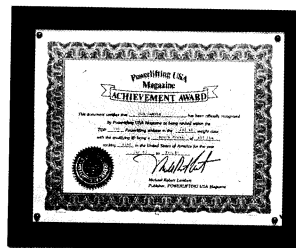


TOP 100

For standard 132 lb./60 kg. USA lifting in results received from July 1995 through June 1996.

PL USA Top 100 Achievement Awards



SQUAT

BENCH PRESS

DEADLIFT

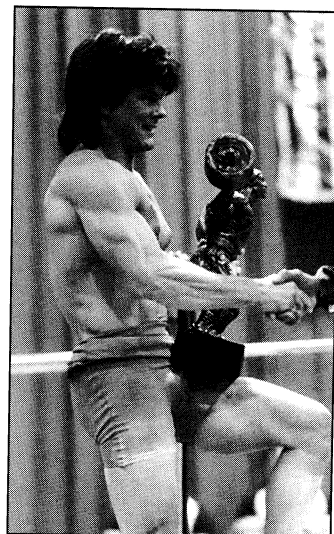
TOTAL

1	523 Heath, D..10/27/95	407 Heath, D..10/27/95	570 Collins, L..3/8/96	1449 Heath, D..10/27/95
2	523 Olson, B..10/28/95	365 Byrnes, C..2/11/96	567 Taylor, T..7/21/95	1405 Taylor, T..7/21/95
3	515 Collins, L..3/8/96	358 Detore, P..11/19/95	562 Castro, M..7/15/95	1345 Collins, L..3/8/96
4	501 Taylor, T..7/21/95	347 Lawrence, J..3/2/96	529 Kupperstein, T..7/15/95	1322 Olson, B..10/28/95
5	501 Warman, M..10/26/95	345 Morshige, M..3/16/96	529 Millan, E..6/28/96	1267 Kupperstein, T..7/15/95
6	501 Westbrook, K..5/10/96	340 Allen, R..5/4/96	520 Simmons, O..1/20/96	1262 Millan, E..6/28/96
7	479 Pallas, T..7/15/95	336 Taylor, T..7/21/95	518 Heath, D..10/27/95	1256 Hoff, R..7/15/95
8	475 Nieves, L..11/11/95	330 Sablan, P..5/26/96	518 McLaren, R..6/1/96	1245 McLaren, R..6/1/96
9	473 Hoff, R..7/15/95	325 McCowan, G..12/3/95	496 Olson, B..6/15/96	1223 Wood, R..7/21/95
10	470 Wood, R..1/20/96	325 Craft..1/13/96	485 Rexor, G..10/14/95	1210 Washington, H..8/26/95
11	468 Kupperstein, E..7/15/95	325 Guenther, G..6/30/96	485 Washington, H..12/2/95	1201 Westbrook, K..5/10/96
12	468 Millan, E..6/28/96	320 Doucette, T..3/30/96	485 Caszar, A..4/13/96	1190 Sablan, P..5/26/96
13	465 Washington, H..3/23/96	315 Mann, L..7/15/95	485 Stagg, M..6/15/96	1173 Pallas, T..7/15/95
14	451 McLaren, R..6/1/96	314 Olson, B..7/15/95	480 Maetz, D..10/27/95	1173 Warman, M..10/26/95
15	440 Nieman, C..10/14/95	314 Benson..11/4/95	479 Wood, R..7/15/95	1168 Castro, M..7/15/95
16	440 Long, C..3/8/96	310 Tiffany, D..6/23/95	479 Westbrook, K..5/10/96	1168 Stagg, M..6/15/96
17	435 Valos..10/21/95	310 Langone, D..5/25/96	473 Hoff, R..7/15/95	1160 Nieves..3/16/96
18	435 Franklin, J..2/9/96	308 Hoff, R..7/15/95	473 Kong, A..5/25/96	1157 Caszar, A..4/13/96
19	435 Sidlo, C..6/28/96	308 Holland, D..12/10/95	465 Simmons, G..3/9/96	1152 Kong, A..5/25/96
20	430 Sablan, P..5/26/96	308 Schulz, N..5/19/96	462 Franklin, J..2/9/96	1145 Simmons, O..1/20/96
21	429 Schwenker, V..5/31/96	303 Vongthongthip..3/2/96	462 Burris, R..6/15/96	1140 Granato..7/30/95
22	429 Altizer, B..6/29/96	303 Berthschneider..4/13/96	460 Granato..7/30/95	1140 Holzbauer..10/26/95
23	425 Kreuzer, A..5/4/96	303 Deverse, P..4/20/96	460 Silvaggi, V..3/30/96	1140 Franklin, J..2/9/96
24	425 Weaver..5/25/96	301 Vales, B..9/9/95	460 Maisonet..5/25/96	1135 Burris, R..6/15/96
25	424 Crist, L..10/7/95	300 Pressly, J..7/1/95	457 Tijerina, T..12/2/95	1130 Weaver..5/25/96
