



POWERLIFTING FEDERATION

PENNSYLVANIA STATE SINGLE-LIFT BENCH PRESS RECORDS

UPDATED: January 8, 2018 by Jay Siegel (engrave2@verizon.net)

WOMEN

<u>88 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
10-11	55	Tiffani Teeter	Wilkes-Barre, PA	Dec. 2017

<u>97 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	82	Danielle Tasher	Sellersville, PA	Oct. 2011
10-11	66	Addelina D'Antonio	Wattsburg, PA	Apr. 2012
16-17	82	Danielle Tasher	Sellersville, PA	Oct. 2011

<u>105 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	93	Danielle Tasher	Sellersville, PA	Mar. 2012
12-13	79	Kayla Luster	Pittsburgh, PA	Oct. 2011
16 -17	93	Danielle Tasher	Sellersville, PA	Mar. 2012
18-19	44	Mary Kimmel	Hooversville, PA	Feb. 2012

<u>114 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	112	Benita Steffan	Erie, PA	Apr. 2013
10-11	77	Sarah Hunt	Forest City, PA	Oct. 2011
14-15	105	Sabrina Lhota	Indian Lake, PA	Dec. 1999
16-17	82	Miranda Noll	Bellefonte, PA	Apr. 2015
18-19	110	Sarah Lowder	Clearfield, PA	Apr. 2013
45-49	112	Benita Steffan	Erie, PA	Apr. 2013
50-54	99	Benita Steffan	Erie, PA	Nov. 2013
65-69	77	Mary Ann Little	Erie, PA	Apr. 2013
70-74	72	Mary Ann Little	Erie, PA	Oct. 2015

<u>123 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	133	Sammantha Perrine	Sellersville, PA	Nov. 2012
12-13	85	Raquel Childers	Indian Lake, PA	Dec. 1999
14-15	112	Sabrina Lhota	Indian Lake, PA	Dec. 1999
16-17	133	Sammantha Perrine	Sellersville, PA	Nov. 2012
20-24	75	Diedre Smith	Berlin, PA	Aug. 2004
45-49	88	Pamela Scarano	Mountaintop, PA	July 2017
50-54	99	Janet Walkiewicz	Erie, PA	Apr. 2014

<u>132 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	137	Sammantha Perrinne	Sellersville, PA	Nov. 2011
12-13	66	Orianna Conway	<i>Pennsylvania</i>	Feb. 2012
16-17	137	Sammantha Perrinne	Sellersville, PA	Nov. 2011
18-19	117	Kayla Irwin	Erie, PA	June 2012
20-24	126	Sarah Sickert	Erie, PA	June 2016
35-39	99	Shannon Barnum	Friendsville, PA	Aug. 2016
45-49	121	Mary Lou Norris	<i>Sarver, PA</i>	Mar. 2012
55-59	121	Annemarie Kemmerer	Perkasie, PA	Oct. 2011
60-64	121	Laura Schepis	Moon Twp., PA	Dec. 2014

<u>148 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	162	Kaitlyn Duncan	Linesville, PA	Oct. 2011
12-13	77	Nyela Hernandez	Easton, PA	May 2016
14-15	155	Kaitlyn Duncan	Linesville, PA	Nov. 2010
16-17	162	Kaitlyn Duncan	Linesville, PA	Oct. 2011
18-19	126	Sarah Sickert	Erie, PA	Apr. 2015
20-24	143	Jolene Jones	<i>Erie, PA</i>	Mar. 2012
35-39	121	Christine Burke	<i>Pennsylvania</i>	Oct. 2013
40-44	145	G. Ruth Douglas	Chambersburg, PA	Jul. 2007
45-49	159	M Wieckowski	Pennsylvania	Mar. 2013
50-54	80	Kathy McGee	Spring Run, PA	Apr. 2007
55-59	82	Teresa Wiles	Smithsburg, PA	Sep. 2007
60-64	104	Doris Santos	Ambler, PA	Oct. 2013

<u>165 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	165	G. Ruth Douglas	Chambersburg, PA	Nov. 2008
12-13	60	Emma Thomas	Erie, PA	Apr. 2014
14-15	137	Nicole Hardy	Perkasie, PA	Oct. 2011
16-17	159	Kaitlyn Duncan	Linesville, PA	Apr. 2011
18-19	165	Hope Griffith	Pennsylvania	Feb. 2014
20-24	99	Jaimi Flowers	PA	Apr. 2014
35-39	121	Victoria Tasher	Sellersville, PA	Mar. 2012
40-44	126	Debi Schneider	Pennsylvania	Apr. 2017
45-49	165	G. Ruth Douglas	Chambersburg, PA	Nov. 2008
55-59	115	Doris Santos	<i>Ambler, PA</i>	June 2013
65-69	60	Judy Phipps	<i>PA</i>	June, 2015

