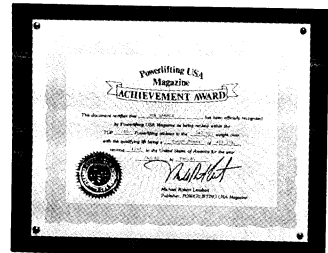


TOP 100

For 220 lb./100 kg. USA lifters competing in results received from January 1994 through December 1994.

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 \$5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$18.95. 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 \$5 per certificate or \$18.95 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: Robert Blount Jr.'s lifts of 470 squat, 575 deadlift and 1300 total were not reflected on the All Time TOP 100 list or TOP 100 148 listing. Shawn McDonald should have been credited with a 529 3/4 bench press in the 242 listing corrections. Tom Plaitano should have had his 370 bench at 165 on the Middleweight TOP 100 rankings. Jay Rosciglione should have been credited with a 661 deadlift on the All Time 165 lb. list. Tim Dias did not get his 615 deadlift on the TOP 100 181 lb. list. Heinz Vierthaler indicates that in his recent interview it was Russians, not Lithuanians, who were caught attempting to smuggle steroids into Sweden. Ernie Pauciuolo did not get credit for his 640 squat or 1600 total on the TOP 100 198 lb. list. Also, the address and phone number for Dave Royce, who had the New Product item ("Adaptive Bench Press") in the February '95 issue, has changed to 3820 Pendiente Ct. #N-106, San Diego, CA 92124, 619-277-2287. We do make errors on the compilation of these lists, and sometimes the results that are submitted to us contain errors or ambiguities (like not indicating the weight class of a competitor - so we which category they should be ranked in), and quite frequently the results of a given contest are not submitted to POWERLIFTING USA for consideration in our lists. Any and all of these possibilities can lead to errors on the lists, but we certainly encourage you to please send corrections to "ERRORS," Box 467, Camarillo, California 93011.

SQUAT

1	932 Coan, E. 11/19/94
2	870 Phillips, B. 12/10/94
3	815 Urchick, P. 11/19/94
4	810 Wessels, W. 4/17/94
5	788 Johnson, K. 3/20/94
6	780 Heffner, R. 12/10/94
7	780 James, R. 12/10/94
8	766 Arnold, S. 1/19/94
9	761 Wardell, J. 4/9/94
10	760 Elder, K. 9/24/94
11	750 Thompson, A. 3/26/94
12	750 Parker, S. 10/22/94
13	750 Rennie, M. 10/22/94
14	750 Woodside, 11/5/94
15	749 Hoffman, J. 5/21/94
16	749 Rigert, R. 7/3/94
17	749 Malejko, T. 11/5/94
18	749 Morton, J. 11/20/94
19	744 Roberts, S. 5/7/94
20	744 Deaver, R. 10/30/94
21	738 Harris, A. 4/10/94
22	735 Eucker, B. 1/22/94
23	730 Maddox, 1/22/94
24	730 Wilson, D. 3/26/94
25	730 Thomas, 11/2/94
26	725 Williams, R. 7/2/94
27	725 Hayschax, T. 9/15/94
28	725 Castaneda, F. 11/5/94
29	722 Nauman, L. 7/3/94
30	722 Frantz, E. 11/4/94
31	716 Graham, J. 8/14/94
32	711 Jacobs, J. 7/17/94
33	710 Romano, J. 3/5/94
34	710 Wenner, R. 4/3/94
35	710 Garcia, C. 5/8/94
36	710 Hall, P. 7/30/94
37	705 Link, W. 5/1/94
38	705 Meyers, 5/29/94
39	705 Dyer, R. 7/31/94
40	700 Simmons, A. 7/2/94
41	700 Gallo, M. 10/22/94
42	700 Murphy, 11/5/94
43	699 Cooper, T. 5/1/94
44	699 Schleich, D. 10/30/94
45	699 Walker, L. 11/2/94
46	695 Johnson, L. 11/5/94
47	694 Heese, C. 7/17/94
48	688 Freeman, F. 2/5/94
49	688 Donohue, S. 3/20/94
50	688 Williams, W. 10/30/94
51	683 Cain, S. 7/17/94
52	683 Lewelling, T. 9/24/94
53	680 Haesler, L. 5/21/94
54	677 Balis, M. 3/13/94
55	675 Boyde, C. 3/26/94
56	675 Pearson, 12/10/94
57	675 Middleton, 12/10/94
58	672 Givler, B. 4/3/94
59	672 Puma, J. 7/31/94
60	672 Boyle, 10/15/94
61	672 Gioloso, P. 11/6/94
62	672 Sample, L. 11/6/94
63	670 Howard, K. 10/2/94
64	670 Marino, M. 12/10/94
65	666 Bolton, C. 3/26/94
66	666 Herrera, M. 11/12/94
67	665 Finn, B. 10/2/94
68	661 Scarszini, G. 5/14/94
69	661 Tying, 6/19/94
70	661 Sequeira, R. 7/17/94
71	661 Rush, B. 8/21/94
72	661 Faison, H. 10/29/94
73	661 Shimoni, E. 12/17/94
74	660 Bockhoven, J. 3/27/94
75	660 Bajdek, P. 6/4/94
76	660 Leader, P. 6/22/94
77	660 Liles, P. 7/94
78	660 Melson, W. 8/6/94
79	660 Donnelly, M. 8/20/94
80	660 Holmes, B. 8/20/94
81	660 McCoy, W. 11/19/94
82	655 Bergeron, M. 3/20/94
83	655 Bernier, T. 3/20/94
84	655 Mitchell, M. 4/17/94
85	650 Ferlicka, C. 1/15/94
86	650 Tachida, M. 2/94
87	650 Kay, E. 3/20/94
88	650 Keller, R. 3/27/94
89	650 Webber, K. 4/24/94
90	650 Cain, T. 4/24/94
91	650 Hermans, 5/29/94
92	650 Villeneuve, D. 6/4/94
93	650 Wong, H. 7/10/94
94	650 Van Hae, M. 8/7/94
95	650 Fulton, K. 9/17/94
96	650 Downey, H. 10/9/94
97	650 Holmes, C. 10/15/94
98	650 Branson, D. 10/15/94
99	650 Pinager, 11/2/94
100	650 Immeskus, P. 11/5/94

