

29th Annual USAPL Pennsylvania State Powerlifting Championships**1st USAPL Keystone State Bench Press Championships**

Holiday Inn -- Lansdale, Pennsylvania

March 19 & 20, 2011

WT. CLASS	WT.	NAME	AGE	STATE	Division	Category	Squat	Bench	Deadlift	Total	Place	Wilks
<u>Women -- Powerlifting</u>												
52.00	51.30	Caity Stencler	14	Pennsylvania	Teen [18 - 19]	Powerlifting	55.00	35.00	82.50	172.50	1.00	216.97
52.00	51.50	Tammy Cutrona	45	New Jersey	Open	Powerlifting	102.50	80.00	130.00	312.50	1.00	392.50
52.00	51.50	Tammy Cutrona	45	New Jersey	Masters [40 - 49]	Powerlifting	102.50	80.00	130.00	312.50	1.00	392.50
52.00	50.80	Marie Lawrence	68	New Jersey	Masters [60 - 69]	Powerlifting	37.50	50.80	82.50	170.80	1.00	216.78
56.00	55.00	Tiffany Hammond	19	Pennsylvania	Teen [18 - 19]	Powerlifting	95.00	55.00	110.00	260.00	1.00	305.92
60.00	59.70	Marisa Bortone	25	New Jersey	Raw/Unequipped	Powerlifting	72.50	60.00	107.50	240.00	1.00	268.61
67.50	66.70	Maria Spano	54	New Jersey	Open	Powerlifting	135.00	72.50	150.00	357.50	1.00	368.01
67.50	60.80	Natalie Wasser	16	Pennsylvania	Teen [16 - 17]	Powerlifting	100.00	52.50	120.00	272.50	1.00	300.70
67.50	60.70	Heather Keller	21	Pennsylvania	Junior [20 -23]	Powerlifting	87.50	47.50	92.50	227.50	1.00	251.36
67.50	65.60	Tina Crawford	45	Pennsylvania	Masters [40 - 49]	Powerlifting	132.50	67.50	155.00	355.00	1.00	392.24
67.50	66.70	Maria Spano	54	New Jersey	Masters [50 - 59]	Powerlifting	135.00	72.50	150.00	357.50	1.00	368.01
67.50	60.70	Ann Marie Kemmerer	57	Pennsylvania	Masters [50 - 59]	Powerlifting	92.50	62.50	130.00	285.00	2.00	314.90
67.50	64.60	Emily Moin	23	New York	Raw/Unequipped	Powerlifting	62.50	40.00	95.00	197.50	1.00	208.15
75.00	68.90	Jessica Stroup	28	Pennsylvania	Raw/Unequipped	Powerlifting	85.00	75.00	145.00	305.00	1.00	306.80
75.00	72.80	Rupa Bhattacharya	29	New York	Raw/Unequipped	Powerlifting	77.50	37.50	117.50	232.50	2.00	225.27
82.50	79.80	Faith Knight	15	Pennsylvania	Teen [14 - 15]	Powerlifting	70.00	42.50	107.50	220.00	1.00	201.59
82.50	80.80	Barbara Chaszczewicz	46	Pennsylvania	Masters [40 - 49]	Powerlifting	107.50	52.50	135.00	295.00	1.00	268.45
82.50	80.80	Barbara Chaszczewicz	46	Pennsylvania	Raw/Unequipped	Powerlifting	107.50	52.50	135.00	295.00	1.00	268.45
90.00	89.90	Chelsea Rebman	21	Pennsylvania	Raw/Unequipped	Powerlifting	147.50	70.00	155.00	372.50	1.00	322.03
90.00	83.60	Alli Dolan	25	New York	Raw/Unequipped	Powerlifting	107.50	77.50	152.50	337.50	2.00	301.69
<u>Men -- Powerlifting</u>												
52.00	39.10	Tyler "Bear" Maizels	12	Maryland	Youth [12 - 13]	Powerlifting	67.50	30.00	92.50	190.00	1.00	253.73
56.00	55.70	Kevin Spencer	20	New Jersey	Raw/Unequipped	Powerlifting	112.50	87.50	145.00	345.00	1.00	315.74
56.00	55.70	Kevin Spencer	20	New Jersey	Junior [20 - 23]	Powerlifting	112.50	87.50	145.00	345.00	1.00	315.74
56.00	55.70	Kevin Spencer	20	New Jersey	Collegiate	Powerlifting	112.50	87.50	145.00	345.00	1.00	315.74
67.50	64.50	Andrew Haughey	17	Pennsylvania	Teen [16 - 17]	Powerlifting	102.50	95.00	137.50	335.00	1.00	268.13
67.50	66.40	Zachary Ankuda	21	Vermont	Junior [20 - 23]	Powerlifting	145.00	100.00	207.50	452.50	1.00	353.54
67.50	67.10	Edwin Fong	22	Pennsylvania	Raw/Unequipped	Powerlifting	152.50	100.00	182.50	435.00	1.00	336.99
75.00	74.90	Brendan Primodie	15	Pennsylvania	Teen [14 -15]	Powerlifting	97.50	70.00	127.50	295.00	1.00	211.19
75.00	74.70	Michael Stencler	19	Pennsylvania	Teen [18 - 19]	Powerlifting	145.00	142.50	205.00	492.50	1.00	351.94

