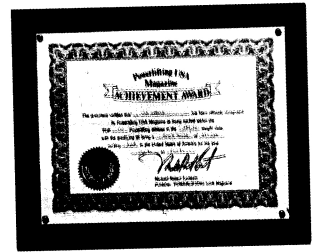


# TOP 100

For 132 lb./60 kg. USA lifters competing in results received from July 1994 through June 1995.

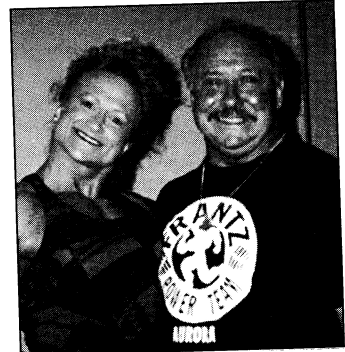
## PL USA Top 100 Achievement Awards



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 148s

**Corrections:** Neil Gewirtzman's lifts at the Southeastern Cup should've been listed as 575 325 525 at 242. Ellen Chaillet's lifts of 330 175 330 835 were not reflected on the TOP 100 123 list, and we also missed Ellen Stein's 308 squat and 771 total. Mr. Rorex (132) should have been listed with a 473 deadlift at the NASA Michigan States. Brad Gillingham's 755 deadlift should've been on the All Time SHW Deadlift listing. We do make errors in the production of this and other ranking lists, as well as in meet results and articles that are published. If you find any errors if the material published in PL USA, send corrections to "ERRORS," P. O. Box 467, Camarillo, California 93011.



Mary Warman.. at the APF Seniors with Ernie Frantz, came within .2 of a kilo bodyweight of tying Doug Heath for #1 in the squat on the TOP 100 132 lb. list.

