

TOP 100

For standard 165 lb./75 Kg. USA lifters in results received from Nov/2004 through Oct/2005

PL USA Top 100 Achievement Awards



SQUAT	BENCH	DEADLIFT	TOTAL
1 854 Conyers, T..9/24/05	600 Mazza, J..3/5/05	683 Conyers, T..3/4/05	2022 Conyers, T..9/24/05
2 833 Hatch, N..10/29/05	556 Heck, B..3/5/05	680 Holmes, E..11/28/04	1962 Palmer, R..3/4/05
3 804 Berardinelli, A..3/4/05	540 Osgood, D..6/26/05	672 Palmer, R..3/4/05	1912 Berardinelli, A..3/4/05
4 799 Palmer, R..3/4/05	534 Hatch, N..10/29/05	661 Gordon, J..9/10/05	1901 Hatch, N..10/29/05
5 749 Hooper, W..5/7/05	513 Schwab, B..8/6/05	644 Berardinelli, A..3/4/05	1868 Hooper, W..5/7/05
6 715 Crowe, B..4/9/05	512 Hooper, W..7/16/05	635 Snelling, R..8/14/05	1768 Schwab, B..6/18/05
7 705 McElroy, J..6/4/05	512 Hickman, R..9/30/05	628 Schwab, B..8/6/05	1755 Crowe, B..4/9/05
8 694 Strickland, B..3/4/05	507 Petrillo, D..3/4/05	625 Adams, T..12/11/04	1747 Gordon, J..9/10/05
9 683 Fields, G..3/12/05	500 Miller, L..3/19/05	622 Talmant, E..9/24/05	1741 Petrillo, D..3/4/05
10 683 Phelps, L..10/29/05	496 Hara, M..5/21/05	611 Franks, A..11/11/04	1741 Fields, G..3/12/05
11 677 Gordon, J..9/10/05	490 Palmer, R..3/4/05	611 Hooper, W..5/7/05	1692 Strickland, B..3/4/05
12 672 Schwab, B..6/18/05	485 Conyers, T..9/24/05	611 Braca, J..5/21/05	1664 Tincher, B..6/4/05
13 672 Stone, E..7/30/05	476 Tom, T..6/11/05	610 McElroy, J..12/11/04	1664 McElroy, J..6/4/05
14 661 Petrillo, D..3/4/05	473 Davila, A..8/6/05	606 Flagg, D..10/16/05	1603 Andrew, T..11/6/04
15 660 Talmant, E..9/24/05	473 Richmond, M..9/30/05	601 Hokoana, M..11/11/04	1603 Marshal, G..3/20/05
16 644 Hardy, M..6/4/05	462 Berardinelli, A..3/4/05	600 Fields, G..3/12/05	1592 Nickson, E..12/11/04
17 633 Andrew, T..11/6/04	462 Luther, J..3/19/05	600 Usai, G..4/3/05	1570 Stone, E..7/30/05
18 628 Tincher, B..6/4/05	462 Tincher, B..6/4/05	600 Nickson, E..5/7/05	1565 Hammers, D..4/16/05
19 606 Rhinehart, R..4/9/05	462 Baker, G..6/4/05	600 Wright, G..10/1/05	1560 Holmes, E..11/28/04
20 606 Ripley, G..6/4/05	460 Crowe, B..4/9/05	589 Sigala, M..7/30/05	1548 Hardy, M..6/4/05
21 605 Maynard, R..4/16/05	460 Delgado, J..6/25/05	584 Little, A..5/21/05	1537 Schupbach, J..5/7/05
22 600 Nickson, E..12/11/04	460 Mouzon, J..6/25/05	580 James, B..4/2/05	1530 Maynard, R..4/16/05
23 600 McVanev, A..6/26/05	457 Fields, G..3/12/05	580 Crowe, B..4/9/05	1515 Straub, T..5/7/05
24 595 Marshal, G..3/20/05	451 Alves, J..6/11/05	580 Theodorou, N..7/23/05	1504 Phelps, L..10/29/05
25 589 Straub, T..5/7/05	450 Lewis, M..12/11/04	578 Benezra, J..11/10/04	1500 Talmant, E..3/19/05
26 586 Woodworth, M..6/18/05	450 Campbell, B..3/19/05	578 Cirigliano, R..11/10/04	1500 Snelling, R..4/23/05
