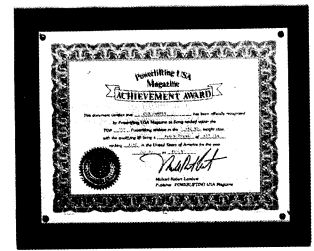


TOP 100

For standard 114 lb./52 kg. USA lifting in results received from May 1995 through April 1996.

PL USA Top 100 Achievement Awards



SQUAT

BENCH PRESS

DEADLIFT

TOTAL

1	405 Brant..3/16/96	303 Unten, K..12/10/95	451 Hile..7/22/95	1129 Hile..7/22/95
2	402 Hile...7/22/95	281 Clark, L..7/24/95	435 Someda, D..8/19/95	1030 West..3/16/96
3	390 West..11/11/95	275 Hile..7/22/95	435 Jackson..10/28/95	997 Ngyun, T..3/9/96
4	374 Ngyun, T..3/9/96	275 Pham, H..3/2/96	430 Snell, K..5/7/95	990 Brant..3/16/96
5	363 Simmons..10/26/95	253 Morales, J..10/28/95	425 Brant..3/16/96	975 Leonard, A..8/25/95
6	360 Gutierrez, P..1/20/96	245 West..3/16/96	415 Snyder, S..2/17/96	970 Snyder, S..2/17/96
7	355 Snyder, S..2/17/96	235 Gainer, E..12/2/95	413 Leonard, A..8/25/95	945 Gainer, E..2/17/96
8	355 Bond, M..2/24/96	226 Griffo, J..7/24/95	407 Carver, T..7/15/95	930 Gutierrez, P..1/20/96
9	352 Jeffrey..7/21/95	225 Hoch, R..5/20/95	407 Ngyun, T..3/9/96	925 Jackson..10/28/95
10	352 Washburn, K..10/29/95	225 Leonard, A..8/25/95	400 Gainer, E..12/2/95	909 Jeffrey..7/21/95
11	341 McKinney, D..4/20/96	225 Ostrum, A..12/9/95	400 West..3/16/96	903 Simmons..10/26/95
12	336 Leonard, A..8/25/96	220 Hopkins..10/26/95	395 Gutierrez, P..1/20/96	890 Davis, J..9/30/95
13	335 Davis, J..9/30/95	220 Piccola, J..10/26/95	390 Davis, J..2/10/96	881 Carver, T..7/15/95
14	330 Galant, A..5/19/95	220 Premeau, B..4/6/96	375 Dixon, T..4/13/96	870 Hopkins..10/26/95
15	325 Street..7/21/95	214 Ngyun, T..3/9/96	365 Phillips, D..3/8/96	865 Chang, Y..5/27/95
16	325 Hopkins..10/26/95	210 Jenhardt, J..3/17/96	365 Ezell, J..4/20/96	865 Galant, A..10/4/95
17	Kirkbride..10/26/95	209 Jeffrey..7/21/95	363 Chang, Y..5/27/95	865 Phillips, D..3/8/96
18	325 Cunningham, T..4/13/96	205 Greene, T..9/10/95	358 Kirkbride..10/26/95	865 Cunningham, T..4/13/96
19	325 Westcott, M..4/13/96	205 Kirschling, K..10/28/95	358 Wadhwa, A..12/2/95	855 McKinney, D..8/19/95
20	319 Chang, Y..5/27/95	203 Beatty, D..9/30/95	355 Roberts, W..12/2/95	845 Ostrum, A..12/9/95
21	315 Phillips, D..3/8/96	203 Murphy, G..3/2/96	355 Ostrum, A..12/9/95	845 Anderson, C..4/20/95
22	315 Harvey, H..4/20/96	200 Flesson, R..8/13/95	355 Bond, M..2/24/96	835 Bond, M..2/24/96
23	314 Jackson..7/15/95	200 Snyder, S..2/17/96	352 Galant, A..10/4/95	826 Wadhwa, A..12/2/95
24	314 Yamada, D..11/4/95	200 McKinney, D..2/17/96	350 Martinez Jr., M..1/20/96	821 Kirkbride..10/26/95
25	310 Gainer, E..2/17/96	198 Galant, A..5/19/95	350 Dickinson, K..3/8/96	820 Flesson, R..10/21/95
26	308 Hartwig..7/21/95	195 Anderson, C..4/20/96	350 Cunningham, T..4/13/96	815 Dixon, T..3/8/96
27	308 Mitchell, K..4/20/96	193 Simmons..10/26/95	350 Anderson, C..4/20/96	814 Washburn, K..10/29/95
28	305 Flesson, R..10/21/95	192 Carpenter, H..8/5/95	347 Goldberg..6/24/95	810 Dickinson, K..3/8/96
29	303 Carver, T..7/15/95	192 Le, L..8/5/95	347 Jeffrey..7/21/95	810 Harvey, H..4/20/96
30	303 Dixon, T..3/8/96	190 Peterman, L..6/3/95	347 Simmons..10/26/95	805 Ezell, J..4/20/96
31	300 Dickinson, K..3/8/96	190 Davis, J..2/10/96	345 Mata Jr., E..2/24/96	804 Street..5/6/95
32	300 Salard, S..3/8/96	190 Cunningham, T..4/13/96	341 Yamada, D..11/4/95	804 Kovachik, P..4/20/96
33	300 Anderson, C..4/20/96	190 Harvey, H..4/20/96	340 Hayes, D..3/16/96	800 Mata Jr., E..2/24/96
34	297 Moser, J..7/25/95	190 Ezell, J..4/20/96	335 Green, R..11/18/95	793 Yamada, D..11/4/95
35	297 Wadhwa, A..12/2/95	187 Noblin, J..3/23/96	335 Brown, M..3/9/96	780 Dhanda, A..9/30/95
36	292 Budd, C..5/27/95	185 Frankman, L..10/8/95	6330 Patel, S..5/6/95	780 Lowe, R..3/8/96
37	292 Kovachik, P..4/20/96	185 Phillips, D..3/8/96	330 Capati, R..6/8/95	775 Roberts, W..12/2/95
38	286 Rester, B..5/6/95	185 Morton, B..3/30/96	330 Leverett..7/21/95	775 Brown, M..3/9/96
39	285 Lowe, R..3/8/96	181 Chang, Y..5/27/95	330 McKinney, D..8/19/95	771 Hartwig..7/21/95
40	281 Smith, C..3/30/96	181 Vilanueva, A..7/15/95	330 Dhanda, A..9/30/95	770 Salard, S..3/8/96
41	281 Boudreau, P..4/20/96	181 Kovachik, P..4/20/96	330 Robinson, C..3/30/96	765 Frankman, L..2/17/96
42	280 Roberts, W..12/2/95	180 White, L..2/2/95	330 Kovachik, P..4/20/96	765 Westcott, M..4/13/96
43	275 Palmer, M..6/3/95	180 Ayala, M..3/23/96	325 Hopkins..10/26/95	760 Budd, C..5/27/95
44	275 Hurtado, J..12/15/95	176 Jackson..7/15/95	325 Ferrero..7/21/95	755 Rester, B..5/6/95
45	275 Frankman, L..2/17/96	175 Dhanda, A..9/30/95	325 Washburn, K..10/29/95	755 Goldberg..6/24/95
46	275 Mata Jr., E..2/24/96	175 Green, R..11/18/95	325 Flesson, R..11/18/95	755 Ferrero..7/21/95
47	275 Harvin, D..3/2/96	175 Gutierrez, P..1/20/96	325 Lowe, R..1/27/96	749 Leverett..7/21/95
48	275 Brown, M..3/9/96	175 Mata Jr., E..2/24/96	320 Frankman, L..10/8/95	749 Moser, J..7/25/95
49	272 Garcia..2/24/96	175 Nemeth, A..4/6/96	320 Shear, J..3/2/96	749 Mitchell, K..4/20/96
50	270 Johnson, A..6/3/95	170 Moorman, C..6/10/95	320 Ayala, M..3/23/96	733 Sullivan, S..5/6/95
51	270 Bell..8/11/95	170 Carver, T..7/15/95	319 Moser, J..5/6/95	730 Martinez Jr., M..1/20/96
52	270 Jenkins, D..3/30/96	170 Ferrero..7/21/95	319 Fox, L..12/2/95	727 Lee, B..5/27/95
53	265 Barbour, K..5/20/95	170 Satterthwaite..11/3/95	315 Palmer, M..6/3/95	724 Garcia..2/24/96
54	265 Ryan, K..8/19/95	170 Wadhwa, A..12/2/95	314 Rester, B..5/6/95	720 Palmer, M..6/3/95
55	265 Ostrum, A..12/9/95	170 Lowe, R..3/8/96	314 Mitchell, K..4/20/96	716 Robinson, C..3/30/96
56	265 Michael, T..3/23/96	170 Salard, S..3/8/96	310 Westcott, M..2/24/96	715 Ayala, M..3/23/96
57	265 Wagner, A..4/13/96	170 Palk, D..3/16/96	308 Budd, C..5/27/95	710 Harvin, D..3/2/96
58	265 Gardner, N..4/13/96	170 Ellerton, G..3/23/96	308 Lee, B..5/27/95	710 Hayes, D..3/16/96
59	264 Sullivan, S..5/6/95	165 Sullivan, S..5/6/95	308 Garcia..2/24/96	705 Shear, J..3/2/96
60	264 Lee, B..5/27/95	165 Weger, H..6/3/95	305 Smith, O..3/8/96	705 McNulty, D..3/16/96
61	264 Lincott..8/19/95	165 Leverett..7/21/95	305 Harvey, H..4/20/96	705 Smith, C..3/30/96
62	264 Gaston, J..2/24/96	165 Hartwig..7/21/95	303 Sullivan, S..5/6/95	705 Wagner, A..4/13/96
63	264 Robinson, C..3/30/96	165 Johnson, A..6/3/95	303 Moring..7/8/95	700 Capati, R..4/6/96
64	264 Scarpula, G..4/20/96	165 McCulloch..8/5/95	303 Gaston, J..2/24/96	699 Gaston, J..2/24/96
65	262 Bott, M..6/8/95	165 James..9/23/95	303 McNulty, D..3/16/96	699 Jenkins, D..3/30/96
66	260 Bodlak, M..3/16/96	165 Harvin, D..11/11/95	303 Smith, C..3/30/96	688 Johnson, A..6/3/95
