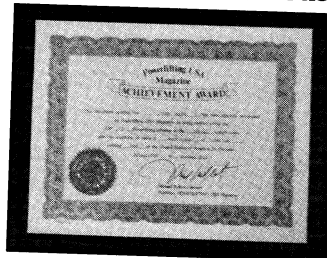


TOP 100

For standard 123 lb./56 Kg. USA lifters in results received from AUG/2005 through JUL/2006

PL USA Top 100 Achievement Awards



SQUAT

- 1 496 Holloway, D..11/8/05
- 2 451 Kirkland, M..11/19/05
- 3 450 Riemann, C..3/25/06
- 4 450 Atkinson, C..3/25/06
- 5 445 King, N..3/25/06
- 6 430 Burkey, J..12/17/05
- 7 430 Sanders, J..3/25/06
- 8 420 Snell, K..3/25/06
- 9 418 Scruggs, J..6/17/06
- 10 405 Hilton, J..3/25/06
- 11 402 Rotsinger, J..9/24/05
- 12 400 Ortiz, F..3/25/06
- 13 400 Terrell, A..3/25/06
- 14 395 Gutierrez, V..3/25/06
- 15 385 Lamb, B..10/15/05
- 16 385 Zeolla, G..4/8/06
- 17 380 Martin, E..2/18/06
- 18 380 Hampton, D..2/18/06
- 19 374 O'Steen, M..12/05
- 20 370 Kizer, C..2/18/06
- 21 370 DeLaCruz, R..3/25/06
- 22 369 Adelmann, T..6/17/06
- 23 363 Miller, C..2/10/06
- 24 360 Mendez, P..2/2/06
- 25 360 Scheldrup, T..2/25/06
- 26 360 Reinart, N..3/25/06
- 27 360 Hartwig, S..9/15/06
- 28 355 DeLaFuente, N..2/4/06
- 29 350 Williams, K..2/2/06
- 30 350 Hayes..3/09/06
- 31 347 Marietta, Leah..8/7/05
- 32 345 Dominguez, M..2/4/06
- 33 345 Castillo, R..3/10/06
- 34 341 Meadows, S..4/1/06
- 35 341 Barleen, D..5/5/06
- 36 335 Henley, J..2/2/06
- 37 330 Williams, C..1/28/06
- 38 330 Petter, J..2/4/06
- 39 325 Austin, D..8/27/05
- 40 325 Sander, B..1/21/06
- 41 325 Swindle, D..2/4/06
- 42 325 Pierson, D..2/4/06
- 43 325 Edwards, D..2/25/06
- 44 325 Duff, D..2/25/06
- 45 325 Norwood, N..6/17/06
- 46 325 Rein, J..6/17/06
- 47 325 Kinard, C..7/15/06
- 48 320 White, M..2/25/06
- 49 320 Garcia..3/9/06
- 50 319 Tran, C..7/15/06
- 51 315 Morningwake..10/22/05
- 52 315 Landaverde, N..1/28/06
- 53 315 Palacios, B..2/2/06
- 54 314 Miller, D..6/17/06
- 55 310 Rodriguez, J..1/14/06
- 56 310 Lane, N..1/21/06
- 57 308 Kemper, T..3/11/06
- 58 305 Brown, C..2/4/06
- 59 305 Dierick, J..6/3/06
- 60 300 Fredrickson, S..1/14/06
- 61 300 Macias, R..2/4/06
- 62 300 Lovell, M..2/4/06
- 63 300 Wiltz, R..2/25/06
- 64 300 Ball, K..3/4/06
- 65 300 Saccocio, A..5/20/06
- 66 297 Marietta, Lora..2/10/06
- 67 297 Blakely, G..6/10/06
- 68 295 Smith, K..1/28/06
- 69 295 Winans, A..3/4/06
- 70 292 SanMiguel, D..11/5/05
- 71 292 Froeschle, J..4/19/06
- 72 290 Douglas, K..11/12/05
- 73 290 Sehon, J..1/21/06
- 74 290 Wright, M..1/21/06
- 75 290 Bush, K..2/4/06
- 76 290 Thompson, K..2/25/06
- 77 290 Vargas, L..3/4/06
- 78 290 Karbowski, J..3/10/06
- 79 286 Sommers, A..8/20/05
- 80 286 Dingle..2/10/06
- 81 285 Tienda, M..2/25/06
- 82 285 Scaramuzzo, K..3/4/06
- 83 285 Brown, D..3/4/06
- 84 285 Kutcher, R..3/10/06
- 85 285 Chamberlain, C..6/3/06
- 86 280 Morse, J..11/12/05
- 87 280 Gushwa, M..12/11/05
- 88 280 Vera, R..1/28/06
- 89 280 McCleod, P..2/9/06
- 90 280 Schulz, C..3/10/06
- 91 280 Mach, Z..4/29/06
- 92 275 Cook, M..11/19/05
- 93 275 Stone, S..11/19/05
- 94 275 Yukness, K..12/10/05
- 95 275 Lee, B..1/14/06
- 96 275 Thornhill, J..1/14/06
- 97 275 Herrera, R..2/18/06
- 98 275 Gutsch, D..2/4/06
- 99 275 Datschek, R..3/10/06
- 100 275 O'Neill, S..6/2/06

