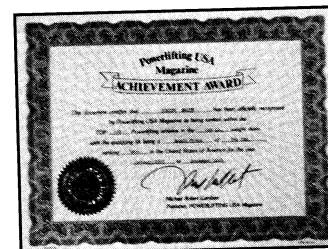


TOP 100

For standard 242 lb./110 Kg. USA lifters in results received from APR/08 through APR/09

PL USA Top 100 Achievement Awards



SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 1055 Panora, G. 8/24/08	805 Grandick, J. 8/24/08	815 Panora, G. 12/6/08	2630 Panora, G. 12/6/08
2 1050 Carroll, C. 8/24/08	804 Hein, B. 6/1/08	810 Kroczaleski, M. 8/24/08	2579 Frey, J. 1/31/09
3 1015 Grandick, J. 8/24/08	800 Panora, G. 12/6/08	804 Frey, J. 1/31/09	2570 Carroll, B. 8/24/08
4 1008 Irby, T. 5/4/08	785 Carroll, B. 8/24/08	804 Cass, B. 2/28/09	2565 Grandick, J. 8/24/08
5 1003 Frey, J. 1/31/09	777 Prazak, J. 4/19/08	793 Harris, T. 3/7/09	2442 Irby, T. 5/4/08
6 950 Jordan, J. 8/24/08	775 Smith, C. 4/19/08	771 Carroll, B. 6/1/08	2420 Hoff, D. 1/17/09
7 942 Redding, J. 6/1/08	771 Frey, J. 1/31/09	770 Hoff, D. 1/17/09	2341 Smith, C. 12/6/08
8 903 Acome, T. 3/21/09	770 Hoff, D. 1/17/09	760 Eucker, B. 9/20/08	2305 Jordan, J. 8/24/08
9 880 Hoff, D. 1/17/09	750 Kelley, B. 5/17/08	755 Grandick, J. 6/1/08	2285 Taylor, C. 8/24/08
10 876 Hairston, M. 4/19/08	750 Taylor, C. 8/24/08	750 Farris, M. 6/7/08	2260 Redding, J. 6/1/08
11 875 Cook, V. 6/29/08	738 Dexter, C. 6/1/08	750 Kroczaleski, K. 8/24/08	2200 Cook, V. 6/29/08
12 875 Hopper, B. 2/28/09	733 Acome, T. 6/1/08	749 Mastream, M. 11/9/08	2200 Hakola, P. 8/24/08
13 870 Kroeger, Z. 6/28/08	705 Hairston, M. 4/19/08	749 Tylutki, N. 3/7/09	2171 Randa, D. 4/26/09
14 870 Smith, C. 12/6/08	705 Manns, R. 4/19/08	749 Tylutki, N. 3/7/09	2165 Hairston, M. 4/19/08
15 870 Randa, D. 4/26/09	705 Irby, T. 5/4/08	749 Phillips, K. 4/26/08	2150 Duffin, C. 4/12/08
16 860 Newman, A. 4/27/08	705 Norman, T. 10/11/08	735 Smith, C. 4/19/08	2150 Nutter, S. 4/27/08
17 860 Hakola, P. 8/24/08	694 Cook, J. 3/21/09	733 Sheffield, D. 9/13/08	2140 Riddle, J. 6/27/08
18 859 Trundy, R. 5/287/08	683 Hunter, J. 11/15/08	727 Irby, T. 5/4/08	2135 Strunk, J. 5/3/08
19 859 Atef, J. 8/3/08	683 Benson, 2/7/09	727 Lilliebridge, E. 10/18/08	2130 Coppola, S. 10/11/08
20 855 Nutter, S. 4/27/08	675 Millrany, K. 4/26/08	722 Papillon, C. 3/21/09	2116 Gentges, N. 6/1/08
21 855 Taylor, C. 8/24/08	672 Taylor, M. 6/1/08	722 Mitchell, M. 4/5/09	2115 Harris, T. 3/7/09
22 854 Gentges, N. 6/1/08	672 Jackson, J. 9/1/08	720 Jordan, J. 8/24/08	2110 Sheffield, D. 9/13/08
23 854 Mastream, M. 6/15/08	672 Carson, C. 2/14/09	710 Nutter, S. 4/27/08	2110 Mastream, M. 11/9/08
24 854 Sheffield, D. 9/13/08	672 Schmidt, T. 4/4/09	710 Beede, L. 8/9/08	2095 Newman, A. 4/27/08
25 850 Jones, B. 12/6/08	666 Girard, R. 3/28/09	710 Hakola, P. 8/24/08	2094 Papillon, C. 3/12/09
26 848 Harris, T. 3/7/09	661 Green, M. 5/3/08	710 Smith, J. 10/19/08	2088 Kroeger, Z. 6/28/08