<u>181 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	176	Anna McCloskey	Glen Mills, PA	Nov. 2009
16-17	175	Anna McCloskey	Glen Mills, PA	Oct. 2009
20-23	143	Bre Schneider	Pennsylvania	June 2016
35-39	135	Carmen LaRue	Johnstown, PA	Aug. 2004
45-49	115	Sharon Schwartz	<i>Saxonburg, PA</i>	Mar. 2012
50-54	159	Kim Douth	<i>Pennsylvania</i>	Apr. 2014
55-59	154	Kim Douth	<i>Pennsylvania</i>	Mar. 2016
Spec. Olym.	110	Joni Talavera	<i>Bethlehem, PA</i>	Mar. 2012

<u>198 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	209	Cassidy Comly	Bellefonte, PA	Mar. 2016
20-24	209	Cassidy Comly	Bellefonte, PA	Mar. 2016
35-39	121	Cathleen Cooper	Lansdale, PA	-----
40-44	170	Cindy Stritzinger	Erie, PA	Apr. 2017

198+ lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
OPEN	225	Rochelle Dubbs	Julian, PA	Dec 2017
35-39	198	Rochelle Dubbs	Julian, PA	Oct 2016
40-44	225	Rochelle Dubbs	Julian, PA	Dec 2017
50-54	126	Wendy Scalzitti	PA	June 2014

MEN

<u>88 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
8-9	71	Diesel Koser	Pennsylvania	Dec. 2014

<u>97 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
14-15	99	Nick Hartmann	Erie, PA	July 2013

<u>105 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	132	John Hess	<i>Perkasie, PA</i>	Mar. 2013
8-9	77	Robby Wickham	<i>Danville, PA</i>	Apr. 2013
10-11	88	Denver Light	<i>Pennsylvania</i>	Feb. 2012
12-13	82	Derek Welker	<i>Pennsylvania</i>	Apr. 2012
14-15	77	Nick Hartmann	<i>Erie, PA</i>	Mar. 2012
16-17	132	John Hess	<i>Perkasie, PA</i>	Mar. 2013

<u>114 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	159	Jake Rice	Perkasie, PA	Mar. 2012
12-13	132	Robert Meck, Jr.	<i>Pennsylvania</i>	Mar. 2012
16-17	159	Jake Rice	Perkasie, PA	Mar. 2012
20-24	154	Mark Walker	Johnstown, PA	July 2013

<u>123 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	231	Kody Cox	<i>DuBois, PA</i>	June 2013
10-11	88	Davis Lee	Fairless Hills, PA	Mar. 2012
12-13	99	Diesel Koser	Shippensburg, PA	Dec. 2017
14-15	214	Kody Cox	<i>DuBois, PA</i>	July 2012
16-17	231	Kody Cox	DuBois, PA	June 2013
18-19	209	Nathan Romiski	Ashley, PA	Dec. 2014
Spec. Olym.	132	RJ Karl	Nazareth, PA	May 2016

<u>132 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	281	Devin Gloeckl	PA	Oct. 2017
10-11	93	Davis Lee	Fairless Hills, PA	Apr. 2012
12-13	126	Erik Thomas	<i>Sandy Lake, PA</i>	Sep. 2016
14-15	187	Cam Rees	<i>Erie, PA</i>	Mar. 2016
16-17	187	George McCarty	<i>Clearfield, PA</i>	Nov. 2013
18-19	154	Levi Veneziano	<i>Bellefonte, PA</i>	May 2014
20-24	126	RJ Karl	<i>Easton, PA</i>	June 2013
45-49	242	Gary Teeter	Wilkes-Barre, PA	June 2012
50-54	248	Gary Teeter	Wilkes-Barre, PA	Oct. 2017
Spec. Olym.	126	RJ Karl	<i>Easton, PA</i>	June 2013

<u>148 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	330	Mike Kuhns	Whitehall, PA	Mar. 2011
10-11	110	Davis Lee	Fairless Hills, PA	Apr. 2013
12-13	148	Hunter Stiner	<i>Clearfield, PA</i>	May 2016
14-15	198	Bastian Conaway	<i>Pennsylvania</i>	Feb. 2012
16-17	231	Noah Cline	<i>Clearfield, PA</i>	July 2015
18-19	285	Brian Ford	East Berlin, PA	Apr. 2008
20-24	292	Ryan Troiano	Wexford, PA	Oct. 2011

