

2019 Central PA Open

December 14, 2019 - Clearfield, PA

POWERLIFTING

First Name	Last Name	Gender	Weight Class	Division	Age	State	Bodyweight	Squat	Bench	Deadlift	Total	SM	Column1	Comments
							lbs	kg	kg	kg	kg			
Bella	Butler	Female	97	Open / Youth (8-9)	8	PA	56.60	30.00	17.00	40.00	87.00	NA		66# Youth Class
Jill	Neziri	Female	105	Open / Submaster (35-39)	36	NY	103.20	75.00	45.00	105.00	225.00	238.01		Wrecking Crew Womens OL
Haley-Jo	Kenny	Female	105	Open	25	NY	104.40	80.00	52.50	92.50	225.00	236.21		Wrecking Crew
Linda	Strong-Denerly	Female	123	Open / Master (45-49)	48	NY	116.20	37.50	32.50	77.50	147.50	141.76		Wrecking Crew
Shea	Herbstritt	Female	132	Open	32	PA	130.00	87.50	50.00	112.50	250.00	218.48		
Jamie	Augustine	Female	148	Open / Teen (14-15)	15	PA	137.00	92.50	55.00	130.00	277.50	232.05		Cougar PL
Karlee	Wimer	Female	148	Open / Teen (18-19)	18	PA	137.60	92.50	52.50	122.50	267.50	222.32		
Madeline	Nutt	Female	148	Open / Teen (16-17)	16	PA	141.00	90.00	55.00	105.00	250.00	204.08		Lewis Legacy
Jane	Bickel	Female	148	Open / Master (55-59)	58	PA	137.80	72.50	45.00	115.00	232.50	193.23		Underground GYM
Madelynn	Bengel	Female	148	Open / Teen (16-17)	17	PA	141.20	60.00	37.50	85.00	182.50	148.97		Lewis Legacy
Katie	Lloyd	Female	198 +	Open	33	PA	215.00	110.00	52.50	155.00	317.50	192.72		
Erin	Lewis	Female	198 +	Open / Teen (16-17)	16	PA	213.00	87.50	52.50	112.50	252.50	154.03		Lewis Legacy
Mike	Boston	Male	132	Open	68	PA	131.00	87.50	60.00	142.50	290.00	238.09		
Bryan	Ellenberger	Male	148	Open	28	PA	148.75	162.50	112.50	242.50	517.50	375.19		Team MAK
Victor	Shaffer	Male	148	Open	70	PA	147.00	80.00	75.00	167.50	322.50	236.68		
Brett	King	Male	148	Open	15	PA	147.00	100.00	47.50	142.50	290.00	212.83		Cougar PL
Rich	Smith	Male	165	Open	26	PA	165.25	167.50	117.50	230.00	515.00	342.73		Joes Gym
Levi	Lewis	Male	165	Open / Teen (18-19)	19	PA	159.25	177.50	87.50	190.00	455.00	311.99		Lewis Legacy
Jack	Welch	Male	165	Open	74	PA	160.00	127.50	90.00	182.50	400.00	272.88		
Russell	Brown	Male	165	Open / Teen (16-17)	17	PA	158.00	132.50	77.50	160.00	370.00	255.04		Lewis Legacy
James	Lewis	Male	181	Open / Junior (20-24)	21	PA	180.00	185.00	132.50	255.00	572.50	357.13		Lewis Legacy
Don	Swingle	Male	181	Open	73	NY	179.50	100.00	75.00	182.50	357.50	223.01		Joes Gym
Michael	Gralla	Male	198	Open	30	PA	191.00	215.00	165.00	290.00	670.00	401.60		Team MAK Mens OL
Colton	Garvin	Male	198	Open	28	PA	196.00	210.00	145.00	280.00	635.00	374.46		
David	Lewis	Male	198	Open / Junior (20-24)	21	PA	197.00	190.00	142.50	235.00	567.50	333.63		Lewis Legacy
Kevin	Kear	Male	198	Open	28	PA	188.00	170.00	142.50	230.00	542.50	328.54		Team MAK
Don	Kuhns	Male	198	Open / Master (65-69)	67	PA	196.50	200.00	112.50	222.50	535.00	315.49		
Alex	Allender	Male	198	Open	25	PA	---	147.50	120.00	240.00	507.50			Team MAK
Curtis	Mignot	Male	198	Open / Junior (20-24)	23	PA	194.00	162.50	110.00	217.50	490.00	290.82		
Andrew	Herbstritt	Male	198	Open / Submaster (35-39)	35	PA	192.75	177.50	112.50	195.00	485.00	288.77		
Fr. Tommy	Thompson	Male	198	Open	39	PA	195.00	152.50	117.50	200.00	470.00	278.05		Underground Gym
Hunter	Berkey	Male	198	Open	17	PA	188.50	120.00	82.50	167.50	370.00	224.07		Cougar PL
Walter	Heinl, II	Male	198	Open / Submaster (35-39)	35	PA	192.00	155.00	127.50	(217.50)	---			Joes Gym
Lenny	Creatura	Male	220	Open / Master (60-64)	61	CT	212.50	250.00	150.00	277.50	677.50	381.09		AI Siegel Outstanding Master
Keith	Schneider	Male	220	Open	27	OH	202.00	210.00	125.00	252.50	587.50	340.16		Joes Gym
Tyler	Holleran	Male	220	Open	25	PA	202.50	185.00	147.50	225.00	557.50	322.79		
Jack	Butler	Male	220	Open / Master (45-49)	47	PA	220.00	162.50	162.50	202.50	527.50	292.39		
Nolen	Fetchko	Male	220	Open	28	PA	203.50	167.50	145.00	210.00	522.50	300.80		
Bugs	Bayer	Male	220	Open / Master (70-74)	74	PA	207.00	185.00	82.50	210.00	477.50	272.65		Joes Gym
Brian	Knarr	Male	220	Open / Master (45-49)	48	PA	208.00	150.00	107.50	182.50	440.00	250.58		Joes Gym
Zach	Santangelo	Male	242	Open	34	PA	240.00	237.50	157.50	272.50	667.50	359.25		Underground Gym
Robert	Ludwig	Male	242	Open / Master (60-64)	60	PA	227.00	210.00	157.50	235.00	602.50	329.87		
Brant	Givler	Male	242	Open / Master (55-59)	58	PA	237.00	160.00	147.50	185.00	492.50	266.00		
Brian	Karakaedos	Male	275	Open	28	PA	246.00	230.00	145.00	267.50	642.50	343.67		Underground Gym
Don	Wilson	Male	275	Open / Master (50-54)	51	PA	247.00	185.00	155.00	200.00	540.00	288.58		Underground Gym
Joseph	Caola	Male	275	Open	42	PA	251.00	160.00	122.50	142.50	425.00	226.27		Cougar PL
David	Kulbacki	Male	SHW	Open	42	PA	360.00	255.00	197.50	280.00	732.50	352.04		

