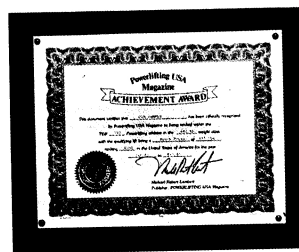


# TOP 100

For standard 220 lb./100 kg. USA lifting in results received from December 1995 through November 1996.

## 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 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 242s

**Corrections.....** Terry Mantion is not deceased, as mistakenly indicated on one of our previous Supermen of the Century compilations. Rafael Escamilla's lifts of 630 400 630 1660 at 181 lbs. bodyweight from the 1995 WNPFI International Cup IV were not reflected on the TOP 100 list for that time period. Roger Estep's lifts of 815 485 727 2017 at 198 from 1986 were not included on the TOP 100 list for that time period as well. Send any corrections you find to "ERRORS", Box 467, Camarillo, CA 93011. TOP 20 rankings for women, masters, and teenage lifters during the 1996 competition year will be published in the March 1997 edition of **POWERLIFTING USA**, and if you think you'll be making one of the lists and you haven't seen results of your best meets published in PL USA, please contact your meet director and urge that they be submitted if they haven't been already. We need to have the results on hand, in order to include them in the various ranking lists.

**PRICE BREAKERS**  
Business/Schools  
Coaches Call  
**1-800-897-5059**

- SQUAT**
- 1 909 Bailey, J. 6/1/96
  - 2 909 Urchick, P. 8/11/96
  - 3 860 Tayman, G. 11/24/96
  - 4 859 Vogelpohl, C. 6/1/96
  - 5 837 Dunagan, H. 6/1/96
  - 6 815 Stevenson, B. 2/4/96
  - 7 815 Wardell, J. 6/1/96
  - 8 810 Rigert, R. 2/4/96
  - 9 800 Audet, D. 3/24/96
  - 10 800 Heffern, P. 4/6/96
  - 11 800 Fessenden, M. 10/19/96
  - 12 765 Hesse, C. 10/20/96
  - 13 760 Morton, J. 8/25/96
  - 14 755 Leader, P. 7/28/96
  - 15 750 Connolly, J. 7/20/96
  - 16 749 Harris, A. 5/26/96
  - 17 744 Bezzone, A. 8/11/96
  - 18 740 Black, J. 11/24/96
  - 19 738 Meyers, L. 1/14/96
  - 20 735 Hasler, L. 11/24/96
  - 21 733 Potts, R. 6/1/96
  - 22 730 Vinson, M. 3/23/96
  - 23 727 Bell, G. 3/96
  - 24 727 Waits, S. 7/28/96
  - 25 725 Bergeron, M. 3/30/96
  - 26 725 Boyde, G. 4/6/96
  - 27 725 McDonnell, R. 11/24/96
  - 28 720 Pouch, E. 7/7/96