BENCH

- 336 Petrencak, S..9/30/05
- 320 Faraone, J..4/15/06
- 314 Holloway, D..7/6/06
- 305 Tran, V..6/3/06
- 300 Scheldrup, T..2/25/06
- 285 Garcia..3/9/06
- 275 Young..3/9/06
- 270 Darling, J..12/1/05
- 270 Reinart, N..3/25/06
- 270 Scruggs, J..6/17/06
- 260 Gualtieri, V..8/13/05
- 260 Vouen, V..1/28/06
- 260 Snell, K..3/25/06
- 260 McDaniel, R..6/24/06
- 253 Ramos, A..8/20/05
- 253 Meadows, S..4/1/06
- 248 O'Steen, M..12/05
- 245 Riemann, M..3/25/06
- 245 King, N..3/25/06
- 243 Williams, V..11/17/05
- 242 Hollier, J..9/30/05
- 242 Barleen, D..5/5/06
- 242 Norwood, N..6/17/06
- 240 Burkey, J..11/12/05
- 236 Hodden, J..8/13/05
- 236 Gill, R..2/18/06
- 236 Adelmann, T..6/17/06
- 235 Lamb, B..8/27/05
- 235 Sanders, J..3/25/06
- 235 Gutierrez, V..3/25/06
- 230 Williams, B..4/22/06
- 230 Hartwig, S..7/15/06
- 225 Hayes..3/9/06
- 225 Atkinson, C..3/25/06
- 225 DeLaCruz, R..3/25/06
- 225 Terrell, A..3/25/06
- 220 Achenbach, J..6/10/06
- 215 Sander, B..1/21/06
- 215 Hilton, J..3/25/06
- 215 Burt, B..7/23/06
- 214 Callahan, S..6/2/06
- 210 Logsdon, H..11/5/05
- 210 Frank, R..4/22/06
- 209 Akina, V..9/24/05
- 205 Kirkland, M..10/1/05
- 204 Williams, N..4/22/06
- 203 Segura, R..8/27/05
- 203 Aulds, S..6/17/06
- 200 Lane, N..1/21/06
- 200 Claypatch, H..1/21/06
- 200 Murphy, G..1/27/06
- 200 Petter, J..2/4/06
- 200 Orsi, C..3/18/06
- 198 Blakely, G..6/10/06
- 195 Trumm, C..10/29/05
- 195 Ortiz, F..3/25/06
- 195 Juangco, J..4/29/06
- 195 Dierick, J..6/3/06
- 193 Minahan, J..11/17/05
- 192 Williams, C..1/28/06
- 192 Gazzara, J..4/8/06
- 192 Hughes, K..4/29/06
- 190 Morningwake..10/22/05
- 190 Dominguez, M..2/4/06
- 190 Kizer, C..2/18/06
- 190 Zeolla, G..4/8/06
- 190 Silveri, A..4/15/06
- 190 John, A..2/2/06
- 190 Sy, J..4/29/06
- 187 Rotsinger, J..9/24/05
- 187 Benner..11/12/05
- 187 Ruff, D..11/16/05
- 187 Ma, S..12/18/05
- 187 Anderson, E..3/25/06
- 187 Hood, J..4/29/06
- 185 Henley, J..2/2/06
- 185 Swindle, D..2/4/06
- 185 Macias, R..2/4/06
- 185 Lovell, M..2/4/06
- 185 Martin, E..2/18/06
- 185 Rogers, A..2/25/06
- 185 Chamberlain, C..6/3/06
- 182 Braguine, J..3/18/06
- 181 Miskinis, D..2/18/06
- 181 Carlson, B..6/24/06
- 181 Kinard, C..7/15/06
- 180 Wilson, G..10/29/05
- 180 Gushwa, M..12/11/05
- 180 Sehon, J..1/21/06
- 180 Herrera, R..1/28/06
- 176 Marietta, Lora..2/10/06
- 176 Barnhill, A..3/18/06
- 176 Rein, J..3/25/06
- 176 Tran, C..7/15/06
- 175 Vrabel, A..8/28/05
- 175 Landaverde, N..1/28/06
- 175 Mendez, P..2/2/06
- 175 Williams, K..2/2/06
- 175 Villastrigo, D..2/4/06
- 175 Thompson, K..2/25/06