BENCH PRESS

2019 Central PA Open

December 14, 2019 - Clearfield, PA

First Name	Last Name	Gender	Weight Class	Division	Age	State	Bodyweight	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Best Lift	SM	Comments	
							lbs	kg	kg	kg	kg	kg			
Heather	Wayland	Female	105	Open	16	PA	101.60	37.50	42.50	(45.00)	---	42.50	45.30		
Kim	Pollock	Female	181	Open / Master (55-59)	59	PA	174.60	57.50	(62.50)	(62.50)	---	57.50	39.62		
Dennis	Whysong	Male	165	Open / Master (65-69)	66	PA	165.00	102.50	(107.50)	(107.50)	---	102.50	68.21		
Dave	Blattenberger	Male	198	Open / Master (55-59)	57	PA	192.00	175.00	182.50	(190.50)	---	182.50	109.03	Outstanding BPer	
Clint	Whysong	Male	220	Open / Master (40-44)	40	PA	215.50	160.00	165.00	(170.00)	---	165.00	92.20		
Mike	Pyne	Male	220	Open / Master (55-59)	57	PA	215.50	130.00	(137.50)	137.50	---	137.50	76.84		
Sherm	Pensyl	Male	242	Open	45	PA	238.75	190.00	197.50	200.00	---	200.00	107.76		
Aaron	Lang	Male	275	Open	24	PA	265.25	130.00	145.00	152.50	---	152.50	80.20		

STRICT CURL

First Name	Last Name	Gender	Weight Class	Division	Age	State	Bodyweight	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Best Lift	SM	Comments	
							lbs	kg	kg	kg	kg	kg			
Heather	Wayland	Female	105	Open / Teen (16-17)	16	PA	101.60	19.00	23.00	24.00	---	24.00	25.58		
Kim	Pollock	Female	181	Open / Master (55-59)	59	PA	174.60	35.00	36.50	37.50	(38.00)	37.50	25.84		
Nathaniel	Thorp	Male	105	Open / Youth (10-11)	11	PA	90.50	15.00	16.00	(19.00)	---	16.00	20.48	97# Youth Class	
Trever	Weeden	Male	114	Open	13	NY	113.00	25.00	27.00	29.00	(30.50)	29.00	28.06		
Nicholas	Thorp	Male	132	Open / Teen (14-15)	14	PA	129.00	23.00	27.00	29.00	---	29.00	24.19		
Gary	Teeter	Male	148	Open / Master (55-59)	55	PA	148.00	52.00	54.00	55.00	55.50	55.00	40.12	Outstanding Curler	
Victor	Shaffer	Male	148	Open	70	PA	147.00	36.50	45.50	48.00	---	48.00	35.23		
Jeff	Thorp	Male	165	Open / Master (50-54)	50	PA	157.00	54.00	55.00	(58.00)	---	55.00	38.11		
Andrew	Herbsttritt	Male	198	Open	35	PA	192.75	54.50	57.50	(59.00)	---	57.50	34.24		
Justin	Vanscoy	Male	220	Open / Master (40-44)	42	PA	214.00	62.50	65.50	69.00	---	69.00	38.72		
Bob	Dunn	Male	220	Open / Master (60-64)	61	OH	219.50	46.50	(50.50)	50.50	---	50.50	28.04		
Brant	Givler	Male	242	Open / Master (55-59)	58	PA	237.00	45.50	57.50	(59.00)	---	57.50	31.06		
Ray	Wile	Male	308	Open / Master (60-64)	64	PA	300.00	42.50	44.00	46.50	---	46.50	23.63		