75.00	74.30	Paul Mears	57	Massachusetts	Masters [50 - 59]	Powerlifting	165.00	102.50	205.00	472.50	1.00	338.92
75.00	71.40	Paul McClogan	52	Pennsylvania	Masters [50 - 59]	Powerlifting	112.50	82.50	147.50	342.50	2.00	252.87
75.00	74.40	Jordan Marcus	20	New Jersey	Collegiate	Powerlifting	205.00	125.00	195.00	525.00	1.00	376.22
75.00	74.60	Mark Jones	20	Pennsylvania	Collegiate	Powerlifting	170.00	127.50	192.50	490.00	2.00	350.45
75.00	73.50	Ian Wylie	28	Pennsylvania	Raw/Unequipped	Powerlifting	182.50	142.50	240.00	565.00	1.00	408.38
75.00	73.70	Joshua Mink	20	Pennsylvania	Raw/Unequipped	Powerlifting	150.00	112.50	190.00	452.50	2.00	326.43
75.00	73.50	Nick Theodorou	60	Pennsylvania	Raw/Unequipped	Powerlifting	170.00	50.00	230.00	450.00	3.00	325.26
82.50	80.70	Joe Braca	48	Pennsylvania	Open	Powerlifting	212.50	125.00	275.00	612.50	1.00	438.92
82.50	81.00	Shane Avender	20	Pennsylvania	Junior [20 - 23]	Powerlifting	135.00	132.50	207.50	475.00	1.00	322.53
82.50	80.70	Joe Braca	48	Pennsylvania	Raw/Unequipped	Powerlifting	212.50	125.00	275.00	612.50	1.00	438.92
82.50	80.30	Nick Buisson	21	California	Raw/Unequipped	Powerlifting	150.00	0.00	0.00	0.00	DNF	0.00
90.00	89.60	Pete Grohoski	40	Pennsylvania	Open	Powerlifting	245.00	237.50	247.50	730.00	1.00	467.05
90.00	84.50	Ryan Delman	35	New Jersey	Open	Powerlifting	187.50	137.50	212.50	537.50	2.00	355.07
90.00	86.20	David Bell	23	New Jersey	Open	Powerlifting	167.50	110.00	187.50	465.00	3.00	303.74
90.00	88.00	Bill Lewis	17	Pennsylvania	Teen [16 - 17]	Powerlifting	167.50	115.00	220.00	502.50	1.00	324.56
90.00	87.80	Joshua Kammel	18	Pennsylvania	Teen [18 - 19]	Powerlifting	170.00	132.50	205.00	507.50	1.00	328.20
90.00	86.40	Paul Tongiani	34	Pennsylvania	Raw/Unequipped	Powerlifting	185.00	150.00	260.00	595.00	1.00	388.12
90.00	89.60	Trey Faust	18	Pennsylvania	Raw/Unequipped	Powerlifting	200.00	150.00	217.50	567.50	2.00	363.09
90.00	89.10	David Ernst	54	Pennsylvania	Raw/Unequipped	Powerlifting	205.00	117.50	242.50	565.00	3.00	362.56
