



POWERLIFTING FEDERATION

PENNSYLVANIA STATE SINGLE-LIFT BENCH PRESS RECORDS

UPDATED: April 7, 2024 - 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	72	Tiffani Teeter	Wilkes-Barre, PA	June 2018
12-13	72	Tiffani Teeter	Wilkes-Barre	Jan. 2019
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	115	Ruth Snyder	Spring Mills, PA	Dec. 2018
12-13	79	Kayla Luster	Pittsburgh, PA	Oct. 2011
14-15	99	Heather Wayland	Philipsburg, PA	Mar. 2019
16-17	93	Danielle Tasher	Sellersville, PA	Mar. 2012
18-19	44	Mary Kimmel	Hooversville, PA	Feb. 2012
55-59	115	Ruth Snyder	Spring Mills, PA	Dec. 2017

<u>114 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	143	Lori McMahon	DuBois, PA	Dec. 2021
10-11	77	Sarah Hunt	Forest City, PA	Oct. 2011
12-13	88	Lela Pensyl	Bedford, PA	Mar. 2022
14-15	121	Lela Pensyl	Bedford, PA	Apr. 2023
16-17	104	Hope Weaver	Belleville, PA	Mar. 2019
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
55-59	143	Lori McMahon	DuBois, PA	Dec. 2021
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
35=39	99	Jo Hendon	PA	Apr. 2023
45-49	88	Pamela Scarano	Mountaintop, PA	July 2017
50-54	99	Janet Walkiewicz	Erie, PA	Apr. 2014
55-59	110	Janet Huntley	Erie, PA	Mar. 2018
<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	Pennsylvania	Feb. 2012
16-17	137	Sammantha Perrinne	Sellersville, PA	Nov. 2011
18-19	117	Kayla Irwin	Erie, PA	June 2012
20-24	137	Sarah Sickert	Erie, PA	Mar. 2018
35-39	99	Shannon Barnum	Friendsville, PA	Aug. 2016
45-49	121	Mary Lou Norris	Sarver, PA	Mar. 2012
55-59	121	Annemarie Kemmerer	Perkasie, PA	Oct. 2011
60-64	121	Laura Schepis	Moon Twp., PA	Dec. 2014
70-74	71	Norma Jean Teufel	Erie, PA	Dec. 2023

<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	Erie, PA	Mar. 2012
35-39	121	Christine Burke	Pennsylvania	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	Pennsylvania	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
50-54	159	Cynthia Line	PA	Nov 2021
55-59	137	Kim Doutt	Union City, PA	Mar. 2018
65-69	60	Judy Phipps	Pennsylvania	June, 2015
70-74	77	Alyce Urban	Delmont, PA	Aug. 2020

<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	Saxonburg, PA	Mar. 2012
50-54	159	Kim Doutt	Union City, PA	Apr. 2014
55-59	154	Kim Doutt	Union City, PA	Mar. 2016
Spec. Olym.	110	Joni Talavera	Bethlehem, PA	Mar. 2012

<u>198 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	225	Cassidy Comly	Bellefonte, PA	Oct. 2018
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
<u>198+ lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	242	Cassidy Comly	Bellefonte, PA	May 2018
35-39	198	Rochelle Dubbs	Julian, PA	Oct 2016
40-44	237	Rochelle Dubbs	Julian, PA	June 2018
50-54	126	Wendy Scalzitti	Pennsylvania	June 2014

MEN

<u>77 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
8-9	60	Aidan Young	Howard, PA	Dec. 2023

<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
10-11	55	Nathaniel Thorp	Clearfield, PA	Mar. 2019
12-13	82	Preston Reed	Howard, PA	Apr. 2018