67	259 Ferrero..7/21/95	165 George, W..12/9/95	303 Melancon, S..4/27/96	685 George, W..3/2/96
68	259 Weger..7/21/95	165 Shaffer, B..12/10/95	300 Raneri, C..9/9/95	680 Ryan, K..8/19/95
69	259 Stephens..7/21/95	165 Dean, K..2/25/96	300 George, W..12/9/95	680 Melancon, S..3/8/96
70	259 Beitel..10/26/95	165 Brown, M..3/9/96	300 Westphal, J..1/27/96	677 Weger..7/21/95
71	259 Hautzinger, L..2/4/96	165 Bruffett, S..3/16/96	300 Salard, S..3/8/96	672 Lincott..8/19/95
72	259 McNulty, D..3/16/96	160 Dickinson, K..3/8/96	300 Istre, M..3/8/96	666 Talmadge..8/11/95
73	255 Shear, J..3/2/96	160 Saucier, C..3/8/96	300 Thompson, A..3/8/96	666 Lee, B..5/27/95
74	253 Leverett..5/6/95	160 Brant..3/16/96	300 Wagner, A..4/13/96	666 Gadney, J..4/20/96
75	253 Lord, G..5/19/95	159 Street..5/6/95	297 Hartwig..7/21/95	665 James, L..4/20/96
76	253 Goldberg..6/24/95	159 Budd, C..5/27/95	297 Jenkins, D..3/30/96	661 Beitel..10/26/95
77	253 Talmadge..8/11/95	159 Goldberg..8/11/95	295 Parkman, C..12/9/95	661 Stephens..7/21/95
78	253 McNulty..10/21/95	159 Caldwell, S..11/11/95	295 Westbrook, A..4/20/96	661 Gadney, J..4/20/96
79	253 Luna, V..3/9/96	159 Beitel..10/26/95	292 Reese..6/17/95	661 Boudreau, P..4/20/96
80	253 Leggett, H..3/9/96	155 Palmer, P..11/18/95	292 Hall, D..8/12/95	660 Barbour, K..5/20/95
81	253 Arcuolo, V..4/20/96	155 Hurtado, J..12/15/95	292 Lockard, C..10/21/95	660 Hurtado, J..12/15/95
82	250 Martinez Jr., M..1/20/96	155 Smoyer, M..2/24/96	292 Lee, B..5/27/95	660 Bruffett, S..3/16/96
83	250 Morgan, L..3/23/96	155 Bogart, D..2/24/96	290 Mader, L..5/6/95	655 Lord, G..5/19/95
84	250 Esfandiari, J..3/23/96	155 Melancon, S..3/8/96	290 Shaffer, B..11/18/95	655 Reese..6/17/95
85	250 Perry, A..4/13/96	155 Frere, J..3/9/96	290 Ryan, K..12/9/95	655 Hartmann, G..3/9/96
86	250 Ezell, J..4/20/96	155 Thompson, G..3/9/96	286 Arthur, S..8/26/95	655 Nemeth, A..4/6/96
87	248 Michaud, T..5/6/95	155 Franklin, S..3/16/96	286 Hartmann, G..3/9/96	655 Arcuolo, V..4/20/96
88	248 Kelly, D..5/27/95	155 Galyen, D..3/23/96	285 Weger, G..6/3/95	650 Kelly, D..5/27/95
89	248 Gedney, J..4/20/96	155 James, L..4/20/96	285 Castellanos, H..7/29/95	650 Palmer, P..11/18/95
90	248 Bell, R..4/27/96	154 Rester, B..5/6/95	285 Beveorum, D..8/9/95	650 Smith, O..3/8/96
91	245 Dhanda, A..9/30/95	154 Lee, B..5/27/95	285 Schillinger, T..9/30/95	650 Gay, L..3/23/96
92	245 Smith, O..3/8/96	154 Lauterbach, J..10/28/95	285 Waddington, L..3/23/96	650 Gardner, N..4/13/96
93	245 Granger, J..3/8/96	150 Woodell, T..7/1/95	281 Talmadge..8/11/95	645 Granger, J..3/8/96
94	245 Johnson, K..4/13/96	150 Carlo, G..1/20/96	281 Harvin, D..11/11/95	644 Bell..8/11/95
95	242 Lindberg, C..5/6/95	150 Scott, M..2/10/96	281 Hastings, H..12/3/95	644 McLean..12/9/95
96	242 Moyer..7/21/95	150 Dixon, T..3/8/96	281 Beasley, D..3/30/96	644 Michael, T..5/6/95
97	242 Grater..10/25/95	150 Frame Jr., E..3/9/96	281 Shives, F..4/27/96	639 Scarpula, G..4/20/96
98	240 Gochenaur, M..3/2/96	150 Martin, G..3/16/96	280 Barbour, K..5/20/95	635 Shaffer, B..12/10/95
99	240 Gott, L..3/8/96	150 Hudson, B..3/16/96	280 Granger, J..3/8/96	635 Garcia, R..2/24/96
100	240 Cates, K..3/8/96	148 Kao..8/26/95	280 Perry, A..3/8/96	635 Bodlak, M..3/16/95