26	424 Holzbauer..10/26/95	300 Johnson, R..7/15/95	451 Pallas, T..7/15/95	1130 Maisonet..5/25/96
27	424 Stagg, M..6/15/96	300 Nixon, M..9/16/95	451 Holzbauer..10/26/95	1129 Coleman, B..11/11/95
28	420 Beldin, B..12/2/95	300 Sam..11/3/95	450 Cristina..11/11/95	1124 Schwenker, V..5/31/96
29	418 Caszar, A..4/13/96	300 Galther, P..1/27/96	450 Cooke, J..11/18/95	1102 Simmons, G..3/9/96
30	415 Wells, J..3/8/96	300 DelBonis, J..3/30/96	450 Jefferson, C..12/2/95	1095 Jefferson, C..12/2/95
31	413 Meyers, T..10/26/95	298 Coleman, B..11/11/95	450 Weaver..5/25/96	1091 Valos..10/21/95
32	413 Griffith, P..11/18/95	297 Caston, B..7/21/95	446 Bielawski, B..6/1/96	1091 Madrigal, R..5/25/96
33	410 Simmons, O..1/20/96	295 Transfiguracion..10/14/95	440 Nieves..3/16/96	1090 Maetz, D..10/27/95
34	410 Sasser, T..3/8/96	295 Taylor, T..10/28/95	440 Nichols, J..4/20/96	1085 Tijerina, T..12/2/95
35	410 Maisonet..5/25/96	292 Washington, H..8/26/95	440 Rose, M..5/10/96	1080 Cristina..3/16/96
36	407 Tijerina, T..12/2/95	292 Ramirez, W..9/16/95	440 Schwenker, V..5/31/96	1075 Jackson, B..6/1/96
37	407 Kong, A..5/25/96	292 Madrigal, R..5/25/96	435 Roarman, P..8/12/95	1074 Altizer, B..7/21/95
38	405 Cole, A..3/9/96	290 Shemansky, C..7/22/95	435 Meyers, T..10/26/95	1074 Balanga, C..10/7/95
39	402 Simmons, G..3/9/96	290 Jacobs, R..11/4/95	435 Coleman, B..11/11/95	1070 Thornton, M..5/25/96
40	402 Burris, R..6/15/96	290 Morgan, C..6/15/96	430 Rodriguez, N..9/30/95	1060 Beldin, B..12/2/95
41	400 Granato..7/30/95	285 Petrazzoli..7/30/95	430 Beldin, B..12/2/95	1060 Silvaggi, V..3/30/96
42	400 Thomas, H..2/3/96	280 Woodzill, K..7/1/95	430 Boudreau, C..2/11/96	1058 Meyers, T..10/26/95
43	400 Cristina..3/16/96	280 Somera, S..7/29/95	430 Sidlo, C..3/16/96	1055 Long, C..3/8/96
44	400 Jackson, B..6/1/96	280 Granato..7/30/95	430 Sablan, P..5/26/96	1050 Thomas, H..2/3/96
45	396 Balanga, C..10/7/95	280 Zurek, L..3/30/96	429 Clemens, K..8/12/95	1050 Kreuzer, A..5/4/96
46	396 Coleman, B..11/11/95	280 Maisonet..5/25/96	425 Kunkel, B..6/15/96	1040 Nieman, C..10/14/95
47	391 Wittern, K..6/15/96	275 Wood, R..7/21/95	424 Warmel, M..10/26/95	1040 Howard, T..2/24/96
48	390 Mauerliero, R..3/3/96	275 Comford..9/9/95	424 Ford, W..4/20/96	1036 Lynch, S..6/1/96
49	385 Rosen, I..11/11/95	275 Grew, K..10/28/95	424 Lynch, S..6/1/96	1035 Cooke, J..11/18/95
50	385 McCain, C..4/20/96	275 Jefferson, C..12/2/95	420 Williams, H..4/20/96	1030 Shull, D..10/21/95
51	380 Davis..11/4/95	275 Spencer..1/13/96	420 Jackson, B..6/1/96	1025 Bender, C..9/30/95
52	380 Cretchain, C..4/13/96	275 Corbello, L..2/10/96	418 Rosen, I..11/11/95	1025 Mauerliero, R..3/3/96