35-39	225	George James	Pittsburgh, PA	Mar. 2011
40-44	300	Rich Murphy	Mercersburg, PA	Apr. 2008
45-49	242	Gary Teeter	Wilkes-Barre, PA	Apr. 2013
50-54	275	Gary Teeter	<i>Wilkes-Barre, PA</i>	Dec. 2017
55-59	209	David Defazio	Pennsylvania	Apr. 2017
60-64	154	Paul Griffith	Gettysburg, PA	Nov. 2008
65-69	192	Sam Confer	<i>Clearfield, PA</i>	Apr. 2015
70-74	187	Sam Confer	<i>Clearfield, PA</i>	May 2017
Spec. Olym.	137	Michael Gaal	<i>Bethlehem, PA</i>	Apr. 2012

165 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
OPEN	369	David Blattenberger	Martinsburg, PA	Feb. 2012
12-13	159	Davis Lee	Fairless Hills, PA	Mar. 2014
14-15	253	Zachary Krise	Clearfield, PA	Feb. 2014
16-17	363	Jason Luster	Pittsburgh, PA	Aug. 2010
18-19	341	Jason Luster	Pittsburgh, PA	Apr. 2011
20-24	347	Robert Kibble, Jr.	Montgomery, PA	June 2008
35-39	327	Brett Morgan	Connellsville, PA	Mar. 2008
40-44	303	Dwain Koser	Shippensburg, PA	July 2011
45-49	369	David Blattenberger	Martinsburg, PA	Feb. 2012
50-54	303	Grant Passman	PA	June 2015
65-69	192	Sam Confer	<i>Clearfield, PA</i>	May 2014
70-74	209	Carl Augustine	PA	Nov 2017
Spec. Olym.	159	Chris Spairana	<i>Bethlehem, PA</i>	June 2016

181 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
OPEN	402	David Blattenberger	Martinsburg, PA	Apr. 2012
14-15	225	Matt Jones	Clearfield, PA	May 2014
16-17	275	Garret Craft	<i>Pennsylvania</i>	Feb. 2012
18-19	363	Shawn Shuck	Muncy, PA	Sep. 2005
20-24	330	Devin Gloeckl	West Mifflin, PA	Sep. 2016
35-39	341	Dominic Ambrosano	Sellersville, PA	Oct. 2013
40-44	325	Dwain Koser	Shippensburg, PA	June 2011
45-49	402	David Blattenberger	Martinsburg, PA	Apr. 2012
50-54	402	David Blattenberger	Martinsburg, PA	Nov. 2012
55-59	374	David Blattenberger	<i>Martinsburg, PA</i>	July 2017
60-64	281	Larry Shaffer	<i>Pittsburgh, PA</i>	June 2014
65-69	259	Larry Eastman	<i>Pennsylvania</i>	Oct. 2017
70-74	214	Joe Orenzia	<i>Erie, PA</i>	Oct. 2016
Spec. Olym.	181	Kyle Miller	<i>Pennsylvania</i>	Apr. 2012

198 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
OPEN	429	Jeff McDaniel	PA	Nov. 2014
16-17	286	CJ Gathagan	<i>Clearfield, PA</i>	Nov. 2012
18-19	281	Conor Myers	<i>Morrisdale, PA</i>	May 2016
20-24	363	Dan Kornfeind	PA	June 2014
35-39	413	Jeff McDaniel	PA	Dec. 2016
40-44	355	Dwain Koser	Shippensburg, PA	Apr. 2008
45-49	380	Carl Barkley, Jr.	Newville, PA	Apr. 2013
50-54	402	David Blattenberger	Martinsburg, PA	Apr. 2013
55-59	336	Andrew Kish	Pennsylvania	Oct. 2012
60-64	330	Howard Aaron	PA	July 2017

65-69	314	Jim McKenna	Pennsylvania	June 2016
70-74	214	Joe Oregia	<i>Erie, PA</i>	July 2017
75-79	286	Terry Margolis	<i>State College, PA</i>	May 2017
80-84	170	LeRoy Burton	<i>Erie, PA</i>	Mar. 2016
Spec. Olym.	154	Craig Maurer	<i>Easton, PA</i>	Apr. 2012

