2009 USAPL Pennsylvania State Combined Bench Press/Deadlift Championships

Holiday Inn -- Ambler/Ft. Washington, Pennsylvania

Saturday, May 23, 2009

Meet Director: Robert Keller

								SQUAT			BENCHPRESS				DEADLIFT					
NR	WT	BDW.	NAME	AGE	Division	Club / City	State	1.	2.	3.	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.
1			**Women**																	
2	67.50	64.70	Erika Keplar	38	Raw/Unequipped	Gold's Gym -- Riverdale	NJ				52.5	55.0	57.5	57.5	102.5	107.5	110.0	167.5	176.3	1.0
3																				
4			**Men**																	
5	60.00	56.40	William Wigmore IV	12	Youth [12 - 13]	PPACS -- Philadelphia	PA				60.0	65.0	-70.0	65.0	120.0	130.0	-137.5	195.0	176.3	1.0
6	67.50	67.20	Jon Dyer	26	Open	YMCA -- Brooklyn	NY				102.5	110.0	115.0	115.0	162.5	172.5	182.5	297.5	230.2	1.0
7	67.50	66.80	Michael Tancredi	18	Teen [18 - 19]	Edge Fitness -- Tinton Falls	NJ				90.0	102.5	112.5	112.5	182.5	195.0	202.5	315.0	244.9	1.0
8	67.50	65.60	Andrew Watson	20	Collegiate	Temple University -- Philadelphia	PA				-125.0	-125.0	-125.0		-175.0	175.0	-192.5			
9	67.50	65.60	Andrew Watson	20	Raw/Unequipped	Temple University -- Philadelphia	PA				-125.0	-125.0	-125.0		-175.0	175.0	-192.5			
10	67.50	67.20	Jon Dyer	26	Police/Fire/Military	YMCA -- Brooklyn	NY				102.5	110.0	115.0	115.0	162.5	172.5	182.5	297.5	230.2	1.0
11	75.00	71.90	Bradley Holmes	14	Teen [14 - 15]	Vison Fitness -- Brogue	PA				30.0	40.0	50.0	50.0	92.5	107.5	125.0	175.0	128.5	1.0
12	75.00	74.10	Ian Wylie	26	Raw/Unequipped	Red Cedar Fitness -- Lewisberry	PA				127.5	137.5	-142.5	137.5	195.0	212.5	-227.5	350.0	251.5	1.0
13	82.50	82.50	Mike Augello	20	Junior [20 - 23]	Dolphin Fitness - Staten Island	NJ				115.0	122.5	130.0	130.0	182.5	200.0	217.5	347.5	232.8	1.0
14	82.50	81.50	Matt Decker	22	Junior [20 - 23]	U Penn PL Team -- Philadelphia	PA				112.5	117.5	-122.5	117.5	170.0	185.0	-195.0	302.5	204.2	2.0
15	82.50	76.10	Adam DiVine	34	Raw/Unequipped	YMCA -- Blairstown	NJ				110.0	115.0	117.5	117.5	200.0	207.5	212.5	330.0	232.8	1.0
16	82.50	78.30	John Miller	30	Raw/Unequipped	Iron Sport Gym -- Glenolden	PA				150.0	-160.0	-160.0	150.0	182.5	-200.0	205.0	355.0	245.7	2.0
17	90.00	88.80	Lawrence Johnson	37	Open	Bally's -- Queens	NY				167.5	177.5	182.5	182.5	285.0	295.0	300.0	482.5	310.2	1.0
18	90.00	88.50	Dan Heaney	35	Open	YMCA -- Nesquehoning	PA				145.0	-152.5	157.5	157.5	227.5	242.5	247.5	405.0	260.8	2.0
19	90.00	88.10	William Holder	35	Open	Bally's Fitness -- Queens	NY				120.0	-127.5	-130.0	120.0	-230.0	230.0	235.0	355.0	229.2	3.0
20	90.00	88.80	John Rocco	15	Teen [14 - 15]	Bally's Fitness -- New Rochelle	NY				95.0	100.0	102.5	102.5	142.5	152.5	160.0	262.5	168.7	1.0
21	90.00	83.90	Joshua Rammel	16	Teen [16 - 17]	Red Cedar Fitness -- Lewisberry	PA				102.5	107.5	-112.5	107.5	145.0	155.0	160.0	267.5	177.4	1.0
22	90.00	86.20	Roland Howard	20	Junior [20 - 23]	Rutgers University -- New Brunswick	NJ				115.0	125.0	130.0	130.0	182.5	200.0	217.5	347.5	227.0	1.0
