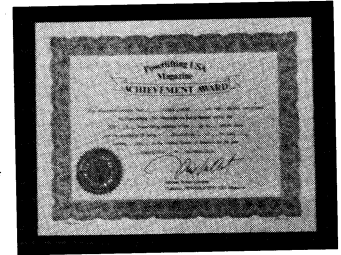


TOP 100

For standard 132 lb./60 Kg. USA lifters in results received from Sep/2004 through Aug/2005

SQUAT	BENCH	DEADLIFT	TOTAL
1 650 Hawthorne, R. 3/4/05	396 Unten, K. 3/5/05	575 Kupperstein, 11/20/04	1526 Hawthorne, R. 3/4/05
2 578 Williams, C. 11/9/04	365 Goelz, B. 12/11/04	562 Hawthorne, R. 3/4/05	1432 Williams, C. 11/9/04
3 562 Washington, H. 2/19/05	355 Kuhns, M. 2/5/05	534 Washington, H. 2/19/05	1432 Washington, H. 2/19/05
4 550 Kuhns, M. 2/5/05	341 Petrencak, S. 12/2/04	529 Williams, C. 11/9/04	1350 Stephen, C. 4/2/05
5 535 Stephen, C. 4/2/05	341 Wong, P. 2/12/05	510 Benjamin, J. 3/12/05	1320 Kupperstein, E. 11/20/04
6 485 Kupperstein, E. 11/20/04	336 Washington, H. 2/19/05	505 Trejo, D. 4/2/05	1315 Morrow, J. 7/23/05
7 480 Morrow, J. 7/23/05	335 Morrow, J. 7/23/05	500 Stephen, C. 4/2/05	1305 Kuhns, M. 2/5/05
8 470 Brubaker, D. 3/12/05	325 Melancon, C. 11/6/04	500 Morrow, J. 7/23/05	1179 Wong, P. 2/12/05
9 457 Richey, S. 5/14/05	325 Williams, C. 11/9/04	475 Hile, P. 11/13/04	1170 Brubaker, D. 4/2/05
10 457 Ladewski, J. 6/4/05	315 Stephen, C. 4/2/05	462 Kavarnos, J. 10/29/04	1168 Phillips, A. 1/29/05
11 451 Phillips, A. 1/29/05	314 Hawthorne, R. 3/4/05	462 Smith, T. 1/29/05	1160 Trejo, D. 4/2/05
12 451 Wong, P. 5/6/05	314 Ballard, R. 8/13/05	455 Carpenter, D. 12/11/04	1145 Benjamin, J. 3/12/05
13 450 Reed, R. 4/2/05	303 Robertson, J. 9/10/04	455 Pack, J. 4/2/05	1135 Carpenter, D. 12/11/04
14 425 Vaquera, M. 4/2/05	303 Johnson, C. 5/4/05	451 Phillips, A. 1/29/05	1135 Pack, J. 4/2/05
15 420 Vega, M. 4/2/05	292 Thompson, J. 12/2/04	451 Wong, C. 5/28/05	1135 Richey, S. 5/14/05
16 420 Evans, A. 4/2/05	292 Thomure, J. 6/11/05	450 Islami, M. 3/11/05	1124 Smith, T. 1/29/05
17 415 Bourgoyne, C. 11/6/04	285 Carpenter, D. 12/11/04	450 Vaquera, M. 4/2/05	1105 Vaquera, M. 4/2/05
18 415 Trejo, D. 4/2/05	285 Garvey, F. 12/11/04	450 Hill, C. 4/2/05	1102 Melancon, C. 4/1/605
19 413 Lee, W. 4/16/05	281 Richey, S. 5/14/05	450 Goolsby, J. 4/30/05	1102 Ladewski, J. 6/4/05
20 410 Pack, J. 4/2/05	281 Guaderrama, R. 6/18/05	445 Reed, R. 4/2/05	1100 Reed, M. 4/2/05
21 407 Conyers, D. 4/2/05	280 Perry, M. 12/04	442 Evans, M. 6/18/05	1085 Reed, R. 4/2/05
22 405 Martinez, R. 3/12/05	275 Myer, B. 3/19/05	441 Hayes, 12/12/04	1085 Shavers, K. 4/2/05
23 405 Wright, Alex. 4/2/05	275 Hagendorf, J. 4/16/05	440 Trujillo, R. 9/19/04	1074 Lee, W. 4/16/05
24 405 Rivera, A. 4/2/05	275 Ramos, A. 4/30/05	440 Brubaker, D. 3/12/05	1070 Vega, M. 4/2/05
25 402 Hile, J. 11/6/04	275 Wilcox, J. 6/18/05	440 Reed, M. 4/2/05	1069 Shekhamian, S. 10/13/04
26 402 Smith, T. 1/29/05	275 Horn, R. 8/27/05	435 Lee, W. 4/16/05	1065 Wright, Alex. 4/2/05