BENCH

610 Brownfield, K. 9/17/94
600 Wessels, W. 11/19/94
556 Coan, E. 7/31/94
550 Desordi, A. 11/20/94
540 Lewis, J. 7/23/94
529 Lewis, P. 9/17/94
525 Kaczor, J. 2/94
525 Patterson, K. 3/5/94
525 McMillan, D. 11/19/94
525 Johnston, J. 4/30/94
523 Zurick, 7/2/94
520 Kelly, J. 7/23/94
518 Urchick, P. 7/3/94
515 Rennett, C. 2/5/94
525 Caldwell, S. 8/20/94
513 Bolton, C. 3/26/94
512 Barrmore, S. 3/13/94
510 Zapata, J. 1/29/94
510 Sijvestri, G. 3/5/94
510 Walker, B. 4/16/94
510 Jacobs, J. 6/4/94
507 Brown, E. 8/27/94
507 Smith, D. 11/5/94
507 Slack, K. 12/11/94
505 Bartlett, J. 4/23/94
505 Terrell, D. 7/30/94
505 Ferrantelli, M. 12/3/94
501 Cox, 5/29/94
501 Maher, M. 10/9/94
501 Malejko, T. 11/5/94
501 Reeder, R. 12/3/94
501 Taylor, C. 12/11/94
500 Blakely, J. 6/5/94
500 Jacques, J. 6/18/94
500 Robson, J. 9/25/94
500 Harris, J. 10/22/94
500 Nauman, L. 11/5/94
490 Nauman, L. 7/3/94
485 Bentless, C. 4/17/94
485 Bannister, J. 4/94
485 Dyer, R. 7/31/94
485 Rush, B. 8/21/94
485 Castaneda, F. 11/5/94
485 Nichols, M. 12/3/94
480 Tucker, S. 2/20/94
480 Garner, C. 3/26/94
480 Sherwood, E. 6/5/94
480 Jones, E. 12/3/94
479 Smith, 1/22/94
479 Lewelling, T. 3/26/94
479 Pradergast, J. 12/11/94
475 Tabackin, S. 1/15/94
475 Hood, R. 6/4/94
475 Gilis, D. 7/23/94
475 Dersana, D. 11/19/94
475 Wyand, J. 11/19/94
475 Lawrence, R. 12/3/94
475 Youngblood, M. 12/10/94
473 Coulter, M. 10/9/94
473 Confessore, N. 6/25/94
473 Tevanian, G. 12/10/94
473 Mariani, S. 12/11/94
473 Bornstein, D. 11/11/94
473 Dunham, R. 12/11/94
470 Rocha, J. 1/23/94
470 Edwards, J. 4/9/94
470 Colgan, J. 4/23/94
470 Johnson, T. 4/30/94
470 Choy, D. 7/23/94
470 Hall, P. 7/30/94
470 Thompson, R. 8/13/94
470 Iaccapino, A. 8/27/94
470 Fountain, 11/5/94
468 Childers, D. 7/31/94
468 Harpold, D. 11/6/94
468 Smith III, D. 12/11/94
465 Meeks, D. 2/20/94
465 Brewer, R. 4/9/94
465 Smith, 11/5/94
465 Eckart, B. 12/3/94
462 Chabot, G. 2/13/94
462 Ungler, J. 3/13/94
462 Kincheloe, C. 4/30/94
462 Hoffman, J. 5/21/94
462 Lakurva, R. 10/9/94
462 Ludovico, D. 11/12/94
460 Melvin, K. 2/26/94
460 Hermans, 3/13/94
460 Schafnitz, S. 4/16/94
460 Baker, D. 6/18/94
460 O'Kelly, S. 7/16/94
460 Phillips, B. 9/10/94
460 Clarke, E. 9/25/94
460 Chalmers, S. 11/12/94
460 Price, K. 12/3/94
467 Roberts, S. 5/7/94
457 Morton, J. 7/17/94
457 Bryant, M. 10/29/94
457 Haesler, L. 11/5/94
457 Vrabel, J. 11/12/94

