

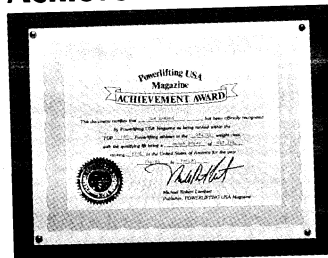
# POWERLIFTING USA MAGAZINE

132 lb./60 kg.

# TOP 100

for USA lifters competing  
November 1990 to October 1991

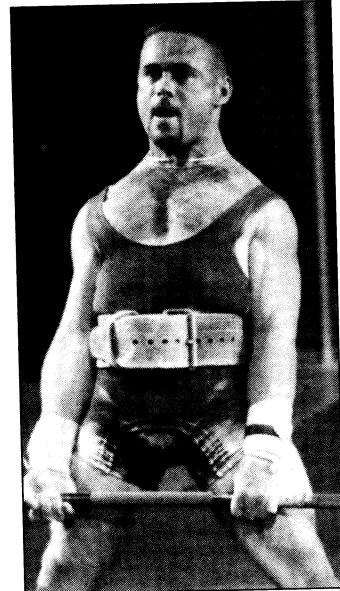
## PL USA TOP 100 Achievement Awards



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 148s

**Corrections:** Kim Couch's bench at the Malibu Classic was 215 in the 132s, not 210. At the APA Perfect Body Bench Press, Barbara Brown had an 85 lb. bench press, not 230. There was an error in the published results of the ADFPA Men's Nationals - Damian Fronzaglia should have been credited with squats of 507 and 529 on his 2nd and 3rd attempts. Send corrections you find on our ranking lists to "ERRORS", Box 467, Camarillo, California 93011.



Wil Taylor is one of the top ranked lifters on this month's TOP 100 list.

### SQUAT

- 1 545 Westbrook, K...2/28/91
- 2 540 Siegel, S...3/9/91
- 3 535 Shackelford, N...11/10/90
- 4 523 Suttles, T...3/23/91
- 5 523 Heath, D...7/6/91
- 6 518 Gant, L...7/26/91
- 7 512 Blake, H...7/6/91
- 8 510 Brownstein, E...10/19/91
- 9 505 Simmons...6/91
- 10 501 Poulin, E...12/1/90
- 11 501 Millian, E...6/15/91
- 12 500 Taylor, T...4/27/91
- 13 490 Taylor, T...10/12/91
- 14 485 Olson, B...12/1/90
- 15 485 Payne, W...6/22/91
- 16 480 Landman, C...4/6/91
- 17 479 Taylor, W...5/4/91
- 18 475 Payne, F...12/1/90
- 19 475 Fonville, S...3/9/91
- 20 475 Whitley, B...3/23/91
- 21 473 Ramsey, D...9/21/91
- 22 470 Morishige, M...8/17/91
- 23 470 Pallas, A...10/19/91
- 24 465 Watkins...6/91
- 25 462 Lewis, W...3/23/91
- 26 460 Benemerito, J...10/5/91
- 27 457 Arenburg...5/31/91
- 28 457 Liggett, M...7/6/91
- 29 451 Shea, J...3/16/91
- 30 450 Parker...12/1/90
- 31 450 McCoy, C...3/9/91
- 32 450 Mason, M...10/19/91
- 33 446 Schreiner, S...7/6/91
- 34 445 Paet, L...11/10/90
- 35 445 Butler, C...3/23/91
- 36 440 Monroe, R...12/9/90
- 37 440 Ross...6/91
- 38 435 Amar, F...5/26/91
- 39 430 Smith, T...1/5/91
- 40 429 Fleming...2/28/91
- 41 429 Payne, S...3/23/91
- 42 429 Woods, M...3/23/91
- 43 425 Jones, B...4/27/91
- 44 424 Stell, J...2/24/91
- 45 424 Olivier, J...4/6/91
- 46 424 Penic...6/22/91
- 47 420 Dibella, J...4/27/91
- 48 420 Lovelace, J...10/19/91
- 49 418 Gynn, R...2/24/91
- 50 418 Walker, J...3/9/91
- 51 418 Altizer, B...9/21/91
- 52 415 Healey...12/1/90
- 53 413 Ringi, J...11/3/90
- 54 413 Fernandez, E...4/27/91
- 55 413 Jones, L...4/27/91
- 56 413 Clark, D...4/27/91
- 57 413 Wideman, M...6/26/91
- 58 410 Scalzo, J...2/16/91
- 59 410 Miller, B...5/11/91
- 60 410 Reyes, C...9/28/91
- 61 410 Louder, N...10/19/91
- 62 407 Owens, M...11/11/90
- 63 407 Mayer, A...8/3/91
- 64 407 Roof, J...8/3/91
- 65 407 Powell, R...10/11/91
- 66 405 Edmiston, M...11/4/90
- 67 405 Granato, R...11/17/90
- 68 405 Olson, J...4/13/91
- 69 402 Walter...5/31/91
- 70 402 Manisto, M...6/22/91
- 71 402 Baker, K...7/6/91
- 72 402 Wacker...9/29/91
- 73 400 Cain...4/6/91
- 74 400 Anderson, W...4/13/91
- 75 400 Louder, N...5/4/91
- 76 396 Schraeder, J...4/6/91
- 77 395 Hamilton, B...11/10/90
- 78 395 Paczkowski, N...3/2/91
- 79 395 Ballard, L...5/25/91
- 80 391 Gaerker, S...11/3/90
- 81 391 Lewis, T...5/18/91
- 82 391 Spies, E...7/6/91
- 83 391 Dugan, D...7/13/91
- 84 390 Smith, R...4/27/91
- 85 390 Roberts, C...10/19/91
- 86 385 Matsumoto, M...11/10/90
- 87 385 Clayton, J...5/19/91
- 88 385 Nivault, M...10/11/91
- 89 380 Richman, M...11/3/90
- 90 380 Moore, E...3/16/91
- 91 380 Walter, J...3/16/91
- 92 380 Carter, J...3/23/91
- 93 380 Almy, F...4/6/91
- 94 380 Madigan, M...4/20/91
- 95 380 Smith...4/20/91
- 96 380 Laino...4/20/91
- 97 380 Schiller, J...7/6/91
- 98 375 Clark, W...1/5/91
- 99 375 Williams, N...3/91
- 100 375 Thomas, H...10/19/91