27 402 Moreno, J. 4/16/05	270 Shekhamian, S. 10/17/04	435 Snell, K. 4/16/05	1065 Wright, Ahron, 4/2/05
28 400 Nogle, C. 11/13/04	270 Garza, N. 11/6/04	430 Wright, Ahron, 3/12/05	1063 Kavarnos, J. 10/29/04
29 400 Benjamin, J. 3/12/05	270 Gee, S. 11/10/04	430 Wright, Alex. 4/2/05	1060 Evans, A. 4/2/05
30 400 Reed, M. 4/2/05	270 Hile, P. 11/13/04	430 Limbrick, T. 4/2/05	1045 Nogle, C. 11/13/04
31 400 Shaver, K. 4/2/05	270 Brubaker, D. 4/2/05	425 Moreno, J. 11/6/04	1041 Hunn, J. 3/12/05
32 400 Limbrick, T. 4/2/05	270 Pack, J. 4/2/05	425 Nogle, C. 11/13/04	1040 Hill, C. 4/2/05
33 400 Stransky, N. 4/2/05	270 Lauricella, M. 6/11/05	425 Barerra, K. 3/12/05	1040 Goolsby, J. 4/30/05
34 400 Martinez, A. 4/2/05	265 O'Steen, M. 12/4/04	425 Abner, W. 3/12/05	1030 Hayes, 3/12/05
35 400 Vera, R. 4/2/05	265 Helms, J. 3/19/05	425 Shavers, K. 4/2/05	1030 Limbrick, T. 4/2/05
36 400 Douglas, K. 4/9/05	265 Tepper, S. 6/25/05	425 Vega, M. 4/2/05	1030 Stransky, N. 4/2/05
37 396 Shekhamian, S. 10/13/04	264 Phillips, A. 1/29/05	425 Rivera, A. 4/2/05	1025 Bourgoyne, C. 11/6/04
38 395 Carpenter, D. 12/11/04	261 Phillips, C. 11/20/04	425 Edwards, J. 4/2/05	1025 Martinez, A. 4/2/05
39 391 Bissen, J. 3/26/05	260 Kupperstein, E. 11/20/04	424 Hunn, J. 3/12/05	1025 Moreno, J. 4/16/05
40 391 Melancon, D. 4/16/05	260 Shipman, D. 11/27/04	424 Ladewski, J. 6/4/05	1015 Martinez, R. 3/12/05
41 391 Kavarnos, J. 5/20/05	260 Hayes, 3/12/05	420 Karbula, Z. 3/11/05	1010 Rhodes, C. 4/2/05
42 391 Jones, K. 5/20/05	260 Reed, M. 4/2/05	420 Eigermann, J. 3/11/05	1008 Bissen, J. 3/26/05
43 390 Karbula, Z. 3/11/05	260 Shavers, K. 4/2/05	420 Langley, M. 4/2/05	1005 Seals, K. 11/6/04
44 390 Davila, D. 4/2/05	259 Pogue, J. 9/11/04	420 Bird, C. 4/2/05	1005 Barerra, K. 3/12/05
45 390 Carter, P. 4/2/05	259 Smith, T. 1/29/05	420 Legravis, S. 4/9/05	1005 Langley, M. 4/2/05
46 390 Aguinaga, M. 4/2/05	259 Hunn, J. 3/12/05	420 Marchio, J. 7/30/05	1003 Hagendorf, J. 4/16/05
47 385 Cincotta, 11/21/04	259 Hankins, K. 4/16/05	419 Bloom, C. 6/25/05	1003 Jones, K. 5/20/05
48 385 Wright, Ahron, 4/2/05	255 Seals, K. 11/6/04	418 Wong, P. 2/12/05	1000 Cincotta, 11/21/04
49 385 Goolsby, 4/30/05	255 Abner, W. 3/12/05	415 Beaty, K. 5/14/05	1000 Karbula, Z. 3/11/05
50 385 Burke, H. 6/4/05	255 Wright, Ahron, 4/2/05	415 Sheridan, J. 5/21/05	1000 Lewis, Z. 4/2/05
51 380 Morello, J. 11/6/04	255 Lewis, Z. 4/2/05	415 Ferree, C. 8/27/05	1000 Ferree, C. 8/27/05
52 380 Barera, K. 3/12/05	253 Southwood, K. 3/19/05	413 Shekhamian, S. 10/17/04	995 Abner, W. 3/12/05
53 380 Middleton, J. 3/12/05	250 Stransky, N. 3/5/05	410 Cincotta, 11/21/04	995 Guzman, J. 3/12/05
54 380 Lagravis, S. 3/05	250 Penza, M. 5/21/05	410 Herrera, S. 3/12/05	995 Davila, D. 4/2/05