27 840 Coppola, S. 10/11/08	660 Cook, V. 6/29/08	705 Capello, J. 4/12/08	2070 Neely, D. 8/24/08
28 837 Schupp, M. 9/13/08	660 Parrish, K. 9/27/08	705 Coppola, S. 10/11/08	2065 Hopper, B. 2/28/09
29 832 Mistic, L. 5/4/08	655 Robinson, R. 4/12/08	705 Dockter, D. 12/6/08	2060 Smith, M. 4/27/08
30 830 Strunk, J. 5/3/08	652 Mayer, K. 9/1/08	705 Kalter, M. 3/21/09	2055 Farris, M. 5/3/08
31 825 Riddle, J. 6/22/08	650 Duffin, C. 4/12/08	705 Rexing, G. 3/28/09	2050 Kroczaleski, K. 8/24/08
32 825 Drum, J. 2/21/09	650 Randa, D. 4/19/08	705 Grau, J. 3/28/09	2050 Schupp, M. 9/13/08
33 815 Neely, D. 8/24/08	650 Schaeffer, S. 10/19/08	700 Ahearn, M. 4/5/08	2044 Atef, J. 8/3/08
34 815 McLeod, K. 10/11/08	650 Kirby, R. 10/19/08	700 Blue, D. 2/28/09	2033 Mistic, L. 5/4/08
35 810 Christie, M. 5/24/08	650 Hummel, M. 11/20/08	700 Pillado, J. 3/14/09	2030 Nauhalfen, J. 10/4/08
36 810 Schultz, P. 4/26/09	650 McLaren, J. 3/21/09	699 Sledge, D. 7/28/08	2028 Schultz, P. 4/26/09
37 805 Duffin, C. 4/12/08	645 Lawson, J. 12/27/08	699 Jacobs, J. 1/24/09	2011 Mann, S. 10/19/08
38 805 Smith, M. 4/27/08	640 Riddle, J. 6/22/08	699 Clark, T. 1/25/09	2010 Varela, D. 8/24/08
39 805 Nauhalfen, J. 10/4/08	639 Larson, C. 11/15/08	695 Duffin, C. 4/12/08	2005 Trundy, R. 5/18/08
40 804 Varela, D. 4/19/08	635 Jordan, J. 8/24/08	694 Redding, J. 6/1/08	2000 Douglas, 6/15/08
41 804 Douglas, 6/15/08	634 Prose, W. 4/12/08	694 Muro, G. 4/4/09	2000 Yerradaku, A. 12/6/08
42 804 Mann, S. 10/19/08	633 Larsen, A. 11/15/08	690 Nunallec, A. 4/25/09	1962 Frit, A. 5/5/08
43 804 Betzinger, J. 3/7/09	630 Strunk, J. 5/3/08	688 Fritz, A. 5/5/08	1960 Blue, D. 2/28/09
44 804 Ehler, J. 3/21/09	630 Hakola, P. 8/24/08	688 McDonald, J. 3/8/09	1955 Fair, E. 10/18/08
45 800 Hypes, T. 4/27/08	628 Chellino, M. 6/28/08	688 Clark, Z. 3/21/09	1951 Christie, M. 5/24/08
46 800 Farris, M. 5/3/08	622 Redding, J. 6/1/08	683 Cook, J. 3/21/09	1951 Betzinger, J. 3/7/09
47 800 Ditillo, A. 11/23/08	622 Westerdal, M. 12/6/08	683 Wild, M. 4/26/09	1951 Augenstein, A. 1/17/09
48 800 Yerradaku, A. 12/6/08	617 Gentges, N. 6/1/08	680 Mann, S. 8/23/08	1945 Jacobs, T. 3/14/09
49 800 Augenstein, A. 1/17/09	617 Johnston, J. 1/17/09	680 Taylor, C. 8/24/08	1940 Ditillo, A. 11/23/08
50 800 Murphy, J. 10/19/08	615 Maki, C. 2/7/09	677 Meyers, T. 10/19/08	1940 Nunallec, A. 4/25/09
51 780 Clark, E. 4/27/08	611 Stewart, B. 9/1/08	677 Robertson, A. 11/16/08	1935 Clark, E. 4/27/08
52 777 Papillon, C. 3/21/09	610 Nutter, S. 8/24/08	677 Ehler, J. 3/21/09	1935 Drum, J. 2/21/09
53 775 Kim, K. 8/24/08	606 Doan, D. 9/1/08	677 Hackman, J. 3/29/09	1934 Beauregard, J. 4/26/09
54 771 Fritz, A. 5/5/08	606 Abfalter, R. 1/17/09	677 Gomez, H. 4/26/09	1930 Eucker, B. 11/15/08