  - 29 720 Diem, T. 11/24/96
  - 30 716 Johnson, L. 10/27/96
  - 31 715 Gioioso, P. 4/20/96
  - 32 705 Jacobs, J. 6/16/96
  - 33 705 Scruggs, K. 7/2/95
  - 34 705 Puma, J. 7/28/96
  - 35 705 Czarnec, P. 8/11/96
  - 36 705 Pierce, R. 10/27/96
  - 37 705 Daniels, J. 11/23/96
  - 38 700 Littlejohn, F. 12/10/95
  - 39 700 Johnson, K. 4/13/96
  - 40 700 Barnes, A. 5/4/96
  - 41 700 Bornstein, D. 11/24/96
  - 42 699 Clark, E. 4/27/96
  - 43 699 Jacques, J. 6/16/96
  - 44 694 Sample, L. 4/13/96
  - 45 690 Cadotto, 3/13/96
  - 46 688 Schleich, D. 5/19/96
  - 47 685 Swift, 3/31/96
  - 48 685 Sutphin, P. 10/5/96
  - 49 685 Evans, 11/9/96
  - 50 685 Keshishian, M. 11/24/96
  - 51 683 Hampton, S. 3/10/96
  - 52 680 McIntyre, F. 12/10/95
  - 53 680 Higa, G. 3/17/96
  - 54 680 Melson, 5/25/96
  - 55 680 Kasimatis, G. 7/7/96
  - 56 680 Kennedy, J. 7/20/96
  - 57 680 Gallo, M. 10/5/96
  - 58 677 Crowder, G. 6/1/96
  - 59 677 Bona, K. 11/6/96
  - 60 675 King, M. 12/2/95
  - 61 675 Sadoski, R. 12/9/95
  - 62 675 Boyles, B. 3/16/96
  - 63 675 Murphy, 3/24/96
  - 64 675 Mills, D. 7/7/96
  - 65 675 Reitter, G. 7/6/96
  - 66 675 Smith, K. 10/19/96
  - 67 675 Jenkins, M. 11/9/96
  - 68 675 DeMarco, F. 11/24/96
  - 69 672 King, S. 2/11/96
  - 70 672 Willingham, 2/24/96
  - 71 672 Keller, V. 6/2/96
  - 72 672 Jackson, M. 8/11/96
  - 73 666 Roberts, S. 3/24/96
  - 74 666 Bruner, T. 8/24/96
  - 75 666 McDaniel, S. 1/20/96
  - 76 665 Terraforte, 3/16/96
  - 77 665 Draper, 5/25/96
  - 78 665 Gerhardt, J. 11/9/96
  - 79 665 Fleming, J. 11/24/96
  - 80 661 Davis, J. 2/3/96
  - 81 661 Girton, M. 5/19/96
  - 82 661 Slivinski, M. 6/16/96
  - 83 661 DeFoot, J. 11/16/96
  - 84 660 Becker, M. 1/20/96
  - 85 660 Gipson, M. 9/21/96
  - 86 660 Finn, B. 10/20/96
  - 87 655 Monore, M. 4/27/96
  - 88 655 Conklin, T. 4/27/96
  - 89 655 Placek, M. 6/30/96
  - 90 655 Musto, M. 11/10/96
  - 91 650 Winston, B. 12/9/95
  - 92 650 Jarrett, M. 2/18/96
  - 93 650 Rhodes, Z. 3/10/96
  - 94 650 Zellars, 3/16/96
  - 95 650 Owens, E. 4/14/96
  - 96 650 Paul, R. 4/13/96
  - 97 650 Zwaanstra, S. 4/28/96
  - 98 650 Link, W. 5/12/96
  - 99 650 Cain, S. 6/16/96
  - 100 650 Stevens, P. 7/7/96