53	380 O'Brien, C..4/13/96	275 DiRubba, N..2/10/96	418 Park, N..5/18/96	1025 Sasser, T..3/8/96
54	380 Park, N..5/18/96	275 McLaren, R..6/1/96	418 Madrigal, R..5/25/96	1025 Cretchain, C..3/8/96
55	380 Madrigal, R..5/25/96	270 Kupperstein, T..7/15/95	415 Sam..11/3/95	1025 Sidlo, C..3/16/96
56	375 Maez, D..10/27/95	270 Ioppolo, R..7/22/95	415 Howard, T..2/24/96	1025 Ankrone, E..6/13/96
57	375 DelGallo, R..12/9/95	270 Balanga, C..10/7/95	415 Mauerliero, R..3/3/96	1020 Wells, J..3/8/96
58	375 Howard, T..2/24/96	270 Bryant, A..10/28/95	415 Cox, M..4/20/96	1014 Rosen, I..11/11/95
59	375 Yeager, C..3/8/96	270 Young, A..3/23/96	413 Stracore..7/21/95	1008 Caston, B..7/21/95
60	375 Shoatz..5/25/96	270 Jackson, B..5/11/96	413 Bender, C..9/30/95	1008 Park, N..5/18/96
61	374 Calderon, C..6/1/96	270 Kong, A..5/25/96	413 Norbury, P..2/9/96	1003 Rose, M..5/10/96
62	370 Jefferson, C..12/2/95	270 Burris, R..6/15/96	413 Long, C..3/30/96	1003 Burgess, L..5/10/96
63	370 Blocker, S..3/8/96	265 Marquezine, F..8/19/95	410 Sasser, T..3/8/96	1000 Konklin, L..11/12/95
64	369 Bender, C..9/30/95	265 Treglia, M..11/5/95	407 Adams, M..7/21/95	1000 O'Brien, C..4/13/96
65	369 Perett, L..5/31/96	265 McNutt, B..1/27/96	407 Balanga, C..10/7/95	995 Nichols, J..4/20/96
66	369 Kelli..6/29/96	265 Bennett, D..2/18/96	407 Kulikowski, J..3/9/96	992 Moreno, C..6/1/96
67	365 Hamby, M..7/16/95	265 Butcher..4/16/96	407 Burgess, L..5/10/96	990 DelGallo, R..4/13/96
68	365 Silvaggi, V..3/30/96	265 Calhoun, B..6/15/96	405 Cretchain, C..3/8/96	980 Korex, G..10/14/95
69	363 O'Connell, B..7/8/95	265 Carman, D..6/22/96	402 Altizer, B..7/21/95	980 DeJesus..3/16/96
70	363 Stracore..7/21/95	264 Holzbauer..10/26/95	402 Oliveira, J..3/16/96	975 Hamby, M..7/16/95
71	363 Adams, L..7/21/95	264 Corelli, M..3/2/96	402 Ducharme, M..4/13/96	975 Young, A..2/9/96
72	363 Dorigo..8/12/95	264 Kido, S..3/2/96	400 Shull, D..10/21/95	975 Boudreau, C..2/11/96
73	363 Moreno, C..6/1/96	264 Millan, E..6/28/96	400 DelGallo, R..12/9/95	975 Kelli..6/29/96
74	360 Muniz, R..7/29/95	260 Bricker, M..7/4/95	400 Echols, J..1/20/96	970 Weisberger, A..7/15/95
75	358 Davis, R..2/9/96	260 Shull, D..10/21/95	400 Thomas, H..2/3/96	970 Wittern, K..6/15/96
76	358 Walvord, B..3/30/96	260 Ammon, M..12/2/95	400 Gennaro, P..2/17/96	965 Potter, T..3/2/96
77	355 Johnson, A..2/24/96	260 Ray, P..12/16/95	400 Potter, T..3/2/96	955 Hanson, S..4/27/96
78	352 Castro, M..7/15/95	260 Collins, L..3/8/96	400 McKion, K..3/8/96	955 Richards, B..6/1/96
79	352 Caston, B..7/21/95	260 Renodin, D..3/30/96	400 Hamilton, B..4/20/96	953 Bielawski, B..6/1/96
