

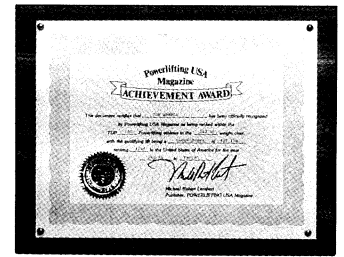
# POWERLIFTING USA MAGAZINE

148 lb./67.5 kg.

## TOP 100

for USA lifters competing  
December 1990 to November 1991

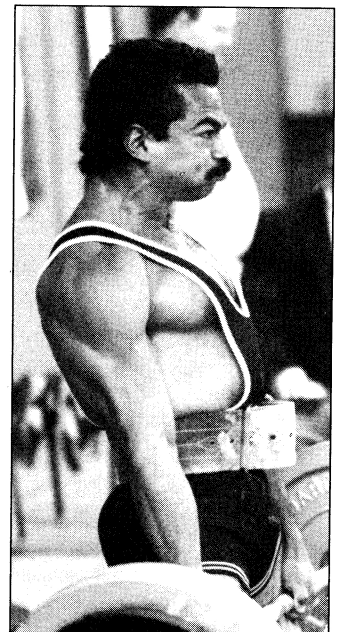
### PL USA TOP 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievements is \$5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$18.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$5 per certificate or \$18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. CA residents add 7 1/4% sales tax.

#### NEXT MONTH...TOP 165s

**Corrections:** Cheryl Willard's total at the Missing Link competition was actually 710 rather than 630. Steve Felten's 475 bench should have been credited on the TOP 100 list for the 242 lb. class. Joseph Kice's 455 bench in the 220 lb. class did not appear on the ADFPA TOP 20 listing. Send any corrections you find to our ranking lists to "ERRORS", Box 467, Camarillo, California 93011.



Dave Contreras is one of the ranked lifters on this month's TOP 100.