DEADLIFT

- 578 Holloway, D..4/29/06
- 518 Blakely, G..6/10/06
- 479 Scruggs, J..6/17/06
- 465 Snell, K..4/22/06
- 460 Scheldrup, T..2/25/06
- 450 DeLaCruz, R..3/25/06
- 440 Meadows, S..4/1/06
- 430 Ortiz, F..3/25/06
- 425 Gutierrez, V..3/25/06
- 420 Reinart, N..3/25/06
- 415 Riemann, M..3/25/06
- 415 Atkinson, C..3/25/06
- 410 Kizer, C..2/18/06
- 407 O'Steen, M..12/05
- 402 Akina, V..9/24/05
- 402 Lamb, B..10/15/05
- 402 Tran, C..7/15/06
- 400 Hayes..3/9/06
- 400 Zeolla, G..4/8/06
- 396 Miller, D..6/17/06
- 395 Sanders, J..3/25/06
- 391 Walker, J..11/16/05
- 391 Barleen, D..5/5/06
- 390 Young, C..3/10/06
- 390 King, N..3/25/06
- 385 Ruff, D..11/16/05
- 380 Williams, C..1/28/06
- 375 Kirkland, M..12/17/05
- 375 Dominguez, M..2/4/06
- 375 Schulz, C..3/10/06
- 375 Terrell, A..3/25/06
- 375 Hilton, J..3/25/06
- 374 Miller, C..2/10/06
- 374 Braguine, J..3/18/06
- 370 Faraone, J..2/18/06
- 370 Castillo, R..3/10/06
- 365 Achenbach, J..6/10/06
- 363 Rotsinger, J..9/24/05
- 363 Aulds, S..6/17/06
- 360 Mendez, P..2/2/06
- 358 Lee, B..1/14/06
- 355 Hampton, D..2/18/06
- 355 Young..3/9/06
- 353 Wilson, S..5/13/06
- 352 Woods, A..12/05
- 352 Kemper, T..3/11/06
- 352 Froeschle, J..4/29/06
- 350 Morningwake..10/22/05
- 350 Henley, J..2/2/06
- 350 Manzo..4/23/06
- 347 Rein, J..6/17/06
- 345 Gualtieri, V..11/11/05
- 345 Morse, J..11/12/05
- 345 Garcia..3/9/06
- 345 Juangco, J..4/29/06
- 345 Hartwig, S..7/15/06
- 341 Yukness, K..2/10/06
- 340 Rodriguez, J..1/14/06
- 340 Martin, E..1/21/06
- 340 Vouen, V..1/28/06
- 340 Swindle, D..2/4/06
- 340 Bagby, D..2/4/06
- 336 Marietta, Leah..8/7/05
- 336 Manuel, G..8/20/05
- 336 Miskinis, D..2/18/06
- 336 Adelmann, T..6/17/06
- 335 Sander, B..1/21/06
- 330 Williams, K..2/2/06
- 330 DeLaFuente, N..2/4/06
- 330 Thompson, K..2/25/06
- 330 Dugas, J..4/8/06
- 330 Rivet, J..5/27/06
- 330 Gnerre, B..5/27/06
- 330 Kinard, C..7/15/06
- 325 Trumm, C..10/29/05
- 325 SanMiguel, D..11/5/05
- 325 Burke, J..11/12/05
- 325 Montgomery, C..1/21/06
- 325 Herrera, R..1/28/06
- 325 Petter, J..2/4/06
- 325 Edwards, D..2/25/06
- 325 Duff, D..2/25/06
- 325 Tienda, M..2/25/06
- 325 Karbowski, J..3/10/06
- 325 Fredson, B..6/17/06
- 325 Ochoa, J..7/8/06
- 320 Lane, N..1/21/06
- 320 Macias, R..2/4/06
- 320 Brown, C..2/4/06
- 320 Bush, K..2/4/06
- 320 Adams, K..2/18/06
- 320 Sy, J..4/29/06
- 320 Kapala, S..7/15/06
- 319 Sicot, C..6/10/06
- 315 Douglas, K..11/12/05
- 315 Gushwa, M..12/11/05
- 315 Fredrickson, S..1/14/06
- 315 Landaverde, N..1/28/06
- 315 Palacios, B..2/2/06
- 315 Kozak, S..2/2/06

