0	85.0	95.0	65.0	70.0	-77.5	165.0	92.5	115.0	137.5	302.5	184.5	1.0
18			**Bench Only**																	
23	56.00	55.8	Leigh Haines	46	DE Open	Blue Ridge Bar Benders	VA				72.5	77.5	-83.5	77.5				77.5	70.8	1.0
24	56.00	55.8	Leigh Haines	46	DE Open - OS	Blue Ridge Bar Benders	VA				72.5	77.5	-83.5	77.5				77.5	70.8	1.0
25	56.00	55.8	Leigh Haines	46	DE Masters I [40 - 49]	Blue Ridge Bar Benders	VA				72.5	77.5	-83.5	77.5				77.5	70.8	1.0
26			**Men**																	
27	56.00	54.8	David Salvati	17	Teen [16 - 17]	Hammonton High School	NJ	115.0	120.0	130.0	85.0	90.0	-92.5	220.0	147.5	160.0	-170.0	380.0	353.4	1.0
28	56.00	55.9	Ralph Caputo	47	Masters I [40 - 49]	Downtown Fitness - Scranton	PA	172.5	-182.5	-182.5	90.0	-100.0	-100.0	262.5	172.5	187.5	Pass	450.0	410.4	1.0
29	60.00	59.2	Mike Kuhns	21	Open	Twin Cities Barbell Club	PA	240.0	255.0	260.0	175.0	-182.5	182.5	442.5	175.0	182.5	-192.5	625.0	539.7	1.0
30	67.50	63.7	Joshua Black	24	Open	Brown's Gym - Scranton	PA	125.0	-147.5	147.5	80.0	-92.5	92.5	240.0	165.0	-192.5	-192.5	405.0	339.7	2.0
31	67.50	66.1	Alex Atiyey	18	Teen [18 - 19]	Parkland High School	PA	-142.5	142.5	-157.5	100.0	-107.5	107.5	250.0	175.0	187.5	195.0	445.0	349.0	1.0
32	67.50	66.3	Alexander Camargo	22	Junior [20 - 23]	Yale University - New Haven	CT	-147.5	152.5	-157.5	107.5	115.0	117.5	270.0	175.0	190.0	195.0	465.0	363.8	1.0
33			**OUT**																	
34	56.00		Janel Brown	33	Open	Brown's Gym - Scranton	PA													
35	60.00		Tricia Tshudy	14	Open		PA													
36	60.00		Tricia Tshudy	14	Raw/Unequipped		PA													

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								SQUAT			BENCHPRESS				DEADLIFT					
NR	WT	BDW.	NAME	AGE	Division	Club	ST	1.	2.	3.	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.
1			**Men**																	
2	75.00	73.2	Maliek Derstine	18	Open	Pennridge High School	PA	250.0	280.0	-302.5	147.5	162.5	-175.0	442.5	-250.0	265.0	-272.5	707.5	512.9	1.0
3	75.00	75.0	Mick Breen	32	Open	Williamsport YMCA	PA	212.5	-232.5	-232.5	162.5	175.0	177.5	390.0	-217.5	227.5	240.0	630.0	448.9	2.0
4	75.00	75.0	Mike Cagliola	36	Open	Garage Ink - New Freedom	PA	-242.5	-242.5	242.5	190.0	-200.0	-200.0	432.5	-217.5	-217.5	-217.5			
5	75.00	74.8	Kenny Davis	38	Open - Out of State	Pro Fitness - Heightstown	NJ	200.0	207.5	220.0	145.0	152.5	157.5	377.5	220.0	235.0	-257.5	612.5	437.3	1.0
6	75.00	73.8	Knowl Johnson	36	Open - Out of State	Strive Fitness - NYC	NJ	-162.5	162.5	-170.0	105.0	-117.5	117.5	280.0	182.5	205.0	-210.0	485.0	349.5	2.0
7	75.00	72.7	Matt Paterson	17	Teen II [16 - 17]	Parkland High School	PA	-160.0	160.0	175.0	110.0	117.5	-125.0	292.5	185.0	197.5	-207.5	490.0	357.0	1.0