55 380 Langley, M. 4/2/05	248 Bourgoyne, C. 4/16/05	410 Delacruz, J. 3/12/05	995 Rivera, A. 4/2/05
56 380 Lupe, M. 4/2/05	245 Rhodes, C. 4/2/05	410 Evans, A. 4/2/05	990 Gullotta, B. 11/6/04
57 380 Dorsey, K. 4/9/05	245 Tran, 5/22/05	407 Pierce, V. 11/6/04	990 Vera, R. 4/2/05
58 375 Moran, J. 3/5/05	245 Ferree, C. 8/27/05	407 Bissen, J. 3/26/05	986 Guaderrama, R. 6/18/05
59 375 Guzman, J. 3/12/05	242 Gomez, S. 11/10/04	407 Kang, A. 4/2/05	980 O'Steen, M. 12/4/04
60 375 Delacruz, J. 3/12/05	240 Ladewski, J. 1/8/05	407 Melancon, C. 4/16/05	980 Carter, P. 4/2/05
61 375 Hill, C. 4/2/05	240 Readores, H. 3/26/05	405 Seals, K. 11/6/04	980 Lupe, M. 4/2/05
62 375 Edwards, J. 4/2/05	240 Trejo, D. 4/2/05	405 Gullotta, B. 11/6/04	980 Aguinaga, M. 4/2/05
63 375 Farmer, K. 7/9/05	240 Smith, L. 4/9/05	405 Rhodes, C. 3/5/05	980 Edwards, J. 4/2/05
64 374 Ladnier, T. 10/13/04	240 Cola, R. 6/25/05	405 Spiekermann, 5/21/05	980 Smith, L. 4/9/05
65 374 Hagendorf, J. 4/16/05	236 Bradley, G. 11/3/04	402 Nash, M. 4/16/05	975 Herrera, S. 3/12/05
66 370 Hayes, 3/12/05	236 Davila, A. 11/6/04	402 Brown, O. 7/9/05	975 Delacruz, J. 3/12/05
67 369 Contreras, M. 4/16/05	236 Kavarnos, J. 12/11/04	400 O'Steen, M. 12/4/04	975 Legravis, S. 4/9/05
68 365 Gullotta, B. 11/6/04	236 Adelmann, T. 2/13/05	400 Kuhns, M. 2/5/05	970 Hile, J. 11/6/04
69 365 Lewis, Z. 4/2/05	236 Aoyagi, S. 4/16/05	400 Williams, C. 3/11/05	970 Islami, M. 3/11/05
70 360 Johnson, M. 3/18/05	236 Nash, M. 4/16/05	400 Guzman, J. 3/12/05	970 Douglas, K. 4/9/05
71 360 Rhodes, C. 4/2/05	235 Creel, B. 10/17/04	400 Hernandez, T. 3/12/05	970 Penza, M. 5/21/05
72 360 Naranjo, A. 4/2/05	235 Scanga, F. 3/6/05	400 Mayes, J. 3/12/05	970 Trujillo, R. 7/30/05
73 358 Hunn, J. 3/12/05	235 Benjamin, J. 3/12/05	400 Stransky, N. 4/2/05	965 Middleton, J. 3/12/05
74 355 Clark, Z. 3/5/05	235 Martinez, A. 4/2/05	400 Black, T. 4/2/05	960 Eigermann, J. 3/11/05
75 355 Herrera, S. 3/12/05	235 Lamberson, J. 4/3/05	400 Smith, L. 4/9/05	960 Black, T. 4/2/05
76 352 Nagliaro, A. 11/13/04	235 Gagne, R. 7/30/05	396 Richey, S. 5/14/05	955 Cola, R. 6/25/05
77 352 Naderkorn, R. 1/29/05	231 Jones, K. 5/20/05	395 Martinez, R. 3/12/05	955 Aoyagi, S. 4/16/05
78 352 Guaderrama, R. 3/19/05	230 Pulvino, S. 3/5/05	395 Honesto, P. 4/2/05	953 Bloom, C. 6/25/05
79 352 Trujillo, R. 5/20/05	230 Vaquera, M. 4/2/05	391 Forte, M. 5/21/05	950 Pulvino, S. 3/5/05
80 350 Walker, R. 3/5/05	230 Evans, A. 4/2/05	390 Kammueller, B. 3/11/05	950 Farmer, K. 7/9/05
81 350 Eigermann, J. 3/11/05	230 Vera, R. 4/2/05	390 Johnson, N. 3/11/05	947 Nash, M. 4/16/05
82 350 Bazan, B. 3/12/05	230 Rivera, L. 4/2/05	390 Martinez, A. 4/2/05	945 Morello, J. 11/6/04
