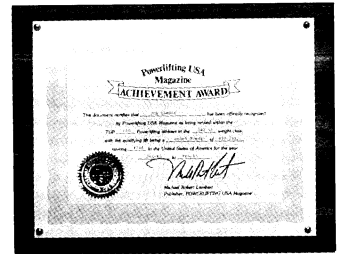


TOP 100

For 220 lb./100 kg. USA lifters competing in results received from December 1994 through November 1995.

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 \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. 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 \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

NEXT MONTH... TOP 242s

Corrections: We neglected to get Paula Suzuki's 352 bench press at 148 on the TOP 100 listing for that class. Paula, by the way, is winning some very significant titles in bodybuilding recently. The lifts of Grant Pitts as a Superheavyweight (905 640 755 2300) were not reflected on the TOP 100 list published in the July 1994 edition of PL USA. In the results of the MCF Meet in Rome, New York, published in the Oct/95 PL USA (page 99), the squat and bench press numbers are reversed. Ron Fedkiw's squat of 705 and bench press of 485 were not reflected on the TOP 100 198 lb. class listing. In the Dan Wagman article published in the January 1996 edition on page 37, Figure 1: In the figure legend, the description of percentages should read 5.5 = 55%. Also, the end of page 36 continues at the top of page 38. The end of page 38 continues at the top of page 37. The end of page 37 continues at the top of page 39. TOP 20 rankings will appear in the March 1996 edition of PL USA, and if your meet results have not been published yet in PL USA, remind the meet director to submit the information so you can receive the appropriate standing on our lists. We will, of course, correct errors we have made, but it's better to get it right in the first place. We appreciate your notice of any mistakes we may have made. If you find any errors in the various materials published in PL USA, send corrections to "ERRORS," Post Office Box 467, Camarillo, California 93011.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 903 Coan, E..11/18/95	600 Wessels, W..6/4/95	788 Morton, J..10/29/95	2204 Coan, E..11/18/95
2 875 Phillips, B..3/25/95	577 Lietzke, F..5/20/95	777 Holmes, C..3/19/95	2166 Wessels, W..6/4/95
3 843 Vogelpoll, C..10/28/95	567 Brownfield, K..8/26/95	771 Vogelpoll, C..10/28/95	2132 Vogelpoll, C..10/28/95
4 835 Susco, P..11/19/95	556 Coan, E..11/18/95	771 Coan, E..11/18/95	2061 Urchick, P..7/16/95
5 832 Urchick, P..7/16/95	555 Capozzolo, R..3/25/95	766 Johnson, K..7/16/95	2050 Phillips, B..12/10/94
6 820 Frantz, E..11/11/95	545 Lewis, P..1/21/95	760 Stevenson, B..7/22/95	2000 Morton, J..7/16/95
7 815 Wessels, W..6/4/95	535 Ferrantelli, M..10/14/95	755 Eucker, B..2/25/95	1970 Talley, C..3/5/95
8 810 Tayman, G..11/19/95	530 McMillan, D..8/5/95	750 Cahill, J..11/11/95	1956 Wardell, J..7/16/95
9 804 Wardell, J..7/16/95	530 Walsh, R..11/18/95	749 Wessels, W..6/4/95	1950 Susco, P..11/19/95
10 782 Rigert, R..3/11/95	529 Rennert, R..8/26/95	740 Talley, C..3/5/95	1942 Eucker, B..2/25/95