<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	Perkasie, PA	Mar. 2013
8-9	77	Robby Wickham	Danville, PA	Apr. 2013
10-11	88	Denver Light	Pennsylvania	Feb. 2012
12-13	99	Preston Reed	Howard, PA	Mar. 2019
14-15	77	Nick Hartmann	Erie, PA	Mar. 2012
16-17	132	John Hess	Perkasie, PA	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.	Pennsylvania	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	248	Gary Teeter	Wilkes-Barre, PA	Nov. 2018
10-11	88	Davis Lee	Fairless Hills, PA	Mar. 2012
12-13	126	Dawson Lomison	Karthus, PA	June 2022
14-15	214	Kody Cox	DuBois, PA	July 2012
16-17	231	Kody Cox	DuBois, PA	June 2013
50-54	248	Gary Teeter	Wilkes-Barre, PA	Nov. 2018
55-59	231	Gary Teeter	Wilkes-Barre, PA	June 2023
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	286	Devin Gloeckl	West Mifflin, PA	Oct. 2018
10-11	93	Davis Lee	Fairless Hills, PA	Apr. 2012
12-13	126	Erik Thomas	Sandy Lake, PA	Sep. 2016
14-15	187	Cam Rees	Erie, PA	Mar. 2016
16-17	187	George McCarty	Clearfield, PA	Nov. 2013
18-19	154	Levi Veneziano	Bellefonte, PA	May 2014
20-24	126	RJ Karl	Easton, PA	June 2013
45-49	242	Gary Teeter	Wilkes-Barre, PA	June 2012
50-54	248	Gary Teeter	Wilkes-Barre, PA	Oct. 2017
55-59	231	Gary Teeter	Wilkes-Barre, PA	Nov. 2019
Spec. Olym.	126	RJ Karl	Easton, PA	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	198	John Pearson	Elizabeth, PA	Aug. 2022
14-15	198	Bastian Conaway	Pennsylvania	Feb. 2012
16-17	231	Noah Cline	Clearfield, PA	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	Wilkes-Barre, PA	Dec. 2017
55-59	253	Gary Teeter	Wilkes-Barre	Mar. 2020
60-64	154	Paul Griffith	Gettysburg, PA	Nov. 2008
65-69	192	Sam Confer	Clearfield, PA	Apr. 2015
70-74	187	Sam Confer	Clearfield, PA	May 2017
Spec. Olym.	137	Michael Gaal	Bethlehem, PA	Apr. 2012

<u>165 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
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	336	Shawn Shuck	Hughesville, PA	Nov. 2022
40-44	303	Dwain Koser	Shippensburg, PA	July 2011
45-49	369	David Blattenberger	Martinsburg, PA	Feb. 2012
50-54	303	Grant Passman	Pennsylvania	June 2015
55-59	270	Gary Teeter	Wilkes-Barre, PA	Dec. 2021
60-64	314	David Blattenberger	Martinsburg, PA	Dec. 2023
65-69	236	Dennis Whyson	Bedford, PA	Dec. 2018
70-74	209	Carl Augustine	Pennsylvania	Nov 2017
Spec. Olym.	176	Stephen Diorio	Cresco, PA	Mar. 2019

<u>181 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	429	Jacob Williams	Braddock, PA	Apr. 2019
12-13	297	Reagan Dillon	PA	June 2023
14-15	248	Ryan Pearson	PA	Sep. 2023
16-17	275	Garret Craft	Pennsylvania	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	429	Jacob Williams	Braddock, PA	Apr. 2019
50-54	402	David Blattenberger	Martinsburg, PA	Nov. 2012

55-59	374	David Blattenberger	Martinsburg, PA	July 2017
60-64	341	David Blattenberger	Martinsburg, PA	Apr. 2023
65-69	270	Dennis Whysong	Bedford, PA	Mar. 2021
70-74	264	Larry Eastman	Spartansburg, PA	Apr. 2022
80-84	203	John Bretz	Erie, PA	Apr. 2023
Spec. Olym.	181	Kyle Miller	Bethlehem, PA	Apr. 2012

<u>198 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	429	Jeff McDaniel	Blue Bell, PA	Nov. 2014
14-15	225	Alex Ammerman	PA	Dec. 2023
16-17	308	Matthew Hutchinson	Oil City, PA	Apr. 2018
18-19	319	Matthew Hutchinson	Oil City, PA	Mar. 2019
20-24	363	Dan Kornfeind	Pennsylvania	June 2014
35-39	413	Jeff McDaniel	Blue Bell, PA	Dec. 2016
40-44	374	Jeff McDaniel	Blue Bell, PA	June 2023
45-49	380	Carl Barkley, Jr.	Newville, PA	Apr. 2013
50-54	418	Jacob Williams	Braddock, PA	Nov. 2023
55-59	402	David Blattenberger	Martinsburg, PA	Dec. 2019
60-64	385	David Blattenberger	Martinsburg, PA	June 2022
65-69	314	Jim McKenna	North Wales, PA	June 2016
70-74	275	Jim McKenna	North Wales, PA	Oct. 2018
75-79	303	Terry Margolis	State College, PA	Apr. 2018
80-84	242	Terry Margolis	State College, PA	Apr. 2022
Spec. Olym.	231	Eddie Altemose	Easton, PA	Mar. 2019

