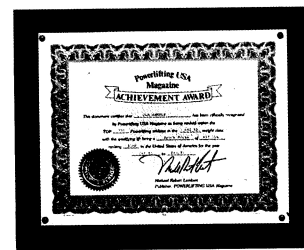


# TOP 100

For 148 lb./67.5 kg. USA lifters competing in results received from August 1994 through July 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 165s

Corrections: Mike Sekulich, the original owner of Brute Force Manufacturing Co. developed (at the behest of former USPF President Jan Shendow) a set of squat racks, back in the mid 1980s, that were very similar to the racks recently produced by Rich Sorin, which were commented on by Dr. Ken Leistner in one of his previous POWERLIFTING USA articles (see the August 1995 edition, page 46). Tom Davis of Raleigh, NC did not receive proper recognition for his lifts in the 123 lb. class on the TOP 100 123 lb. class listing: 352 237 330 920. Lee Catalina pointed out some confusion in our printing of the text of the Safe Back Training article by John Comereski in the September 1995 issue of PL USA. See page 44, 3rd column, first complete paragraph, 5th sentence: it should read: "Interesting is the finding that your muscles responsible for intra-abdominal pressure are not strengthened as much when you use a belt." We certainly do make errors in the production of this magazine, in our ranking lists as well as in meet results and articles that are published. We appreciate your notice of any mistakes we may have made. If you find any errors in the material published in PL USA, send corrections to "ERRORS," P. O. Box 467, Camarillo, California 93011.

**DON'T TRAIN ALONE - ALWAYS USE SPOTTERS. - DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR**

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 700 Shackelford, N. 4/29/95	435 T. Conyers. 3/25/95	630 Conyers, T. 3/25/95	1740 Conyers, T. 3/25/95
2 675 Conyers, T. 3/25/95	405 Thomas, G. 10/22/94	611 Benemerito, J. 9/24/94	1575 Suttles. 12/4/94
3 644 Hooper, W. 2/25/95	402 Armstrong, M. 4/30/95	610 Castro, M. 1/8/95	1548 Hooper, W. 2/25/95
4 600 Suttles. 12/4/94	391 Millhouse, G. 10/8/94	606 Jackson. 4/8/95	1545 Shackelford, N. 4/29/95
5 594 Benemerito, P. 7/15/95	391 Hooper, W. 2/25/95	606 Weinstein, L. 7/15/95	1531 Benemerito, J. 7/15/94
6 590 Clarke. 11/4/94	390 Audia, J. 10/1/94	600 Suttles. 12/4/94	1515 Sardo, D. 11/18/94
7 584 Vaughn, E. 7/16/95	390 Brunson, C. 4/29/95	600 Greene, R. 2/25/95	1504 Siegel, S. 7/22/95
8 575 Sardo, D. 11/18/94	385 Suttles. 3/11/95	600 Siegel, S. 7/22/95	1450 Temmerman, G. 5/20/95
9 567 Page, G. 3/18/95	385 Tamayo, J. 12/17/94	590 Sigala, M. 12/3/94	1444 Okafor. 1/27/95
10 562 Benemerito, J. 7/15/94	382 Scalzo, J. 7/29/95	584 Okafor. 1/27/95	1444 Weinstein, L. 7/15/95
11 560 Temmerman, G. 5/20/95	380 Corpus, F. 10/29/94	578 Beatty, D. 9/17/94	1438 Beatty, D. 9/17/94
12 556 Okafor. 1/27/95	380 Margotta, M. 7/22/95	578 Kaufman, B. 10/16/94	1438 Page, G. 7/15/95
