



POWERLIFTING FEDERATION

PENNSYLVANIA STATE SINGLE-LIFT BENCH PRESS RECORDS

UPDATED: December 22, 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	121	Lela Pensyl	Bedford, PA	Apr. 2024
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 Whysong	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	418	Jacob WiliAMS	Braddock, PA	Nov. 2024

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
75-79	209	Edwin Rose	Mountaintop, PA	Dec. 2024
80-84	203	John Bretz	Erie, PA	Apr. 2023
Spec. Olym.	181	Kyle Miller	Bethlehem, PA	Apr. 2012

198 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
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	424	Jacob Williams	Braddock, PA	Apr. 2024
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

220 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
OPEN	462	Jeremy Swain	Pennsylvania	Apr. 2024
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	462	Jeremy Swain	Pennsylvania	Apr. 2024
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

242 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
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	314	Dave Reeder	Somerset, PA	Apr. 2024

<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
55-59	325	David Palo	Pennsylvania	Apr. 2024
60-64	275	Ron Jeffery	Pennsylvania	Mar. 2012
65-69	325	Dave Reeder	Somerset, PA	Dec. 2022
Spec. Olym.	264	Ryan Relosky	N. Huntingdon, PA	Apr. 2024

<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