90.00	84.10	Corey Hazick	26	Pennsylvania	Raw/Unequipped	Powerlifting	205.00	125.00	232.50	562.50	4.00	372.60
90.00	88.30	Daniel Patrisso	29	Pennsylvania	Raw/Unequipped	Powerlifting	190.00	142.50	227.50	560.00	5.00	361.03
90.00	89.40	Kyle Barry	24	New Jersey	Raw/Unequipped	Powerlifting	182.50	120.00	222.50	525.00	6.00	336.32
90.00	88.80	Steve Nonemaker	22	Maine	Raw/Unequipped	Powerlifting	195.00	130.00	195.00	520.00	7.00	334.26
90.00	88.70	Michael Sallazzo	16	Pennsylvania	High School Varsity	Powerlifting	192.50	97.50	190.00	480.00	1.00	308.74
90.00	86.60	Andrew DiCecco	22	Pennsylvania	Raw/Unequipped	Powerlifting	125.00	125.00	210.00	460.00	8.00	299.69
90.00	88.40	Michael Hitcho, Jr.	32	Pennsylvania	Raw/Unequipped	Powerlifting	157.50	102.50	197.50	457.50	9.00	294.81
90.00	87.10	Greg Eckard	44	Pennsylvania	Raw/Unequipped	Powerlifting	147.50	112.50	175.00	435.00	10.00	282.53
100.00	97.90	Tom Getsinger	37	Pennsylvania	Open	Powerlifting	235.00	172.50	262.50	670.00	1.00	411.65
100.00	100.00	Joe Hirsch	46	Pennsylvania	Open	Powerlifting	205.00	180.00	210.00	595.00	2.00	362.12
100.00	99.60	Dawane Harris	38	New York	Open	Powerlifting	150.00	0.00	0.00	0.00	DNF	0.00
100.00	91.00	David Doyle	17	Pennsylvania	Teen [16 - 17]	Powerlifting	175.00	122.50	197.50	495.00	1.00	314.28
100.00	98.70	Matthew Smith	17	New Jersey	Teen [16 - 17]	Powerlifting	172.50	100.00	202.50	475.00	2.00	290.61
100.00	93.30	Colton Hewitt	17	Pennsylvania	Teen [16 - 17]	Powerlifting	157.50	87.50	185.00	430.00	3.00	269.70
100.00	93.50	Ralph Longo	20	Connecticut	Junior [20 - 23]	Powerlifting	170.00	110.00	230.00	510.00	1.00	319.57
100.00	99.60	Russ McDonnell	41	Pennsylvania	Masters [40 - 49]	Powerlifting	230.00	167.50	250.00	647.50	1.00	394.72
100.00	100.00	Joe Hirsch	46	Pennsylvania	Masters [40 - 49]	Powerlifting	205.00	180.00	210.00	595.00	2.00	362.12
100.00	93.50	Joe Semeister	43	Pennsylvania	Masters [40 - 49]	Powerlifting	120.00	112.50	170.00	402.50	3.00	252.21
100.00	99.60	Russ McDonnell	41	Pennsylvania	Raw/Unequipped	Powerlifting	230.00	167.50	250.00	647.50	1.00	394.72