11 780 James..12/10/94	525 McAuliffe, J..2/19/95	738 Urchick, P..3/11/95	1931 Malejko, T..1/28/95
12 770 Talley, C..3/5/95	520 Harless, D..4/15/95	730 Anderson, S..12/17/94	1930 Jacobs, J..6/3/95
13 755 Heffern, J..2/19/95	520 Rapoza, N..7/29/95	730 Murphy, J..2/4/95	1901 Fedkiw, R..10/7/95
14 755 Parker, S..3/25/95	520 Dersam, D..8/19/95	730 Haaser, L..11/12/95	1900 Anderson, S..12/17/94
15 755 Roux, K..4/1/95	518 Smith..4/23/95	727 Riley, E..6/18/95	1895 Tayman, G..4/16/95
16 755 Smith..5/28/95	518 Vogelpoll, C..10/28/95	727 Simmons, A..7/16/95	1884 Johnson, K..7/16/95
17 749 Audet, D..10/29/95	515 Tayman, G..4/16/95	722 McCoy..6/3/95	1873 Roux, K..4/1/95
18 746 Eucker, E..2/25/95	512 Maher, M..10/29/95	720 Phillips, B..12/10/94	1873 Holmes, C..10/15/95
19 744 Schleich, D..11/18/95	510 Slack, K..3/12/95	716 Dunagan, H..3/18/95	1868 Rigert..10/28/95
20 740 Anderson, S..	510 Kelly, D..4/29/95	710 Foster, E..6/24/95	1865 James..12/10/94
21 740 Jacobs, J..6/3/95	510 O'Kelley, S..5/20/95	710 Cain, S..7/16/95	1860 Haaser, L..11/12/95
22 738 Malejko, T..1/28/95	510 Kelly, J..6/10/95	705 Maddox..2/12/95	1851 Smith..5/28/95
23 738 Graham, J..6/24/95	509 Malejko, T..1/28/95	705 Susco, P..11/19/95	1850 Heffern, J..2/19/95
24 738 Morton, J..3/19/95	505 Vorves, J..2/95	700 James..12/10/94	1845 Maddox..1/21/95
25 733 Croner, W..4/23/95	503 Griffin, J..1/7/95	700 Pearson..12/10/94	1829 Bruner, T..4/1/95
26 727 Waits, S..7/16/95	501 Reader, R..12/3/94	700 Jacobs, J..6/3/95	1829 Roberts, S..4/22/95
27 727 Puma, J..7/23/95	501 Taylor, D..12/11/94	699 Bruner, T..4/1/95	1824 Cain, S..7/16/95
28 725 Maddox..1/21/95	501 Maher, M..6/24/95	695 Heffern, J..2/19/95	1813 Simmons, A..7/16/95
29 722 Maxwell, C..6/4/95	501 Wayland, J..6/25/95	695 Howard, K..2/19/95	1807 Croner, W..4/23/95
30 722 Holmes, D..7/23/95	501 Wardell, J..7/16/95	694 Harper..1/28/95	1802 Frantz, E..10/28/95
31 722 Chelalfa..8/6/95	501 Fedkiw, R..8/5/95	694 Fedkiw, R..10/7/95	1800 Pearson..12/10/94
32 722 Fedkiw, R..10/7/95	500 Iarrapino, A..3/25/95	688 Roux, K..4/1/95	1800 Parker, S..3/25/95
33 716 Garcia, C..2/5/95	500 Johnson, T..3/95	688 Castaneda, F..5/20/95	1800 Williams..6/1/95
34 716 Smith, J.R..4/1/95	500 Coulter, M..4/8/95	688 Graham, J..8/20/95	1786 Wenner, R..7/16/95
35 710 Jarrett, M..4/30/95	500 Webber, K..7/15/95	688 Matthews, J..10/22/95	1785 Jarrett, M..4/30/95
36 710 Williams..6/1/95	500 Sacy, M..7/22/95	685 Ferlicka, C..4/1/95	1779 Chelalfa..8/6/95
37 707 Meyers, C..1/15/95	500 Thompson, R..8/5/95	685 Terman, A..4/30/95	1774 Freeman, F..2/4/95
38 705 Terreforte..12/10/94	500 Chamiller, C..8/19/95	685 Garcia..9/16/95	1774 Puma, J..7/23/95
39 705 Roberts, S..4/22/95	500 Walker, B..9/10/95	683 Malejko, T..1/28/95	1771 Audet, D..10/29/95
40 705 Simmons, A..7/16/95	500 Smith, R..10/14/95	683 Houk..5/13/95	1770 Marino, M..12/10/94
