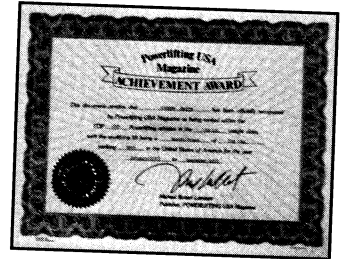


TOP 100

For standard 220 lb./100 Kg. USA lifters in results received from MAR/08 through FEB/09

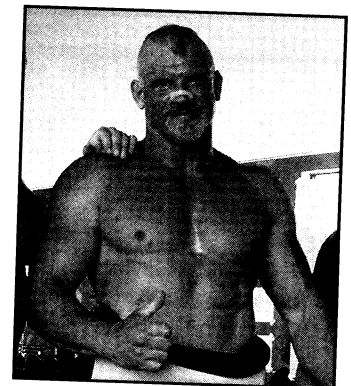
PL USA Top 100 Achievement Awards



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 - 7.25% tax).

NEXT MONTH...TOP 20s?

CORRECTIONS... Tom Mutaffis was the actual author of the Strongman Technique article in our March issue. If you find errors in our articles, TOP 100/20 weight class rankings or in 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 manner (which can take a variable length of time, depending on the specific situation) and an appropriate correction in a following issue.



James Howell made the list but is recovering from a broken wrist

SQUAT

- 1 1100 Byrd, S. 6/7/08
- 2 1008 Frankl, S. 11/21/08
- 3 980 Schwanke, M. 2/28/09
- 4 964 Carter, W. 3/16/08
- 5 942 Norman, J. 5/4/08
- 6 909 Fletcher, H. 5/31/08
- 7 903 Pierce, R. 5/31/08
- 8 903 Soule, J. 1/17/09
- 9 870 Harrington, P. 1/18/09
- 10 855 Smith, C. 8/24/08
- 11 854 Soileau, K. 3/16/08
- 12 848 Szudarek, M. 8/3/08
- 13 825 Christie, M. 10/4/08
- 14 825 Burlingame, D. 3/2/08
- 15 825 Blankenship, 8/24/08
- 16 805 Hill, M. 12/6/08
- 17 804 Coker, J. 5/31/08
- 18 804 Flesh, D. 11/21/08
- 19 788 DelPreore, C. 4/13/08
- 20 788 Bolig, T. 9/6/08
- 21 782 Sahlfield, M. 3/8/08
- 22 780 Carson, B. 5/3/08
- 23 771 Tylutki, N. 6/7/08
- 24 770 Jester, J. 8/24/08
- 25 766 Rebera, J. 8/3/08
- 26 760 Allen, J. 6/7/08
- 27 760 Wagner, S. 7/12/08
- 28 755 McCloskey, A. 5/31/08
- 29 755 Brown, J. 10/19/08
- 30 750 Rakowsky, J. 1/17/09
- 31 745 Schmidt, R. 2/28/09
- 32 738 Brandon, M. 6/8/08
- 33 733 Hartman, 6/14/08
- 34 733 Boffo, D. 11/16/08
- 35 733 Kouf, D. 11/21/08
- 36 727 Radulovich, B. 5/17/08
