# 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 |
| 26 | 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 |
| 27 | 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 |
| 28 | 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 |
| 29 | 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 | 97.30 | Corey Bradford | 32 | Raw/Unequipped | Old School Fitness -- Exton | PA | | | | 120.0 | 125.0 | Pass | 125.0 | -260.0 | 285.0 | Pass | 410.0 | 252.4 | 2.0 |
| 34 | 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 | 3.0 |
| 35 | 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 | 4.0 |
| 36 | 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 |
| 37 | 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 |
| 38 | 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 |
| 39 | 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 |
| 40 | 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 |
| 41 | 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 |
| 42 | 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 |
| 43 | 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 | | | |
| 44 | 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 |
| 45 | 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 |
| 43 | 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 |
| 44 | 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 |
| 45 | 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 |
| 46 | 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 |
| 47 | | | | | | | | | | | | | | | | | | | | |
| 48 | | | **Raw Nationals Qualifier** | | | | | | | | | | | | | | | | | |
| 49 | 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 |
| 50 | 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 |

# 2009 USAPL Pennsylvania State Bench Press Championships

## Holiday Inn -- Ambler/Ft. Washington, Pennsylvania

## Saturday, May 23, 2009

| | | | | | | | | 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 | | | | | | | | | | | | | | | | | | | | |

# 2009 USAPL Pennsylvania State Deadlift Championships

## Holiday Inn -- Ambler/Ft. Washington, Pennsylvania

### Saturday, May 23, 2009

| | | | | | | | | 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 | 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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