DEADLIFT

832 Coan, E. 11/19/94
766 Johnson, K. 3/20/94
766 Morton, J. 9/18/94
765 Simmons, A. 7/2/94
760 Wessels, W. 4/17/94
750 Dunagan, H. 6/11/94
749 Wilson, T. 4/23/94
738 Nauman, L. 7/3/94
735 Florence-EL, D. 4/30/94
733 Szclapi, S. 11/19/94
730 James, R. 7/2/94
727 Elder, K. 4/30/94
727 Cain, S. 7/17/94
725 Murphy, 4/2/94
722 Eucker, B. 6/24/94
722 Walker, 11/12/94
720 Urchick, P. 11/19/94
720 McCoy, W. 11/19/94
720 Phillips, B. 12/10/94
716 Malejko, T. 9/10/94
716 Haesler, L. 11/5/94
710 Rogers, J. 1/29/94
710 Harris, A. 4/3/94
710 Cash, J. 5/8/94
710 Holmes, C. 10/15/94
705 Horton, 3/26/94
705 Daniel, R. 5/15/94
705 Kay, E. 7/17/94
700 Maddox, 1/22/94
700 Williams, R. 7/2/94
700 Hall, P. 7/30/94
700 Woodside, 11/5/94
700 Pearson, 12/10/94
690 Castaneda, F. 11/5/94
685 Johnson, L. 11/5/94
683 Harper, R. 3/20/94
680 Heffner, 1/22/94
680 Bockhoven, J. 3/27/94
677 Washington, 5/8/94
677 Faison, H. 10/29/94
675 Cahill, J. 9/10/94
675 Pinager, 11/2/94
672 Freeman, F. 2/5/94
672 Hoffman, 5/21/94
670 Jacques, J. 6/18/94
670 Kennedy, C. 7/2/94
670 Marino, M. 12/10/94
666 Grahaun, J. 8/14/94
666 Kasmatia, G. 10/16/94
665 Romano, J. 3/5/94
665 Fitzpatrick, 6/94
665 Howard, K. 7/10/94
665 Hayschax, T. 9/15/94
661 Bolton, C. 3/26/94
661 Castellon, L. 6/25/94
661 Hester, C. 7/17/94
661 Balis, M. 3/13/94
661 Puma, J. 7/31/94
661 Smith, J. 12/10/94
660 Parker, A. 3/26/94
660 Torman, M. 4/10/94
660 Villeneuve, D. 6/4/94
660 Rogers, R. 6/4/94
660 Garcia, 7/10/94
660 Rennie, M. 10/22/94
655 Wenner, R. 4/3/94
655 Roberts, S. 5/7/94
655 Meyers, 5/29/94
655 Parker, S. 10/22/94
650 Ferlicka, C. 1/15/94
650 Sivink, S. 2/6/94
650 Sample, L. 4/23/94
650 Engelbert, 5/8/94
650 Powell, S. 7/30/94
650 Melson, W. 8/6/94
650 Lewelling, T. 9/24/94
650 Herrera, M. 11/12/94
650 Stata, H. 12/3/94
645 Edelstein, M. 2/12/94
645 Finn, B. 10/2/94
645 Mahan, D. 12/3/94
644 Voorhees, 6/5/94
644 Tying, 6/19/94
644 Downey, H. 12/3/94
644 Yocum, 12/14/94
640 Krakov, E. 8/29/94
640 Clark, D. 8/20/94
640 Sorensen, G. 10/30/94
640 Alnaco, C. 12/3/94
640 Middleton, 12/20/94
639 Barrmore, S. 3/13/94
639 Sample, L. 4/23/94
639 Scarszini, G. 5/14/94
639 Jackson, 10/15/94
635 Hall, K. 1/16/94
635 Thompson, A. 3/26/94
635 Diles, D. 5/15/94
635 Veiga, J. 10/16/94
635 Gallo, M. 10/22/94
633 Garcia, C. 5/8/94