41 705 Dunagan, H..7/16/95	496 Urchick, P..2/4/95	680 Coy..3/11/95	1769 McCoy..6/3/95
42 705 Johnson, K..7/23/95	490 Fountain..4/23/95	680 Kranski, E..10/8/95	1769 Matthews, J..10/22/95
43 700 Melson..5/27/95	490 Jacobs, J..6/3/95	677 Mitchell..6/23/95	1758 Atherton..9/30/95
44 700 Sutphin, P..10/15/95	490 Dunagan, H..7/16/95	677 Atherton..9/30/95	1755 Cahill, J..11/11/95
45 700 Daw, J..10/22/95	485 Nichols, M..12/3/94	672 Roberts, S..4/22/95	1752 Castaneda, F..5/20/95
46 700 McDonnell, R..11/19/95	485 Wyand, J..3/11/95	672 Tying, P..8/13/95	1752 Maxwell, C..6/4/95
47 699 Hammond..5/7/95	485 Souder, T..4/1/95	670 Marino, M..12/10/94	1747 Waits, S..7/16/95
48 688 Holmes, C..10/15/95	485 Herman, C..5/20/95	661 Smith, J.R..12/10/94	1744 Smith, J.R..4/1/95
49 685 Ferlicka, C..4/1/95	485 Morton, J..7/16/95	661 Faison, H..3/19/95	1741 Houk..5/13/95
50 685 Haaser, L..11/12/95	485 Serda, J..7/22/95	661 Jarrett, M..4/1/95	1736 Riley, E..6/28/95
51 683 Leader, P..7/23/95	485 Girton, M..11/19/95	661 Staats, H..4/9/95	1736 Graham, J..6/24/95
52 680 Harden, A..2/25/95	480 Jones, E..12/3/94	661 Frantz, E..6/4/95	1736 Crowder, G..10/22/95
53 680 Black, J..4/16/95	480 Melvin, K..2/25/95	661 Puma, J..7/23/95	1735 Bell, J..9/23/95
54 677 Freeman, F..2/4/95	480 Clark, E..3/5/95	660 Pleters, R..4/15/95	1730 Won, K..6/11/95
55 677 Cain, S..7/16/95	480 Lawrence, R..3/12/95	660 Williams..6/1/95	1730 Garcia..9/16/95
56 675 Pearson..12/10/94	480 Thompson, W..4/29/95	660 Beatty, J..6/24/95	1725 Pete, T..8/27/95
57 675 Middleton..12/10/94	480 Caldwell, S..5/6/95	655 Sample, L..8/13/95	1725 McDonnell, R..11/19/95
58 675 Boyde, G..4/1/95	480 Bell, J..5/13/95	655 Bull, G..8/95	1720 Ferlicka, C.....4/1/95
59 675 Hasychuk, T..4/16/95	480 Kibbe..6/10/95	655 Bell, J..9/23/95	1720 Clark, E..10/14/95
60 672 Bruner, T..4/1/95	480 Hughes, D..7/22/95	655 Crowder, G..10/22/95	1719 Faison, H..3/19/95
61 672 Branson..5/13/95	480 Roup, M..7/22/95	655 Hampton..10/95	1719 Krause, J..7/16/95
62 672 Atherton..9/30/95	480 Won, K..7/29/95	650 Boyde, G..12/3/94	1715 Middleton..12/10/94
63 670 Castle, C..12/3/94	480 Edwards, J..7/29/95	650 Freeman, F..2/4/95	1715 Howard, K..2/19/95
64 670 Marino, M..12/10/94	479 Predergast, J..12/11/94	650 Dunlap..2/11/95	1714 Mitchell, M..7/23/95
65 670 Sequeira, R..11/5/95	479 Wenner, RP..7/16/95	650 Young, J..3/18/95	1710 Fitzpatrick..10/95
66 670 Rooney, J..11/19/95	479 Ventriglio, T..10/29/95	650 Watson, T..3/19/95	1708 Rannels, K..7/16/95
67 666 Wenner, R..7/16/95	475 Spears, P..5/12/95	650 Cadotto, C..4/15/95	1705 Hasychuk, T..4/16/95
68 666 Krause, J..7/16/95	475 Chelalfa..7/15/95	650 Hasychuk, T..4/16/95	1703 Lewelling, T..3/4/95
69 666 Elser..7/22/95	475 Howell, R..8/19/95	650 Sivak, S..4/22/95	1703 Branson..5/11/95
70 665 Zwanstra, S..9/30/95	475 Powell, S..9/2/95	650 Maxwell, C.....6/4/95	1702 Foster, E..7/23/95
