

TOP 100

For 132 lb./60 kg. USA lifters competing in results received from August 1993 through July 1994.

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 achievement 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 - 7 1/4% tax).

NEXT MONTH... TOP 148s

Corrections: William Barnhart Jr.'s lifts of 710 squat, 650 deadlift, and 1740 total were not included on the TOP SHW list. Dan Harvie's bench of 475 at 220 was not on the TOP 20 ADFFA list for that class. Len Ingro, who trained with Peanuts West at the original Westside Barbell Club, reports they referred to 'box squats' as 'bench squats' at that time. Please send corrections to "ERRORS," Box 467, Camarillo, California 93011.



Lance Mays, a highly ranked 132 pounder, suffered a severe leg injury in an August 25th automobile accident near Ruston, Louisiana where he is a student at Louisiana Tech. He was Outstanding Lifter at the USPF National Collegiates this year, and hopes to be back in school and lifting next year. He can be reached at Rt. 5 Box 234, Jasper, TX 75951.

SQUAT

- 1 570 Heath, D. 3/26/94
- 2 530 Nguyen, H. 12/11/93
- 3 523 Mays, L. 3/26/94
- 4 501 Warman, L. 10/21/93
- 5 501 Gant, L. 7/29/94
- 6 496 Olson, B. 7/16/94
- 7 485 Payne, S. 3/26/94
- 8 485 Clemens, K. 4/23/94
- 9 479 Suttles, L. 11/27/93
- 10 475 Pallas, A. 10/23/93
- 11 475 Quach, D. 3/12/94
- 12 473 Hoff, R. 7/16/94
- 13 457 Sandoval, L. 10/31/93
- 14 457 McKnight, M. 7/29/94
- 15 451 Westbrook, L. 10/16/93
- 16 451 Wood, R. 3/26/94
- 17 451 Connolly, S. 4/10/94
- 18 446 Denton, T. 5/28/94
- 19 440 McLaughlin, L. 11/11/93
- 20 440 Beck, E. 12/4/93
- 21 440 Sutcliffe, G. 3/5/94
- 22 440 Depp, D. 3/19/94
- 23 440 Milian, E. 5/20/94
- 24 435 Kupperstein, L. 7/16/94
- 25 435 McLaren, R. 7/16/94
- 26 430 Blakeley, A. 10/2/93
- 27 430 Vasquez, F. 4/1/94
- 28 430 Kunjara, P. 5/14/94
- 29 429 Penic, L. 10/3/93
- 30 429 Wissing, M. 10/30/93
- 31 429 Villatora, L. 3/26/94