#### SQUAT

- 1 650 Dial, C...3/23/91
- 2 650 Jackson, J...11/21/91
- 3 640 Conyers, T...8/10/91
- 4 628 Austin, D...7/26/91
- 5 622 Hooper, W...11/23/91
- 6 606 Perkins, T...5/31/91
- 7 600 Shackelford, N...4/28/91
- 8 600 Leeper, C...9/28/91
- 9 580 Jackson, W...3/23/91
- 10 567 Contreras, D...12/8/90
- 11 562 Franklin, S...3/1/91
- 12 560 Kimble, D...12/1/90
- 13 556 Hoston, K...5/25/91
- 14 556 Wodraska, C...7/20/91
- 15 551 Hammer, E...3/16/91
- 16 551 Okafor, F...10/26/91
- 17 550 Fronzaglia, D...12/15/90
- 18 550 Augustin, S...10/12/91
- 19 550 Kupperstein, E...11/23/91
- 20 545 Broussard, B...1/5/91
- 21 540 Byrd, G...6/9/91
- 22 540 Satoshige, T...6/22/91
- 23 534 Kea, R...6/22/91
- 24 530 Sechrist, M...12/1/90
- 25 530 Young, D...4/27/91
- 26 530 Ikehara, S...11/23/91
- 27 529 Warner, J...2/9/91
- 28 529 Charles, A...3/1/91
- 29 525 Blair, L...1/13/91
- 30 525 Miller, M...1/13/91
- 31 525 Hill, M...5/9/91
- 32 525 Kiefer, D...5/11/91
- 33 525 Mills, R...8/10/91
- 34 520 Reinardy, J...5/18/91
- 35 518 Boullot, C...2/9/91
- 36 518 Graves, G...3/2/91
- 37 518 White, M...4/20/91
- 38 515 McLaren, R...3/2/91
- 39 515 Audia, J...4/27/91
- 40 515 Casey, M...5/19/91
- 41 512 Guzman, T...4/6/91
- 42 512 Johnson, S...11/8/91
- 43 510 Beatty, D...12/1/90
- 44 510 Hamel, A...12/15/90
- 45 510 McElroy, J...4/27/91
- 46 510 Rodriguez, J...6/8/91
- 47 510 Weinstein, L...3/23/91
- 48 507 Holton, C...5/18/91
- 49 507 Hausman, B...7/26/91
- 50 507 Scisney, K...10/12/91
- 51 507 Lawson, M...11/8/91
- 52 505 McIncon, B...4/27/91
- 53 505 Blake, H...10/19/91
- 54 501 Routzong, B...12/8/90
- 55 501 Garcia, M...2/28/91
- 56 501 Johnson, B...3/1/91
- 57 501 Alexander, J...3/2/91
- 58 501 Baker, C...3/23/91
- 59 501 Cahoe, B...7/6/91
- 60 501 Sigala, M...10/12/91
- 61 501 Brock, M...11/21/91
- 62 501 Creighton, P...11/23/91
- 63 501 Wonyete, M...11/30/91
- 64 500 Nichols, T...12/1/90
- 65 500 Chandler, M...1/13/91
- 66 500 Letak, S...3/10/91
- 67 500 McMillan, S...4/20/91
- 68 500 Bui, E...4/27/91
- 69 500 Turner, M...5/9/91
- 70 500 Oehlers, J...5/19/91
- 71 500 Jackson, B...8/10/91
- 72 500 Smith, A...9/28/91
- 73 500 Tardanco, J...10/5/91
- 74 500 Page, G...10/19/91
- 75 500 Robinson, H...10/19/91
- 76 500 Gaganan, M...11/23/91
- 77 496 Brown, M...2/28/91
- 78 490 Delagarza, P...5/19/91
- 79 490 Ambeau, A...6/9/91
- 80 490 Bhojwani, S...10/19/91
- 81 485 Green, R...12/1/90
- 82 485 McVaney, A...2/9/91
- 83 485 Edmondson, D...3/16/91
- 84 485 Cagliola, M...3/23/91
- 85 485 Rodriguez, R...5/5/91
- 86 485 Taylor, W...6/15/91
- 87 485 Jones, V...6/22/91
- 88 485 Bowe, M...6/22/91
- 89 485 Olson, B...6/22/91
- 90 485 Crawford, S...8/24/91
- 91 485 Roberson, E...11/23/91
- 92 480 Griffin, P...12/29/90
- 93 480 Zoppo, M...1/20/91
- 94 480 Neiderkorn, W...2/16/91
- 95 480 Ducharme, B...3/23/91
- 96 480 Tamale, V...10/19/91
- 97 479 Wong, B...2/9/91
- 98 479 Sanders, T...3/23/91
- 99 479 Fahey, T...5/18/91
- 100 479 Green, J...8/17/91

