

# 2026 Great Lakes Powerlifting Championships

Erie, PA 05/16/2026

## Powerlifting

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Squat3	Squat4	Bench3	Bench4	DL 3	DL 4	Total	Placing
Gabriella Person	Female	11	PA	97	44/97.0 (F)	Open	37.5		20.8		57.5		115	1
Gabriella Person	Female	11	PA	97	44/97.0 (F)	Youth 11 and Under	37.5		20.8		57.5		115	1
Christina Amendola	Female	53	PA	110.3	52/114.6	Open	60		35		82.5		177.5	1
Christina Amendola	Female	53	PA	110.3	52/114.6	Masters (50-54)	60		35		82.5		177.5	1
Mariann Strain	Female	82	PA	121.9	56/123.4	Open	52.5	55	30		77.5	78	160	1
Mariann Strain	Female	82	PA	121.9	56/123.4	Masters (80+)	52.5	55	30		77.5	78	160	1
Cydney Amoroso	Female	25	PA	131.9	60/132.2	Open	122.5		67.5		140		330	1
Melissa Wright	Female	22	PA	131.5	60/132.2	Open	102.5		55		135		292.5	2
Megan Wolbert	Female	28	PA	129.6	60/132.2	Open	90		37.5		130		257.5	3
Grace Nanney	Female	23	PA	131.1	60/132.2	Open	75		42.5		122.5		240	4
Geri-Lyn Hoffman	Female	60	PA	131.7	60/132.2	Open	62.5		40		105		207.5	5
Grace Nanney	Female	23	PA	131.1	60/132.2	Junior (20-24)	75		42.5		122.5		240	1
Geri-Lyn Hoffman	Female	60	PA	131.7	60/132.2	Masters (60-64)	62.5		40		105		207.5	1
Nena Pfeffer	Female	16	PA	139.3	67.5/148.8	Open	142.5		76		142.5		360	1
Lori Kosienski	Female	55	PA	146	67.5/148.8	Open	107.5		57.5		142.5		307.5	2
Shannon Minihane	Female	31	PA	142.3	67.5/148.8	Open	100		55		125		280	3
Leyla Dombrowski	Female	32	PA	146	67.5/148.8	Open	105		52.5		107.5		265	4
Sheila Porterfield	Female	51	PA	141.4	67.5/148.8	Open	77.5		50		115		242.5	5
Jill Nagg	Female	45	PA	133	67.5/148.8	Open	42.5		30		80		152.5	6
Nena Pfeffer	Female	16	PA	139.3	67.5/148.8	Teen (16-17)	142.5		76		142.5		360	1
Lori Kosienski	Female	55	PA	146	67.5/148.8	Masters (55-59)	107.5		57.5		142.5		307.5	1
Sheila Porterfield	Female	51	PA	141.4	67.5/148.8	Masters (50-54)	77.5		50		115		242.5	1
Jill Nagg	Female	45	PA	133	67.5/148.8	Masters (45-49)	42.5		30		80		152.5	1
Christina Carlson	Female	53	PA	153.6	75/165.3	Open	100		70		157.5		327.5	1
Carissa Perez	Female	34	PA	161	75/165.3	Open	105		57.5		137.5		300	2
Jacquelyn McLaughlin	Female	26	PA	164	75/165.3	Open	110		65		122.5		297.5	3
Christina Milie	Female	47	PA	155.7	75/165.3	Open	82.5		55		120		257.5	4
Rebecca Meeder	Female	45	NY	163.1	75/165.3	Open	77.5		47.5		115		240	5
Christina Carlson	Female	53	PA	153.6	75/165.3	Masters (50-54)	100		70		157.5		327.5	1
Christina Milie	Female	47	PA	155.7	75/165.3	Masters (45-49)	82.5		55		120		257.5	1
Rebecca Meeder	Female	45	NY	163.1	75/165.3	Masters (45-49)	77.5		47.5		115		240	2
Jennifer Twohig-Williams	Female	46	PA	173.5	82.5/181.8	Open	130		57.5		142.5		330	1
Sarah Jelinek	Female	32	PA	178.4	82.5/181.8	Open	112.5		57.5		157.5		327.5	2
Christine Cedzo	Female	57	PA	170.7	82.5/181.8	Open	77.5		50		155		282.5	3
Michelle Hartung	Female	36	PA	174.8	82.5/181.8	Open	97.5		67.5		117.5		282.5	4
Heather Van Elk	Female	37	NY	178.5	82.5/181.8	Open	95		60		122.5		277.5	5
Janis Ferguson	Female	64	PA	177.4	82.5/181.8	Open	77.5		47.5		120		245	6
Jennifer Twohig-Williams	Female	46	PA	173.5	82.5/181.8	Masters (45-49)	130		57.5		142.5		330	1
Christine Cedzo	Female	57	PA	170.7	82.5/181.8	Masters (55-59)	77.5		50		155		282.5	1
Michelle Hartung	Female	36	PA	174.8	82.5/181.8	Sub-Masters (35-39)	97.5		67.5		117.5		282.5	1
Heather Van Elk	Female	37	NY	178.5	82.5/181.8	Sub-Masters (35-39)	95		60		122.5		277.5	2
Janis Ferguson	Female	64	PA	177.4	82.5/181.8	Masters (60-64)	77.5		47.5		120		245	1
Erin Gorney	Female	45	PA	197.1	90/198.4	Open	117.5		75		142.5		335	1
Ashlin Nagg	Female	22	PA	190.8	90/198.4	Open	62.5		40		110		212.5	2
Erin Gorney	Female	45	PA	197.1	90/198.4	Masters (45-49)	117.5		75		142.5		335	1
Ashlin Nagg	Female	22	PA	190.8	90/198.4	Junior (20-24)	62.5		40		110		212.5	1
Ivy Lander	Female	26	PA	216.7	90+/198.5+ (F)	Open	145		62.5		162.5		370	1
Janelle Shollenberger	Female	43	PA	248.2	90+/198.5+ (F)	Open	147.5		77.5		140		365	2
Bethany Kalie	Female	42	PA	274.8	90+/198.5+ (F)	Open	112.5		72.5		155		340	3
Michelle Lawson	Female	56	PA	211.1	90+/198.5+ (F)	Open	102.5		60		127.5		290	4
Janelle Shollenberger	Female	43	PA	248.2	90+/198.5+ (F)	Masters (40-44)	147.5		77.5		140		365	1
Bethany Kalie	Female	42	PA	274.8	90+/198.5+ (F)	Masters (40-44)	112.5		72.5		155		340	2
Jennifer Kolis	Female	42	NY	219.2	90+/198.5+ (F)	Masters (40-44)	55		47.5		105		207.5	3
Joe Martucci	Male	58	PA	148.5	67.5/148.8	Open	160		92.5		182.5		435	1
Nick Schodowski	Male	34	OH	159.6	75/165.3	Open	187.5		150		260		597.5	1
Keenan Rankin	Male	31	PA	158.2	75/165.3	Open	165		110		210		485	2
Ian Shotts	Male	17	PA	164.2	75/165.3	Open	162.5		105		187.5		455	3
David Machmer	Male	58	PA	163.1	75/165.3	Open	117.5		82.5		142.5		342.5	4
Ian Shotts	Male	17	PA	164.2	75/165.3	Teen (16-17)	162.5		105		187.5		455	1
Anthony Bille	Male	18	PA	152.1	75/165.3	Teen (18-19)	150		92.5		150		392.5	1
Keenan Rankin	Male	31	PA	158.2	75/165.3	Law/Fire/Military	165		110		210		485	1
Jonny Hunter	Male	25	PA	179	82.5/181.8	Open	237.5		132.5		275		645	1
Jeremy Perry	Male	32	PA	177.6	82.5/181.8	Open	182.5		135		282.5		600	2
Eric Rockwood	Male	35	PA	178.1	82.5/181.8	Open	180		125		260		565	3
Rich Smith	Male	33	PA	179.7	82.5/181.8	Open	192.5		125		237.5		555	4