TOTAL

2281 Coan, E. 11/19/94
2105 Wessels, W. 4/17/94
2050 Phillips, B. 12/10/94
2005 Urchick, P. 7/3/94
1956 Johnson, K. 3/20/94
1951 Nauman, L. 7/3/94
1929 Malejko, T. 9/10/94
1923 Morton, J. 11/20/94
1900 Castaneda, F. 11/5/94
1890 Woodside, 11/5/94
1884 Hoffman, J. 5/21/94
1880 Hall, P. 7/30/94
1800 Johnson, W. 11/5/94
1875 Simmons, A. 7/2/94
1870 Heffner, 1/22/94
1870 James, R. 7/2/94
1868 Harris, A. 4/3/94
1868 Eucker, B. 6/24/94
1857 Roberts, S. 5/7/94
1851 Cain, S. 7/17/94
1846 Haesler, L. 11/5/94
1845 Williams, R. 7/2/94
1845 Parker, S. 10/22/94
1840 Rennie, M. 10/22/94
1829 Elder, K. 9/24/94
1829 Walker, 11/12/94
1818 Wenner, R. 4/3/94
1818 Deaver, R. 10/30/94
1802 Jacobs, J. 7/17/94
1800 Maddox, 1/22/94
1800 Hayschax, T. 9/15/94
1800 Pearson, 12/10/94
1785 Freeman, F. 2/5/94
1785 Wilson, T. 7/17/94
1785 Lewelling, T. 9/24/94
1780 Gallo, M. 10/22/94
1775 Romano, J. 3/5/94
1774 Rigert, R. 7/3/94
1770 Murphy, 11/5/94
1770 Marino, M. 12/10/94
1765 McCoy, W. 11/19/94
1763 Dyer, R. 7/31/94
1763 Holmes, C. 10/15/94
1763 Graham, J. 11/6/94
1752 Downey, H. 10/9/94
1747 Balis, M. 3/13/94
1747 Rush, B. 8/21/94
1741 Bolton, C. 3/26/94
1741 Cash, J. 5/8/94
1741 Heese, C. 7/17/94
1736 Cooper, T. 5/1/94
1730 Williams, W. 10/30/94
1730 Pinager, 11/2/94
1724 Puma, J. 7/31/94
1720 Bockhoven, J. 3/27/94
1720 Florence-EL, D. 4/30/94
1719 Scarszini, G. 7/17/94
1719 Sample, L. 11/6/94
1715 Middleton, 12/10/94
1714 Faison, H. 10/29/94
1712 Herrera, M. 11/12/94
1710 Thompson, A. 3/26/94
1710 Villeneuve, D. 6/4/94
1710 Howard, K. 7/10/94
1708 Horton, 3/26/94
1708 Arnold, 8/14/94
1708 Smith, J. 12/10/94
1702 Kincheloe, C. 4/30/94
1700 Tachida, M. 2/94
1700 Daniel, R. 3/6/94
1695 Fitzpatrick, 6/94
1695 Finn, B. 10/2/94
1692 Meyers, 5/29/94
1690 Thomas, 11/2/94
1686 Washington, 5/8/94
1686 Branson, D. 10/15/94
1681 Webber, K. 4/24/94
1681 Link, W. 5/1/94
1681 Tying, 6/19/94
1680 Kennedy, C. 7/2/94
1675 Bullard, D. 5/7/94
1675 Childers, D. 7/31/94
1675 VanHae, M. 8/7/94
1675 Vrabel, J. 11/12/94
1670 Garcia, 7/10/94
1670 Ward, R. 11/19/94
1669 Givler, B. 4/3/94
1669 Pota, T. 10/15/94
1660 Keller, R. 3/27/94
1660 Melson, W. 8/6/94
1660 Kathios, J. 9/5/94
1655 Wilson, D. 3/26/94
1655 Gangle, H. 10/22/94
1653 Barrmore, S. 3/13/94
1650 Ferlicka, C. 1/15/94
1650 Cahill, J. 9/10/94
1650 Veiga, J. 10/16/94
1647 Garcia, C. 5/8/94
1647 Hermans, 5/29/94
1647 Hopper, 8/14/94