TOTAL

- 1366 Holloway, D..4/29/06
- 1168 Scruggs, J..6/17/06
- 1140 Snell, K..3/25/06
- 1120 Scheldrup, T..2/25/06
- 1110 Riemann, M..3/25/06
- 1090 Atkinson, C..3/25/06
- 1080 King, N..3/25/06
- 1060 Sanders, J..3/25/06
- 1055 Gutierrez, V..3/25/06
- 1050 Reinart, N..3/25/06
- 1045 DeLaCruz, R..3/25/06
- 1036 Meadows, S..4/1/06
- 1030 O'Steen, M..12/05
- 1025 Ortiz, F..3/25/06
- 1019 Lamb, B..10/15/05
- 1019 Kirkland, M..11/19/05
- 1014 Blakely, G..6/10/06
- 1000 Terrell, A..3/25/06
- 995 Hilton, J..3/25/06
- 985 Burkey, J..12/17/05
- 975 Hayes..3/9/06
- 975 Zeolla, G..4/8/06
- 975 Barleen, D..5/5/06
- 970 Kizer, C..2/18/06
- 963 Rotsinger, J..9/24/05
- 950 Garcia..3/9/06
- 942 Adelmann, T..6/17/06
- 935 Hartwig, S..7/15/06
- 910 Dominguez, M..2/4/06
- 909 Miller, C..2/10/06
- 903 Williams, C..1/28/06
- 898 Tran, C..7/15/06
- 895 Mendez, P..2/2/06
- 895 Martin, E..2/18/06
- 876 Miller, D..6/17/06
- 875 Sander, B..1/21/06
- 875 Castillo, R..3/10/06
- 870 Henley, J..2/2/06
- 870 Hampton, D..2/18/06
- 870 Norwood, N..6/17/06
- 860 Young..3/9/06
- 855 Morningwake..10/22/05
- 855 Williams, K..2/2/06
- 855 Petter, J..2/4/06
- 854 Marietta, Leah..8/7/05
- 850 Swindle, D..2/4/06
- 850 DeLaFuente, N..2/4/06
- 848 Rein, J..6/17/06
- 837 Aulds, S..6/17/06
- 832 Kemper, T..3/11/06
- 830 Lane, N..1/21/06
- 820 Schulz, C..3/10/06
- 815 Dierick, J..6/3/06
- 810 Rodriguez, J..1/14/06
- 810 Young, C..3/10/06
- 810 Landaverde, N..1/28/06
- 805 Macias, R..2/4/06
- 805 Juangco, J..4/29/06
- 800 Edwards, D..2/25/06
- 800 Duff, D..2/25/06
- 800 White, M..2/25/06
- 799 Froeschle, J..4/29/06
- 795 Brown, C..2/4/06
- 795 Thompson, K..2/25/06
- 790 Austin, D..8/27/05
- 790 Pierson, D..2/4/06
- 790 Lovell, M..2/4/06
- 788 Lee, B..1/14/06
- 788 Marietta, Lora..2/10/06
- 782 SanMiguel, D..11/5/05
- 782 Yukness, K..2/10/06
- 780 Herrera, R..1/28/06
- 780 Palacios, B..2/2/06
- 780 Wiltz, R..2/25/06
- 780 Chamberlain, C..6/3/06
- 775 Douglas, K..11/12/05
- 775 Gushwa, M..12/11/05
- 775 Montgomery, C..1/21/06
- 775 Sehon, J..1/21/06
- 770 Bagby, D..2/4/06
- 766 Callahan, S..3/25/06
- 765 Bush, K..2/4/06
- 765 Tienda, M..2/25/06
- 765 Sy, J..4/29/06
- 760 Karbowski, J..3/10/06
- 755 Fredrickson, S..1/14/06
- 755 Murphy, G..1/27/06
- 755 Winans, A..3/4/06
- 749 Dingle..2/10/06
- 745 Fredson, B..6/3/06
- 738 Sommers, A..8/20/05
- 733 Derstine, X..3/18/06
- 730 Wright, M..1/21/06
- 730 Wood, Z..2/4/06
- 730 Scaramuzzo, K..3/4/06
- 727 Manuel, G..8/20/05
- 727 Cook, M..11/19/05
- 727 Scheppe, K..2/4/06
- 725 Ball, K..3/4/06
- 722 Van Boxtel, A..6/24/06

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 - 7.25% tax).

NEXT MONTH... TOP 132s

CORRECTIONS ...Mike

Bently's 677 lb. deadlift should have been reflected on the TOP 100 list for the Superheavies. John Martinez should have received credit for his 705 lb. bench press at the APF/AAPF Michigan State meet, on the SHW list. The TOP 100 list for the 275 lb. class was mislabeled on the Contents page of the July issue of PL USA. The numbers in some results in recent issues of PL USA have been converted (as if they were in kilos), but they were already converted (in lbs.) leading to large mistakes. Among them are the Super Sunday results on pg. 60 of the June issue, the Show of Strength meet on pg. 58, and the Chickahominy Y results on pg. 87, AUG/06 PL USA. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and a correction.