- 37 727 Carter, C. 1/31/09
- 38 725 Gylfason, J. 5/17/08
- 39 725 Sheehan, T. 8/31/08
- 40 725 Jenkins, D. 10/18/08
- 41 725 Sengos, P. 10/19/08
- 42 722 Carnaghi, T. 3/16/08
- 43 722 Maroscher, E. 5/4/08
- 44 722 Succarotte, 6/7/08
- 45 720 Trout, A. 5/3/08
- 46 716 Skinner, 6/7/08
- 47 716 Nesuda, R. 6/7/08
- 48 710 Taylor, K. 6/7/08
- 49 710 Talbot, Z. 6/28/08
- 50 710 Luna, T. 6/28/08
- 51 705 Pratt, M. 3/8/08
- 52 705 Stanton, J. 3/16/08
- 53 705 Kelly, W. 3/29/08
- 54 705 Ruben, K. 4/12/08
- 55 705 Schraub, J. 4/12/08
- 56 705 Barrett, H. 4/12/08
- 57 705 Waits, S. 5/4/08
- 58 705 Remer, K. 6/28/08
- 59 705 Deschenes, R. 8/2/08
- 60 705 Howell, J. 10/11/08
- 61 705 Lessman, M. 10/18/08
- 62 705 Brady, S. 11/15/08
- 63 700 Jeurink, J. 8/31/08
- 64 700 Impallomei, J. 10/11/08
- 65 700 Rozek, R. 11/23/08
- 66 700 Cummerlander, 1/17/09
- 67 700 Despain, C. 2/28/08
- 68 699 Zajac, G. 3/16/08
- 69 699 Zenzen, D. 3/16/08
- 70 694 Gersfers, 6/7/08
- 71 694 Haggett, D. 6/29/08
- 72 688 Pead, S. 3/16/08
- 73 683 Lee, 9/3/08
- 74 680 McNutt, R. 8/24/08
- 75 680 Louque, K. 11/08
- 76 677 Dedas, B. 5/24/08
- 77 677 Ellers, B. 6/21/08
- 78 677 Falcon, J. 9/6/08
- 79 675 Ladner, 3/29/08
- 80 675 Noell, J. 8/24/08
- 81 675 Bellanca, 11/23/08
- 82 675 Lemarie, S. 1/17/09
- 83 672 Wild, M. 4/19/08
- 84 672 Westleigh, J. 5/18/08
- 85 672 Kratz, E. 6/29/08
- 86 672 Givens, F. 1/17/09
- 87 670 Maxson, S. 5/3/08
- 88 670 Tria, S. 8/2/08
- 89 661 Sutton, 6/7/08
- 90 661 Ulvang, J. 10/26/08
- 91 661 Gack, 6/7/08
- 92 660 Williams, A. 5/31/08
- 93 660 Ray, J. 10/4/08
- 94 655 Straley, M. 4/12/08
- 95 655 Alessandro, J. 6/7/08
- 96 655 Brown, 10/2/08
- 97 650 Niblett, T. 3/15/08
- 98 650 Keipter, E. 4/12/08
- 99 650 Baker, J. 4/19/08
- 100 650 Greek, L. 8/24/08