- 32 429 Altizer, B. 5/7/94
- 33 425 Nieman, C. 10/17/93
- 34 425 Blake, H. 2/12/94
- 35 425 Jackson, A. 3/19/94
- 36 425 Rivera, J. 4/1/94
- 37 425 Nguyen, P. 6/11/94
- 38 424 Wideman, M. 8/5/93
- 39 420 Griffith, P. 3/12/94
- 40 420 Williams, J. 3/12/94
- 41 420 Young, C. 4/1/94
- 42 418 Arenberg, J. 9/17/93
- 43 418 Kunjara, P. 5/14/94
- 44 418 Thomas, H. 4/1/94
- 45 415 Quintanilla, A. 1/94
- 46 415 Benevides, M. 4/1/94
- 47 410 Caston, B. 3/6/94
- 48 407 Jones, B. 3/12/94
- 49 407 Muscarello, L. 7/2/94
- 50 405 Jefferson, K. 9/11/93
- 51 405 Castro, M. 11/6/93
- 52 405 Edmiston, L. 11/11/93
- 53 405 Kim, C. 11/13/93
- 54 405 Krampcz, G. 4/1/94
- 55 405 Durst, R. 4/10/94
- 56 405 Armstrong, T. 7/94
- 57 402 Lawrence, M. 10/23/93
- 58 402 Myers, T. 7/1/94
- 59 400 Jones, L. 8/28/93
- 60 400 Summerville, N. 3/12/94
- 61 400 Horner, T. 3/12/94
- 62 400 Block, W. 4/1/94
- 63 396 Wu, D. 3/26/94
- 64 396 Ripley, G. 4/16/94
- 65 391 Benito, S. 7/1/94
- 66 390 Jackson, R. 5/28/94
- 67 385 Boyce, A. 8/7/93
- 68 385 Thomas, R. 11/6/93
- 69 385 Paulsen, P. 12/11/93
- 70 385 Benoit, K. 3/26/94
- 71 385 Lofing, M. 3/27/94
- 72 385 Usgade, B. 4/1/94
- 73 385 Gott, A. 4/15/93
- 74 385 Bowen, D. 3/12/94
- 75 385 Lozano, E. 4/1/94
- 76 385 Stipa, K. 4/23/94
- 77 380 Stisser, A. 10/23/93
- 78 380 Jackson, J. 11/20/93
- 79 380 Coleman, B. 1/22/94
- 80 380 Howell, C. 4/1/94
- 81 380 Schlegel, B. 6/18/94
- 82 375 Lockerman, L. 11/20/93
- 83 375 Wallace, J. 1/29/94
- 84 375 Pruitt, J. 4/1/94
- 85 375 Soto, A. 4/1/94
- 86 375 Eddins, A. 4/9/94
- 87 374 Kinser, R. 11/6/93
- 88 374 Christ, L. 5/6/94
- 89 370 Rivera, O. 7/9/94
- 90 369 Rosen, L. 11/13/93
- 91 369 Vickers, T. 3/17/94
- 92 365 Lewell, J. 2/19/94
- 93 365 Haraguchi, J. 4/23/94
- 94 365 Kovackitz, S. 5/20/94
- 95 365 Tran, H. 7/94
- 96 365 Gamil, C. 7/94
- 97 363 Weisberger, S. 8/7/93
- 98 363 Soukup, S. 8/21/93
- 99 363 Maez, L. 11/20/93
- 100 363 Genaro, P. 12/4/93