#### BENCH

- 430 Couch, R...9/14/91
- 418 Senseman, K...12/15/90
- 415 Miller, L...8/4/91
- 413 Millhouse, G...3/23/91
- 410 Conyers, T...3/30/91
- 396 Contreras, D...12/8/90
- 396 Schachte, C...1/19/91
- 385 Jones, G...2/10/91
- 385 Thomas, W...2/17/91
- 385 Thomas, C...5/25/91
- 380 Powers, W...9/19/91
- 375 Feldhaus, M...3/23/91
- 370 Clapp, J...4/20/91
- 365 Dematteo, J...3/9/91
- 365 Fronzaglia, D...5/4/91
- 365 Simpson, D...5/4/91
- 365 Casey, M...5/19/91
- 365 Skeen, T...8/31/91
- 365 Garcia, F...9/7/91
- 363 Kea, R...6/22/91
- 363 Morantes, G...8/18/91
- 360 Cordero-Viera, M...4/7/91
- 360 Augustin, S...10/12/91
- 358 Beasley, V...4/27/91
- 352 Brown, M...4/27/91
- 352 Fukumoto, K...8/31/91
- 350 Saucedo, J...9/21/91
- 352 Paganini, J...11/23/91
- 350 Hooper, W...1/5/91
- 350 Shifman, R...2/10/91
- 350 Pascual, J...2/23/91
- 350 Johnson, B...5/19/91
- 350 Brunson, C...8/10/91
- 345 Brynes, C...3/23/91
- 345 Eaddy, R...8/31/91
- 341 Audia, J...2/10/91
- 341 Austin, D...7/26/91
- 341 Pena, J...9/15/91
- 340 Bechere, R...3/9/91
- 340 Jordan, T...3/23/91
- 340 Priest, J...4/14/91
- 340 Laube, D...4/27/91
- 340 Garnett, K...6/1/91
- 340 Rinker, J...7/28/91
- 340 Jackson, B...8/10/91
- 340 O'Hara, D...9/22/91
- 340 Gutierrez, S...11/2/91
- 336 Steven, M...12/15/90
- 336 Cavin, D...11/9/91
- 336 Hammer, E...3/16/91
- 336 Anderson, B...3/23/91
- 336 Minniti, T...3/23/91
- 336 Demo, Q...9/21/91
- 335 Garcia, M...1/12/91
- 335 Evans, R...2/2/91
- 335 Guenther, G...2/9/91
- 335 Whitt, B...2/9/91
- 335 Knapp, M...3/10/91
- 335 Niski, J...4/14/91
- 335 Campbell, A...5/18/91
- 335 Poteste, V...9/14/91
- 330 Hedrich, K...11/17/90
- 330 Horn, M...12/1/90
- 330 Blair, L...1/13/91
- 330 Calvin, D...2/2/91
- 330 Larson, G...2/10/91
- 330 Gonzales, O...3/17/91
- 330 Ksanzonak, T...4/7/91
- 330 Davis, M...4/14/91
- 330 Walker, A...4/27/91
- 330 Gaghan, B...4/27/91
- 330 Buccellato, M...4/28/91
- 330 Haynes, R...5/18/91
- 330 Minich, J...6/16/91
- 330 Satoshige, T...6/22/91
- 330 Oliviera, R...7/20/91
- 330 Cannizzaro, P...8/31/91
- 330 Stewart, S...9/14/91
- 325 Didion, T...12/15/90
- 325 Joseph, M...1/19/91
- 325 Sapien, R...1/19/91
- 325 Garagath, B...2/23/91
- 325 Cahoe, B...3/16/91
- 325 Lafoy, B...3/16/91
- 325 Baker, C...3/23/91
- 325 Cagliola, M...3/23/91
- 325 Criaanza, N...4/7/91
- 325 Perkins, T...4/13/91
- 325 Pittoncos, C...4/21/91
- 325 Lumpkin, E...4/27/91
- 325 Hill, M...5/9/91
- 325 McMin, C...5/11/91
- 325 Burrello, T...5/18/91
- 325 Glaman, B...6/15/91
- 325 Beatty, D...6/22/91
- 325 Jackson, J...7/6/91
- 325 Sofia, J...7/13/91
- 325 Speranza, J...8/10/91
- 325 Oehlers, J...9/7/91
- 325 Smith, A...9/28/91