8	75.00	74.4	Corey Morenz	22	University/Collegiate	Yale University - New Haven	CT	207.5	227.5	-240.0	125.0	-135.0	-135.0	352.5	210.0	227.5	-240.0	580.0	415.6	1.0
9	75.00	73.8	Knowl Johnson	36	Raw/Unequipped	Strive Fitness - NYC	NJ	-162.5	162.5	-170.0	105.0	-117.5	117.5	280.0	182.5	205.0	-210.0	485.0	349.5	1.0
10	75.00	72.5	Alex Mintzer	20	Raw/Unequipped	Montgomery CCC	PA	125.0	147.5	150.0	87.5	100.0	102.5	252.5	155.0	-182.5	182.5	435.0	317.6	2.0
11																				
12	82.50	81.1	Joe Braca	44	Open	Underground Barbell Club	PA	232.5	255.0	262.5	162.5	-172.5	-172.5	425.0	275.0	-292.5	-292.5	700.0	473.8	1.0
13	82.50	81.0	T Wagerle	30	Open	Volant Fitness - West Chester	PA	210.0	-227.5	227.5	132.5	140.0	-147.5	367.5	227.5	-250.0	-250.0	595.0	403.1	2.0
14	82.50	82.0	Joe DeMatteo	37	Open - Out of State	Pro Fitness - Heightstown	NJ	202.5	-215.0	-215.0	190.0	-207.5	-207.5	392.5	205.0	215.0	-227.5	607.5	408.5	1.0
15	82.50	79.0	Anthony Carroll	21	Junior [20 - 23]	University of Delaware	DE	-170.0	170.0	-187.5	-125.0	-125.0	-125.0		170.0	185.0	190.0	190.0		
16	82.50	79.5	Shane Smith	17	High School Varsity	Pennridge High School	PA	195.0	212.5	-225.0	102.5	107.5	112.5	325.0	220.0	235.0	250.0	575.0	394.1	1.0
17	82.50	80.3	Jerry Zsido II	24	University/Collegiate	LA Fitness	PA	160.0	165.0	172.5	160.0	-165.0	Pass	332.5	212.5	-217.5	217.5	550.0	374.6	1.0
18	82.50	81.1	Joe Braca	44	Masters I [40 - 49]	Underground Barbell Club	PA	232.5	255.0	262.5	162.5	-172.5	-172.5	425.0	275.0	-292.5	-292.5	700.0	473.8	1.0
19	82.50	82.3	Aleks Shakin	59	Masters II [50 - 59]	West Side YMCA - NYC	NY	115.0	-120.0	120.0	75.0	80.0	82.5	202.5	127.5	132.5	Pass	335.0	224.8	1.0
20	82.50	80.3	Jerry Zsido II	24	Raw/Unequipped	LA Fitness	PA	160.0	165.0	172.5	160.0	-165.0	Pass	332.5	212.5	-217.5	217.5	550.0	374.6	1.0
21																				
22			**Bench Only**																	
23	75.00	74.0	Danny Fiore	40	DE Open	365 Fitness - Middletown	NJ				150.0	155.0	160.0	160.0				160.0	115.1	1.0
24	75.00	73.8	Dominic Ambrosano	28	DE Open	Pennridge Powerlifting Team	PA				150.0	152.5	-157.5	152.5				152.5	109.9	2.0
25	75.00	68.8	Thomas Brown	21	DE Junior [20 - 23]	Jersey Shore Fitness	NJ				-122.5	122.5	137.5	137.5				137.5	104.4	1.0
26	75.00	74.0	Danny Fiore	40	DE Masters I [40 - 49]	365 Fitness - Middletown	NJ				150.0	155.0	160.0	160.0				160.0	115.1	1.0
26	82.50	82.5	Alex Turdo	17	DE Teen II [16 - 17]	Rivers Edge YMCA	NJ				102.5	-112.5	120.0	120.0				120.0	80.4	1.0
27																				

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								SQUAT			BENCHPRESS				DEADLIFT					
NR	WT	BDW.	NAME	AGE	Division	Club	ST	1.	2.	3.	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.