55 771 DeBoer, D. 4/26/09	606 Chmura, R. 2/14/09	675 Strunk, J. 5/3/08	1930 Eckenwald, E. 2/28/09
56 770 Fair, E. 10/18/08	605 Smith, M. 4/27/08	675 Riddle, J. 6/22/08	1923 McLeod, K. 10/11/08
57 760 Kouf, D. 6/21/08	605 Miller, S. 5/11/08	675 Cook, V. 6/29/08	1915 Bodenbender, T. 2/28/09
58 760 Blue, D. 2/28/09	601 Wakakuwa, F. 11/17/08	675 Nauhalfen, J. 10/4/08	1915 Weinstein, R. 10/19/08
59 755 Donegan, S. 6/1/08	600 Christie, M. 4/26/08	675 Domingoes, F. 10/25/08	1901 Donegan, S. 6/1/08
60 755 Selk, R. 10/5/08	600 Smolinski, J. 6/28/08	672 Bianchi, A. 5/17/08	1901 Kouf, D. 6/21/08
61 755 Dockter, D. 12/6/08	600 Weaver, E. 8/3/08	672 Vinopal, M. 5/17/08	1901 Dockter, D. 12/6/08
62 755 Kroczaleski, K. 8/24/08	600 Neely, D. 8/24/08	672 Douglas, 6/15/08	1900 Murphy, J. 10/19/08
63 750 Weinstein, R. 10/19/08	600 Varela, D. 8/24/08	672 Kroeger, Z. 6/28/08	1900 Smiley, D. 11/23/08
64 750 Smiley, D. 11/23/08	600 Haiman, B. 11/8/08	670 Newman, A. 4/27/08	1895 Jurmette, R. 12/6/08
65 750 Taylor, K. 2/21/08	600 Fischer, D. 11/17/08	670 Esper, G. 11/9/08	1895 Ehler, J. 3/21/09
66 750 Bodenbender, T. 2/28/09	600 Kruszely, R. 12/20/08	667 Dawson, A. 8/2/08	1890 Hypes, T. 4/27/08
67 750 Nunallec, A. 4/25/09	600 Rectenwald, E. 2/28/09	665 Hopper, B. 2/28/09	1890 Kim, K. 8/24/08
68 749 Wheeler, K. 12/6/08	600 Galletta, N. 3/21/09	661 Kouf, D. 6/21/08	1873 Holmes, C. 3/21/09
69 744 Ruben, K. 12/6/08	600 Pemu, 4/18/09	661 Diehl, J. 8/3/08	1873 DeBoer, D. 4/26/09
70 740 Wilke, T. 11/8/08	600 Bodenbender, T. 2/28/09	661 Schupp, M. 9/13/08	1870 Ahearn, M. 2/21/09
71 740 Alvarado, J. 3/14/09	600 Asbury, C. 4/25/09	661 Alenciewicz, J. 10/19/08	1862 Ruben, K. 12/6/08
72 738 Bowkman, T. 6/8/08	600 Brown, D. 4/5/09	661 Hayes, K. 11/23/08	1862 Westerdal, M. 12/6/08
73 738 Parkhurst, S. 6/8/08	585 Loudermilk, K. 5/17/08	661 Betzinger, J. 12/14/08	1851 Dibbles, J. 4/13/08
74 738 Dibble, J. 8/3/08	585 Coppola, S. 10/11/08	660 Whitfield, F. 6/7/08	1851 Meyers, T. 4/18/09
75 735 McMahon, M. 2/28/09	585 Willy, D. 2/7/09	660 Trionfante, C. 8/9/08	1846 Cairl, N. 4/19/08
76 733 Gersfers, T. 3/29/09	585 Henley, A. 2/21/09	655 Halverson, J. 4/19/08	1840 Werner, T. 11/15/08
77 730 Bumgardner, T. 6/29/08	584 Macaulay, E. 4/12/08	655 Neely, D. 8/24/08	1840 Allford, G. 4/25/09
78 730 Rectenwald, E. 2/28/09	584 Thomas, R. 4/12/08	655 Cornelius, D. 10/11/08	1835 Chellino, M. 9/27/08
79 727 Phillips, F. 5/24/08	584 Succarotte, T. 5/24/08	655 Nugent, T. 12/13/08	1835 McMahon, M. 2/28/09
80 727 Jacobs, T. 8/3/08	578 Atef, J. 8/3/08	655 Jacobs, T. 3/14/09	1829 Edwards, J. 1/31/09
81 727 Weir, R. 9/6/08	578 Reneau, D. 3/28/09	655 Williams, C. 3/14/09	1829 Wild, M. 4/26/09