### SQUAT

### BENCH PRESS

### DEADLIFT

### TOTAL

- |  |   |   |  |
|--|---|---|--|
| <p>1 518 Heath, D..11/5/94<br/>2 518 Warman, M..11/5/94<br/>3 510 Kupperstein, E..10/16/94<br/>4 507 Olson, B..9/17/94<br/>5 501 Gent, L..7/30/94<br/>6 501 Taylor..11/12/94<br/>7 496 Taylor, T..11/17/94<br/>8 490 Neves, E..9/10/94<br/>9 485 Mays, L..7/30/94<br/>10 485 McLaren, R..2/5/95</p> <p>11 473 Hoff, R..7/16/94<br/>12 473 Westbrook..6/2/95<br/>13 465 Denton, J..7/30/94<br/>14 465 McKnight, M..10/29/94<br/>15 467 Pallas, A..7/16/94<br/>16 457 Sandoval, R..4/1/95<br/>17 457 Clemens, K..4/1/95<br/>18 450 Brown-Bey..10/30/94<br/>19 446 Arenberg, J..4/22/95<br/>20 446 Altizer, B..5/6/95</p> <p>21 440 DiBella, J..10/1/94<br/>22 440 Millan, E..11/3/94<br/>23 440 Hodges..12/10/94<br/>24 440 Sumner, D..12/10/94<br/>25 440 Anderson..4/7/95<br/>26 435 Nguyen, P..8/6/94<br/>27 435 Washington, H..8/27/94<br/>28 435 Penic..10/8/94<br/>29 435 Lofing, M..5/6/95<br/>30 435 Griffith, P..6/24/95</p> <p>31 424 Barnes..4/7/95<br/>32 418 Myers, T..11/3/94<br/>33 418 Franklin..1/26/95<br/>34 418 Wood, R..3/25/95<br/>35 410 Granato, R..11/20/94<br/>36 410 Beck..3/25/95<br/>37 407 Muscarella..7/2/94<br/>38 407 Castro, M..11/12/94<br/>39 405 Armstrong, T..7/94<br/>40 405 Durst, R..8/27/94</p> <p>41 405 Coleman, B..3/18/95<br/>42 405 Weaver..5/27/95<br/>43 402 Bathjea, A..7/9/94<br/>44 402 Aquiniga..11/19/94<br/>45 402 Qualls, R..1/26/95<br/>46 402 Crist, L..5/19/95<br/>47 400 Kennedy, C..3/18/95<br/>48 400 Caston, B..6/10/95<br/>49 396 Tjertina, T..11/19/94<br/>50 391 Beninato, S..7/2/94</p> <p>51 391 Despino..4/7/95<br/>52 390 Gott, A..1/28/95<br/>53 390 Houle, R..4/8/95<br/>54 385 Boyce, A..7/1/94<br/>55 385 Blakely, A..11/3/94<br/>56 385 Long, C..1/7/95<br/>57 385 Richards, B..6/3/95<br/>58 380 DelGallo, R..4/15/95<br/>59 380 Stagg, M..4/29/95<br/>60 380 Barfield, G..6/24/95</p> <p>61 375 Garris..12/10/94<br/>62 375 Thornton, M..6/10/95<br/>63 374 Andrews, A..7/9/94<br/>64 374 Leal, K..7/9/94<br/>65 374 Drake, J..8/13/94<br/>66 374 Young, A..1/26/95<br/>67 374 Kim, C..3/11/95<br/>68 374 Durachta..3/11/95<br/>69 374 Abeyta..4/7/95<br/>70 374 Adams, L..4/22/95</p> <p>71 374 Langone, D..5/28/95<br/>72 374 Degraffenreid..6/17/95<br/>73 370 Helmer, R..9/10/94<br/>74 370 Holland, S..2/25/95<br/>75 369 Rosen, L..8/13/94<br/>76 369 O'Connell, B..4/22/95<br/>77 365 Tran, H..7/94<br/>78 365 Gamil, C..7/94<br/>79 365 Gibbons..12/10/94<br/>80 365 Jackson, A..4/19/95</p> <p>81 363 Nash, J..7/9/94<br/>82 363 Vickers..9/10/94<br/>83 363 Miyashiro..11/26/94<br/>84 363 Hall, S..3/18/95<br/>85 360 Meas..8/6/94<br/>86 360 Lombardi, A..8/29/94<br/>87 360 Dykes, R..12/3/94<br/>88 360 Lynch, S..3/5/95<br/>89 360 Walvoord, B..5/6/95<br/>90 358 Kurzwil..1/14/95</p> <p>91 358 Davis..4/23/95<br/>92 358 Silvacci, V..6/24/95<br/>93 355 