13 551 Evoldson. 10/15/94	375 Fronzaglia, D. 8/27/94	573 Brodhurst, H. 1/27/95	1438 Benemerito, P. 7/15/95
14 551 Siegel, S. 7/22/95	375 Zuback, J. 5/21/95	570 Blount, R. 11/5/94	1430 Clarke. 11/4/94
15 545 Beatty, D. 3/4/95	374 Sardo, D. 11/18/94	567 Sardo, D. 11/18/94	1425 Fronzaglia, D. 8/27/94
16 540 Everado. 1/21/95	370 Williams, J. 10/15/94	565 Munden. 6/1/95	1410 Vaughn, E. 7/16/95
17 535 Hamel, A. 12/3/94	370 Audia, J. 10/1/94	562 Aleman. 5/27/95	1405 Audia, J. 10/1/94
18 535 Oros, S. 12/10/94	369 Benemerito, J. 7/15/94	562 Page, G. 7/15/95	1405 Greene, R. 2/25/95
19 535 Smith, M. 3/18/95	369 Hara, M. 7/22/95	560 Shackelford, N. 4/1/95	1400 Hamel, A. 12/3/94
20 534 Weinstein, L. 7/15/95	369 McCarty, R. 6/24/95	560 Temmerman, G. 5/20/95	1394 Jackson. 4/8/95
21 530 Boillot, C. 11/19/94	365 Dunn, B. 1/21/95	556 Thomas, E. 1/7/95	1390 Oros, S. 12/10/94
22 529 Kaufman, B. 2/4/95	365 Thomas, A. 2/4/95	551 Johnson, S. 11/5/94	1383 Sigala, M. 7/1/95
23 525 Fronzaglia, D. 8/27/94	364 Slingshot, L. 7/22/95	550 Hamel, A. 12/3/94	1380 Thomas, A. 2/4/95
24 525 Rand, J. 1/28/95	363 Farrell, D. 7/24/95	550 Johnson, J. 1/14/95	1366 Evoldson. 10/15/94
25 523 Thomas, A. 7/15/95	360 Overcash, M. 11/19/94	545 White, A. 4/1/95	1361 Johnson, S. 11/5/94
26 520 Jacobs, J. 12/10/94	360 Dick, L. 4/2/95	535 Dando, D. 11/18/94	1340 Jackson, A. 2/18/95
27 520 Jackson, J. 5/20/95	358 Cloe. 3/4/95	534 Chanice, R. 10/16/94	1340 Munden, 6/1/95
28 518 Greene, R. 2/25/95	355 McCalvin, T. 1/14/95	534 Cretcham. 4/8/95	1335 Williams, J. 10/15/94
29 512 Brodhurst, H. 8/27/94	355 Rose, M. 7/29/95	530 Mills. 11/4/94	1328 White, A. 4/1/95
30 512 Dunkin, M. 3/18/95	354 Stewart. 8/13/94	530 McVanev, A. 7/22/95	1322 Corpus, F. 10/29/94
31 511 Johnson, S. 8/27/94	352 Wilson. 8/13/94	529 Gayle, G. 11/4/94	1322 Tamayo, J. 12/17/94
32 510 McQueen. 11/4/94	352 Skean. 6/3/95	529 Theodorou, N. 6/24/95	1320 Mills. 11/4/94
33 510 Brown. 3/11/95	352 Siegel, S. 7/22/95	525 Fronzaglia, D. 8/27/94	1320 Jackson, J. 5/20/95
34 507 Corpus, F. 12/17/94	350 Pelkey, B. 10/22/94	525 Oros, S. 9/10/94	1317 Cagliola, M. 4/22/95
35 507 Liggett, M. 11/4/94	350 Mackin, P. 10/19/94	525 Harris. 9/10/94	1316 Kaufman, B. 2/4/95
36 507 White, A. 4/1/95	350 DeMatteo, J. 12/10/94	525 Halstrom. 3/25/95	1311 Johnson, J. 6/17/95
37 505 Audia, J. 10/1/94	350 Lawson, J. 6/11/95	523 Pickle. 11/26/94	1310 Halstrom. 3/25/95
38 505 Judge, T. 10/22/94	347 Linker, F. 8/27/94	523 Hooper, W. 7/22/95	1306 Payne, W. 10/15/94
39 505 Munden. 6/1/95	347 Rinker, J. 3/4/95	523 Benemerito, P. 7/15/95	1305 Pallas, A. 10/1/94
40 501 Inna, W. 3/25/94	347 Steckline, T. 3/4/95	520 Pallas, A. 10/1/94	1300 Brodhurst, H. 8/27/94
41 501 Payne, W. 10/15/94	345 Meers, V. 10/30/94	520 Zollnercoffer, A. 10/94	1300 M. Dunklin. 12/3/94