<u>220 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	457	Sherm Pensyl	<i>Somerset, PA</i>	Apr. 2012
16-17	345	Kellen Kowchuck	<i>Creekside, PA</i>	Oct. 2000
18-19	391	David Krouse	<i>Berlin, PA</i>	Dec. 2015
20-24	370	Matt Walker	<i>Central City, PA</i>	May 2006
35-39	457	Sherm Pensyl	<i>Somerset, PA</i>	Apr. 2012
40-44	352	Dwain Koser	<i>Shippensburg, PA</i>	Mar. 2011
45-49	390	Dave Lhota	<i>Central City, PA</i>	Sep. 2003
50-54	391	Ken Jubas	<i>Ebensburg, PA</i>	Nov. 2013
55-59	330	Dave Lhota	<i>Central City, PA</i>	Feb. 2012
60-64	305	Gerald Burke	<i>Harrisburg, PA</i>	Nov. 2006
65-69	319	Jim McKenna	<i>PA</i>	Oct. 2017
70-74	275	Terry Margolis	<i>State College, PA</i>	Apr. 2012
80-84	176	LeRoy Burton	<i>Erie, PA</i>	Nov. 2014
Spec. Olym.	165	Donnie Laudenslager	<i>New Bethlehem, PA</i>	June 2017

<u>242 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	468	John Franks	<i>Milford, PA</i>	May 2010
12-13	148	Josh Menchik	<i>Pennsylvania</i>	Feb. 2012
14-15	292	Mario Fontanazza, III	<i>Oil City, PA</i>	May 2017
16-17	345	Kellen Kowchuck	<i>Creekside, PA</i>	Apr. 2001
20-24	391	Jack Lee	<i>Pennsylvania</i>	Feb. 2012
35-39	462	John Franks	<i>Milford, PA</i>	June 2011
40-44	407	Rob Eckhart	<i>Pennsylvania</i>	June 2016
45-49	429	Dave Reeder	<i>Greencastle, PA</i>	Sep. 2005
50-54	415	Dave Reeder	<i>Greencastle, PA</i>	Sep. 2007
55-59	352	Thomas Sawyer	<i>PA</i>	July 2017
60-64	324	Gerald Burke	<i>Harrisburg, PA</i>	Nov. 2008
65-69	330	Gerald Burke	<i>Pennsylvania</i>	Jul. 2012
70-74	325	Rooster Fleming	<i>Munhall, PA</i>	Nov. 2013

<u>275 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	451	Travis Litz	<i>Erie, PA</i>	Oct. 2016
14-15	225	Zach Strouse	<i>Perkasie, PA</i>	Mar. 2012
18-19	402	Scooter Conklin	<i>Coalport, PA</i>	Feb. 2014
20-24	402	Jordan Barr	<i>Emporium, PA</i>	May 2017
35-39	440	John Franks	<i>Pennsylvania</i>	June 2013
40-44	413	Rob Eckhart	<i>Pennsylvania</i>	Oct. 2016
45-49	450	Barry Clark	<i>Bedford, PA</i>	Sep. 2007
50-54	374	Dennis Henderson, Jr.	<i>Ligonier, PA</i>	May 2016
55-59	330	Bob Feeney	<i>Churchville, PA</i>	July 2010
60-64	325	Charles Bloomquist	<i>Pennsylvania</i>	Feb. 2014

<u>308 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	507	John Robinson	<i>Pennsylvania</i>	July 2012
14-15	264	Michael Salvanish	<i>Julian, PA</i>	May 2014
16-17	286	Tyler Berish	<i>Pennsylvania</i>	June 2013
18-19	209	Dan Lobb	<i>Easton, PA</i>	Apr. 2013
20-24	460	Zachary Spidel	<i>Waynesboro, PA</i>	Apr. 2007
35-39	424	Mike Norris	<i>Clearfield, PA</i>	Apr. 2013
40-44	440	Mike Norris	<i>Clearfield, PA</i>	Dec. 2017
45-49	507	John Robinson	<i>Pennsylvania</i>	July 2012
50-54	363	Bill Igoe	<i>Scranton, PA</i>	June 2010
60-64	275	Ron Jeffery	<i>Pennsylvania</i>	Mar. 2012

<u>SHW CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	523	Tom Murray	<i>Pittsburgh, PA</i>	Apr. 2012
16-17	330	Patrick Dilullo	<i>Roseto, PA</i>	Mar. 2000
20-24	523	Tom Murray	<i>Pittsburgh, PA</i>	Apr. 2012
35-39	435	Steve Buccilli	<i>Pittsburgh, PA</i>	Sep. 2008
40-44	435	Paul D'Antonio	<i>Wattsburg, PA</i>	Apr. 2012
45-49	424	Paul D'Antonio	<i>Wattsburg, PA</i>	May 2016
50-54	390	Ted Brooks	<i>Hanover, PA</i>	Aug. 2009