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Garrett Hopwood	Male	23	PA	175.3	82.5/181.8	Open	197.5	117.5	237.5	552.5	5			
Ian McMillan	Male	25	OH	180	82.5/181.8	Open	165	120	205	490	6			
Sid Meeder	Male	47	NY	181.5	82.5/181.8	Open	127.5	87.5	137.5	352.5	7			
Garrett Hopwood	Male	23	PA	175.3	82.5/181.8	Junior (20-24)	197.5	117.5	237.5	552.5	1			
Sid Meeder	Male	47	NY	181.5	82.5/181.8	Masters (45-49)	127.5	87.5	137.5	352.5	1			
Quinto Hood	Male	34	PA	195	90/198.4	Open	250	150	262.5	662.5	1			
Ian Mercado	Male	32	PA	196.4	90/198.4	Open	202.5	140	230	572.5	2			
Brennan Fedorko	Male	35	PA	198	90/198.4	Open	205	132.5	215	552.5	3			
Shawn Charnisky	Male	45	NY	195	90/198.4	Open	115	85	177.5	377.5	4			
James Lewis	Male	19	PA	213.2	100/220.4	Open	227.5	150	285	662.5	1			
Evan DeLong	Male	27	PA	214.9	100/220.4	Open	242.5	135	262.5	640	2			
Keith Hadlock	Male	30	PA	216	100/220.4	Open	215	110	227.5	552.5	3			
Andrew Schmidt	Male	46	PA	211	100/220.4	Open	177.5	120	215	512.5	4			
Zach Barker	Male	24	PA	218.8	100/220.4	Junior (20-24)	215	165	262.5	642.5	1			
Braeden Lobdell	Male	19	CO	215.8	100/220.4	Teen (18-19)	227.5	155	237.5	620	1			
Andrew Schmidt	Male	46	PA	211	100/220.4	Masters (45-49)	177.5	120	215	512.5	1			
Steve Toriski	Male	49	PA	215.8	100/220.4	Masters (45-49)	140	100	167.5	407.5	2			
Aldo Jackson	Male	68	PA	210.8	100/220.4	Masters (65-69)	107.5	75	130	312.5	1			
Thomas Foos	Male	25	PA	228	110/242.5	Open	262.5	182.5	300	745	1			
Landon Lohr	Male	30	PA	242.2	110/242.5	Open	280	165	282.5	727.5	2			
Troy Honard	Male	32	PA	237.2	110/242.5	Open	237.5	177.5	272.5	687.5	3			
Jeff Lawson	Male	62	PA	240	110/242.5	Open	207.5	112.5	247.5	567.5	4			
Nick Amendola	Male	21	PA	238.9	110/242.5	Open	127.5	65	132.5	325	5			
Zach Culbertson	Male	24	PA	227.8	110/242.5	Junior (20-24)	227.5	165	247.5	640	1			
Eric Shotts	Male	42	PA	220.5	110/242.5	Masters (40-44)	117.5	130	160	407.5	1			
Nick Amendola	Male	21	PA	238.9	110/242.5	Junior (20-24)	127.5	65	132.5	325	2			
Troy Honard	Male	32	PA	237.2	110/242.5	Law/Fire/Military	237.5	177.5	272.5	687.5	1			
Brendan Priore	Male	28	PA	268.9	125/275.5	Open	255	150	297.5	702.5	1			
Bryan Moody	Male	46	PA	263.3	125/275.5	Open	237.5	172.5	260	670	2			
Bryan Moody	Male	46	PA	263.3	125/275.5	Masters (45-49)	237.5	172.5	260	670	1			
Christian Giancola	Male	20	PA	269.8	125/275.5	Special Olympian	160	167.5	105	107.5	200	206	465	1
Ray Carr	Male	31	PA	286.2	140/308.6	Open	230	132.5	260	622.5	1			
Rob Mostoller	Male	54	PA	293.7	140/308.6	Open	215	155	232.5	602.5	2			
Terry Johnson	Male	53	PA	293.3	140/308.6	Open	127.5	90	137.5	355	3			
Ed Henderson	Male	62	PA	277.9	140/308.6	Masters (60-64)	215	137.5	210	562.5	1			

### Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench3	Bench4
Larry Eastman	Male	74	PA	180	82.5/181.8	Masters (70-74)	-107.5	
Kevin Lynch	Male	39	PA	180.2	82.5/181.8	Sub-Masters (35-39)	-102.5	
Rob O'Connell	Male	61	PA	183.7	90/198.4	Open	-122.5	
Jeffrey Long	Male	41	PA	189.2	90/198.4	Open	112.5	
Jeffrey Long	Male	41	PA	189.2	90/198.4	Masters (40-44)	112.5	
Rob O'Connell	Male	61	PA	183.7	90/198.4	Law/Fire/Military	-122.5	
Ryan Relosky	Male	29	PA	294.5	140/308.6	Open	125	
Terry Johnson	Male	53	PA	293.3	140/308.6	Open	90	
Ryan Relosky	Male	29	PA	294.5	140/308.6	Special Olympian	125	

### Deadlift

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	DL 3	DL 4
Christine Cedzo	Female	57	PA	170.7	82.5/181.8	Open	155	
Christine Cedzo	Female	57	PA	170.7	82.5/181.8	Masters (55-59)	155	
David Heintzel	Male	65	PA	161.5	75/165.3	Open	-180	
David Heintzel	Male	65	PA	161.5	75/165.3	Masters (65-69)	-180	
Leslie Szall	Male	70	PA	190.9	90/198.4	Masters (70-74)	142.5	
Richard Jenks	Male	70	PA	212	100/220.4	Masters (70-74)	227.5	
Ryan Relosky	Male	29	PA	294.5	140/308.6	Open	172.5	
Terry Johnson	Male	53	PA	293.3	140/308.6	Open	137.5	
Ryan Relosky	Male	29	PA	294.5	140/308.6	Special Olympian	172.5	