Cook, D..4/23/95<br/>94 355 Boarman, P..4/29/95<br/>95 352 Soukup, S..8/27/94<br/>96 352 Connel, S..11/12/94<br/>97 352 Taylor..5/20/95<br/>98 350 Forst..7/23/94<br/>99 350 Borgia, T..8/27/94<br/>100 350 Wooten, A..10/15/94</p> | <p>191 415 Ito, D..7/23/94<br/>192 385 Orta, D..7/23/94<br/>193 380 Heath, D..7/2/94<br/>194 380 Detore, P..5/6/95<br/>195 370 Byrnes, C..3/11/95<br/>196 336 Lawrence, J..8/27/94<br/>197 325 Transfiguration..7/30/94<br/>198 325 Hara, M..9/17/94<br/>199 325 Gensch..10/29/94<br/>200 320 Grosheim, G..8/14/94</p> <p>319 Taylor, T..11/17/94<br/>319 Sandoval, R..4/1/95<br/>319 Vonthongthip..5/6/95<br/>315 Guenther, G..9/3/94<br/>315 Allen, R..1/21/95<br/>315 Nelson, M..5/6/95<br/>310 Nixon, M..1/21/95<br/>310 McLaren, R..2/5/95<br/>308 Olson, B..7/16/94<br/>308 Mathias, R..8/21/94</p> <p>305 Watson, R..8/21/94<br/>303 Feaster..7/16/94<br/>303 Holland, D..4/22/95<br/>300 Denton, J..7/30/94<br/>300 Murrillo, G..8/8/94<br/>300 Borgia, T..8/27/94<br/>300 Orocco, T..10/29/94<br/>300 Mann, L..12/10/94<br/>300 DiPiazza, T..2/25/95<br/>300 Shemansky, C..2/25/95</p> <p>300 Sam..4/22/95<br/>300 Caston, B..6/10/95<br/>297 Hoff, R..7/16/94<br/>297 Arenberg, J..4/22/95<br/>297 Kinsler, R..11/5/94<br/>297 Taylor..11/12/94<br/>297 Johnson..6/24/95<br/>295 DiBella, J..10/1/94<br/>295 Luther, J..6/3/95<br/>290 Jackson, S..11/9/94</p> <p>290 Granato, R..11/20/94<br/>290 Bergschneider..3/4/95<br/>286 Gent, L..7/30/94<br/>285 Woodell, K..10/16/94<br/>285 Coleman, B..3/18/95<br/>285 Deveran, D..4/8/95<br/>285 Ponsley, J..4/8/95<br/>285 DalBella, J..4/15/95<br/>285 Dykes, R..4/22/95<br/>285 Washington, H..5/13/95</p> <p>281 Shultz, E..5/13/95<br/>281 Langone, D..5/28/95<br/>280 Wooten, A..10/15/94<br/>280 Steier, A..11/5/94<br/>280 Hawkins, K..2/4/95<br/>280 Roy, J..3/4/95<br/>280 Gonzalez..4/22/95<br/>280 Collins, C..4/30/95<br/>275 Davis, R..7/30/94<br/>275 Kupperstein, E..10/16/94</p> <p>275 Castro, M..11/12/94<br/>275 Montgomery, J..12/17/94<br/>275 Young, A..1/26/95<br/>275 Badford, B..5/20/95<br/>275 Piloto, A..5/20/95<br/>271 Vales, B..6/17/95<br/>270 Marquezins, F..7/10/94<br/>270 Bryant, J..9/24/94<br/>270 Blakely, A..11/3/94<br/>270 Golden, T..11/20/94</p> <p>270 Hodges..12/10/94<br/>270 Despino..1/7/95<br/>270 Rawson, G..2/18/95<br/>270 Boggs, M..4/8/95<br/>265 Bennett, D..9/17/94<br/>265 Barfield, G..11/5/94<br/>265 Jefferson, G..12/3/94<br/>265 Portnoy, P..3/11/95<br/>265 Sonens, S..6/11/95<br/>264 Millan, E..11/3/94</p> <p>264 Nocco, A..1/2/95<br/>264 Kim, C..3/11/95<br/>260 Amman, M..12/3/94<br/>260 Mukdoo, T..12/3/94<br/>260 Comford, T..1/14/95<br/>260 Trainer, T..4/1/95<br/>259 Crist, L..10/18/94<br/>259 Corrallo, J..11/19/94<br/>259 Wood, R..3/25/95</p> <p>259 Madrigal, R..3/25/95<br/>258 McLafferty, M..4/1/95<br/>255 Ray, P..7/17/94<br/>255 Thornton, M..9/24/94<br/>255 