42 501 Cyr, A. 4/1/95	345 Minch. 11/4/94	518 Thomas, M. 11/26/94	1295 Cretcham. 4/8/95
43 501 Jackson, 4/8/95	341 Hoshyla, P. 10/8/94	512 Evoldson. 10/15/94	1290 Niles, M. 10/94
44 501 Cagliola, M. 4/22/95	341 Lawrence, J. 3/21/95	512 Lawless, M. 12/11/94	1290 Blount, R. 11/5/94
45 501 Lau, J. 4/22/95	341 Cyr, A. 4/1/95	510 Audia, J. 10/1/94	1289 Woodworth. 8/13/94
46 500 Pallas, A. 10/1/94	341 Manocchio, J. 5/28/95	510 Thomas, A. 2/4/95	1289 Thomas. 11/26/94
47 500 Niles, M. 10/94	341 Scudero, F. 5/28/95	510 Scagga, T. 2/11/95	1285 Jacobs, J. 12/10/94
48 500 Smith. 5/27/95	340 Clarke. 11/4/94	510 Rohan, B. 6/10/95	1285 Everado. 1/21/95
49 495 Ducharme, B. 3/26/95	340 Johnston, M. 11/19/94	507 Jacobs, J. 7/15/95	1285 Crowe, B. 4/15/95
50 495 Underwood, J. 4/1/95	340 Yeot, M. 2/18/95	507 Vaughn, E. 7/16/95	1284 Linker, F. 8/27/94
51 490 Mills. 11/4/94	340 Haynes, J. 2/25/95	505 Llewellyn, S. 4/8/95	1283 Robinson. 3/11/95
52 490 Peczowski, N. 11/4/94	340 Palmer, M. 4/29/95	501 Duran, L. 8/13/94	1280 Boillot, C. 11/19/94
53 490 Johnson, J. 6/17/95	340 Lee, W. 6/10/95	501 Payne, W. 10/15/94	1280 Castro, M. 1/8/95
54 490 Sigala, M. 7/1/95	340 Elks, M. 7/29/95	501 Burton, O. 11/5/94	1275 Judge, T. 10/22/94
55 485 Linker, F. 8/27/94	340 Higa, C. 7/29/95	501 Robinson. 3/11/95	1273 McCarty, R. 6/24/95
56 485 McVanev, A. 10/22/94	336 Surface, P. 8/16/94	501 Barfield, J. 6/24/95	1270 Ducharme, B. 3/26/95
57 485 Cretcham. 4/8/95	336 Cagliola, M. 4/22/95	500 Saunders, C. 8/20/94	1267 Marsh, K. 11/4/94
58 485 Crowe, B. 4/15/95	336 Kato, S. 4/22/95	500 Jones, B. 9/4/94	1267 Burton, O. 11/5/94
59 480 Janigian, B. 10/16/94	336 Woodworth. 6/3/95	500 Summers, G. 9/11/94	1267 Pickle. 11/26/94
60 479 Woodworth. 8/13/94	336 Henning. 7/21/95	500 Niles, M. 10/94	1267 Wilson. 3/18/95
61 479 Marsh, K. 11/4/94	335 Lovemetti, P. 1/14/95	500 Clarke. 9/18/94	1265 McVanev, A. 10/22/94
62 479 Tamayo, J. 12/17/94	335 Trus, D. 2/4/95	500 Johnson, A. 2/18/95	1260 Thomas, E. 9/4/94
63 479 Wilson. 3/18/95	335 Richard, J. 3/18/95	500 Sylvester, R. 3/18/95	1260 McQueen. 11/4/94
64 479 Guido, J. 4/22/95	335 Oros, S. 3/25/95	500 Jackson, J. 5/20/95	1256 Liggett, M. 11/4/94
65 479 Sparrow, S. 4/29/95	335 Martin, K. 7/8/95	500 Gengo, J. 6/3/95	1256 Lau, S. 4/22/95
66 479 Taylor, D. 7/8/95	330 Meyer. 8/13/94	500 Palmer, M. 6/3/95	1255 Jones, B. 9/4/94
67 475 Thomas, E. 9/4/94	330 Kobayashi, 9/10/94	500 Dierna, J. 6/10/95	1255 Brown. 11/20/94
68 475 Williams, J. 10/15/94	330 Lykes. 9/11/94	495 Simon, M. 6/10/95	1251 Kato, S. 4/22/95
69 475 Leyoldt, S. 11/28/94	330 Rubio, J. 10/8/94	490 Williams, J. 10/15/94	1250 Rand, J. 1/28/95
70 475 Newcomer, D. 2/4/95	330 Crosier, L. 12/17/94	490 Serratore. 12/10/94	1245 Leyoldt, S. 11/28/94
71 475 Halstrom. 3/25/95	330 Loftus, J. 2/25/95	490 Peterkin, C. 3/18/95	1240 Rohan, B. 6/10/95