100.00	97.90	Brian Keener	33	Pennsylvania	Raw/Unequipped	Powerlifting	222.50	155.00	260.00	637.50	2.00	391.36
100.00	98.60	Jared Keisling	25	Pennsylvania	Raw/Unequipped	Powerlifting	200.00	155.00	235.00	590.00	3.00	361.14
100.00	96.80	Joe DeMarco	32	Pennsylvania	Raw/Unequipped	Powerlifting	185.00	137.50	232.50	555.00	4.00	342.38
100.00	96.90	Brent Hartman	25	Pennsylvania	Raw/Unequipped	Powerlifting	197.50	122.50	212.50	532.50	5.00	328.34
100.00	98.00	Ron Lobb	48	Pennsylvania	Raw/Unequipped	Powerlifting	182.50	110.00	212.50	505.00	6.00	309.87
100.00	97.90	Tom Getsinger	37	Pennsylvania	Police/Fire/Military	Powerlifting	235.00	172.50	262.50	670.00	1.00	411.31
110.00	109.00	Patrick Johnson	39	Pennsylvania	Open	Powerlifting	0.00	215.00	272.50	0.00	DNF	0.00
110.00	110.00	Robert Eckhart	38	Pennsylvania	Open	Powerlifting	272.50	240.00	260.00	772.50	1.00	454.62
110.00	104.20	Anthony Stavenski	31	Pennsylvania	Open	Powerlifting	262.50	222.50	250.00	735.00	2.00	440.41
110.00	107.00	Jeff Sperber	50	New Jersey	Masters [50 - 59]	Powerlifting	197.50	150.00	232.50	580.00	1.00	344.35
110.00	107.20	Jason Kenworthy	27	Pennsylvania	Raw/Unequipped	Powerlifting	222.50	162.50	287.50	672.50	1.00	398.99
110.00	106.10	Ed Christie	36	Pennsylvania	Raw/Unequipped	Powerlifting	202.50	145.00	290.00	637.50	2.00	379.57
110.00	106.30	Eric Neil	29	Pennsylvania	Raw/Unequipped	Powerlifting	252.50	135.00	227.50	615.00	3.00	365.93
110.00	107.00	Jeff Sperber	50	New Jersey	Raw/Unequipped	Powerlifting	197.50	150.00	232.50	580.00	4.00	344.35
110.00	105.10	Grant Carone	39	Pennsylvania	Raw/Unequipped	Powerlifting	162.50	185.00	192.50	540.00	5.00	322.60
125.00	121.20	Dom Fonio	49	Pennsylvania	Masters [40 - 49]	Powerlifting	235.00	162.50	237.50	635.00	1.00	364.36
125.00	125.00	Wayne Droesser	38	Pennsylvania	Open	Powerlifting	330.00	227.50	305.00	862.50	1.00	491.45
125.00	113.90	Tom Skelly	38	Pennsylvania	Open	Powerlifting	0.00	220.00	245.00	0.00	DNF	0.00
125.00	116.60	Nathan Carlin	16	Pennsylvania	Teen [16 - 17]	Powerlifting	170.00	160.00	182.50	512.50	1.00	296.74
125.00	110.50	Brian Callahan	49	New Jersey	Masters [40 - 49]	Powerlifting	55.00	55.00	75.00	185.00	1.00	108.72
125.00	116.60	Nathan Carlin	16	Pennsylvania	High School JV	Powerlifting	170.00	160.00	182.50	512.50	1.00	296.74
125.00	119.50	Ronald "Scott" Yard	28	Pennsylvania	Raw/Unequipped	Powerlifting	272.50	222.5	295.00	790.00	1.00	454.65
125.00	118.70	Ryan Gill	34	Pennsylvania	Raw/Unequipped	Powerlifting	207.50	170.00	225.00	602.50	2.00	347.28
125.00	118.80	Taylor Fox	19	Pennsylvania	Raw/Unequipped	Powerlifting	215.00	150.00	237.50	602.50	3.00	347.22
125.00	120.50	Mike Turpin	22	Pennsylvania	Raw/Unequipped	Powerlifting	175.00	162.5	252.50	590.00	4.00	338.90
125.00	123.70	Jim Ranker	52	Pennsylvania	Raw/Unequipped	Powerlifting	140.00	110.00	210.00	460.00	5.00	262.71
125.00	113.10	Joe Zwick	53	Pennsylvania	Raw/Unequipped	Powerlifting	137.50	115.00	147.50	400.00	6.00	233.48
125.00+	147.20	Paul Tompkins	27	Pennsylvania	Raw/Unequipped	Powerlifting	287.50	197.5	290.00	775.00	1.00	429.97
125.00+	135.10	Paul Vecerkauskas	28	Pennsylvania	Raw/Unequipped	Powerlifting	227.50	150	272.50	650.00	2.00	365.24