82 725 Pearo, R. 9/7/08	578 Schultz, P. 4/26/09	655 Koons, R. 3/28/09	1820 Pillado, J. 8/2/08
83 722 Edwards, J. 1/13/09	578 Edwards, J. 4/26/09	650 Varela, D. 4/19/08	1818 Pamplin, G. 5/5/08
84 722 Meyers, T. 4/18/09	575 Winter, E. 4/20/08	650 Davidson, D. 4/19/08	1818 Kalter, M. 3/21/09
85 720 Ahearn, M. 2/21/09	575 Romero, M. 5/08	650 Smith, M. 4/27/08	1818 Mitchell, M. 4/5/09
86 716 Beauregard, J. 4/26/09	575 Naspinski, G. 11/23/08	650 Logue, K. 4/08	1815 Litalien, S. 3/14/09
87 711 Zenzen, D. 1/31/09	575 Yerradaku, A. 12/6/08	650 Letto, A. 8/23/08	1813 Carney, J. 3/29/09
88 710 Allen, M. 9/6/08	573 Murphy, J. 4/12/08	650 Soekardi, I. 8/30/08	1810 Newman, Lon. 7/27/08
89 710 Pillado, J. 11/22/08	573 Vinopal, M. 7/12/08	650 Smiley, D. 11/23/08	1805 Bumgardner, T. 6/29/08
90 705 Cairl, N. 4/19/08	573 Barnes, E. 11/14/08	650 Burnette, R. 12/6/08	1802 Bowman, T. 6/8/08
91 705 Boffo, D. 5/3/08	573 Whittingham, M. 2/28/09	650 White, C. 1/17/09	1802 Koons, R. 3/28/09
92 705 Werner, T. 11/15/08	573 Jacobs, T. 3/14/09	650 Martin, M. 1/31/09	1800 Newman, Lon. 7/27/08
93 705 Groesser, G. 12/14/08	573 Dunham, D. 4/11/09	650 Rogers, G. 2/14/09	1796 Trionfante, C. 12/14/08
94 705 Trionfante, C. 12/14/08	573 Walker, D. 4/18/09	650 Will, K. 2/14/09	1785 Jajob, J. 1/24/09
95 705 Litalien, S. 3/14/09	573 Beauregard, J. 4/26/09	650 Skinner, R. 2/21/09	1785 Hackman, J. 3/29/09
96 705 Prusha, J. 3/21/09	573 Lajja, J. 4/26/09	650 Lewis, R. 3/21/09	1780 Petty, R. 4/12/08
97 705 Kalter, M. 3/21/09	570 Beede, L. 8/9/08	650 Petty, R. 4/11/09	1780 Taylor, K. 2/21/09
98 705 Rekowski, K. 3/21/09	570 Zemkin, J. 11/29/08	650 Alford, G. 4/25/09	1779 Logue, K. 3/29/09
99 705 Carney, J. 3/29/09	570 Clark, E. 12/6/08	650 Randa, D. 4/26/09	1768 Martin, M. 1/31/09
100 705 Wotring, H. 4/4/09	570 Maupin, P. 2/21/09	645 Mason, D. 2/28/09	

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, 1and 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 275s

CORRECTIONS... Mark Van Alstyne should have been ranked 42nd on the TOP 100 198 lb. class list, for his 529 lb. bench press. Brad Bishop's lifts of 780 540 680 2000 were not reflected on the TOP 100 198 lb. class listing. Shawn O'Malley's total of 1658 was not counted on the TOP 100 for the 198 lb. class. Priscilla Ribic's deadlift of 556 was not shown on the All Time Deadlift rankings for the Women's 148 lb. class in our May 2009 issue. Bryan Marotto's name was not spelled correctly on the TOP 100 for the 165 lb. class in our February 2009 edition. Jules Pellegrino's 308 bench was not shown on the Masters TOP 20 for the 148 lb. class. 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 PL 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.