- BENCH PRESS**
- 573 Spellman, T. 11/3/96
  - 560 Cappazola, R. 3/10/96
  - 560 Walsh, R. 4/27/96
  - 560 McAuliffe, J. 9/29/96
  - 551 Seibold, B. 8/10/96
  - 550 McMillan, D. 2/10/96
  - 550 Beuchlein, G. 4/6/96
  - 550 Worley, 5/4/96
  - 550 Lewis, R. 6/30/96
  - 540 Bartlett, J. 2/3/96
  - 540 Rennett, C. 2/3/96
  - 535 Zurick, R. 4/27/96
  - 535 Kelly, B. 9/21/96
  - 530 Maher, M. 9/7/96
  - 525 Brigado, L. 11/1/96
  - 520 Dersam, D. 3/9/96
  - 520 Shabel, J. 7/13/96
  - 520 McCoy, J. 8/24/96
  - 517 Bell, G. 2/96
  - 515 Thompson, R. 5/25/96
  - 515 Tayman, G. 11/24/96
  - 512 Fadkiv, R. 12/16/95
  - 512 Silva, F. 3/3/96
  - 512 Wardell, J. 6/1/96
  - 510 Person, D. 2/24/96
  - 510 Schwenker, J. 2/24/96
  - 510 Liatsis, F. 3/17/96
  - 510 Rhodes, Z. 4/21/96
  - 510 Kibbe, 4/27/96
  - 510 Succarotte, T. 10/12/96
  - 505 Jacobs, J. 12/2/95
  - 505 Kelly, D. 3/16/96
  - 505 Reibel, P. 7/20/96
  - 505 O'Kelley, S. 8/3/96
  - 505 Carpenter, 11/9/96
  - 505 Caldwell, S. 11/24/96
  - 505 Kelley, T. 4/27/96
  - 501 Slack, K. 12/2/95
  - 501 Smith, C. 2/17/96
  - 501 Girton, M. 5/19/96
  - 501 Vogelpohl, C. 6/1/96
  - 500 Stewart, K. 2/10/96
  - 500 Conway, E. 3/9/96
  - 500 Ledvina, R. 3/30/96
  - 500 Kelly, K. 4/6/96
  - 500 Nealy, D. 4/13/96
  - 500 Stec, A. 6/22/96
  - 500 Cuomo, N. 10/12/96
  - 500 Lands, G. 11/16/96
  - 496 Jacques, J. 6/16/96
  - 496 Touchstone, T. 8/24/96
  - 496 Kupinski, B. 11/17/96
  - 495 Greer, D. 6/30/96
  - 490 Stevenson, B. 2/4/96
  - 490 Herman, C. 3/2/96
  - 490 Brown, E. 3/3/96
  - 490 Bell, J. 3/24/96
  - 490 Olive, B. 5/18/96
  - 490 Lawrence, R. 7/28/96
  - 490 McCoy, 9/1/96
  - 490 Lee, D. 8/31/96
  - 490 Mastrean, M. 10/19/96
  - 485 Griffin, J. 12/2/95
  - 485 Morton, J. 12/9/95
  - 485 Clark, E. 2/4/96
  - 485 Lewis, P. 2/24/96
  - 485 Welch, M. 4/27/96
  - 485 Duham, B. 4/28/96
  - 485 Aver, J. 5/19/96
  - 485 Fulk, 9/28/96
  - 485 Johnson, L. 10/27/96
  - 485 Pierce, R. 10/27/96
  - 485 Harvie, D. 11/24/96
  - 485 Ventriglio, T. 11/24/96
  - 480 Thompson, J. 3/9/96
  - 480 Young, R. 5/19/96
  - 480 Wood, D. 7/20/96
  - 480 Ballard, J. 9/7/96
  - 480 Gallo, M. 10/5/96
  - 480 E'Dalga, C. 11/6/96
  - 480 Pauley, R. 11/6/96
  - 480 Robinson, 11/19/96
  - 480 Gould, J. 11/19/96
  - 480 Hasler, L. 11/24/96
  - 480 Fleming, H. 11/24/96
  - 479 Bezzole, A. 8/11/96
  - 475 Valentine, R. 3/30/96
  - 475 Gwynn, M. 3/31/96
  - 475 McDuffie, K. 4/13/96
  - 475 Rodriguez, R. 6/2/96
  - 475 Lilly, E. 6/29/96
  - 475 Snyder, T. 7/13/96
  - 473 Plummer, J. 12/9/95
  - 473 Sallack, S. 12/10/95
  - 473 Rigert, R. 2/4/96
  - 473 Masters, E. 3/17/96
  - 473 Smith, D. 9/1/96
  - 473 Green, A. 11/17/96
  - 470 Peterzak, M. 12/19/95
  - 470 Chapman, L. 1/27/96