23	90.00	84.90	Courtney Cunningham	41	Masters [40 - 49]	Bally's Fitness -- Queens	PA				-125.0	127.5	-132.5	127.5	-182.5	182.5	205.0	332.5	219.1	1.0
24	90.00	83.40	Joe Semeister	41	Masters [40 - 49]	Garage Ink PL Team -- Stewartstown	PA				87.5	92.5	97.5	97.5	130.0	137.5	142.5	240.0	159.7	2.0
25	90.00	89.80	Glenn Brunkardt	45	Raw/Unequipped	YMCA -- Hacketstown	NJ				120.0	125.0	130.0	130.0	200.0	207.5	217.5	347.5	222.1	1.0
29	100.00	97.10	Anthony Stavenski IV	29	Open	Garage Ink PL Team -- Stewartstown	PA				175.0	185.0	-190.0	185.0	235.0	-242.5	242.5	427.5	263.4	1.0
28	100.00	97.30	Corey Bradford	32	Open	Old School Fitness -- Exton	PA				120.0	125.0	Pass	125.0	-260.0	285.0	Pass	410.0	252.4	2.0
27	100.00	94.90	Andrew Cohn	24	Open	Supreme Sports -- Rockville	MD				135.0	142.5	147.5	147.5	230.0	247.5	252.5	400.0	248.9	3.0
26	100.00	97.70	Kirk Kochte	43	Open	Fitness Together -- Toms River	NJ				-145.0	145.0	157.5	157.5	182.5	195.0	200.0	357.5	219.6	4.0
30	100.00	97.70	Kirk Kochte	43	Masters [40 - 49]	Fitness Together -- Toms River	NJ				-145.0	145.0	157.5	157.5	182.5	195.0	200.0	357.5	219.6	1.0
31	100.00	96.50	Stan Chatis	72	Masters [70 - 79]	Muscles - N - Motion -- Oneonta	NY				135.0	-140.0	-140.0	135.0	200.0	212.5	-217.5	347.5	214.7	1.0
32	100.00	98.70	Brian Reed	27	Raw/Unequipped	VIP Personal Fitness -- Yardley	PA				145.0	-150.0	-150.0	145.0	272.5	-290.0	-290.0	417.5	255.4	1.0
33	100.00	97.70	Kirk Kochte	43	Raw/Unequipped	Fitness Together -- Toms River	NJ				-145.0	145.0	157.5	157.5	182.5	195.0	200.0	357.5	219.6	2.0
34	100.00	96.40	James Holmes	36	Raw/Unequipped	Vison Fitness -- Brogue	PA				92.5	102.5	112.5	112.5	165.0	175.0	185.0	297.5	183.9	3.0
35	110.00	108.60	Randy Boczkowski	28	Open	Iron Sport Gym -- Glenolden	PA				-200.0	210.0	-215.0	210.0	227.5	-250.0	250.0	460.0	271.8	1.0
36	110.00	107.60	Eric Neil	27	Open	Gold's Gym -- Thorndale	PA				-137.5	137.5	-147.5	137.5	227.5	242.5	-245.0	380.0	225.2	2.0
37	110.00	109.40	Carlos Rocco	28	Open	Bally's Fitness -- New Rochelle	NY				130.0	135.0	142.5	142.5	197.5	212.5	227.5	370.0	218.1	3.0
38	110.00	103.50	Evan Snydman	23	Junior [20 - 23]	VIP Personal Fitness -- Yardley	PA				137.5	142.5	-145.0	142.5	250.0	260.0	-272.5	402.5	241.7	1.0
39	110.00	107.50	William Wigmore III	47	Masters [40 - 49]	Bodyworld -- Philadelphia	PA				160.0	170.0	-177.5	170.0	230.0	-232.5	-232.5	400.0	237.1	1.0
40	110.00	104.90	Jeff Sperber	49	Masters [40 - 49]	Body Shop Fitness -- Hillsborough	NJ				125.0	137.5	145.0	145.0	182.5	205.0	215.0	360.0	215.1	2.0
41	110.00	104.90	Jeff Sperber	49	Raw/Unequipped	Body Shop Fitness -- Hillsborough	NJ				125.0	137.5	145.0	145.0	182.5	205.0	215.0	360.0	215.1	2.0
42	110.00	106.10	Danny Steech	24	Raw/Unequipped	Elizabethtown Fitness - Elizabeth	PA				-142.5	-142.5	-142.5		-192.5	-192.5	-192.5			
43	125.00	115.20	Levi Perillo	19	Teen [18 - 19]	Lackwanna Jr. College - Lackwanna	PA				-222.5	225.0	-230.0	225.0	227.5	-235.0	237.5	462.5	268.6	1.0