80	352 Terwood..2/24/96	260 Cretchain, C..4/13/96	400 Hanson, S..4/27/96	950 Blocker, S..3/8/96
81	352 Burgess, L..5/10/96	260 Kreuzer, A..5/4/96	400 Richards, B..6/1/96	950 Williams, H..4/20/96
82	352 Lynch, S..6/1/96	260 Davis, W..5/11/96	396 Valos..10/21/95	947 Adams, L..7/21/95
83	352 Davis, T..6/1/96	259 Valos..10/21/95	396 Gayle, H..3/24/96	947 Perett, L..5/31/96
84	350 Postell, A..2/24/96	259 Brooks, T..3/2/96	395 Nieman, C..10/14/95	945 Transfiguracion..10/14/95
85	350 McKion, K..3/8/96	259 Lynch, S..6/1/96	391 Coots, J..3/30/96	942 Terwood..2/24/96
86	350 DeJesus..3/16/96	259 Slagg, M..6/15/96	391 Khang, T..3/30/96	942 Olivares, M..3/24/96
87	350 Soukup, S..3/23/96	255 Muniz, R..7/29/95	390 Wells, J..3/8/96	942 Coots, J..3/30/96
88	350 Hanson, S..4/27/96	255 Sterling Jr., C..11/19/95	390 Suire, R..3/8/96	942 Walvord, B..3/30/96
89	350 Richards, B..6/1/96	255 Altizer, B..3/2/96	390 DeJesus..3/16/96	940 Park..11/4/95
90	347 Rutherford, J..11/11/95	255 Weaver..5/25/96	390 O'Brien, C..4/13/96	940 Gennaro, P..2/17/96
91	347 Kite, T..4/27/96	255 Kunkel, B..6/15/96	390 McCain, C..4/20/96	936 Norbury, P..2/9/96
92	345 Gennaro, P..2/17/96	253 Castro, M..7/15/95	385 Weisberger, A..7/15/95	936 Davis, T..6/1/96
93	345 Morici, N..4/13/96	253 O'Connell, M..7/24/95	385 Hamby, M..7/16/95	935 Hamilton, B..4/20/96
94	345 Davis, T..4/20/96	253 Crist, L..10/7/95	385 Caston, B..7/21/95	933 Davis..11/4/95
95	341 Weisberger, A..7/15/95	253 Franklin, J..8/12/95	385 Young, A..2/9/96	930 McKion, K..3/8/96
96	341 Jabbar..2/24/96	253 Caszar, A..3/9/96	385 Terwood..2/24/96	930 Cox, K..4/20/96
97	341 Denmon, L..3/9/96	253 Ruppel, R..4/13/96	385 Walvord, B..3/30/96	930 McCain, C..4/20/96
98	341 Olivares, M..3/24/96	253 Trestrail, S..5/19/96	385 Plyer, C..4/27/96	930 Shoatz..5/25/96
99	341 Coots, J..3/30/96	253 Schwenker, V..5/31/96	380 Fernandez, G..8/19/95	925 Calderon, C..6/1/96
100	341 Crowley, T..4/20/96	253 Moreno, C..6/1/96	380 Rutherford, J..11/11/95	920 Hellman..7/22/95

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 148s

Corrections... Kerwin Unten should have been credited with a 309 lb. bench press on the TOP 100 123 lb. class listing. Marty Secret informs us that his performance in the APF Seniors actually included a 744 squat at 198 and a resultant 1813 total. We make errors in keyboarding contest results and in compiling our ranking lists, and some material is submitted to us with errors to start with, but we are happy to note such mistakes in future issues of the magazine. Send any corrections you find to "ERRORS", Box 467, Camarillo, CA 93011



Doug Heath... 3 category leader