#### DEADLIFT

- 696 Austin, D...11/14/91
- 600 Jackson, W...3/23/91
- 600 Shackelford, N...4/28/91
- 600 Jackson, J...7/6/91
- 600 Carr, J...10/91
- 590 Kupperstein, E...11/23/91
- 584 Weinstein, L...8/17/91
- 580 Conyers, T...3/30/91
- 578 Fahey, T...5/18/91
- 573 Braca, J...2/9/91
- 567 Lafoy, B...3/1/91
- 567 Dial, C...3/23/91
- 565 Beatty, D...12/1/90
- 562 Warner, J...2/9/91
- 562 Johnson, S...5/18/91
- 562 Reinardy, J...6/22/91
- 560 Jefferson, C...4/20/91
- 555 Hamel, A...12/15/90
- 551 Bowe, M...6/22/91
- 545 Pfister, F...3/30/91
- 545 Okafor, F...10/26/91
- 540 Garcia, M...2/28/91
- 540 Sigala, M...5/4/91
- 540 Jones, V...6/22/91
- 536 Wonyete, M...11/30/91
- 535 Johnson, J...1/26/91
- 535 Neiderkorn, W...2/16/91
- 535 Naughton, D...10/26/91
- 534 Cahoe, B...3/16/91
- 534 Hoston, K...6/22/91
- 534 Contreras, D...7/26/91
- 534 Fronzaglia, D...11/9/91
- 530 Crawford, S...3/30/91
- 529 White, M...4/20/91
- 529 Belt, M...5/18/91
- 525 Green, R...12/1/90
- 525 Blair, L...1/13/91
- 525 Mills, M...6/1/91
- 525 Blake, H...10/19/91
- 523 Hammer, E...3/16/91
- 523 Schramm, G...3/23/91
- 523 Jimenez, J...6/29/91
- 523 Joachim, M...10/26/91
- 520 May, M...1/26/91
- 520 Calderon, M...2/16/91
- 520 Johnson, B...5/19/91
- 518 Holton, C...4/6/91
- 518 Solomon, P...8/17/91
- 515 Cessar, J...3/9/91
- 515 Kaufman, B...4/6/91
- 515 Delagarza, P...5/19/91
- 515 Jackson, B...8/10/91
- 515 Shifflett, L...8/10/91
- 512 Ambeau, A...12/8/90
- 512 McGuire, M...2/28/91
- 512 Whitney, M...5/18/91
- 512 Wodraska, C...7/16/91
- 512 Gutierrez, M...10/12/91
- 512 Page, G...11/3/91
- 512 Stevenson, M...11/30/91
- 510 Dunklin, M...12/15/90
- 510 Bravard, L...3/16/91
- 510 Diera, J...4/13/91
- 510 Taylor, W...6/15/91
- 510 Gomez, J...11/24/91
- 507 Koehler, K...5/19/91
- 507 Perkins, T...5/31/91
- 507 Audia, J...8/17/91
- 507 Jackson, G...9/21/91
- 507 Pierce, G...11/2/91
- 507 Fujioka, K...8/10/91
- 505 Elias, B...3/23/91
- 505 Fosmire, G...3/30/91
- 505 Puckett, M...6/1/91
- 505 Mason, R...11/9/91
- 505 Oliver, E...11/23/91
- 501 Sacco, J...12/9/90
- 501 Franklin, S...3/1/91
- 501 Furlow, P...3/1/91
- 501 Alexander, J...3/2/91
- 501 Guzman, T...4/6/91
- 501 Scisney, K...4/6/91
- 501 Anderson, D...5/25/91
- 501 Kea, R...6/22/91
- 501 Elkins, J...7/6/91
- 501 Jacobs, J...8/17/91
- 501 Detranites, M...6/22/91
- 501 Cavin, D...11/9/91
- 500 Guidry, H...12/1/90
- 500 Malone, R...12/1/90
- 500 Pope, M...12/1/90
- 500 Holland, W...12/15/90
- 500 Broussard, B...1/5/91
- 500 Rodriguez, J...1/26/91
- 500 McCarthy, D...3/9/91
- 500 Letak, S...3/10/91
- 500 Kenedy, B...3/10/91
- 500 Bradley, O...3/30/91
- 500 McElroy, J...4/27/91