### BENCH

- 380 Detore, P...4/27/91
- 370 Barton...6/91
- 363 Heath, D...7/6/91
- 362 Lawrence, J...11/17/90
- 360 Watkins...6/91
- 358 Couch, R...4/7/91
- 355 Lorenzetti, P...9/91
- 355 Scalzo, J...7/14/91
- 350 Transfiguration, D...8/3/91
- 345 Boastoy, U...12/15/90
- 340 Shorr, J...4/28/91
- 340 Gould, G...9/7/91
- 330 Shackelford, N...11/10/90
- 330 Suttles, T...3/23/91
- 330 Augustine, S...7/6/91
- 330 Stell, L...7/6/91
- 320 Morishige, M...8/17/91
- 319 Walker, J...3/9/91
- 315 Siegel, S...3/9/91
- 315 Murillo, G...5/18/91
- 315 Olson, T...6/30/91
- 315 Murphy, J...8/4/91
- 314 Polke, S...10/5/91
- 308 Blake, H...7/6/91
- 305 Allen, R...11/3/90
- 305 McKealar, K...8/10/91
- 305 Rose, M...8/18/91
- 305 Spingarn, B...8/25/91
- 303 Gant, L...11/14/90
- 303 Miller...1/19/91
- 303 Kabasakalian, D...2/10/91
- 303 Jones, L...4/27/91
- 303 Lukman, J...7/27/91
- 300 Gaugler, B...3/23/91
- 300 Simmons...6/91
- 300 Man, L...7/27/91
- 297 Slater...12/16/90
- 297 Arenburg...2/28/91
- 295 Day, P...4/7/91
- 295 Kinsler, R...5/18/91
- 295 Miles, D...6/22/91
- 292 Cavin, D...11/17/90
- 292 Feaster, C...1/19/91
- 292 Fleming...2/28/91
- 292 Louder...2/28/91
- 292 Paganini, J...3/23/91
- 290 Anderson, W...2/17/91
- 290 Cheatham, M...2/23/91
- 290 Gardner, T...3/30/91
- 290 Abad, J...4/20/91
- 290 Taylor, T...4/27/91
- 290 Smith, R...6/27/91
- 290 Brown, M...4/1/91
- 290 Jackson, A...7/14/91
- 290 Kurmik, J...9/14/91
- 286 Olivier, J...4/6/91
- 286 Taylor, W...5/4/91
- 286 Payne, W...6/22/91
- 286 Doufou, R...8/24/91
- 285 Naylor, R...12/11/90
- 285 Sevastos, L...1/20/91
- 285 Gardner, L...2/23/91
- 285 Batten, R...4/14/91
- 285 Williams, J...4/14/91
- 285 Bates, C...7/27/91
- 285 Fugelle, L...7/27/91
- 285 Hren, M...8/10/91
- 285 Ho, T...8/24/91
- 281 Fernandez, E...4/27/91
- 280 Brown, S...11/3/90
- 280 Paet, L...11/10/90
- 280 Hamilton, B...11/10/90
- 280 Granato, R...11/17/90
- 280 Olson, B...12/1/90
- 280 Gonzalez, P...2/2/91
- 280 Nguyen, H...5/18/91
- 280 Frazelle, L...6/1/91
- 280 Jenkins, B...6/11/91
- 280 Ross...6/91
- 280 West, B...6/91
- 280 Rolnick, M...8/10/91
- 280 Benemerito, J...10/5/91
- 280 Brownstein, E...10/5/91
- 275 Jung, S...11/18/90
- 275 Dobbins, R...1/27/91
- 275 Mirabella, C...1/27/91
- 275 Medina, V...2/10/91
- 275 Payne, P...2/23/91
- 275 Butler, C...3/23/91
- 275 Mason, M...4/13/91
- 275 Collins...4/20/91
- 275 Graham, D...4/20/91
- 275 Fernando, A...5/5/91
- 275 Penic...6/22/91
- 275 Dibella, J...7/20/91
- 275 Mayer, A...8/3/91
- 275 Thomas, H...10/19/91
- 275 Doucette, T...10/19/91
- 270 Ferguson, L...11/3/90
- 270 Beagan, T...3/16/91