83 350 Holcomb, T. 3/18/05	230 Dorsey, K. 4/9/05	390 Davila, D. 4/2/05	945 Rivera, L. 4/2/05
84 350 Creel, B. 3/12/05	225 Lamb, F. 9/11/04	390 Naranjo, A. 4/2/05	945 Hill, K. 4/9/05
85 350 Black, T. 4/2/05	225 Evans, M. 10/23/04	390 Russo, B. 4/2/05	945 Spiekermann, K. 5/21/05
86 350 Russo, B. 4/2/05	225 Hadden, J. 11/13/04	385 Hankins, K. 12/4/04	942 Burke, H. 6/4/05
87 350 Spiekermann, K. 5/21/05	225 Catton, C. 12/4/04	385 Hughes, H. 2/13/05	941 Davila, A. 11/6/04
88 347 Tucker, T. 6/18/05	225 Williams, V. 12/12/04	385 Clark, Z. 3/5/05	940 Naranjo, A. 4/2/05
89 345 Seals, K. 11/6/04	225 Daly, L. 1/8/05	385 Douglas, K. 4/9/05	940 Bird, C. 4/2/05
90 345 Rivera, L. 4/2/05	225 Swope, R. 1/15/05	385 Hill, K. 4/9/05	940 Russo, B. 4/2/05
91 340 Pulvino, S. 3/5/05	225 Bardley, G. 2/26/05	385 Aoyagi, S. 4/16/05	936 Contreras, M. 4/16/05
92 340 Williams, C. 3/11/05	225 Poske, C. 3/19/05	385 Rein, J. 5/14/05	935 Williams, C. 3/11/05
93 340 Akers, H. 3/18/05	225 Woody, B. 3/19/05	385 Penza, M. 5/21/05	925 Creel, B. 10/17/04
94 340 Jackson, S. 3/18/05	225 Vega, M. 4/2/05	385 Debois, D. 5/21/05	925 Clark, Z. 3/5/05
95 340 Bird, C. 4/2/05	225 Wright, Alex. 4/2/05	385 Cola, R. 6/25/05	925 Walker, R. 3/5/05
96 340 Smith, L. 4/9/05	225 Lee, W. 4/16/05	380 Morello, J. 11/6/04	925 Hernandez, T. 3/12/05
97 340 Ferree, C. 8/27/05	225 Navarre, J. 4/16/05	380 Kalif, F. 11/6/04	925 Tran, 5/22/05
98 336 Davila, A. 11/6/04	225 Farmer, K. 7/9/05	380 Pulvino, S. 3/5/05	922 Evans, M. 6/18/05
99 336 Carter, M. 2/13/05	225 Dunn, P. 7/9/05	380 Cisneros, S. 3/5/05	920 Bazan, B. 3/12/05
100 336 Franciscus, A. 4/2/05	225 Valmojoa, J. 8/13/05	380 Middleton, J. 3/12/05	920 Conyers, D. 4/2/05

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 148s

CORRECTIONS ... Ron Yard should have been credited with his 735 bench press achieved at the IPA Worlds on the TOP 20 of All Time for the 275 lb. class. As well, Aaron Lawrence's 2410 total in the 308 lb. class was not reflected on the All Time TOP 20 list for the 308 lb. class in the Oct/05 issue of PL USA. Rich Edinger's 700 deadlift was not reflected on the TOP 100 for the SHW class, in the Aug/05 edition of PL USA. D. Flesh should have been listed for 749 424 600 1774 in the 198 lb. class in the results we published for the APF Florida State Meet. Vince Tanabe should have been credited with a 529 lb. deadlift, performed at Venice Beach on August 9th, 2003 on the TOP 100 list for the 148 lb. class during that time period, as confirmed by the Venice Beach Recreation Department. If you find errors in our lists or results, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for analysis and a corresponding correction