27 584 Hastie, M..12/11/04	447 Cook, K..11/12/04	578 Spencer, R..6/11/05	1493 Braca, J..5/21/05
28 584 Hammers, D..4/16/05	446 Weingust, S..11/12/04	578 Reichert, G..8/13/05	1493 Murphy, J..6/18/05
29 573 Keenan, P..5/7/05	446 Baer, J..1/15/05	575 Friday, S..3/26/05	1485 McVanev, A..6/26/05
30 567 Lumpe, S..5/14/05	446 Nickson, E..9/30/05	573 Fleming, M..11/11/04	1477 Woodworth, M..6/18/05
31 565 Hicks, K..11/19/04	440 Ruelan, M..2/26/05	573 Chiodo, D..11/13/04	1471 Davis, K..5/7/05
32 560 James, B..4/2/05	440 Maynard, R..4/16/05	573 Petrillo, D..3/4/05	1471 Keenan, P..5/7/05
33 551 France, G..1/29/05	440 Brewer, P..4/16/05	573 Strickland, B..3/4/05	1471 Marcus, R..6/4/05
34 551 Cagliola, M..4/2/05	435 Andrew, T..11/6/04	573 Marshal, G..3/20/05	1470 Cagliola, M..4/2/05
35 551 Braca, J..5/21/05	435 Hanifan, L..12/11/04	573 Schupbach, J..5/7/05	1455 Sigala, M..12/11/04
36 551 Lewis, C..5/21/05	435 Marshal, G..3/20/05	573 Felton, D..5/28/05	1455 Reichert, G..8/13/05
37 551 Marcus, R..6/4/05	435 Murphy, J..6/18/05	573 Tincher, B..6/4/05	1445 Hicks, K..11/19/04
38 551 Murphy, J..6/18/05	435 Cagliola, M..9/17/05	567 Friedman, C..1/29/05	1444 Vasquez, J..4/9/05
39 551 Reichert, G..7/16/05	435 Strickland, B..10/29/05	567 Davis, K..4/2/05	1444 Thompson, D..5/7/05
40 551 Rivera, M..7/30/05	430 Feldman, M..11/12/04	567 Cressey, E..7/30/05	1427 Rhinehart, R..4/9/05
41 550 Holmes, E..11/28/04	430 Hensley, T..8/6/05	565 Sylvester..3/12/05	1421 Hara, M..5/21/05
42 550 Schupbach, J..2/26/05	425 Leming, B..11/13/04	565 McVanev, A..4/2/05	1420 Benezra, J..12/4/04
43 550 Hardy, M..3/19/05	425 Stinson, T..4/2/05	565 Manmano, E..8/13/05	1410 Sorenson, D..11/13/04
44 545 Franklin, T..4/2/05	425 Bunch, S..6/12/05	562 Smith, G..3/26/05	1410 Smith, G..3/26/05
45 545 Gutierrez, N..4/16/05	424 Saewunch, C..6/11/05	562 Hammers, D..4/16/05	1410 Little, A..5/21/05
46 540 Sorenson, D..11/13/04	424 Kaneshiro, S..6/11/05	562 Kaneshiro, D..6/11/05	1410 Ripley, G..6/4/05
47 540 Cortez, J..4/2/05	424 Rickett, T..9/17/05	556 Tyree, J..11/10/04	1410 Proxmire, B..9/17/05
48 540 Thomas, T..7/16/05	418 Hammers, D..4/16/05	555 Vallis, J..8/13/04	1405 Wright, G..10/1/05
49 535 Rosario, J..4/3/05	418 Moorehead, B..5/22/05	551 Coats, P..2/26/05	1400 Hardy, M..3/19/05
50 534 Sigala, M..12/11/04	415 Maoury, D..5/14/05	551 Rhinehart, R..4/9/05	1400 Williams, O..9/17/05
51 534 Vasquez, J..4/9/05	413 Geraghty, M..5/21/05	551 Stephens, A..6/11/05	1399 Hanifen, L..12/11/04
52 534 Little, A..5/21/05	413 Gordon, J..6/4/05	550 Brilla, N..3/11/05	1399 Stephens, L..6/11/05
53 530 Snelling, R..4/23/05	410 Hager, A..11/13/04	550 Barrera, G..3/12/05	1390 James, B..4/2/05