71 665 Hampton, S..11/4/95	473 Tevanian, G..12/10/94	650 Wardell, J..7/16/95	1700 Argentieri, J..2/19/95
72 663 Gonzalez, A..5/14/95	473 Bornstein, D..12/11/94	650 Rannels, K..7/16/95	1700 Boyde, G..4/1/95
73 661 Shimoni, E..12/17/94	473 Dunham, R..12/11/94	650 Johnson, N..8/13/95	1700 Terman, M..4/30/95
74 661 Houk..1/14/95	473 Mariani, S..12/11/94	650 Brennan, E..10/14/95	1697 Coulter, M..7/9/95
75 661 Tying, P..6/18/95	473 Harpole, D..5/13/95	650 Harmon, S..10/14/95	1697 Schleich, D..4/23/95
76 661 Pete, T..8/27/95	473 Tournel, R..5/13/95	650 Fitzpatrick..10/95	1695 Zwanstra, S..9/30/95
77 661 Crowder, G..10/22/95	473 Vitale..9/16/95	646 Upshaw, D..3/18/95	1686 Leader, P..7/23/95
78 660 Schultz, P..4/8/95	470 Graves, E..1/21/95	645 Mahan, D..12/3/94	1686 Huffman, 8/12/95
79 660 Weaver..9/16/95	470 Smith, D..3/18/95	644 Downey, H..1222/3/94	1681 Upshaw, D..6/17/95
80 660 Roderick, A..9/30/95	470 Petrucelli, D..4/22/95	644 Tinsman, T..1/28/95	1680 Schultz, P..4/8/95
81 660 Pouch..11/4/95	470 Ballard, G..4/29/95	644 Smith..5/28/95	1680 Musto, M..11/12/95
82 660 Mills, D..11/19/95	470 Crossen, W..8/6/95	644 Finn, B..7/16/95	1676 Gonzalez, A..5/14/95
83 660 DiDonna, P..11/19/95	470 Ledvina, R..9/10/95	644 Marino, J..8/19/95	1676 Tournel, R..5/14/95
84 657 Bell, J..10/14/95	468 Blakely..3/18/95	640 Almsco, C..12/3/94	1675 Watson, J..3/18/95
85 655 Huffman..8/12/95	468 Cox..6/3/95	640 Middleton..12/10/94	1675 Young, T..3/19/95
86 655 King..10/8/95	468 Conklin, J..10/28/95	640 Schultz, P..4/8/95	1675 McDonnell, S..6/10/95
87 655 Boyles..10/8/95	465 Eckart, B..12/3/94	640 Sadoski, 4/15/95	1670 Castile, C..12/3/94
88 655 Elliott, V..11/12/95	465 Hall, P..12/17/94	640 Santos, V..4/23/95	1670 Sequeira, R..5/20/95
89 655 Smith, S..11/19/95	465 Cruz, S..1/14/95	639 Garcia, C..2/15/95	1670 Wilson, R..11/5/95
90 650 Arntzen, E..3/26/95	465 Wolfe, J..1/14/95	639 White, B..4/1/95	1670 Rooney, J..11/19/95
91 650 Quinn, P..3/26/95	465 Wilson, D..1/15/95	639 Jackson..5/28/95	1669 Brand, B..2/5/95
92 650 McCoy..6/3/95	465 Lapidus, L..1/28/95	639 Rigert..6/18/95	1669 Tying, P..6/18/95
93 650 Won, K..6/11/95	465 Averb, J..5/21/95	639 Wenner, R..7/16/95	1669 Finn, B..7/16/95
94 650 Rannels, K..7/16/95	465 Johnston, J..6/10/95	635 Ricker, M..12/17/94	1669 Pauley, 10/22/95
95 650 Sadoski..8/12/95	465 Edmondson, G..10/9/95	635 Edelstein, M..1/22/95	1669 Elliott, V..11/12/95
96 650 Sample, L..10/15/95	465 Chapman, L..10/21/95	635 Parker, S..3/25/95	1669 McCullough..11/26/95
97 650 Eason, D..10/15/95	465 Dalton, B..10/28/95	635 Daniel, R..4/29/95	1667 Meyers, C..1/15/95
98 650 Lohner, M..11/4/95	465 Perry, R..10/28/95	635 Ward, R..5/6/95	1665 Weaver..9/16/95
99 650 Grohoski, P..11/5/95	463 Rigert, R..10/28/95	635 Weaver..9/16/95	1665 Terreforte..11/4/95
100 650 Gargasz, C..11/5/94	462 Levelling, T..3/4/95	635 Toth..9/23/95	1664 Carthy, M..2/4/95