#### TOTAL

- 1636 Austin, D...11/14/91
- 1620 Conyers, T...3/30/91
- 1554 Jackson, J...11/21/91
- 1521 Dial, C...3/23/91
- 1520 Shackelford, N...4/28/91
- 1488 Contreras, D...12/8/90
- 1480 Jackson, W...3/23/91
- 1450 Kupperstein, E...11/23/91
- 1438 Perkins, T...5/31/91
- 1438 Hooper, W...11/23/91
- 1430 Fronzaglia, D...12/15/90
- 1410 Hammer, E...3/16/91
- 1410 Augustin, S...10/12/91
- 1405 Okafor, F...10/26/91
- 1400 Weinstein, L...3/23/91
- 1400 Leeper, C...9/28/91
- 1399 Kea, R...6/22/91
- 1395 Beatty, D...12/1/90
- 1394 Hoston, K...6/22/91
- 1388 Wodraska, C...7/26/91
- 1380 Blair, L...1/13/91
- 1372 Satoshige, T...6/22/91
- 1372 Johnson, S...11/8/91
- 1370 Hamel, A...12/5/90
- 1370 Johnson, B...5/19/91
- 1361 Braca, J...2/9/91
- 1355 Audia, J...4/27/91
- 1355 Casey, M...5/19/91
- 1350 Broussard, B...1/5/91
- 1350 Lafoy, B...3/1/91
- 1350 Cahoe, B...7/6/91
- 1350 Blake, H...10/19/91
- 1339 Franklin, S...3/1/91
- 1335 Jackson, B...8/10/91
- 1328 Warner, J...2/9/91
- 1325 Green, R...12/1/90
- 1325 McElroy, J...4/27/91
- 1325 Reinardy, J...5/18/91
- 1325 Gaganan, M...11/23/91
- 1322 Garcia, M...2/28/91
- 1322 Sigala, M...5/4/91
- 1321 Guzman, T...4/6/91
- 1320 McMillan, R...3/2/91
- 1317 Fahey, T...5/18/91
- 1311 Scisney, K...4/6/91
- 1311 Jones, V...6/22/91
- 1306 Boillot, C...2/9/91
- 1306 Baker, C...3/23/91
- 1306 Bowe, M...6/22/91
- 1305 Young, D...4/27/91
- 1305 Hill, M...5/9/91
- 1305 Neiderkorn, W...2/16/91
- 1300 McGuire, M...2/28/91
- 1300 Alexander, J...3/2/91
- 1300 Holton, C...4/6/91
- 1300 Oehlers, J...5/19/91
- 1300 Naughton, D...10/26/91
- 1295 Ikehara, S...11/23/91
- 1290 Kimble, D...12/1/90
- 1290 Kaufman, B...4/6/91
- 1290 Taylor, W...6/15/91
- 1290 Crawford, S...8/24/91
- 1289 Cagliola, M...3/23/91
- 1285 Sechrist, M...12/1/90
- 1285 Smith, A...9/28/91
- 1284 Cannizzaro, P...12/1/90
- 1284 Oliver, E...2/24/91
- 1280 Disera, J...4/13/91
- 1280 Bhojwani, S...10/19/91
- 1280 Temmerman, G...10/26/91
- 1278 White, M...4/20/91
- 1278 Wonyete, M...11/30/91
- 1273 Ambeau, A...6/9/91
- 1273 Paganini, J...11/23/91
- 1270 Kiefer, D...5/11/91
- 1267 Byrd, G...6/9/91
- 1267 Joachim, M...10/26/91
- 1265 Mills, R...8/10/91
- 1262 Routzong, B...12/8/90
- 1262 Graves, G...3/2/91
- 1262 Cavin, D...11/9/91
- 1261 Johnson, T...11/17/91
- 1260 Letak, S...3/10/91
- 1260 Turner, M...5/9/91
- 1255 Dunklin, M...12/15/90
- 1255 Jefferson, C...4/20/91
- 1255 Rodriguez, J...6/8/91
- 1255 Rivera, M...10/26/91
- 1251 Calderon, M...4/20/91
- 1251 Brock, M...1/21/91
- 1251 Stevenson, M...11/30/91
- 1250 Guidry, H...12/1/90
- 1250 McMillan, S...4/20/91
- 1250 Bui, E...4/27/91
- 1245 Page, G...6/13/91
- 1245 Jackson, G...9/21/91
- 1245 Lawson, M...11/8/91
- 1240 Carter, G...12/1/90
- 1240 Miller, L...2/9/91
- 1240 Fujioka, K...8/10/91