54 529 Hulse, M..2/12/05	410 Birt, R..10/1/05	550 Walker, B..4/2/05	1388 Coats, P..2/26/05
55 529 Smith, G..3/26/05	407 Bateman, K..11/12/04	550 Hart, M..6/26/05	1388 Lewis, C..5/21/05
56 529 Fleming, M..6/25/05	407 Daniels, K..11/13/04	545 High, R..11/6/04	1388 Cressey, E..7/30/05
57 529 Caceres, A..9/10/05	407 Kim, A..7/9/05	545 Sorenson, D..11/13/04	1383 Rivera, M..7/30/05
58 525 Davis, R..4/2/05	405 McBride, K..4/16/05	545 Straub, T..5/7/05	1377 Kim, A..7/9/05
59 525 Williams, O..9/17/05	405 Ward, J..6/4/05	545 Bissetti, A..6/4/05	1372 France, G..1/29/05
60 523 Davis, K..5/7/05	405 Bunch, B..8/21/05	545 Ashworth, J..8/13/05	1372 Gutierrez, N..1/29/05
61 520 Carter, C..4/2/05	405 Hazelton, S..9/17/05	541 Yeats, J..5/21/05	1372 Ruelan, M..2/26/05
62 520 Chaney, C..4/16/05	402 Schupbach, J..5/7/05	540 Davis, R..4/2/05	1365 Monteaudo, M..10/1/05
63 520 Monteaudo, M..10/1/05	402 Thompson, D..5/7/05	540 Henlen, S..5/14/05	1361 Fleming, M..6/25/05
64 518 Flores, R..4/23/05	402 Silva, P..5/14/05	540 Hatch, N..6/4/05	1355 Mueller, A..4/2/05
65 518 Thompson, D..5/7/05	402 Hardy, M..6/4/05	540 Marcus, R..6/4/05	1350 Cardwell, V..11/13/04
66 518 Myers, C..9/24/05	400 Gordon, H..12/11/04	540 Santay, G..6/11/05	1350 Tan, H..4/9/05
67 515 Clark, I..3/26/05	400 Sturgill, A..2/12/05	535 Clay, A..3/5/05	1350 Lumpe, S..5/14/05
68 512 Bolen, K..3/12/05	400 Hilliard, R..10/5/05	534 Andrew, T..11/6/04	1345 Manmano, E..8/13/05
69 512 Tan, H..4/9/05	399 Royer, N..12/11/04	534 Rivers, L..4/16/05	1344 Bolen, K..3/12/05
70 510 Benezra, J..12/4/04	396 Hamby, D..11/3/04	534 Koneci, S..4/16/05	1340 Cortez, J..3/12/05
71 507 Armstrong, A..12/10/04	396 Vasquez, J..5/7/05	534 Flores, R..4/23/05	1340 Davis, R..4/2/05
72 507 Coats, P..2/26/05	396 Bracken, D..5/21/05	534 Keenan, P..5/7/05	1335 Armstrong, A..4/23/05
73 505 Hewitt, J..3/5/05	396 Martynuk, O..7/29/05	534 Woodworth, M..8/13/05	1333 Mehmel, C..4/9/05
74 505 Cosby, B..4/2/05	395 Perkins, Z..2/12/05	530 Rodgers, C..11/6/04	1322 Karpinski, B..12/11/04
75 505 Rayner, C..6/18/05	390 Bonola, A..4/10/05	530 Davis, D..11/7/04	1320 Hewitt, J..3/5/05
76 501 Karpinski, B..12/11/04	390 Boyington, D..7/9/05	530 Jones, J..11/20/04	1317 Friedman, C..1/29/05
77 501 Eggers, J..2/12/05	390 Proxmire, B..9/17/05	530 Hewitt, J..3/5/05	1317 Flores, R..4/23/05
78 501 Mehmel, C..4/9/05	386 Reino, A..9/11/05	530 Williams, O..3/12/05	1315 Clark, I..3/26/05
79 501 Jones, K..4/9/05	385 Fleming, P..3/12/05	530 Clutade, F..4/9/05	1315 Biasetti, A..6/4/05
80 501 Boggas, A..4/9/05	385 Whitt, B..3/19/05	529 Godard, R..11/11/04	1310 Dawson, N..4/2/05
81 501 Stephens, A..6/11/05	385 Francis, S..4/2/05	529 Cardwell, V..11/13/04	1306 Hulse, M..2/12/05