44	125.00	115.20	Levi Perillo	19	Collegiate	Lackwanna Jr. College - Lackwanna	PA				-222.5	225.0	-230.0	225.0	227.5	-235.0	237.5	462.5	268.6	1.0
45	125.00	116.10	Scott Haddaway	35	Raw/Unequipped	Talbot County YMCA -- Easton	MD				150.0	165.0	172.5	172.5	240.0	252.5	265.0	437.5	253.6	1.0
43	125.00	117.80	Jason Kenworthy	25	Raw/Unequipped	Gold's Gym -- Thorndale	PA				150.0	165.0	-182.5	165.0	245.0	272.5	-280.0	437.5	252.7	2.0
44	125.00	121.40	Jason Sabot	30	Raw/Unequipped	NY Sports Club -- NYC	NY				170.0	-175.0	177.5	177.5	250.0	255.0	260.0	437.5	250.9	3.0
45	125.00+	145.20	Tim McLaughlin	28	Open	VIP Personal Fitness -- Yardley	PA				212.5	-220.0	-220.0	212.5	-285.0	295.0	-302.5	507.5	282.1	1.0
46																				
47			**Raw Nationals Qualifier**																	
48	67.50	67.20	Jon Dyer	26	Open	YMCA -- Brooklyn	NY	25.0	Pass	Pass	102.5	110.0	115.0	140.0	162.5	172.5	182.5	322.5	249.6	1.0
49	67.50	66.80	Michael Tancredi	18	Teen [18 - 19]	Edge Fitness -- Tinton Falls	NJ	25.0	Pass	Pass	90.0	102.5	112.5	137.5	182.5	195.0	202.5	340.0	264.4	1.0
50																				

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								SQUAT			BENCHPRESS				DEADLIFT					
NR	WT	BDW.	NAME	AGE	Division	Club / City	State	1.	2.	3.	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.
1			**Women**																	
2	52.00	50.50	Theresa Jesinger	27	Raw/Unequipped	World Gym -- Setauket	NY				37.5	52.5	55.0	55.0				55.0	70.1	1.0
3	82.50	82.40	Dyan Hulslander	34	Open	Garage Ink -- Stewartstown	PA				47.5	50.0	52.5	52.5				52.5	52.0	1.0
4	67.50	66.40	Jamie Bozzo	18	High School Varsity	Montrose HS -- Montrose	PA				45.0	50.0	55.0	55.0				55.0	56.8	1.0
5			**Men**																	
6	52.00	51.10	Tyler Whipple	16	High School JV	Montrose HS -- Montrose	PA				82.5	95.0	102.5	102.5				102.5	102.4	1.0
7	52.00	51.60	Jay White	17	Teen [16 - 17]	Montrose HS -- Montrose	PA				60.0	67.5	70.0	70.0				70.0	69.3	1.0
8	60.00	58.60	Jordan Blanton	16	Raw/Unequipped	Montrose HS -- Montrose	PA				80.0	-90.0	-90.0	80.0				80.0	69.7	1.0
9	67.50	66.60	Jon Kariv	25	Open	U Penn PL Team -- Philadelphia	PA				85.0	90.0	-92.5	90.0				90.0	68.7	1.0
10	67.50	68.40	Nathan Daniels	15	Teen [14 - 15]	Millersburg HS - Millersburg	PA				85.0	90.0	-92.5	90.0				90.0	68.7	1.0
11	67.50	66.60	Corey Snow	16	High School JV	Montrose HS -- Montrose	PA				80.0	-90.0	-90.0	80.0				80.0	61.0	1.0
12	67.50	66.10	Brandon Blaisure	17	Teen [16 - 17]	Montrose HS -- Montrose	PA				80.0	85.0	87.5	87.5				87.5	68.6	1.0
13	67.50	67.30	Bill Adams	53	Masters [50 - 59]	ST Fitness -- Levittown	PA				90.0	95.0	100.0	100.0				100.0	77.3	1.0
14	67.50	66.10	Charles Frishmuth	30	Raw/Unequipped	YMCA -- Malvern	PA				105.0	110.0	112.5	112.5				112.5	88.2	1.0
15	75.00	74.70	Demetrius Maoury	42	Open	World Gym -- Warrentown	VA				-182.5	-182.5	182.5	182.5				182.5	130.4	1.0
16	75.00	73.50	James Wetherill	17	High School Varsity	Montrose HS -- Montrose	PA				-92.5	105.0	117.5	117.5				117.5	84.9	1.0
17	75.00	74.20	Nicholas Lynch	16	Teen [16 - 17]	Hatboro/Horsham HS	PA				115.0	117.5	-120.0	117.5				117.5	84.4	1.0
18	75.00	72.00	Sean Goldreick	20	Junior [20 - 23]	YMCA -- Beachlake	PA				-102.5	-102.5	102.5	102.5				102.5	75.2	1.0
19	75.00	72.00	Sean Goldreick	20	Raw/Unequipped	YMCA -- Beachlake	PA				-102.5	-102.5	102.5	102.5				102.5	75.2	1.0
20	75.00	70.50	Nicholas Frismuth	28	Raw/Unequipped	YMCA -- Malvern	PA				-137.5	-137.5	-137.5							
21	82.50	78.00	David Macey	16	High School JV	Montrose HS -- Montrose	PA				95.0	105.0	112.5	112.5				112.5	78.1	1.0
22	90.00	89.30	Pete Grohoski	38	Open	YMCA -- Pottstown	PA				-190.0	232.5	-242.5	232.5				232.5	149.0	1.0
23	90.00	88.01	Craig Brown	18	High School Varsity	Montrose HS -- Montrose	PA				115.0	-130.0	-130.0	115.0				115.0	74.3	1.0
24	90.00	86.30	Brian Hart	25	Raw/Unequipped	Retro Fitness - Wilmington	PA				92.5	97.5	100.0	100.0				100.0	65.3	1.0
25	90.00	89.30	Pete Grohoski	38	Raw/Unequipped	YMCA -- Pottstown	PA				-190.0	Pass	Pass							
26	100.00	96.70	Troy Smith	30	Open	Hershey HS -- Hershey	PA				170.0	-182.5	182.5	182.5				182.5	112.6	1.0
27	100.00	93.20	Levy Tiffany	18	Teen [18 - 19]	Montrose HS -- Montrose	PA				145.0	157.5	-160.0	157.5				157.5	98.8	1.0
28	100.00	93.80	Michael O'Malley	18	Teen [18 - 19]	Montrose HS -- Montrose	PA				105.0	117.5	-127.5	117.5				117.5	73.5	2.0
29	100.00	99.90	Joe Hirsch	44	Masters [40 - 49]	Retro Fitness -- Easton	PA				175.0	-182.5	182.5	182.5				182.5	111.1	1.0
30	110.00	101.00	Charles King	58	Masters [50 - 59]	Underground Gym -- Flourtown	PA				105.0	112.5	-120.0	112.5				112.5	68.2	1.0
31	110.00	101.00	Charles King	58	Parlympian	Underground Gym -- Flourtown	PA				105.0	112.5	-120.0	112.5				112.5	68.2	1.0
32	110.00	105.90	John Franks	33	Raw/Unequipped	YMCA -- Milford	PA				-185.0	187.5	190.0	190.0				190.0	113.2	1.0
33	110.00	105.40	Don Wilson	40	Raw/Unequipped	Gold's Gym -- Oaks	PA				150.0	160.0	170.0	170.0				170.0	101.5	2.0
34	110.00	105.70	Earl Robinson	71	Masters [70 - 79]	YMCA -- Bloomsburg	PA				-137.5	-137.5	140.0	140.0				140.0	83.5	1.0
35	125.00	123.60	Ben Hamersynchek	18	High School Varsity	Montrose HS -- Montrose	PA				-90.0	97.5	105.0	105.0				105.0	60.0	1.0
36	125.00	123.00	Mike Cantrell	50	Masters [50 - 59]	YMCA -- Levittown	PA				185.0	-187.5	187.5	187.5				187.5	107.2	1.0
37	125.00	133.90	Kevin Johnson	54	Masters [50 - 59]	Muscles-In-Motion -- Oneonta	NY				-260.0	-260.0	-260.0							
38	125.00	118.60	Kyle Stephens	41	Raw/Unequipped	CH Raquet Club -- Cherry Hill	NJ				205.0	217.5	-222.5	217.5				217.5	125.4	1.0
39	125.00	121.40	Jason Sabat	30	Raw/Unequipped	NY Sports Club - NYC	NY				170.0	-175.0	177.5	177.5				177.5	101.8	2.0
40	125.00	122.00	Kevin Scott	38	Raw/Unequipped	World Gym -- NE Philadelphia	PA				165.0	-185.0	-185.0	165.0				165.0	94.5	3.0
41	125.00+	146.10	Dennis Hulslander	37	Open	Garage Ink PL Team -- Stewartstown	PA				-277.5	282.5	-297.5	282.5				282.5	156.9	1.0