McKnight, M..10/29/94<br/>255 McClure, S..10/30/94<br/>255 Stull, D..1/22/95<br/>255 Lynch, S..3/5/95<br/>255 Garcia, M..4/30/95<br/>255 Simmons, S..6/26/95</p> | <p>617 Gent, L..7/30/94<br/>584 Castro, M..11/12/94<br/>567 Taylor, T..11/17/94<br/>535 Kupperstein, E..10/16/94<br/>507 Pallas, A..7/16/94<br/>507 Mays, L..7/30/94<br/>501 Heath, D..11/3/94<br/>496 Olson, B..9/17/94<br/>490 Hoff, R..1/21/95<br/>485 Millan, E..11/3/94</p> <p>479 Loudon, N..7/30/94<br/>475 Granato, R..11/20/94<br/>473 Rorex..3/18/95<br/>473 Westbrook..6/2/95<br/>468 Bathjea, A..7/9/94<br/>468 McKnight, M..7/30/94<br/>465 McLaren, R..2/5/95<br/>462 Qualls, R..1/26/95<br/>462 Arenberg, J..4/22/95<br/>460 Beck..3/25/95</p> <p>460 Hodges..3/25/95<br/>457 Nguyen, P..8/6/94<br/>455 Neves, E..12/10/94<br/>455 Gibbons..12/10/94<br/>451 Franklin..12/3/94<br/>451 Young, A..1/26/95<br/>451 Sandoval, R..4/1/95<br/>450 Denton, J..7/30/94<br/>450 Borgia, T..8/27/94<br/>450 Wooten, A..10/15/94</p> <p>446 Drake, J..8/13/94<br/>446 Apolonio, A..12/17/94<br/>440 Crist, L..10/8/94<br/>440 Tjertina, T..11/19/94<br/>440 Hamilton, T..2/18/95<br/>440 Durachta..3/11/95<br/>440 Despino..4/7/95<br/>440 Washington, H..5/7/95<br/>435 Kinsler, R..7/16/94<br/>435 Stagg, M..8/27/94</p> <p>435 Sumner, D..12/10/94<br/>435 Lynch, S..3/5/95<br/>435 Kim, C..3/11/95<br/>435 Coleman, B..3/18/95<br/>435 Wood, R..3/25/95<br/>435 Kurzwil..4/7/95<br/>435 Silvacci, V..6/24/95<br/>430 Howard, T..6/3/95<br/>429 Penic..10/8/94<br/>429 Durst, R..11/2/94</p> <p>429 Taylor..11/12/94<br/>425 Armstrong, T..7/94<br/>425 Jefferson, G..12/3/94<br/>425 Holland, S..2/25/95<br/>425 Houle, R..4/8/95<br/>425 Weaver..5/27/95<br/>424 Muscarella..7/2/94<br/>424 DiBella, J..3/18/95<br/>424 Madrigal, R..3/25/95<br/>424 Gennaro, P..4/22/95</p> <p>420 Gordon..7/23/94<br/>420 Richards, B..6/3/95<br/>420 Bender, C..6/3/95<br/>418 Nash, J..7/9/94<br/>418 Altizer, B..7/29/94<br/>418 Rosen, L..8/13/94<br/>418 Miyashiro..11/26/94<br/>418 Barfield, G..6/24/95<br/>415 Tran, H..7/94<br/>415 Tripp, K..2/25/95</p> <p>415 Boarman, P..4/29/95<br/>415 Lofing, M..5/6/95<br/>413 Andrews, A..7/9/94<br/>413 Warman, M..11/3/94<br/>413 Barnes..4/7/95<br/>413 Adams, L..4/22/95<br/>410 Cooke, J..7/16/94<br/>410 Feliciano, A..4/19/95<br/>407 Myers, T..7/1/94<br/>405 Forst..7/23/94</p> <p>405 Gamil, C..7/94<br/>405 Hamby, M..1/21/95<br/>405 DelGallo, R..4/15/95<br/>405 Sam..4/22/95<br/>405 Thornton, M..6/10/95<br/>402 Spearing, D..7/30/94<br/>402 Godard, R..8/6/94<br/>402 Kawasaki, N..11/3/94<br/>402 Nejer, P..12/11/94<br/>402 Rodriguez, J..2/4/95</p> <p>402 Bechtol..3/4/95<br/>402 Clemens, K..4/1/95<br/>402 Abeyta..4/7/95<br/>402 Gless, F..4/22/95<br/>402 Fernandes, G..4/22/95<br/>402 Zak..4/23/95<br/>402 McCauley, R..5/27/95<br/>400 Montgomery, J..12/17/94<br/>400 Fitzgerald, M..12/18/94<br/>400 