Women -- Bench Press Only

60.00	59.70	Marisa Bortone	25	New Jersey	Raw/Unequipped	Bench Press Only	0.00	60	0.00	60.00	1.00	67.15
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Men -- Bench Press Only

56.00	51.90	Jay White	19	Pennsylvania	Open	Bench Press Only	0.00	0.00	0.00	0.00	DNF	0.00
60.00	59.20	Adam Beylo	14	Pennsylvania	Teen [14 - 15]	Bench Press Only	0.00	92.50	0.00	92.50	1.00	79.87
67.50	67.50	Sean Warner	14	Pennsylvania	Teen [14 - 15]	Bench Press Only	0.00	80.00	0.00	80.00	1.00	61.68
67.50	62.20	Brandon Bruzek	14	Pennsylvania	Teen [14 - 15]	Bench Press Only	0.00	65.00	0.00	65.00	2.00	53.68

67.50	63.50	Jordan Blanton	18	Pennsylvania	High School Varsity	Bench Press Only	0.00	122.50	0.00	122.50	1.00	99.36
75.00	74.60	Corey Snow	17	Pennsylvania	Teen [16 - 17]	Bench Press Only	0.00	110.00	0.00	110.00	1.00	78.67
75.00	74.60	Corey Snow	17	Pennsylvania	High School Varsity	Bench Press Only	0.00	110.00	0.00	110.00	1.00	78.67
82.50	82.50	Mike Ciupinski	31	New Jersey	Open	Bench Press Only	0.00	227.50	0.00	227.50	1.00	152.40
82.50	81.90	Brody Miller	18	Pennsylvania	High School Varsity	Bench Press Only	0.00	112.50	0.00	112.50	1.00	75.70
90.00	89.60	Pete Grohoski	40	Pennsylvania	Open	Bench Press Only	0.00	237.50	0.00	237.50	1.00	151.95
100.00	97.50	Ron Zsido	36	Pennsylvania	Open	Bench Press Only	0.00	217.50	0.00	217.50	2.00	133.76
100.00	99.10	Troy Smith	31	Pennsylvania	Open	Bench Press Only	0.00	195.00	0.00	195.00	3.00	119.11
100.00	100.00	Joe Hirsch	46	Pennsylvania	Open	Bench Press Only	0.00	180.00	0.00	180.00	4.00	109.55
100.00	100.00	Joe Hirsch	46	Pennsylvania	Masters [40 - 49]	Bench Press Only	0.00	180.00	0.00	180.00	1.00	109.55
100.00	97.80	Daniel Hugendubler	44	Pennsylvania	Masters [40 - 49]	Bench Press Only	0.00	167.50	0.00	167.50	2.00	102.88
100.00	96.00	Theodor Radu	22	Pennsylvania	Raw/Unequipped	Bench Press Only	0.00	165.00	0.00	165.00	1.00	102.15
100.00	98.80	Alex Pollack	26	Pennsylvania	Raw/Unequipped	Bench Press Only	0.00	147.50	0.00	147.50	2.00	90.21
110.00	110.00	Rob Eckhart	38	Pennsylvania	Open	Bench Press Only	0.00	240.00	0.00	240.00	1.00	141.24
110.00	108.40	J. Michael Traub	29	Pennsylvania	Raw/Unequipped	Bench Press Only	0.00	200.00	0.00	200.00	1.00	118.24
110.00	104.50	Derric Dettinger	29	Pennsylvania	Raw/Unequipped	Bench Press Only	0.00	197.50	0.00	197.50	2.00	118.22
125.00	116.60	Nathan Carlin	16	Pennsylvania	Teen [16 - 17]	Bench Press Only	0.00	160.00	0.00	160.00	1.00	92.64
125.00	118.90	Robert Feeney	58	Pennsylvania	Masters [50 - 59]	Bench Press Only	0.00	145.00	0.00	145.00	1.00	83.55
125.00	116.60	Nathan Carlin	16	Pennsylvania	Raw/Unequipped	Bench Press Only	0.00	160.00	0.00	160.00	1.00	92.64
125.00+	127.70	John Bogart	40	New York	Open	Bench Press Only	0.00	342.50	0.00	342.50	1.00	194.37
125.00+	128.90	Gene Yanchurak	50	New Jersey	Open	Bench Press Only	0.00	140.00	0.00	140.00	1.00	79.31
125.00+	128.90	Gene Yanchurak	50	New Jersey	Masters [50 - 59]	Bench Press Only	0.00	140.00	0.00	140.00	1.00	79.31
125.00+	135.50	Bill Igoe	54	Pennsylvania	Masters [50 - 59]	Bench Press Only	0.00	140.00	0.00	140.00	2.00	78.62
125.00+	128.90	Gene Yanchurak	50	New Jersey	Raw/Unequipped	Bench Press Only	0.00	140.00	0.00	140.00	1.00	79.31
125.00+	135.50	Bill Igoe	54	Pennsylvania	Raw/Unequipped	Bench Press Only	0.00	140.00	0.00	140.00	2.00	78.62