BENCH PRESS

- 870 Frankl, S. 9/6/08
- 821 Coker, J. 5/31/08
- 806 Prazak, J. 6/21/08
- 785 Smith, C. 2/28/09
- 766 Minuth, M. 11/21/08
- 740 Fry, J. 11/9/08
- 706 Jewett, T. 11/16/08
- 706 Berding, J. 1/31/09
- 700 Schwanke, M. 4/19/08
- 697 Reyes, J. 8/23/08
- 678 Marrama, R. 5/17/08
- 677 Bachmeier, J. 10/25/08
- 665 Rowe, S. 11/23/08
- 661 Green, M. 3/16/08
- 661 Larson, G. 4/19/08
- 650 Bolig, T. 1/18/09
- 644 Brandon, M. 6/8/08
- 644 Anderson, T. 8/31/08
- 644 Mireles, J. 11/15/08
- 639 Celli, R. 8/23/08
- 635 Millrany, K. 10/4/08
- 633 Frankl, B. 3/8/08
- 633 Girard, R. 8/2/08
- 630 Herbert, K. 5/31/08
- 628 Sceppe, J. 6/29/08
- 628 Falson, J. 9/6/08
- 628 Soule, J. 1/17/09
- 622 McClaren, J. 9/6/08
- 620 Jester, J. 12/6/08
- 615 Elick, J. 10/19/08
- 615 Westhoff, T. 11/9/08
- 615 Williams, B. 12/13/08
- 611 Johnson, J. 3/29/08
- 610 Wilks, D. 5/31/08
- 610 Rock, J. 10/11/08
- 610 Cormier, S. 10/11/08
- 610 Smith, S. 12/20/08
- 606 Hennigar, R. 1/31/09
- 605 Crook, G. 5/17/08
- 605 Morris, T. 5/31/08
- 605 Pera, A. 10/11/08
- 600 Vinelli, S. 3/8/08
- 600 Judd, T. 3/8/08
- 600 Landino, M. 3/29/08
- 600 Mecham, S. 10/5/08
- 595 Tomaszkiwicz, 1/31/09
- 590 Harrington, P. 6/7/08
- 585 Thomas, J. 11/9/08
- 585 Kolb, J. 12/13/08
- 584 Pierce, R. 5/31/08
- 580 Brown, J. 10/19/08
- 578 Gerard, H. 8/31/08
- 578 Willie, A. 11/1/08
- 575 Daubert, D. 5/17/08
- 575 Christie, M. 10/4/08
- 573 DeAlva, L. 6/7/08
- 572 Yearby, A. 11/14/08
- 570 Warmbecker, L. 7/19/08
- 570 DelPreore, C. 11/23/08
- 567 Pernu, T. 11/1/08
- 567 Brubaker, B. 11/15/08
- 567 Stebbins, D. 1/17/09
- 565 Martin, J. 10/19/08
- 565 Lehrner, 12/6/08
- 562 Hall, J. T. 8/31/08
- 562 Garcia, O. 12/6/08
- 560 Klarkowski, J. 5/10/08
- 555 Mattson, K. 5/17/08
- 551 Sahlfield, M. 3/8/08
- 551 Carter, W. 3/16/08
- 551 Luciano, S. 4/13/08
- 551 Gillam, C. 6/7/08
- 551 Ferrantelli, M. 8/31/08
- 551 Skye, J. 10/11/08
- 551 Pinelli, R. 11/1/08
- 551 Arnold, M. 11/15/08
- 551 Waddell, F. 11/21/08
- 550 Gregory, D. 3/8/08
- 550 Poole, D. 5/10/08
- 550 Stevens, B. 8/10/08
- 550 Watson, J. 9/20/08
- 550 Cabrera, J. 10/11/08
- 550 Rakowsky, J. 1/17/09
- 545 Ludovico, M. 8/30/08
- 545 Smothers, M. 12/27/08
- 541 Edmonson, S. 8/2/08
- 540 Niblett, J. 3/8/08
- 540 Noblitt, J. 3/8/08
- 540 Mickelson, A. 4/19/08
- 540 Norman, J. 5/4/08
- 540 Gack, 6/7/08
- 540 Nelson, J. 7/19/08
- 540 Rebera, J. 8/3/08
- 540 Blankenship, 8/24/08
- 540 Wagner, S. 10/25/08
- 540 Spinelli, S. 11/15/08
- 540 Perez, R. 11/15/08
- 535 Sengos, P. 10/19/08
- 535 Williams, T. 1/17/09
- 535 Despain, C. 2/28/09

DEADLIFT

- 800 Schwanke, M. 4/19/08
- 782 Hartman, 11/6/08
- 750 Frankl, S. 1/18/09
- 740 Smith, C. 8/24/08
- 733 Tylutki, N. 6/7/08
- 705 Soileau, K. 3/16/08
- 705 Baltimore, J. 6/22/08
- 705 McCas, M. 8/23/08
- 705 Harrington, P. 1/18/09
- 705 Hamilton, J. 1/24/09
- 700 Byrd, S. 6/7/08
- 685 Bell, 12/13/08
- 681 Waldo, 3/8/2/08
- 677 Wild, M. 4/19/08
- 677 Dedas, B. 6/7/08
- 677 Radulovich, B. 9/13/08
- 675 McCloskey, A. 6/29/08
- 675 Blankenship, 6/29/08
- 675 Ray, J. 10/4/08
- 672 Brandon, M. 6/8/08
- 672 Saunders, M. 11/23/08
- 672 Givens, F. 1/17/09
- 670 Dorn, D. 3/1/08
- 666 Sahlfield, M. 3/8/08
- 666 Edelstein, M. 7/12/08
- 666 Yee, R. 11/9/08
- 665 Cummerlander, 6/22/08
- 665 Tucker, T. 10/4/08
- 661 Powell, S. 3/1/08
- 661 Green, D. 6/22/08
- 661 Haggett, D. 6/29/08
- 661 Buriel, B. 8/16/08
- 661 Droic, A. 3/8/08
- 661 Celli, R. 8/23/08
- 661 Bennett, M. 8/30/08
- 661 Riggins, B. 9/20/08
- 661 Sass, S. 11/1/08
- 661 Hichri, Z. 1/24/09
- 660 Burlingame, D. 3/2/08
- 660 Myers, T. 3/8/08
- 660 R., Malcom, 3/08
- 660 Morris, 5/31/08
- 660 Young, R. 7/12/08
- 655 Neely, R. 3/29/08
- 655 Trionfante, 6/7/08
- 655 Kratz, E. 6/29/08
- 655 Slaybaugh, C. 11/1/08
- 650 McNeish, K. 3/30/08
- 650 Hrymchak, K. 3/30/08
- 650 Letto, A. 4/19/08
- 650 Norman, J. 5/4/08
- 650 Fletcher, H. 5/31/08
- 650 Stampley, 6/7/08
- 650 Woods, J. 6/14/08
- 650 Tuley, M. 7/19/08
- 650 Koo, E. 9/14/08
- 650 Grau, J. 9/14/08
- 650 Nosko, P. 11/23/08
- 650 McGregor, M. 11/08
- 650 Lemarie, S. 1/17/09
- 650 Kelske, J. 1/25/09
- 650 Buckley, S. 2/21/09
- 645 Apunkun, B. 3/29/08
- 645 Louque, K. 11/08
- 645 White-Ell, 12/13/08
- 644 Woody, M. 2/28/08
- 644 Brady, S. 11/15/08
- 644 Myklebust, O. 11/15/08
- 644 Boffo, D. 11/16/08
- 640 Rozek, R. 11/23/08
- 640 Niblett, T. 3/15/08
- 640 Howell, J. 10/11/08
- 640 Bolig, T. 1/18/09
- 639 Ruben, K. 4/12/08
- 639 Waits, S. 5/4/08
- 639 Shelton, T. 11/8/08
- 639 Schoenebeck, N. 11/14/08
- 635 Marsh, J. 3/15/08
- 635 Simanovich, B. 4/26/08
- 635 Wilkens, C. 5/31/08
- 633 Mahan, D. 5/4/08
- 633 Pierce, R. 5/31/08
- 633 Fisher, K. 6/29/08
- 633 Grissinger, G. 6/29/08
- 633 Garza, R. 8/2/08
- 633 Tortorelli, A. 11/15/08
- 633 Garcia, O. 12/6/08
- 630 Musto, M. 3/22/08
- 630 Matulia, R. 7/26/08
- 630 Hill, M. 12/6/08
- 628 Schraub, J. 4/12/08
- 628 Ulvang, J. 5/4/08
- 628 Williams, J. 11/15/08
- 628 Soule, J. 1/17/09
- 625 Langolf, G. 9/6/08
- 625 Christie, M. 10/4/08
- 625 Radoicic, M. 11/8/08
- 625 Fahrenfeld, B. 11/8/08
- 625 Carter, W. 12/6/08
- 625 Cox, T. 2/7/09

TOTAL

- 2540 Frankl, S. 11/21/08
- 2450 Schwanke, M. 2/28/09
- 2340 Smith, C. 2/28/09
- 2177 Coker, J. 5/31/08
- 2162 Soule, J. 1/17/09
- 2132 Norman, J. 5/4/08
- 2121 Pierce, R. 5/31/08
- 2100 Carter, W. 12/6/08
- 2072 Fletcher, H. 5/31/08
- 2060 Bolig, T. 1/18/09
- 2055 Brandon, M. 6/8/08
- 2025 Byrd, S. 6/7/08
- 2025 Blankenship, 8/24/08
- 2025 Christie, M. 10/4/08
- 2022 Hartman, 11/6/08
- 2006 Tylutki, N. 6/7/08
- 2000 Sahlfield, M. 3/8/08
- 2000 Soileau, K. 3/16/08
- 1960 DelPreore, C. 11/23/08
- 1960 Hill, M. 12/6/08
- 1923 Flesh, D. 11/21/08
- 1900 Jester, J. 8/24/08
- 1885 Burlingame, D. 3/2/08
- 1884 Haggett, D. 6/29/08
- 1879 Rebera, J. 8/3/08
- 1879 Boffo, D. 11/16/08
- 1873 McCloskey, A. 5/31/08
- 1873 Szudarek, M. 8/3/08
- 1860 Brown, J. 10/19/08
- 1850 Rakowsky, J. 1/17/09
- 1845 Wagner, S. 7/12/08
- 1840 Dedas, B. 5/24/08
- 1840 Ray, J. 10/4/08
- 1835 Carter, C. 1/31/09
- 1835 Despain, C. 2/28/09
- 1825 Cummerlander, 6/22/08
- 1825 Sengos, P. 10/19/08
- 1824 Radulovich, B. 5/17/08
- 1824 Kratz, E. 6/29/08
- 1818 Waits, S. 5/4/08
- 1813 Brady, S. 11/15/08
- 1807 Ruben, K. 4/12/08
- 1807 Wild, M. 4/19/08
- 1807 Falcon, J. 9/6/08
- 1807 Givens, F. 1/17/09
- 1800 Carson, B. 5/3/08
- 1800 Harrington, P. 1/18/09
- 1796 Gack, 6/7/08
- 1796 Garcia, O. 12/6/08
- 1791 Schraub, J. 4/12/08
- 1780 Schmidt, R. 2/28/09
- 1774 Saunders, M. 11/23/08
- 1770 Rozek, R. 11/23/08
- 1765 Lemarie, S. 1/17/09
- 1757 Remer, K. 6/28/08
- 1757 Nichols, B. 7/6/08
- 1757 McCas, M. 8/23/08
- 1755 Howell, J. 10/11/08
- 1752 Maroscher, E. 5/4/08
- 1752 Ellers, B. 6/21/08
- 1752 Stanley, L. 1/31/09
- 1746 Powell, S. 3/1/08
- 1735 Noell, J. 8/24/08
- 1735 Sheehan, T. 8/31/08
- 1730 Ulvang, J. 10/26/08
- 1730 Louque, K. 11/08
- 1735 Hennigar, R. 1/31/09
- 1730 McNutt, R. 8/24/08
- 1725 Barrett, H. 4/12/08
- 1725 Pickett, D. 11/16/08
- 1725 Hamilton, J. 1/24/09
- 1714 Stanton, J. 3/16/08
- 1714 Zajac, G. 3/16/08
- 1714 Currence, D. 5/4/08
- 1714 Westleigh, J. 5/18/08
- 1714 Allen, J. 6/7/08
- 1713 Deschenes, R. 8/2/08
- 1710 Lee, 3/29/08
- 1710 Ladner, 3/29/08
- 1710 Impallomei, J. 10/11/08
- 1710 Jenkins, D. 10/18/08
- 1708 Trionfante, 6/7/08
- 1708 Buckley, S. 2/21/09
- 1705 Trout, A. 5/3/08
- 1703 Pratt, M. 3/8/08
- 1703 Nosko, P. 11/23/08
- 1700 Poole, D. 5/10/08
- 1692 DiCataldo, S. 3/1/08
- 1692 Kelly, W. 3/29/08
- 1692 Gersfers, 6/7/08
- 1690 Maxson, S. 5/3/08
- 1686 Carnaghi, T. 3/16/08
- 1686 Skinner, 6/7/08
- 1686 Brown, 10/2/08
- 1686 Maxim, J. 11/15/08
- 1685 Taylor, K. 6/7/08
- 1685 Greek, L. 8/24/08
- 1675 Niblett, T. 3/15/08
- 1675 Baker, J. 4/19/08
- 1675 Eddins, N. 1/25/09