Stallord, M..1/14/95</p> | <p>1405 Gent, L..7/30/94<br/>1405 Heath, D..11/3/94<br/>1383 Taylor, T..11/17/94<br/>1320 Kupperstein, E..10/16/94<br/>1311 Olson, B..9/17/94<br/>1267 Castro, M..11/12/94<br/>1260 McLaren, R..2/5/95<br/>1245 Mays, L..7/30/94<br/>1240 Hoff, R..7/16/94<br/>1229 Taylor..11/2/94</p> <p>1229 Sandoval, R..4/1/95<br/>1218 Pallas, A..7/16/94<br/>1215 Denton, J..7/30/94<br/>1207 Arenberg, J..4/22/95<br/>1200 DiBella, J..10/1/94<br/>1190 Millan, E..11/3/94<br/>1180 Neves, E..9/10/94<br/>1179 Westbrook..6/2/95<br/>1175 McKnight, M..10/29/94<br/>1175 Granato, R..11/20/94</p> <p>1157 Warman, M..11/3/94<br/>1155 Hodges..12/10/94<br/>1140 Washington, H..8/27/94<br/>1135 Nguyen, P..8/6/94<br/>1125 Coleman, B..3/18/95<br/>1124 Penic..10/8/94<br/>1113 Wood, R..3/25/95<br/>1107 Franklin..1/26/95<br/>1107 Clemens, K..4/2/95<br/>1107 Altizer, B..3/18/95</p> <p>1102 Young, A..1/26/95<br/>1100 Borgia, T..8/27/94<br/>1100 Caston, B..6/10/95<br/>1096 Qualls, R..1/26/95<br/>1096 Garcia, H..4/22/95<br/>1091 Barnes..4/7/95<br/>1091 Despino..4/7/95<br/>1091 Crist, L..5/19/95<br/>1080 Armstrong, T..7/94<br/>1080 Wooten, A..10/15/94</p> <p>1080 Lofing, M..5/6/95<br/>1074 Bathjea, A..7/9/94<br/>1074 Kim, C..3/11/95<br/>1070 Durst, R..8/27/94<br/>1070 Sumner, D..12/10/94<br/>1070 Beck..3/25/95<br/>1069 Kinsler, R..11/5/94<br/>1069 Anderson..4/7/95<br/>1063 Muscarella..7/2/94<br/>1055 Houle, R..4/8/95</p> <p>1050 Lynch, S..3/5/95<br/>1050 Weaver..5/27/95<br/>1040 Jefferson, G..12/3/94<br/>1036 Stagg, M..8/27/94<br/>1036 Tjertina, T..11/19/94<br/>1035 Thornton, M..6/10/95<br/>1030 Gibbons..12/10/94<br/>1030 Barfield, G..6/24/95<br/>1025 Andrews, A..7/9/94<br/>1025 Montgomery, J..12/17/94</p> <p>1025 Durachta..3/11/95<br/>1020 Hamilton, T..2/18/95<br/>1020 Howard, T..6/3/95<br/>1019 Myers, T..7/1/94<br/>1019 Griffith, P..11/5/94<br/>1019 Degraffenreid..6/17/95<br/>1015 Gott, A..1/28/95<br/>1015 DelGallo, R..4/15/95<br/>1015 Richards, B..6/3/95<br/>1010 Holland, S..2/25/95</p> <p>1008 Beninato, S..7/2/94<br/>1008 Blakely, A..11/3/94<br/>1003 Boyce, A..7/1/94<br/>1003 Miyashiro..11/26/94<br/>1003 Langone, D..5/28/95<br/>1000 Dykes, R..12/3/94<br/>997 Dykes, J..8/13/94<br/>997 Vickers..9/10/94<br/>997 Madrigal, R..3/25/95<br/>997 Abeyta..4/7/95</p> <p>995 Tran, H..7/94<br/>995 Boarman, P..4/29/95<br/>992 Apolonio, A..12/17/94<br/>992 Silvacci, V..6/24/95<br/>990 Gamil, C..7/94<br/>990 Hawkins, K..2/4/95<br/>990 Kennedy, C..3/18/95<br/>986 Nash, J..7/9/94<br/>986 Rosen, L..8/13/94<br/>986 Connel, S..11/12/94</p> <p>986 Aquiniga..11/19/94<br/>981 Hall, S..3/18/95<br/>981 Zak..4/23/95<br/>975 Luther, J..6/3/95<br/>970 Leal, K..7/9/94<br/>970 Forst..7/23/94<br/>970 Hamby, M..1/21/95<br/>970 Jackson, A..4/19/95<br/>970 Adams, L..4/22/95<br/>970 Gennaro, P..4/22/95</p> |
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