1			**Men**																	
2	90.00	89.3	Jim Brown	41	Open	Brown's Gym - Scranton	PA	-255.0	272.5	280.0	-210.0	210.0	-219.0	490.0	230.0	-247.5	-250.0	720.0	461.5	1.0
3	90.00	89.7	Pete Grohoski	36	Open	YMCA - Pottstown	PA	230.0	240.0	-245.0	217.5	222.5	-227.5	462.5	230.0	242.5	-252.5	705.0	450.8	2.0
4	90.00	83.5	Scott Davenport	34	Open	Ultimate Fitness	PA	-170.0	182.5	187.5	170.0	-175.0	-175.0	357.5	200.0	-230.0	-230.0	557.5	370.8	3.0
5	90.00	89.6	Lauren Cohen	27	Open - Out of State	Yale University - New Haven	CT	-307.5	-320.0	-320.0										
6	90.00	89.8	Matt Pattison	15	High School JV	Pennridge High School	PA	155.0	162.5	185.0	95.0	100.0	107.5	292.5	197.5	212.5	222.5	515.0	329.1	1.0
7	90.00	85.8	Dennis Ryan	17	High School Varsity	Parkland High School	PA	230.0	240.0	250.0	147.5	150.0	-155.0	400.0	227.5	235.0	Pass	635.0	415.9	1.0
8	90.00	92.8	Dan Myers	18	High School Varsity	Pennridge High School	PA	157.5	-170.0	180.0	97.5	102.5	107.5	287.5	187.5	202.5	-222.5	490.0	308.1	2.0
9	90.00	89.1	Nick DeLuca	15	Teen I [14 - 15]	Parkland High School	PA	-222.5	222.5	230.0	142.5	150.0	162.5	392.5	217.5	Pass	Pass	610.0	391.4	1.0
10	90.00	85.8	Dennis Ryan	17	Teen II [16 - 17]	Parkland High School	PA	230.0	240.0	250.0	147.5	150.0	-155.0	400.0	227.5	235.0	Pass	635.0	415.9	1.0
11	90.00	87.0	Bobby DeMeck	19	Teen III [18 - 19]	Fitness Quest - Moscow	PA	190.0	-197.5	-197.5	115.0	140.0	-145.0	330.0	182.5	195.0	-205.0	525.0	341.2	1.0
12	90.00	89.6	Charles Iaconangelo	21	University/Collegiate	Yale University - New Haven	CT	-187.5	-202.5	-202.5	130.0	-135.0	-135.0		-225.0	225.0	-227.5			
13	90.00	89.3	Jim Brown	41	Masters I [40 - 49]	Brown's Gym - Scranton	PA	-255.0	272.5	280.0	-210.0	210.0	-219.0	490.0	230.0	-247.5	-250.0	720.0	461.5	1.0
14	90.00	86.7	Allan Miller	41	Masters I [40 - 49]	Motivations Fitness	PA	-185.0	235.0	-250.0	-182.5	182.5	-197.5	417.5	220.0	237.5	-245.0	655.0	426.5	2.0
15	90.00	89.2	Tim Meekley	46	Masters I [40 - 49]	Garage Ink - New Freedom	PA	125.0	-137.5	147.5	-65.0	67.5	75.0	222.5	145.0	157.5	170.0	392.5	251.7	3.0
16	90.00	86.7	Bill Clayton	53	Masters II [50 - 59]	Pro Fitness - Heightstown	NJ	25.0	Pass	Pass	25.0	Pass	Pass	50.0	65.0	Pass	Pass	115.0	74.9	1.0
17	90.00	86.2	David Ernst	50	Masters II [50 - 59]	Volant - West Chester	PA	-217.5	-217.5	-217.5	132.5	137.5	-142.5		240.0	-262.5	-262.5			
18	90.00	83.5	Scott Davenport	34	Police/Fire/Military	Garage Ink - New Freedom	PA	-170.0	182.5	187.5	170.0	-175.0	-175.0	357.5	200.0	-230.0	-230.0	557.5	370.8	3.0
19																				
20	100.00	99.3	Tom Getsinger	34	Open	Garage Ink - New Freedom	PA	222.5	230.0	232.5	182.5	195.0	200.0	432.5	245.0	257.5	272.5	705.0	430.3	1.0
21	100.00	96.2	Robert Painter	39	Open	YMCA - Mont Valley	PA	92.5	125.0	-152.5	142.5	-160.0	160.0	285.0	92.5	140.0	170.0	455.0	281.5	2.0
22	100.00	94.7	Ron Zsido	32	Open	University of Pennsylvania	PA	-232.5	-232.5	-232.5										
23	100.00	91.1	Chris Howard	47	Masters I [40 - 49]	N. American Machine Works	PA	-102.5	-102.5	102.5	102.5	125.0	-147.5	227.5	142.5	182.5	202.5	430.0	272.8	1.0
24	100.00	96.6	Eliot Feldman	44	Masters I [40 - 49]	Oceanside Wellness	PA	25.0	Pass	Pass	25.0	Pass	Pass	50.0	65.0	Pass	Pass	115.0	71.0	2.0
24	100.00	99.9	George Kattouf	53	Masters II [50 - 59]	Summit Health Club - Altoona	PA	147.5	-165.0	167.5	120.0	135.0	-140.0	302.5	175.0	200.0	215.0	517.5	315.1	1.0
25	100.00	99.3	Thomas Getsinger	34	Police/Fire/Military	Garage Ink - New Freedom	PA	222.5	230.0	232.5	182.5	195.0	200.0	432.5	245.0	257.5	272.5	705.0	430.3	1.0
26																				
27																				
28																				
29																				
30																				

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								SQUAT			BENCHPRESS				DEADLIFT					
NR	WT	BDW.	NAME	AGE	Division	Club	ST	1.	2.	3.	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.