### DEADLIFT

- 622 Gant, L...11/14/90
- 600 Shackelford, N...4/20/91
- 545 Benemerito, J...10/5/91
- 534 Suttles, T...6/22/91
- 530 Blake, H...12/2/90
- 525 Simmons...6/91
- 523 Millian, E...6/15/91
- 518 Payne, P...8/17/91
- 510 Morishige, M...8/17/91
- 505 McCoy, C...3/9/91
- 501 Olivier, J...4/6/91
- 501 Payne, W...6/22/91
- 500 Butler, C...3/23/91
- 490 Suttles, T...3/9/91
- 490 Taylor, W...5/4/91
- 490 Arenburg...6/29/91
- 490 Heath, D...7/6/91
- 490 Powell, R...10/11/91
- 485 Olson, B...12/1/90
- 485 Westbrook, K...5/31/91
- 480 Pallas, A...4/27/91
- 475 Whitley, B...3/23/91
- 473 Ramsey, D...9/21/91
- 470 Smith, T...4/6/91
- 468 Horton, D...6/29/91
- 465 Granato, R...11/17/90
- 465 Louder, N...3/9/91
- 465 Burton...6/91
- 465 Mason, M...10/19/91
- 462 Fleming...2/28/91
- 462 Liggett, M...7/6/91
- 460 Taylor, T...4/27/91
- 460 Dibella, J...4/27/91
- 460 Brownstein, E...10/5/91
- 457 Lewis, W...3/23/91
- 456 Cooper, B...3/16/91
- 455 Amar, F...5/26/91
- 455 Estrada, J...6/29/91
- 451 Finley, K...11/3/90
- 451 Fernandez, E...2/28/91
- 451 Poulin, E...3/16/91
- 451 Collins...4/20/91
- 450 Kiser, E...12/15/90
- 450 Ross...6/91
- 450 Ramray, D...7/20/91
- 446 Landman, C...3/23/91
- 445 Fonville, S...3/9/91
- 440 Mercado, J...12/1/90
- 440 Monroe, R...12/9/90
- 440 Shea, J...3/16/91
- 440 Schraeder, J...4/6/91
- 440 D'Augustino, D...5/25/91
- 440 Mayer, A...8/3/91
- 440 Ford, K...9/28/91
- 440 Nivault, M...10/11/91
- 435 Hamilton, B...11/10/90
- 435 Barleen, D...2/16/91
- 435 Gynn, R...2/24/91
- 435 Wacker...2/28/91
- 435 Jones, B...3/16/91
- 435 Payne, S...3/23/91
- 435 Field, R...10/26/91
- 430 Lewis, T...2/9/91
- 430 Rorex, G...6/8/91
- 430 West, B...6/91
- 429 Cavin, D...11/17/90
- 429 Moore, E...11/17/90
- 429 Correia, D...5/25/91
- 425 Edmiston, M...11/4/90
- 425 Parker...12/1/90
- 425 Clark, W...1/5/91
- 425 Scalzo, J...2/16/91
- 425 Lovelace, J...3/9/91
- 425 Glass, F...3/9/91
- 425 Lovell, S...3/23/91
- 425 Holman, R...4/13/91
- 425 Roof, J...4/13/91
- 425 Rapp, B...6/91
- 425 Watkins...6/91
- 425 Olson, J...10/19/91
- 425 Louder, N...10/19/91
- 424 Gray, A...3/1/91
- 424 Walker, J...3/9/91
- 424 Walter...5/31/91
- 424 Penic...6/22/91
- 424 Dugan, D...7/6/91
- 424 Walker, B...8/17/91
- 424 Walter, B...11/11/90
- 420 Smart, W...3/16/91
- 420 Carter, J...3/23/91
- 420 Mathias, R...4/7/91
- 420 Miller, B...5/11/91
- 418 Moore, T...11/3/90
- 418 Neyer, P...3/9/91
- 418 Walter, J...3/16/91
- 418 Jones, L...4/27/91
- 418 McComb, D...5/4/91
- 418 Easter, S...7/6/91
- 418 Aleman, D...9/29/91
- 415 Rosebrook, K...11/10/90
- 415 Paczkowski, N...3/2/91