BENCH

- 415 Ito, D. 7/23/94
- 410 Couch, R. 11/20/93
- 385 Ortiz, D. 7/23/94
- 380 Grabowski, J. 8/28/93
- 380 Heath, D. 7/1/94
- 369 Byrnes, C. 11/20/93
- 365 Jackson, A. 3/19/94
- 363 Minich, J. 11/6/93
- 350 McGowan, G. 4/23/94
- 347 Lawrence, J. 12/12/93
- 345 Jackson, L. 10/2/93
- 335 Jones, L. 11/13/93
- 335 Nguyen, H. 6/25/94
- 325 Stefani, J. 8/7/93
- 325 Gaugler, B. 9/4/93
- 325 Allen, R. 2/26/94
- 320 Gould, L. 10/2/93
- 319 Murphy, J. 8/27/93
- 315 Hara, M. 11/13/93
- 314 Suttles, L. 11/27/93
- 308 Sandoval, L. 10/31/93
- 308 Olson, B. 7/16/94
- 305 Watson, R. 8/21/93
- 305 Caston, B. 3/6/94
- 303 Kinser, R. 9/4/93
- 303 Vengthongthip, L. 4/30/94
- 303 Feaster, L. 7/16/94
- 302 Blakeley, A. 12/11/93
- 302 Langone, D. 5/29/94
- 300 Munchchika, C. 1/29/94
- 300 Greshim, G. 3/5/94
- 300 Borgia, T. 3/19/94
- 300 Spencer, B. 3/26/94
- 298 Mathias, R. 8/21/93
- 297 Polke, S. 8/27/93
- 297 Denton, T. 5/28/94
- 297 Hoff, R. 7/16/94
- 295 Leblanc, L. 10/3/93
- 292 McLaren, R. 7/16/94
- 290 Kim, C. 11/13/93
- 286 Arenberg, J. 9/17/93
- 286 Sinath, S. 2/12/94
- 286 Milos, D. 4/30/94
- 286 Gant, L. 7/19/94
- 285 Rappold, M. 8/28/93
- 285 Wooten, A. 10/16/93
- 285 Young, A. 2/21/94
- 285 Williams, J. 4/1/94
- 285 Kunjara, P. 5/14/94
- 281 Connolly, S. 4/1/94
- 280 Edmiston, L. 11/11/93
- 280 Paulsen, P. 12/11/93
- 280 Holland, D. 4/30/94
- 275 Ramirez, W. 8/15/93
- 275 Miranda, W. 9/11/93
- 275 Delbona, J. 10/17/93
- 275 Stisser, A. 10/23/93
- 275 Stanfill, B. 11/6/93
- 275 Coleman, B. 1/22/94
- 275 Blake, H. 2/12/94
- 275 Day, P. 3/26/94
- 275 Spencer, W. 4/16/94
- 275 McKinney, A. 5/7/94
- 275 Davis, R. 7/30/94
- 270 Penic, L. 10/3/93
- 270 Pallas, A. 10/23/93
- 270 Woodell, K. 12/8/93
- 270 Bryant, J. 1/22/94
- 270 Miskowicz, T. 2/94
- 270 Quintana, L. 3/5/94
- 270 Kunjara, P. 5/14/94
- 270 Mays, L. 3/26/94
- 270 Young, C. 4/1/94
- 270 Press, L. 4/16/94
- 270 Foster, M. 4/23/94
- 270 Jackson, R. 5/28/94
- 270 Ware, E. 5/25/94
- 265 Nellis, P. 10/2/93
- 265 Brownson, C. 11/20/93
- 265 Dykes, R. 3/94
- 265 Selwasky, D. 4/16/94
- 265 Rotter, M. 4/17/94
- 265 Shupe, G. 4/23/94
- 265 Christ, L. 5/6/94
- 265 Grotz, M. 6/4/94
- 265 Nguyen, P. 6/11/94
- 264 Castro, M. 9/17/93
- 264 Bennett, D. 10/30/93
- 264 Villatora, L. 3/26/94
- 264 Thomas, H. 4/1/94
- 264 Consol, S. 4/23/94
- 264 Messina, J. 4/23/94
- 264 Barfield, G. 5/21/94
- 260 Reaser, H. 8/28/93
- 260 Keenan, J. 10/23/93
- 260 Watersbury, M. 10/31/93
- 260 Jenkins, E. 11/6/93
- 260 Kahlem, B. 3/20/94
- 260 Wang, S. 4/16/94
- 260 Haraguchi, J. 4/23/94