<u>220 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	457	Sherm Pensyl	Somerset, PA	Apr. 2012
16-17	345	Kellen Kowchuck	Creekside, PA	Oct. 2000
18-19	391	David Krouse	Berlin, PA	Dec. 2015
20-24	370	Matt Walker	Central City, PA	May 2006
35-39	457	Sherm Pensyl	Somerset, PA	Apr. 2012
40-44	363	Clint Whysong	Imler, PA	Dec. 2019
45-49	390	Dave Lhota	Central City, PA	Sep. 2003
50-54	391	Ken Jubas	Ebensburg, PA	Nov. 2013
55-59	363	Ken Jubas	Ebensburg, PA	Mar. 2019
60-64	341	Ralph Lauivara	Ashley, PA	Apr. 2018
65-69	319	Jim McKenna	North Wales, PA	Oct. 2017
70-74	281	Butch Huey	Oil City, PA	Apr. 2018
75-79	319	Dave Fleming	Munhall, PA	Apr. 2018
80-84	176	LeRoy Burton	Erie, PA	Nov. 2014
Spec. Olym.	165	Donnie Laudenslager	New Bethlehem, PA	June 2017

<u>242 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	468	John Franks	Milford, PA	May 2010
12-13	148	Josh Menchik	Pennsylvania	Feb. 2012
14-15	292	Mario Fontanazza, III	Oil City, PA	May 2017
16-17	345	Kellen Kowchuck	Creekside, PA	Apr. 2001
20-24	391	Jack Lee	Fairless Hills, PA	Feb. 2012
35-39	462	John Franks	Milford, PA	June 2011
40-44	407	Rob Eckhart	Lehighton, PA	June 2016

45-49	446	Sherm Pensyl	Bedford, PA	June 2022
50-54	415	Dave Reeder	Greencastle, PA	Sep. 2007
55-59	352	Thomas Sawyer	Pennsylvania	July 2017
60-64	352	Jeff Oliver	PA	Nov. 2023
65-69	330	Gerald Burke	Harrisburg, PA	Jul. 2012
70-74	325	Rooster Fleming	Munhall, PA	Nov. 2013
75-79	242	Gerald Burke	Harrisburg, PA	Apr. 2022
Spec. Olym.	170	Donnie Laudenslager	Bath, PA	Apr. 2018

<u>275 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	451	Travis Litz	Erie, PA	Oct. 2016
14-15	336	Mario Fontanazza, III	Oil City, PA	Apr. 2018
16-17	363	Mario Fontanazza, III	Oil City, PA	Mar. 2019
18-19	402	Scooter Conklin	Coalport, PA	Feb. 2014
20-24	402	Jordan Barr	Emporium, PA	May 2017
35-39	440	John Franks	Pennsylvania	June 2013
40-44	413	Rob Eckhart	Lehighton, PA	Oct. 2016
45-49	450	Barry Clark	Bedford, PA	Sep. 2007
50-54	374	Dennis Henderson, Jr.	Ligonier, PA	May 2016
55-59	369	Dennis Henderson, Jr.	Ligonier, PA	Mar. 2019
60-64	325	Charles Bloomquist	Pennsylvania	Feb. 2014
65-69	292	Dave Reeder	Somerset, PA	Apr. 2023

<u>308 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	507	John Robinson	Pennsylvania	July 2012
14-15	264	Michael Salvanish	Julian, PA	May 2014
16-17	286	Tyler Berish	Pennsylvania	June 2013
18-19	402	Mario Fontanazza, III	Oil City, PA	Dec. 2021
20-24	460	Zachary Spidel	Waynesboro, PA	Apr. 2007
35-39	424	Mike Norris	Clearfield, PA	Apr. 2013
40-44	440	Mike Norris	Clearfield, PA	Dec. 2017
45-49	507	John Robinson	Pennsylvania	July 2012
50-54	363	Bill Igoe	Scranton, PA	June 2010
60-64	275	Ron Jeffery	Pennsylvania	Mar. 2012
65-69	325	Dave Reeder	Somerset, PA	Dec. 2022
Spec. Olym.	259	Ryan Relosky	N. Huntingdon, PA	Dec. 2023

<u>SHW CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	523	Tom Murray	Pittsburgh, PA	Apr. 2012
16-17	330	Patrick Dilullo	Roseto, PA	Mar. 2000
18-19	341	Jacob Neiderhiser	Ligonier, PA	Apr. 2018
20-24	523	Tom Murray	Pittsburgh, PA	Apr. 2012
35-39	435	Steve Buccilli	Pittsburgh, PA	Sep. 2008
40-44	435	Paul D'Antonio	Wattsburg, PA	Apr. 2012
45-49	424	Paul D'Antonio	Wattsburg, PA	May 2016
50-54	390	Ted Brooks	Hanover, PA	Aug. 2009