- DEADLIFT**
- 830 Holmes, C. 2/24/96
  - 800 Morton, J. 4/13/96
  - 766 Cahill, J. 7/14/96
  - 760 Dunagan, H. 6/1/96
  - 760 Stevens, P. 7/7/96
  - 750 Diem, T. 11/24/96
  - 745 Johnson, K. 4/13/96
  - 744 Vogelpohl, C. 6/1/96
  - 735 Hasler, L. 3/30/96
  - 733 Stevenson, B. 2/4/96
  - 733 Cain, S. 6/16/96
  - 727 Bell, G. 3/96
  - 727 Riley, E. 4/14/96
  - 727 Harris, A. 7/28/96
  - 725 Mistak, P. 2/25/96
  - 722 Littlejohn, F. 12/10/95
  - 720 Murphy, 3/24/96
  - 710 Urchick, P. 8/11/96
  - 705 Kennedy, 11/9/96
  - 700 Terman, M. 2/18/96
  - 700 Foster, E. 3/10/96
  - 700 Heffern, P. 4/6/96
  - 700 Kasimatis, G. 7/7/96
  - 700 Evans, 8/31/96
  - 700 Gipson, M. 9/21/96
  - 700 Cooper, 9/26/96
  - 700 Hesse, C. 10/20/96
  - 699 Jacques, J. 6/16/96
  - 699 Bush, K. 6/29/96
  - 685 King, M. 12/2/95
  - 685 Robinson, 11/19/96
  - 683 Sample, L. 11/10/96
  - 680 Sivlak, S. 1/21/96
  - 677 Fisher, K. 2/17/96
  - 677 Potts, R. 6/1/96
  - 677 Bona, K. 11/6/96
  - 675 Winston, B. 12/9/95
  - 675 Smith, C. 7/13/96
  - 675 Thomas, 9/15/96
  - 675 Young, 9/21/96
  - 675 Smith, K. 10/19/96
  - 675 Daniels, J. 11/23/96
  - 672 Ferlicka, C. 12/2/95
  - 672 Hamblet, D. 5/12/96
  - 672 Wardell, J. 6/1/96
  - 672 O'Brien, C. 8/4/96
  - 670 Jacobs, J. 12/2/95
  - 670 DeJarnett, D. 12/2/95
  - 670 Rice, F. 4/27/96
  - 666 Rigert, R. 2/4/96
  - 666 Capello, J. 9/14/96
  - 661 Harper, R. 2/11/96
  - 661 Owens, E. 4/14/96
  - 661 Scruggs, K. 6/16/96
  - 661 Puma, J. 7/28/96
  - 661 Windscheif, B. 8/11/96
  - 661 Johnson, L. 10/27/96
  - 661 King, A. 11/10/96
  - 660 McIntyre, F. 12/10/95
  - 660 Young, J. 3/10/96
  - 660 Boyde, G. 4/6/96
  - 660 Melson, 5/25/96
  - 660 Zwaanstra, S. 10/5/96
  - 660 Fessenden, M. 10/19/96
  - 660 Cline, M. 11/24/96
  - 655 Sadoski, R. 12/9/95
  - 655 Edelstein, M. 2/18/96
  - 655 Harris, J. 3/23/96
  - 655 Cole, D. 6/2/96
  - 655 Tremblay Jr., G. 10/19/96
  - 655 Valcich, D. 11/9/96
  - 650 Anguish, D. 12/2/95
  - 650 Bornstein, D. 11/24/96
  - 650 Washington, L. 2/11/96
  - 650 Texeira, R. 2/17/96
  - 650 Waits, S. 2/18/96
  - 650 Hodsen, S. 3/10/96
  - 650 Vinson, M. 3/23/96
  - 650 Cadotto, 3/31/96
  - 650 Brennan, 3/31/96
  - 650 Waddy, R. 5/12/96
  - 650 Crowder, G. 6/1/96
  - 650 McCoy, W. 6/29/96
  - 650 Maddox, G. 6/30/96
  - 650 Audet, D. 7/7/96
  - 650 Marino, J. 8/11/96
  - 650 Burton, A. 8/11/96
  - 650 Bell, J. 8/18/96
  - 650 Smith, J. 8/18/96
  - 650 Musto, M. 8/25/96
  - 650 Seigel, S. 8/96
  - 650 Gioioso, P. 10/13/96
  - 650 Benefield, B. 10/26/96
  - 650 Seiber, S. 11/3/96
  - 650 Wilcox, S. 11/10/96
  - 650 Tayman, G. 11/24/96
  - 650 Mills, D. 11/24/96
  - 645 Dingle, G. 3/23/96
  - 645 Rhodes, Z. 3/30/96
  - 644 Jackson, M. 3/10/96