OUT

67.50		Justin Mazza	18	Pennsylvania	Raw/Unequipped	Powerlifting						
82.50		Erkin Djindjiev	18	Pennsylvania	Collegiate	Powerlifting						
90.00		Kevin Mears	25	Massachusetts	Open	Powerlifting						
90.00		Rob Gabe	18	Pennsylvania	Teen [18 - 19]	Powerlifting						
90.00		Kessim Semerdjiev	19	Pennsylvania	Raw/Unequipped	Powerlifting						
100.00		Nick Montgomery	56	New Jersey	Raw/Unequipped	Powerlifting						
56.00		Tyler Whipple	18	Pennsylvania	Teen [18 - 19]	Bench Press Only						
60.00		John Olver	19	Pennsylvania	Raw/Unequipped	Bench Press Only						
67.50		Steven Welte	34	Pennsylvania	Raw/Unequipped	Bench Press Only						
75.00		Malcolm Iseeis	15	Pennsylvania	Teen [14 - 15]	Bench Press Only						
82.50		Dominic Ambrosano	33	Pennsylvania	Raw/Unequipped	Bench Press Only						
125.00		Robert Dunkerly	42	New Jersey	Masters [40 - 49]	Bench Press Only						

Champion of Champions:

Tammy Cutrona - Women's Open Powerlifting

Chelsea Rebman - Women's Raw Powerlifting

Wayne Droesser - Men's Open Powerlifting

Ronald Scott Yard - Men's Raw Powerlifting

Marisa Bortone -- Women's Raw Bench Press

J. Michael Traub -- Men's Raw Bench Press

John Bogart -- Men's Open Bench Press

Teams:

Montrose High School -- 1st Place High School Bench Press Team

Pennridge High School -- 1st Place High School Powerlifting Team

Sponsors:

SSP Nutrition

EO Board Vest and Fitness Gear

Ron Snowden Photography

Inzer Advance Designs

Titan Support Systems

Meet Director:

Robert Keller

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