1			**Men**																	
2	110.00	106.3	Rob Eckhart	34	Open	Twin Cities Barbell Club	PA	235.0	250.0	255.0	205.0	-220.0	-220.0	460.0	262.5	-277.5	-277.5	722.5	429.9	1.0
3	110.00	109.0	Ray Ebner	42	Open	Underground Barbell Club	PA	-320.0	-320.0	-320.0										
4	110.00	106.7	Izzie Machado	28	Open - Out of State	Dolphin Fitness - Bayonne	NJ	-157.5	157.5	-207.5	142.5	175.0	-182.5	332.5	157.5	205.0	220.0	552.5	328.4	1.0
5	110.00	104.1	Erik Bonini	26	Open - Out of State	World Boxing Gym - Jersey City	NJ	137.5	155.0	180.0	102.5	110.0	-120.0	290.0	165.0	182.5	190.0	480.0	287.7	2.0
6	110.00	107.5	Ryan Reyes	18	High School Varsity	Hammonton High School	NJ	207.5	-227.5	-227.5	135.0	157.5	-167.5	365.0	215.0	227.5	237.5	602.5	357.2	1.0
7	110.00	107.5	Ryan Reyes	18	Teen III [18 - 19]	Hammonton High School	NJ	207.5	-227.5	-227.5	135.0	157.5	-167.5	365.0	215.0	227.5	237.5	602.5	357.2	1.0
8	110.00	107.9	Seth Peters	19	Teen III [18 - 19]	Fitness Factory - Red Lion	PA	150.0	167.5	182.5	85.0	92.5	-97.5	275.0	190.0	-215.0	-215.0	465.0	275.3	2.0
9	110.00	108.8	Mark Bowen	51	Masters II [50 - 59]	Underground Barbell Club	PA	227.5	237.5	-250.0	137.5	-150.0	150.0	387.5	222.5	-232.5	-232.5	610.0	360.2	1.0
10	110.00	108.3	Matthew McGee		Raw/Unequipped	Fitness Masters - Wilmington	PA	145.0	155.0	160.0	115.0	-125.0	130.0	290.0	167.5	180.0	192.5	482.5	285.4	1.0
11																				
12	125.00	119.8	Joe Zwick	49	Open	Brown's Gym - Scranton	PA	-100.0	-110.0	110.0	125.0	137.5	145.0	255.0	90.0	110.0	125.0	380.0	218.5	1.0
13	110.00	111.6	Jim Dundon	43	Open - Out of State	Florida Gulf Coast Univ.	FL	-267.5	275.0	290.0	202.5	212.5	-220.0	502.5	240.0	257.5	267.5	770.0	451.2	1.0
14	125.00	119.8	Joe Zwick	49	Masters I [40 - 49]	Brown's Gym - Scranton	PA	-100.0	-110.0	110.0	125.0	137.5	145.0	255.0	90.0	110.0	125.0	380.0	218.5	1.0
15	110.00	111.6	Jim Dundon	43	Masters I [40 - 49] / OS	Florida Gulf Coast Univ.	FL	-267.5	275.0	290.0	202.5	212.5	-220.0	502.5	240.0	257.5	267.5	770.0	451.2	1.0
16	125.00	117.6	Melvin Cochran	63	Masters III [60 - 69]	YMCA - Indiana City	PA	115.0	125.0	137.5	100.0	105.0	110.0	247.5	162.5	172.5	182.5	430.0	248.4	1.0
17																				
18	125+	143.0	Dennis Hulslander	35	Open	Garage Ink - New Freedom	PA	-337.5	-337.5	-337.5	292.5	Pass	Pass		305.0	325.0	-337.5			
19	125+	142.2	Paul Tompkins	23	Junior [20 - 23]	Fitness Factory - Red Lion	PA	230.0	242.5	-250.0	160.0	-170.0	-170.0	402.5	250.0	-260.0	-270.0	652.5	363.8	1.0
20	125+	142.2	Paul Tompkins	23	Raw/Unequipped	Fitness Factory - Red Lion	PA	230.0	242.5	-250.0	160.0	-170.0	-170.0	402.5	250.0	-260.0	-270.0	652.5	363.8	1.0
21																				
22			**Bench Only**																	
23	125.00	117.1	Jason Sabat	28	DE Open	West Side YMCA - NYC	NY				180.0	187.5	-192.5	187.5				187.5	108.4	1.0
24	110.00	107.7	Michael Beans	15	High School JV	The Gym - Kutztown	PA				177.5	185.0	190.0	190.0				190.0	112.6	1.0
25	110.00	107.7	Michael Beans	15	Teen I [14 - 15]	The Gym - Kutztown	PA				177.5	185.0	190.0	190.0				190.0	112.6	1.0
26			**Out**																	
27	125.00		Lyndan Samuels	41	Raw	Pro Fitness - Heightstown	NJ													
28	125+		Jeff Fiss	28	DE Open	Garage Inc - New Freedom	PA													
29																				
30																				
31																				