- TOTAL**
- 2105 Vogelpohl, C. 6/1/96
  - 2083 Urchick, P. 8/11/96
  - 2061 Dunagan, H. 6/1/96
  - 2039 Stevenson, B. 2/4/96
  - 2025 Tayman, G. 11/24/96
  - 2000 Morton, J. 4/13/96
  - 2000 Wardell, J. 6/1/96
  - 1984 Bailey, J. 6/1/96
  - 1951 Rigert, R. 2/4/96
  - 1940 Heffern, P. 4/6/96
  - 1929 Harris, A. 11/6/96
  - 1920 Hasler, L. 11/24/96
  - 1896 Jacques, J. 6/16/96
  - 1895 Bell, G. 3/96
  - 1890 Diem, T. 11/24/96
  - 1880 Hesse, C. 10/20/96
  - 1870 Audet, D. 7/7/96
  - 1862 Johnson, L. 10/27/96
  - 1860 Jacobs, J. 12/2/95
  - 1860 Stevens, P. 7/7/96
  - 1860 Fessenden, M. 10/19/96
  - 1857 Bezzone, A. 8/11/96
  - 1845 Johnson, K. 4/13/96
  - 1840 Leader, P. 7/28/96
  - 1830 Vinson, M. 3/23/96
  - 1825 McDonnell, R. 11/24/96
  - 1824 Potts, R. 6/1/96
  - 1824 Cain, S. 6/16/96
  - 1818 Waits, S. 6/16/96
  - 1807 Pierce, R. 10/27/96
  - 1805 Robinson, 11/19/96
  - 1805 Bornstein, D. 11/24/96
  - 1800 Murphy, 3/24/96
  - 1800 Kasimatis, G. 7/7/96
  - 1800 Gallo, M. 10/5/96
  - 1792 Littlejohn, F. 12/10/95
  - 1785 Clark, E. 2/4/96
  - 1780 Swift, 3/31/96
  - 1785 Crowder, G. 6/1/96
  - 1785 Cahill, J. 7/14/96
  - 1780 Smith, K. 10/19/96
  - 1780 Daniels, J. 11/23/96
  - 1775 Connolly, 7/20/96
  - 1775 Fleming, J. 11/24/96
  - 1770 Cadotto, 3/31/96
  - 1770 Boyde, G. 4/6/96
  - 1763 Sample, L. 11/10/96
  - 1763 Bona, K. 11/16/96
  - 1753 Girton, M. 5/19/96
  - 1752 Puma, J. 7/28/96
  - 1750 Rhodes, Z. 3/30/96
  - 1750 Bergeron, M. 3/30/96
  - 1747 Scruggs, K. 12/2/95
  - 1745 Kennedy, 11/9/96
  - 1740 Foster, E. 3/10/96
  - 1740 Zwaanstra, S. 10/5/96
  - 1736 Bell, J. 8/18/96
  - 1736 Bruner, T. 8/24/96
  - 1735 Gipson, M. 9/21/96
  - 1735 Jenkins, S. 11/9/96
  - 1730 Musto, M. 11/10/96
  - 1724 Windscheif, B. 8/11/96
  - 1715 Cahil, N. 6/14/96
  - 1715 Pouch, E. 7/7/96
  - 1715 Cooper, T. 7/13/96
  - 1714 Lasher, N. 10/27/96
  - 1710 McIntyre, F. 12/10/95
  - 1710 Terman, M. 2/18/96
  - 1710 Evans, 11/9/96
  - 1708 Meyers, L. 1/14/96
  - 1705 Zellars, 3/16/96
  - 1702 Moran, M. 10/13/96
  - 1700 McDaniel, S. 1/20/96
  - 1700 Smith, S. 7/7/96
  - 1700 Gioioso, P. 10/13/96
  - 1697 Hammond, C. 6/30/96
  - 1695 King, M. 12/2/95
  - 1695 Terraforte, 3/16/96
  - 1692 Stanford, M. 12/2/95
  - 1692 Jackson, M. 3/10/96
  - 1690 Higa, G. 3/17/96
  - 1690 Reitter, G. 10/5/96
  - 1686 King, S. 2/11/96
  - 1686 Hampton, S. 3/10/96
  - 1686 Holmes, C. 4/21/96
  - 1685 Wade, 6/22/96
  - 1685 Benefield, B. 10/26/96
  - 1681 Mello, R. 5/12/96
  - 1681 Peck, M. 5/12/96
  - 1680 Melson, 5/25/96
  - 1680 Sutphin, P. 10/5/96
  - 1675 Winston, B. 12/9/95
  - 1675 Gould, J. 3/23/96
  - 1675 Owens, E. 4/14/96
  - 1675 Polke, R. 7/14/96
  - 1675 Herrman, D. 10/20/96
  - 1675 Mills, D. 11/24/96
  - 1670 Sadoski, R. 12/9/95
  - 1670 Castle, C. 3/23/96
  - 1670 Jackson, D. 11/23/96