### TOTAL

- 1440 Shackelford, N...11/10/90
- 1427 Gant, L...11/14/90
- 1383 Suttles, T...3/23/91
- 1377 Heath, D...7/6/91
- 1345 Siegel, S...3/9/91
- 1339 Blake, H...7/6/91
- 1330 Simmons...6/91
- 1300 Morishige, M...8/17/91
- 1289 Millian, E...6/15/91
- 1285 Benemerito, J...10/5/91
- 1273 Payne, W...6/22/91
- 1260 Payen, P...12/1/90
- 1256 Taylor, W...5/4/91
- 1250 Olson, B...12/1/90
- 1250 Taylor, T...4/27/91
- 1250 Watkins...6/91
- 1250 Brownstein, E...10/5/91
- 1245 Westbrook, K...12/1/90
- 1234 Arenburg...5/31/91
- 1220 Butler, C...3/23/91
- 1218 Ramsey, D...9/21/91
- 1215 McCoy, C...3/9/91
- 1212 Olivier, J...4/6/91
- 1210 Whitley, B...3/23/91
- 1201 Collins...4/20/91
- 1200 Pallas, A...4/27/91
- 1185 Burton...6/91
- 1184 Fleming...2/28/91
- 1180 Mason, M...10/19/91
- 1179 Poulin, E...3/16/91
- 1173 Lewis, W...3/23/91
- 1173 Liggett, M...7/6/91
- 1170 Ross...6/91
- 1167 Walker, J...3/9/91
- 1152 Shea, J...3/16/91
- 1155 Scalzo, J...2/16/91
- 1151 Landman, C...3/23/91
- 1150 Granato, R...11/17/90
- 1146 Cooper, B...3/16/91
- 1146 Fernandez, E...4/27/91
- 1145 Fonville, S...3/9/91
- 1135 Jones, L...4/27/91
- 1130 Paet, L...11/10/90
- 1125 Dibella, J...4/27/91
- 1124 Penic...6/22/91
- 1124 Mayer, A...8/3/91
- 1118 Stell...2/24/91
- 1118 Powell, R...10/11/90
- 1115 Smith, T...4/6/91
- 1110 Hamilton, B...11/10/90
- 1110 Monroe, R...12/9/90
- 1102 Jones, B...3/16/91
- 1096 Payne, S...3/23/91
- 1090 Edmiston, M...11/4/90
- 1090 Amar, F...5/26/91
- 1085 Healey...12/1/90
- 1085 Gynn, R...2/24/91
- 1085 Clayton, J...6/8/91
- 1080 Manisto, M...6/22/91
- 1075 Reyes, C...9/28/91
- 1075 Lovelace, J...10/19/91
- 1069 Cavin, D...11/17/90
- 1060 Snyder, S...4/27/91
- 1060 Miller, B...5/11/91
- 1058 Paganini, J...3/23/91
- 1058 Mathias, R...4/7/91
- 1052 Schreiner, S...7/6/91
- 1050 Clark, W...1/5/91
- 1050 Barleen, D...2/16/91
- 1050 Louder, N...5/4/91
- 1047 Finley, K...11/3/90
- 1047 Gaerker, S...11/3/90
- 1047 McComb, D...5/4/91
- 1047 Wacker...9/29/91
- 1045 Anerson, W...4/13/91
- 1045 Roof, J...4/13/91
- 1041 Schiller, J...7/6/91
- 1040 Mercado, J...12/1/90
- 1040 Roberts, C...10/19/91
- 1036 Ringi, J...11/3/90
- 1036 Owens, M...11/11/90
- 1036 Beneman, M...6/26/91
- 1035 Lewis, T...2/9/91
- 1035 Smith, R...4/27/91
- 1030 Moore, E...3/16/91
- 1030 Schroeder, J...4/6/91
- 1030 Vickers, T...4/13/91
- 1030 Baker, K...7/6/91
- 1025 Matsumoto, M...11/10/90
- 1025 Jackson, A...2/16/91
- 1025 Mattorano, M...5/4/91
- 1025 Tantog, C...10/11/91
- 1020 Parker...12/1/90
- 1020 Thomas, H...10/19/91
- 1019 Dugan, D...7/13/91
- 1010 West, B...6/91
- 1010 Olson, J...10/9/91
- 1010 Lucas, M...10/19/91
- 1008 Lowe...2/28/91
- 1008 Walter...5/31/91