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 123s

Corrections... in the Women's TOP 20, Tamara Rainwater-Grimwood should have been credited with a 550 deadlift in the 181 lb. class. P. Dauncey should not have been listed on the TOP 100 242 lb. listing. In the "Brobdignagian Biathlon" Gus Rethwish should have received credit for his total of 905 squat and 865 deadlift of January 25th, 1986. Rick Hagedorn should have been credited with a 560 squat at the APA Alabama State meet of January 27th, 1996. Donna Aliminosa should not have been credited with a 181 bench press in the results of the ADFPA Pennsylvania High School Championships. Robert O. Smith should have been credited with a 391 lb. bench press in the Masters 275 lb., 50-54 division of the U.S.P.F. National Masters Championships. C.J. Batten's 505 bench press was not listed on the TOP 100 275 lb. class listing. Ed Ruquet should have been credited with a 705 lb. squat in the results of the IPF New York State Championships. Gary Edmondson's 490 bench press at 242 was not reflected on the TOP 100 list, and Paul Brown's 562 at 275 did not make that TOP 100 list. Marci Gochenaur was not credited with a 625 total at 114 on the Masters TOP 20 list. Ed Brooks should have had his 507 bench press credited on the TOP 100 SHW list. Joe Reeves' lifts of 821 518 738 2077 were not credited on the TOP 100 275 rankings. Elliott Smith's correct total for the TOP 100 SHW ranking was 862.5 kilos. Ernie Surell did not get credit for his 728 lb. squat on the TOP 100 SHW list.