72 475 Panteleas, J. 4/8/95	330 Beatty, D. 3/4/95	490 Ripley, G. 4/1/95	1240 Bridges, A. 6/10/95
73 475 Bridges, A. 6/10/95	330 Halstrom. 3/25/95	485 Cortes, R. 8/13/94	1235 Palmer, M. 6/3/95
74 473 Kingure, T. 10/30/94	330 Demo, Q. 4/1/95	485 Berg, D. 11/4/94	1234 Janigian, B. 3/19/95
75 473 Berg, D. 11/4/94	330 Willingham, C. 4/1/95	485 Marsh, K. 11/4/94	1230 Richard, J. 3/18/95
76 473 Burton, O. 11/5/94	330 Crowe, B. 4/15/95	485 Brown. 11/20/94	1229 Margotta, M. 3/25/95
77 473 Westbrook. 11/26/94	330 Graves, B. 4/22/95	485 Kaller, D. 1/8/95	1229 Guido, J. 4/22/95
78 473 Pickle. 11/26/94	330 Donovan, D. 4/30/95	485 Mayces, 4/8/95	1225 Smith, M. 3/18/95
79 473 Robinson. 3/11/95	330 Murphy, J. 4/30/95	485 Taylor, D. 7/8/95	1225 Underwood, J. 4/1/95
80 473 Schalka, M. 6/17/95	330 Dotove, D. 5/6/95	480 Schaeffer, J. 9/17/94	1225 Panteleas, J. 4/8/95
81 473 Baker. 7/21/95	330 Temmerman, G. 5/20/95	480 Stansen, J. 10/1/94	1223 Kingure, T. 10/30/94
82 470 Jones, B. 9/4/94	330 Sigala. 7/1/95	480 Hall, A. 1/28/95	1223 Theodorou, N. 6/24/95
83 470 Jackson, A. 2/18/95	330 Dale, G. 7/15/95	480 Crowe, B. 2/4/95	1223 Hokoona, M. 4/22/95
84 470 Newton. 3/25/95	325 Hernandez. 10/2/94	480 Bryant, T. 3/18/95	1223 Sparrow, S. 4/29/95
85 470 Draks. 4/1/95	325 Judge, T. 10/22/94	480 Draks. 4/1/95	1223 Aleman. 5/27/95
86 470 Young, P. 6/10/95	325 Billings, P. 11/19/94	479 Woodworth. 8/13/94	1220 Kilburg, M. 4/8/95
87 462 Zwiers, J. 4/22/95	325 Mans, D. 11/19/94	479 Whitney, D. 11/5/94	1220 Gengo, J. 6/3/95
88 460 Woodson, M. 9/4/94	325 Salvan, R. 2/25/95	479 Horton. 3/18/95	1218 Newcomer, D. 2/4/95
89 460 Blount, R. 11/5/94	325 Page, G. 3/18/95	479 Cagliola, M. 4/22/95	1218 Taylor, D. 7/8/95
90 460 Hall, A. 1/28/95	325 Kolinsky, M. 3/26/95	475 Taylor, J. 11/20/94	1215 Summers, G. 9/11/94
91 460 Shea, J. 6/10/95	325 Smith, J. 7/8/95	475 S. Leyoldt, S. 11/28/94	1215 Zollnercoffer, A. 10/94
92 457 Duran, L. 8/13/94	325 Hanna, H. 7/29/95	475 Everado. 1/21/95	1212 Peczowski, N. 11/4/94
93 457 Thomas. 11/26/94	320 Larson, G. 9/25/94	475 Rand, J. 1/28/95	1212 Berg, D. 11/4/94
94 457 Kato, S. 4/22/95	320 McAtee, C. 10/15/94	475 Janigian, B. 3/18/95	1210 Saunders, C. 8/20/94
95 455 Young, C. 1/28/95	320 Maselli, P. 12/4/94	475 Spearling, D. 4/15/95	1210 Harris. 9/10/94
96 455 McGee, H. 2/25/95	320 Serratore. 12/10/94	473 Kingure, T. 10/30/94	1210 Shen, J. 6/10/95
97 451 Theodorou, N. 4/22/95	320 Mason. 3/22/95	473 Uyecka, B. 3/25/95	1205 Bryant, T. 3/18/95
98 451 McCarty, R. 6/24/95	320 Grosheln, G. 3/12/95	473 Romanko, P. 4/22/95	1205 Newton. 3/25/95
99 450 Kaller, D. 1/8/95	320 Pearce, J. 3/18/95	473 Salentine, A. 6/22/95	1201 Shalicy, J. 4/22/95
100 450 Bryant, T. 3/18/95	320 Cickat, M. 3/25/95	473 Bridges, A. 7/22/95	1200 Hall, A. 1/28/95