82 501 Cressey, E..7/30/05	385 McElroy, J..6/4/05	529 Labrie, D..1/29/05	1306 Geraghty, M..5/21/05
83 501 Wilson, N..8/27/05	385 Somera, A..8/6/05	529 Lewis, C..4/21/05	1300 Polak, J..4/23/05
84 500 Matthew, L..11/19/04	380 Gisham, S..4/30/05	525 Turpin, M..4/22/05	1295 Kolling, B..2/19/05
85 500 Proxmire, B..2/20/05	380 Straub, T..5/7/05	523 Jones, K..4/9/05	1295 Jones, K..4/9/05
86 500 Sei, C..3/5/05	380 Marcus, R..6/4/05	523 Thompson, D..5/7/05	1290 Clay, A..3/5/05
87 500 Kling, J..3/12/05	380 Mitsuda, C..6/11/05	523 Macri, M..5/7/05	1290 Sylvester..3/12/05
88 500 Young, W..3/12/05	380 Venturilla, C..6/11/05	523 Stone, E..7/30/05	1290 Barrera, G..4/2/05
89 500 Mueller, A..4/2/05	380 Steiner, L..6/18/05	520 Sharp, A..11/13/04	1290 Franklin, T..4/2/05
90 500 Caouette, J..5/21/05	380 League, T..8/6/05	520 Stazer, J..4/12/05	1290 Johnson, J..4/30/05
91 500 Jenkins, J..9/17/05	380 Brock, J..8/13/05	520 Brewer, J..4/2/05	1289 Francis, S..4/2/05
92 495 Zemer, B..4/2/05	380 Dross, J..9/25/05	520 Johnson, A..4/2/05	1289 Frank, J..6/18/05
93 490 Winchel, S..3/11/05	380 O'Grady, P..10/29/05	520 Proxmire, B..9/17/05	1289 Caceres, A..9/10/05
94 490 Michalek, K..3/12/05	375 Hicks, K..11/19/04	520 Smith, A..9/25/05	1280 Matthew, L..11/19/04
95 490 Clutade, F..4/9/05	375 Campbell, T..1/29/05	520 Monteaudo, M..10/1/05	1280 Dyer, J..11/21/04
96 490 Garza, A..4/9/05	375 Sharp, A..3/19/05	518 France, G..1/29/05	1280 Elsberry, J..9/17/05
97 490 Frank, J..6/18/05	375 Clark, D..6/11/05	518 Schumacher, C..1/29/05	1280 Kling, J..9/17/05
98 485 Cardwell, V..11/13/04	375 Champion, R..6/11/05	518 Bolen, K..3/12/05	1275 Sei, C..3/4/05
99 485 Cortez, H..3/12/05	375 Wamparsch, K..6/11/05	518 Vasquez, J..4/9/05	1275 Zemer, B..4/2/05
100 485 Fineis-Curry, B..4/23/05	375 Elsberry, J..9/17/05	518 Diaz, C..5/15/05	1275 Bruce, C..4/2/05

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NEXT MONTH... TOP 181s

CORRECTIONS ... Rick Hess should have been credited with a 555 bench press on the TOP 100 list for the 220 lb. class. Alexander Kang should have been credited with a 424 lb. deadlift on the TOP 100 listing for the 132 lb. class. Jim Warner should have received TOP 100 credit for his 535 deadlift in the 148s. On the TOP 100 ranking for the 165 lb. class, previous to this current list, Jim Yeats did not received credit for his 529 deadlift. He has a 541 on the list on this ranking. Jeremy Benezra should have been listed with a 540 deadlift, in the 165 lb. class, rather than 440, in the results of the Feb. 12th, 2004 USAPL meet in Aurora, OR. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction.