

TOP 100

For standard SHW/125+ kg. USA lifting in results received from April 1995 through March 1996.

PL USA Top 100 Achievement Awards



SQUAT

BENCH PRESS

DEADLIFT

TOTAL

- 1 1008 Hamman, S.3/10/96
- 2 953 Henry, M.10/29/95
- 3 942 Hill, H.10/29/95
- 4 925 Pasillo, M.8/13/95
- 5 920 Lewis, 7/23/95
- 6 903 Waddle, T.7/16/95
- 7 903 Faumasili, J.12/10/95
- 8 900 Dempsey, B.11/5/95
- 9 900 Hems, 3/16/96
- 10 881 Maddy, J.9/30/95
- 11 881 Brodsky, S.11/11/95
- 12 876 Baum, G.7/16/95
- 13 876 Masters, B.7/16/95
- 14 875 Righthitt, 10/95
- 15 870 Tuihalamaka, 8/13/95
- 16 870 Voronin, J.2/3/96
- 17 865 Saunders, 8/13/95
- 18 860 Clary, F.3/23/96
- 19 850 Sempke, J.12/2/95
- 20 850 Sheedy, P.12/95
- 21 848 Majors, J.7/16/95
- 22 843 Stanley, C.12/3/95
- 23 843 Onosal, J.4/26/95
- 24 837 Payne, G.9/30/95
- 25 832 Williams, T.7/16/95
- 26 832 Huesman, B.7/16/95
- 27 826 Reeves, M.7/16/95
- 28 826 Schott, T.7/16/95
- 29 826 Springer, P.10/29/95
- 30 821 Mafulk, V.4/1/95
- 31 820 Culnan, S.2/18/96
- 32 815 Castro, E.5/20/95
- 33 815 Mitchell, G.7/23/95
- 34 815 Pokrant, A.12/2/95
- 35 805 Harrier, 9/17/95
- 36 804 Tosaw, M.6/4/95
- 37 804 Pugh, J.8/26/95
- 38 804 Barlow, R.10/29/95
- 39 800 Vardine, V.8/13/95
- 40 793 Moore, B.7/16/95
- 41 788 Gillingham, B.7/16/95
- 42 788 Phillipi, M.7/16/95
- 43 782 Tate, D.7/16/95
- 44 782 Rioridan, 9/2/95
- 45 780 Crowley, D.6/3/95
- 46 777 Armando, C.4/1/95
- 47 777 Markoff, J.11/4/95
- 48 775 Pappas, K.3/16/96
- 49 775 Skelley, 3/16/96
- 50 775 Forsythe, L.3/16/96
- 51 771 Obradovic, J.7/16/95
- 52 771 Meek, B.7/16/95
- 53 771 Binkowski, J.11/19/95
- 54 771 Lee, B.2/10/96
- 55 770 Pentecost, A.6/11/95
- 56 770 Searcy, 11/5/95
- 57 766 Grant, M.7/16/95
- 58 766 Ford, J.2/10/96
- 59 765 Green, J.11/11/95
- 60 760 Adelman, M.10/22/95
- 61 755 Muncy, D.5/7/95
- 62 755 Giandoni, P.7/16/95
- 63 755 Giannini, C.2/4/96
- 64 755 Coates, E.2/11/96
- 65 750 Smith, R.12/2/95
- 66 750 Bailey, C.3/16/96
- 67 750 Barker, M.3/16/96
- 68 749 Efferding, S.5/7/95
- 69 749 Israelson, M.7/16/95
- 70 749 Thibodeau, 9/23/95
- 71 749 Joyner, 12/10/95
- 72 745 Mewell, 3/16/96
- 73 744 Brodeur, P.10/28/95
- 74 744 Magee, J.2/11/96
- 75 744 McCaskill, D.3/9/96
- 76 740 Bergman, K.1/27/96
- 77 738 Durand, M.9/30/95
- 78 738 Ramsey, R.10/15/95
- 79 735 Orick, J.7/8/95
- 80 733 Lewis, W.7/16/95
- 81 733 Ojler, D.11/11/95
- 82 730 Nyholm, K.12/10/95
- 83 727 White, J.6/4/95
- 84 725 Aderson, M.12/2/95
- 85 725 Ufford, K.3/16/96
- 86 722 Garcia, G.7/16/95
- 87 715 Sartin, K.12/2/95
- 88 715 Jahn, J.3/24/96
- 89 715 Mahoney, T.3/24/96
- 90 710 Stout, T.2/11/96
- 91 705 Crowder, C.4/1/95
- 92 705 Cordial, D.6/4/95
- 93 705 Sassenbury, S.6/4/95
- 94 705 Roberson, J.10/7/95
- 95 705 Phillips, B.12/2/95
- 96 705 McGuire, L.1/20/96
- 97 705 Rogers, D.2/3/96
- 98 705 Ahrens, T.2/11/96
- 99 705 Leonard, P.2/11/96
- 100 705 Fernandez, M.12/2/95

- 775 Clark, A.3/2/96
- 733 Tokarski, C.11/11/95
- 705 Henderson, J.3/3/96
- 699 Tuika, K.3/3/96
- 675 Blakely, J.M.3/30/96
- 650 Lawson, W.10/29/95
- 650 Onosal, J.4/26/95
- 622 Voronin, J.2/3/96
- 620 Hayes, M.5/20/95
- 620 Santanelli, R.3/30/96
- 617 Obradovic, J.7/16/95
- 615 Moore, B.3/24/96
- 610 Miller, E.4/8/95
- 606 Schoenberger, R.4/2/95
- 606 Springer, P.10/29/95
- 606 Hunt, J.R.4/16/95
- 600 Dixon, M.7/15/95
- 600 Morgan, T.10/21/95
- 600 Griffin, J.10/29/95
- 585 Kevlar, D.8/19/95
- 585 Nieporte, R.11/12/95
- 584 Grant, M.7/16/95
- 578 Fitzgerald, D.12/2/95
- 575 Orick, J.7/8/95
- 575 Baldwin, 4/23/95
- 573 Williams, T.7/16/95
- 573 Williams, T.6/25/96
- 570 Gillingham, B.7/16/95
- 565 Harris, J.7/1/95
- 560 Perry, 6/11/95
- 560 Bellino, J.3/9/96
- 560 Jahn, J.3/24/96
- 555 Spetsayanski, A.2/24/96
- 551 Crum, J.4/1/95
- 551 Cordial, D.6/4/95
- 551 Sanders, S.7/23/95
- 551 Hamman, S.7/20/95
- 551 Faumasili, J.5/20/95
- 551 Tancik, J.10/28/95
- 551 Culnan, S.10/29/95
- 551 McNeill, T.3/3/96
- 550 Bailey, C.4/8/95
- 550 Ruesher, C.4/15/95
- 550 Johnson, J.10/7/95
- 550 Coates, R.12/2/95
- 550 Brodsky, S.12/3/95
- 545 Mitchum, C.7/28/95
- 545 DeLeonis, R.3/30/96
- 540 Payne, G.6/11/95
- 540 Reeves, M.7/16/95
- 540 Tate, D.7/16/95
- 540 Lewis, 7/23/95
- 540 Weems, D.3/17/96
- 535 Crump, K.4/29/95
- 535 Dempsey, B.11/5/95
- 535 Hodge, M.12/10/96
- 535 Forsythe, L.3/16/96
- 534 Withun, D.8/5/95
- 534 Lee, G.10/29/95
- 534 Davidson, S.3/24/96
- 530 Larry, D.3/10/96
- 529 Efferding, S.5/7/95
- 529 Insiero, A.5/28/95
- 529 Waddle, T.7/16/95
- 529 Huber, J.11/4/95
- 529 Smith, 1/14/96
- 529 Ned, M.3/3/96
- 525 Cleveland, R.4/15/95
- 525 Karabel, L.6/10/95
- 525 McBride, M.2/24/96
- 525 Edmeade, K.3/9/96
- 525 Green, J.3/10/96
- 525 Ufford, K.3/16/96
- 523 Masters, B.7/16/95
- 523 Majors, J.7/16/95
- 523 Estrada, A.9/17/95
- 523 Turner, 1/14/96
- 520 Ellie, S.5/21/95
- 520 Zolkowski, S.7/19/95
- 520 Bernardon, M.11/19/95
- 520 Martin, W.2/10/96
- 520 Barker, M.3/16/96
- 518 Tolbert, 5/21/95
- 518 Hill, H.7/16/95
- 518 Williams, J.9/17/95
- 518 Henry, M.10/29/95
- 518 Ahrens, T.2/11/96
- 515 DeLeonis, A.4/16/95
- 515 Karnes, S.12/2/95
- 512 Haug, T.5/7/95
- 512 Beech, D.6/3/95
- 512 Phillipi, M.7/16/95
- 510 Patterson, K.4/2/95
- 510 Fraley, A.B.4/29/95
- 507 Sassenbury, S.6/4/95
- 507 Giandoni, P.7/16/95
- 507 Saunders, 8/13/95
- 507 Binkowski, J.11/19/95
- 505 Erickson, R.6/24/95
- 505 Righthitt, 10/95
- 505 Pokrant, A.12/2/95

- 903 Henry, M.7/16/95
- 826 Hill, H.7/16/95
- 805 Gillingham, B.2/25/96
- 800 Ufford, K.3/16/96
- 800 Clary, F.3/23/96
- 782 Waddle, T.10/29/95
- 777 Phillipi, M.7/16/95
- 777 Orr, J.12/2/95
- 771 Springer, G.7/16/95
- 771 Brodsky, S.10/29/95
- 755 Grant, M.4/1/95
- 755 Obradovic, J.7/16/95
- 750 Reeves, M.5/7/95
- 750 Reynolds, G.1/13/96
- 749 Mafulk, V.8/13/95
- 735 Dempsey, B.11/5/95
- 733 Moore, B.7/16/95
- 733 Hamman, S.7/23/95
- 733 Vance, K.8/13/95
- 733 Leonard, P.2/17/96
- 730 Clark, A.11/19/95
- 727 Payne, G.12/10/95
- 725 DeLeonis, A.4/16/95
- 725 Crowell, D.5/7/95
- 725 Pentecost, A.6/11/95
- 722 Efferding, S.5/7/95
- 716 Baum, G.7/16/95
- 715 Hunt, J.R.4/16/95
- 710 Fitzgerald, D.7/23/95
- 710 Searcy, 9/17/95
- 710 Voronin, J.2/3/96
- 705 Mohan, E.6/4/95
- 705 Tate, D.7/16/95
- 705 Tuihalamaka, 8/13/95
- 705 Pugh, J.8/26/95
- 705 Binkowski, J.11/19/95
- 705 Stanley, C.12/3/95
- 700 Wright, 6/9/95
- 700 Hershberger, M.10/8/95
- 700 Sheedy, P.12/95
- 700 Gaydos, R.1/21/96
- 700 Swatling, M.2/4/96
- 700 Culnan, S.2/18/96
- 700 Mahoney, T.3/24/96
- 700 Moyer, 3/30/96
- 699 Onosal, J.4/26/95
- 699 Rioridan, 3/10/96
- 694 McCaskill, D.3/9/96
- 690 Esposito, 6/9/95
- 688 Meek, B.7/16/95
- 688 Garcia, C.7/16/95
- 688 Fernandez, M.2/11/96
- 685 Smith, E.8/6/95
- 683 Androff, 11/26/95
- 680 Robinson, J.11/11/95
- 680 Pokrant, A.12/2/95
- 680 Rogers, D.2/3/96
- 677 Sanders, C.2/17/96
- 675 Martini, D.10/8/95
- 675 Adelman, M.10/22/95
- 675 Jewell, 11/11/95
- 675 Cunningham, C.11/19/95
- 675 Allen, S.3/23/96
- 672 Muncy, D.4/1/96
- 672 Masters, B.10/28/95
- 672 Gibson, G.2/17/96
- 670 Eldridge, V.11/4/95
- 666 Bailey, C.7/8/95
- 666 Mitchum, C.7/28/95
- 666 Lee, B.10/22/95
- 666 Ford, J.10/22/95
- 666 Adalsteinsson, A.12/2/95
- 665 Sartin, K.12/2/95
- 665 Aderson, M.12/2/95
- 661 Tolbert, 5/21/95
- 661 Werges, M.6/24/95
- 661 Forsythe, L.2/17/96
- 660 Mitchell, P.6/11/95
- 660 Pappas, 11/11/95
- 660 Nettles, D.11/19/95
- 660 Sempke, J.12/2/95
- 655 Lewis, 7/23/95
- 655 Mitchell, G.7/23/95
- 655 Faumasili, J.10/2/95
- 655 Phillips, B.12/2/95
- 655 Powell, B.1/13/96
- 650 Thibodeau, 9/23/95
- 650 Durand, M.9/30/95
- 650 Bernardon, M.11/19/95
- 650 Johnston, R.11/19/95
- 650 Coates, R.12/2/95
- 650 Mallough, P.12/16/95
- 650 Bowers, J.2/10/96
- 650 Stout, T.2/11/96
- 650 Hems, 3/16/96
- 650 Jahn, J.3/24/96
- 645 Skelley, 3/16/96
- 644 White, J.6/4/95
- 644 Brodeur, P.6/4/95
- 644 Barlow, R.10/29/95

- 2336 Henry, M.10/29/95
- 2265 Hill, H.10/29/95
- 2248 Hamman, S.7/23/95
- 2204 Springer, G.10/29/95
- 2204 Voronin, J.2/3/96
- 2200 Waddle, T.4/22/95
- 2176 Brodsky, S.11/11/95
- 2171 Onosal, J.4/26/95
- 2143 Obradovic, J.7/16/95
- 2132 Moore, B.7/16/95
- 2120 Dempsey, B.11/5/95
- 2116 Reeves, M.7/16/95
- 2116 Lewis, 7/23/95
- 2110 Gillingham, B.12/2/95
- 2110 Clary, F.3/23/96
- 2105 Grant, M.7/16/95
- 2104 Faumasili, J.12/10/95
- 2083 Baum, G.7/16/95
- 2077 Phillipi, M.7/16/95
- 2072 Payne, G.9/30/95
- 2061 Masters, B.10/28/95
- 2060 Culnan, S.2/18/96
- 2050 Stanley, C.12/3/95
- 2050 Ufford, K.3/16/96
- 2028 Tate, D.7/16/95
- 2010 Righthitt, 10/95
- 2006 Williams, T.7/16/95
- 2000 Efferding, S.5/7/95
- 2000 Majors, J.7/16/95
- 2000 Pokrant, A.12/2/95
- 2000 Sheedy, P.12/95
- 1984 Saunders, 8/13/95
- 1984 Tuihalamaka, 8/13/95
- 1984 Binkowski, J.11/19/95
- 1975 Hems, 3/16/96
- 1956 Mafulk, V.4/1/95
- 1956 Mitchell, G.7/23/95
- 1951 Meek, B.7/16/95
- 1950 Sempke, J.12/2/95
- 1950 Coates, R.12/2/95
- 1945 Pentecost, A.6/11/95
- 1940 Huesman, B.7/16/95
- 1940 Bailey, C.3/16/96
- 1934 Pugh, J.8/26/95
- 1927 Barlow, R.10/29/95
- 1925 Jahn, J.3/24/96
- 1910 Adelman, M.10/22/95
- 1910 Forsythe, L.3/16/96
- 1907 Rioridan, 9/2/95
- 1901 Lee, B.10/22/95
- 1901 McCaskill, D.3/9/96
- 1900 Mahoney, T.3/24/96
- 1884 Markoff, J.11/4/95
- 1879 Cordial, D.6/4/95
- 1879 Garcia, G.7/16/95
- 1870 Vance, K.4/29/95
- 1870 Searcy, 11/5/95
- 1870 Pappas, 3/16/96
- 1868 Giandoni, P.7/16/95
- 1865 Sartin, K.12/2/95
- 1862 Smith, E.2/11/96
- 1862 Leonard, P.2/17/96
- 1857 Moyer, 3/30/96
- 1851 Sassenbury, S.6/4/95
- 1845 Rogers, D.2/3/96
- 1840 Wright, 9/17/95
- 1840 Powell, B.1/13/96
- 1835 Muncy, D.5/7/95
- 1830 Skelley, 11/11/95
- 1825 Aderson, M.12/2/95
- 1824 Thibodeau, 9/23/95
- 1824 Ahrens, T.2/11/96
- 1820 Crowley, D.6/3/95
- 1820 Green, J.3/10/96
- 1820 Barker, M.3/16/96
- 1815 Orick, J.7/8/95
- 1815 Jewell, 11/11/95
- 1813 Tolbert, 5/21/95
- 1813 VandeWeghe, J.6/4/95
- 1813 Durand, M.9/30/95
- 1813 Ford, J.10/22/95
- 1807 Fernandez, M.2/11/96
- 1802 Castro, E.5/20/95
- 1802 Mohan, E.6/4/95
- 1802 Burchum, 7/1/95
- 1802 Israelson, M.7/16/95
- 1802 Armando, C.9/17/95
- 1802 Neal, 11/5/95
- 1800 Mitchell, P.6/11/95
- 1800 Harrier, 9/17/95
- 1800 Phillips, B.12/2/95
- 1796 White, J.6/4/95
- 1791 Taik, T.4/22/95
- 1791 Dominguez, 9/16/95
- 1791 Robinson, J.10/7/95
- 1791 Stout, T.2/11/96
- 1790 Nyholm, K.12/10/95
- 1770 Bowers, J.2/10/96
- 1765 Cagle, 6/9/95
- 1765 Yorkey, S.2/4/96

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 114s

Corrections... the Brad Olson 'Work-out of the Month' was incorrectly listed in the contents of the Feb/96 issue of PL USA. Larry Rapiers 672 squat and 1702 total were not reflected on the TOP 100 220 lb. listing. Ashley Boyce should have been credited with a 237 bench at 132 on the Women's TOP 20 for 1995. Elizabeth Pepe D.O.'s 340 deadlift at 132 should have been credited on the Masters TOP 20 list. Karen Donato's 165 lb. class lifts of 365 deadlift and 226 lb. bench did not make the Women's TOP 20. Stephanie Whiting's best Masters TOP 20 lifts at 105 lbs. were 200 115 225 535. The results of the 10 Sep 95 APA/WPA/CPA Bench Press meet (p. 76, Mar/96 PL USA) did not show Jeff Richardson's bench to be 275 in the 148 lb. class. Joe Garcia's 660 squat at 220 from the WNPFL Lifetimes did not make the TOP 100 list. Stacy Arthur's 286 deadlift at 114 did not make the Women's TOP 20 list. Joe Owens did not receive credit for his 352 bench at 165 on the Masters TOP 20. Barbara Beasley should have been credited with a 185 squat, rather than 155, on the Masters TOP 20 for the 114s. Taylor Askew has benched as much as 350 at 165, but was not on the Masters TOP 20. Bill Becker's squat of 699, deadlift of 661 and total of 1642 were not on the TOP 20 Masters list for 181s. Matt Barkman's 850 deadlift in the APF Pennsylvania State meet was a misprint. In our review of Dr. Judd's new book in the Apr/96 PL USA, his phone number should read 912-436-1067.