DEADLIFT

- 617 Gant, L. 7/29/94
- 551 Castro, M. 9/17/93
- 525 Heath, D. 3/26/94
- 523 Suttles, L. 11/27/93
- 523 Mays, L. 3/26/94
- 518 Kupperstein, L. 7/16/94
- 510 Nguyen, H. 12/11/93
- 507 Connolly, S. 4/1/94
- 507 Pallas, A. 7/16/94
- 500 Jackson, L. 9/26/93
- 496 Olson, B. 7/16/94
- 485 Quach, D. 3/12/94
- 480 Beck, E. 12/4/93
- 480 Hoff, R. 4/30/94
- 480 Milian, E. 5/20/94
- 479 Louden, N. 7/30/93
- 475 Rorex, G. 11/6/93
- 473 Medlin, J. 3/12/94
- 470 Jefferson, K. 9/11/93
- 470 Kim, C. 11/13/93
- 468 McKnight, M. 7/29/94
- 462 Thomas, R. 9/18/93
- 462 Denton, T. 5/28/94
- 460 Borgia, T. 3/19/94
- 460 Lowder, N. 4/30/94
- 460 Nguyen, P. 6/11/94
- 457 Sandoval, L. 10/31/93
- 455 McLaughlin, L. 11/11/93
- 455 Williams, J. 3/12/94
- 451 Wideman, M. 8/5/93
- 451 Arenberg, J. 9/17/93
- 451 Westbrook, L. 10/16/93
- 451 Hamilton, T. 1/29/94
- 451 Wissing, M. 3/12/94
- 450 Rivera, J. 4/1/94
- 446 Uala, G. 3/12/94
- 446 Depp, D. 3/19/94
- 446 Wood, R. 3/26/94
- 445 Edmiston, L. 11/11/93
- 445 Christ, L. 5/6/94
- 440 Lawrence, M. 10/23/93
- 440 Sutcliffe, G. 3/5/94
- 440 Benevides, M. 4/1/94
- 440 Kinser, R. 4/24/94
- 440 Rivera, O. 7/9/94
- 440 McLaren, R. 7/16/94
- 435 Penic, L. 10/3/93
- 435 Suzuki, C. 11/13/93
- 435 Aguirre, R. 4/1/94
- 435 Summerville, N. 4/15/94
- 435 Young, A. 4/16/94
- 435 Balog, G. 6/11/94
- 431 Bielawski, L. 3/94
- 430 Greenstein, J. 12/4/93
- 430 Coleman, B. 3/19/94
- 429 Nash, C. 8/7/93
- 429 Zak, L. 10/30/93
- 425 Blake, H. 2/12/94
- 425 Summerville, N. 3/12/94
- 425 Eddins, A. 4/9/94
- 425 Armstrong, T. 7/94
- 424 Haschker, J. 8/7/93
- 424 Clemens, K. 4/23/94
- 424 Muscarello, L. 7/2/94
- 420 Gordon, L. 7/23/94
- 418 Rosen, L. 11/13/93
- 418 Gennaro, P. 12/4/93
- 418 Jones, B. 3/12/94
- 418 Wu, D. 3/26/94
- 418 Stisser, A. 4/1/94
- 418 Devoltz, T. 5/6/94
- 418 Altizer, B. 7/29/94
- 415 Lofing, M. 3/27/94
- 415 Vasquez, F. 4/1/94
- 415 Ito, D. 7/23/94
- 415 Tran, H. 7/94
- 413 Warman, L. 10/21/93
- 413 Ripley, G. 4/16/94
- 413 Henry, S. 4/23/94
- 410 Jones, L. 8/28/93
- 410 Silvaggi, V. 3/19/94
- 410 Soto, A. 4/1/94
- 408 Jackson, J. 11/20/93
- 407 Sinath, S. 2/12/94
- 407 Trujillo, S. 3/5/94
- 407 Villatora, L. 3/26/94
- 407 Thomas, T. 4/23/94
- 407 Myers, T. 7/1/94
- 405 Shull, D. 9/18/93
- 405 Wooten, A. 10/16/93
- 405 Barber, D. 11/7/93
- 405 Smith, C. 12/4/93
- 405 Joliquette, T. 1/94
- 405 Thomas, H. 2/12/94
- 405 Spurlock, R. 2/19/94
- 405 Quintanilla, M. 4/1/94
- 405 Krampcz, G. 4/1/94
- 405 Haraguchi, J. 4/23/94
- 405 Tjerneria, J. 4/28/94
- 405 Kunjara, P. 5/14/94