42	125.00+	145.20	Tim McLaughlin	28	Open	VIP Personal Fitness -- Yardley	PA				212.5	-220.0	-220.0	212.5				212.5	118.1	2.0
43	125.00+	209.40	Kevin Coughlin	47	Open	Coles Gym -- Homesdale	PA				160.0	-172.5	172.5	172.5				172.5	91.7	3.0
44	125.00+	125.70	Anthony Bistocki	18	High School Varsity	Montrose HS -- Montrose	PA				-142.5	-142.5	142.5	142.5				142.5	81.1	1.0
45	125.00+	134.40	Jesse Strawser	20	Junior [20 - 23]	ST Fitness -- Lehighton	PA				215.0	230.0	235.0	235.0				235.0	132.2	1.0
46	125.00+	134.40	Jesse Strawser	20	Collegiate	ST Fitness -- Lehighton	PA				215.0	230.0	235.0	235.0				235.0	132.2	1.0
47	125.00+	209.40	Kevin Coughlin	47	Masters [40 - 49]	Coles Gym -- Homesdale	PA				160.0	-172.5	172.5	172.5				172.5	91.7	1.0
48	125.00+	209.40	Kevin Coughlin	47	Raw/Unequipped	Coles Gym -- Homesdale	PA				160.0	-172.5	172.5	172.5				172.5	91.7	1.0
49																				
50																				

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1			**Women**																	
2	82.50	82.40	Dyan Hulslander	34	Open	Garage Ink PL Team -- Stewartstown	PA								102.5	110.0	117.5	117.5	78.8	1.0
3																				
4			**Men**																	
5	67.50	67.00	Ted Rasmussen	29	Open	Retro Fitness -- Manahawkin	NJ								192.5	215.0	220.0	220.0	170.6	1.0
6	67.50	64.90	Alexander Kang	24	Open	Sumpreme Sports -- Rockville	MD								190.0	212.5	-215.0	212.5	169.2	2.0
7	67.50	67.40	Justin Bass	19	Raw/Unequipped	U Penn PL Team -- Philadelphia	NJ								182.5	-195.0	195.0	195.0	150.5	1.0
8	82.50	77.80	Tony Sanford	44	Masters [40 - 49]	East Falls Fitness -- Philadelphia	PA								215.0	227.5	-235.0	227.5	158.1	1.0
9	90.00	89.30	Pete Grohoski	38	Open	YMCA -- Pottstown	PA								245.0	-255.0	255.0	255.0	163.5	1.0
10	90.00	88.60	Baptist Nupieri	46	Masters [40 - 49]	Bodyworld -- Philadelphia	PA								185.0	195.0	200.0	200.0	128.7	1.0
11	90.00	88.10	Dave Ernst	52	Masters [50 - 59]	Old School Fitness -- Exton	PA								240.0	250.0	-260.0	250.0	161.4	1.0
12	100.00	99.10	Michael Shirey	44	Open	Garage Ink PL Team -- Stewartstown	PA								-245.0	285.0	-300.0	285.0	174.1	1.0
13	110.00	101.20	Tom Getsinger	36	Open	Garage Ink PL Team -- Stewartstown	PA								250.0	265.0	282.5	282.5	171.1	1.0
14	110.00	101.20	Tom Getsinger	36	Police/Fire/Military	Garage Ink PL Team -- Stewartstown	PA								250.0	265.0	282.5	282.5	171.1	1.0
15	110.00	104.90	John Oliveri	28	Police/Fire/Military	Garage Ink PL Team -- Stewartstown	PA								237.5	-255.0	-255.0	237.5	142.0	2.0
16	125.00	121.40	Jason Sabot	30	Raw/Unequipped	NY Sports Club - NYC	NY								250.0	255.0	260.0	260.0	149.1	1.0
17	125.00+	146.10	Dennis Hulslander	37	Open	Garage Ink -PL Team - Stewartstown	PA								300.0	320.0	327.5	327.5	181.9	1.0
18																				
19			**Out**																	
20	125.00		Gene Fitzgerald	38	Raw/Unequipped		NJ													
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