TOTAL

- 1445 Heath, D. 3/26/94
- 1405 Gant, L. 7/29/94
- 1317 Suttles, L. 11/27/93
- 1317 Mays, L. 3/26/94
- 1315 Nguyen, H. 12/11/93
- 1300 Olson, B. 7/16/94
- 1290 Jackson, A. 3/19/94
- 1245 Pallas, A. 10/23/93
- 1240 Hoff, R. 7/16/94
- 1223 Sandoval, L. 10/31/93
- 1217 Connolly, S. 4/10/94
- 1212 Kupperstein, L. 7/16/94
- 1207 Denton, T. 5/28/94
- 1195 Castro, M. 11/6/93
- 1180 Milian, E. 5/20/94
- 1175 Quach, D. 3/12/94
- 1168 McKnight, M. 7/29/94
- 1167 McLaren, R. 7/16/94
- 1157 Arenberg, J. 9/17/93
- 1157 Clemens, K. 4/23/94
- 1155 Kim, C. 11/13/93
- 1155 Beck, E. 12/4/93
- 1155 Williams, J. 4/1/94
- 1151 Wood, R. 3/26/94
- 1150 Nguyen, P. 6/11/94
- 1146 Warman, L. 10/21/93
- 1135 Westbrook, L. 10/16/93
- 1130 Jones, L. 8/28/93
- 1130 Edmiston, L. 11/11/93
- 1130 McLaughlin, L. 11/11/93
- 1129 Depp, D. 3/19/94
- 1125 Blake, H. 2/12/94
- 1124 Penic, L. 10/3/93
- 1120 Kunjara, P. 5/14/94
- 1115 Rivera, J. 4/1/94
- 1102 Villatora, L. 3/26/94
- 1102 Kinser, R. 4/24/94
- 1100 Jefferson, K. 9/11/93
- 1096 Wideman, M. 8/5/93
- 1095 Caston, B. 3/6/94
- 1091 Lawrence, M. 10/23/93
- 1085 Thomas, R. 9/18/93
- 1085 Christ, L. 5/6/94
- 1080 Jones, B. 3/12/94
- 1080 Coleman, B. 3/19/94
- 1080 Thomas, H. 4/1/94
- 1080 Armstrong, T. 7/94
- 1075 Sutcliffe, G. 3/5/94
- 1075 Vasquez, F. 4/1/94
- 1075 Durst, R. 4/10/94
- 1070 Blakeley, A. 10/1/93
- 1070 Stisser, A. 10/23/93
- 1070 Benevides, M. 4/1/94
- 1070 Young, C. 4/1/94
- 1069 Wu, D. 3/26/94
- 1063 Wissing, M. 3/12/94
- 1063 Altizer, B. 5/7/94
- 1063 Muscarello, L. 7/2/94
- 1058 Ripley, G. 4/16/94
- 1055 Young, A. 4/16/94
- 1045 Quintanilla, A. 1/94
- 1045 Jackson, R. 5/28/94
- 1035 Lofing, M. 3/27/94
- 1030 Summerville, N. 3/12/94
- 1030 Haraguchi, J. 4/23/94
- 1030 Stipa, K. 4/23/94
- 1025 Jackson, J. 11/20/93
- 1025 Hamilton, T. 1/29/94
- 1020 Wooten, A. 10/16/93
- 1019 Medlin, J. 3/12/94
- 1019 Myers, T. 7/1/94
- 1015 Eddins, A. 4/9/94
- 1014 Henry, S. 4/23/94
- 1010 Bowen, D. 3/12/94
- 1010 Krampcz, G. 4/1/94
- 1008 Rosen, L. 11/13/93
- 1008 Vickers, T. 3/17/94
- 1008 Consol, S. 4/23/94
- 1008 Benito, S. 7/1/94
- 1005 Delgado, R. 4/10/94
- 1005 Rivera, O. 7/9/94
- 1003 Zak, L. 10/30/93
- 1003 Maez, L. 11/20/93
- 1003 Boyce, A. 7/1/94
- 1000 Nelman, C. 10/17/93
- 1000 Howell, C. 4/1/94
- 1000 Aguirre, R. 4/1/94
- 995 Soto, A. 4/1/94
- 995 Tran, H. 7/94
- 990 Gamil, C. 7/94
- 986 Hickman, S. 8/28/93
- 981 Soukup, S. 8/21/93
- 981 Genaro, P. 12/4/93
- 981 Lockerman, D. 11/20/93
- 980 Collins, L. 2/94
- 980 Griffith, P. 3/12/94
- 980 Tjerneria, J. 4/28/94
- 975 Tullos, J. 2/94
- 975 Gott, A. 4/15/94
- 970 Block, W. 4/1/94