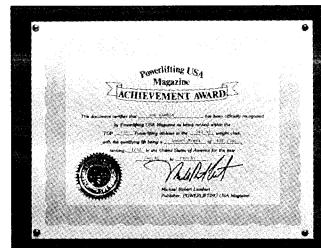


TOP 100

For standard 148 lb./67.5 kg. USA lifting in results received from August 1996 through July 1997.

PL USA Top 100 Achievement Awards



SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 666 Hooper, W..7/10/97	473 Warr, G..2/22/97	666 Conyers, T..8/24/96	1702 Conyers, T..8/24/96
2 633 Conyers, T..8/24/96	418 Hara, M..10/19/96	617 Sigala, M..12/8/96	1642 Hooper, W..7/10/97
3 611 Siegel, S..6/21/97	413 Hooper, W..11/15/96	589 Page, G..7/26/97	1515 Siegel, S..6/21/97
4 600 Page, G..4/20/97	405 Scalzo, J..11/9/96	570 Roane..11/9/96	1500 Page, G..4/20/97
5 580 Noerner, T..8/4/96	420 Conyers, T..8/24/96	567 Weinstein, L..7/26/97	1485 Crowe, B..4/26/97
6 565 Jones, B..11/22/96	402 Fronzaglia, D..7/26/97	565 Kupperstein, E..4/13/97	1476 Fronzaglia, D..7/26/97
7 562 Fronzaglia, D..5/17/97	400 Crowe, B..4/26/97	562 Hooper, W..7/10/97	1460 Sigala, M..12/8/96
8 562 Ripley, G..6/21/97	390 Henning, B..10/19/96	560 Theodorou, N..9/28/96	1445 Thomas, T..2/1/97
9 555 Crowe, B..4/26/97	390 Detore, P..12/1/96	556 Fronzaglia, D..7/26/97	1444 Weinstein, L..7/26/97
10 551 Weinstein, L..7/26/97	380 Zubeck, J..10/26/96	551 Siegel, S..6/21/97	1410 Sisy, P..11/22/96
11 550 Brown..9/14/96	380 Corpuz, F..11/23/96	550 Washington..11/9/96	1410 Ripley, G..6/21/97
12 550 Thomas, T..2/1/97	380 Rubin, A..3/15/97	550 Desjarlais, R..6/14/97	1400 Wilkinson..3/15/97
13 545 Killian, B..11/23/96	380 Painter, R..7/12/97	545 Orsai, I..11/9/96	1395 Orsai, I..11/9/96
14 540 Sisy, P..11/22/96	375 Audia, J..10/19/96	540 McVane, A..3/15/97	1394 Judge, T..6/21/97
15 535 Taylor, D..8/4/96	375 Jackson, A..11/9/96	535 Jackson, A..11/9/96	1380 Jones, B..11/22/96
16 534 Judge, T..6/21/97	375 Luther, J..1/25/97	530 Sisy, P..11/22/96	1375 Jackson, A..6/26/97
17 529 McVane, A..3/15/97	374 Brunson, C..2/22/97	530 Luther, J..1/25/97	1372 Killian, B..11/23/96
18 525 Stanley, M..9/21/96	374 Slaughter, L..4/21/97	530 Chen, D..1/11/97	1365 Kupperstein, E..4/13/97
19 525 Jacobs, J..10/19/96	370 Thomas, T..2/1/97	530 Crowe, D..4/26/97	1361 McVane, A..3/15/97
20 525 Orosz..11/9/96	370 Loftus, J..4/12/97	529 Berry, M..7/12/97	1360 Audia, J..10/19/96
21 525 Wilkinson..3/15/97	370 Roberts, J..5/18/97	525 Jacobs, J..10/19/96	1355 Washington..11/9/96
22 525 Roane..3/15/97	370 Murphy, J..6/8/97	525 Thomas, T..2/1/97	1355 Roane..3/15/97
23 525 Woodson, M..4/12/97	365 Byrnes, C..10/12/96	525 Wilkinson..3/15/97	1350 Corpuz, F..11/23/96
24 525 Schuelke, M..4/12/97	363 Farrell, D..8/22/96	525 Thompson..5/3/97	1345 Luther, J..1/25/97
25 523 Thomas, E..11/2/96	363 Bebe, J..2/22/97	525 Winters, G..5/3/97	1335 Hoff, R..2/1/97
26 520 Newton..11/9/96	363 Siegel, S..6/21/97	523 Winslow, S..9/21/96	1335 Cox, T..3/27/97
27 515 Washington..11/9/96	360 Tran, B..5/2/97	523 Brewington, T..3/15/97	1330 Woodson, M..4/12/97
28 512 Scisney, K..8/18/96	360 Spivey..5/3/97	520 Taylor, D..8/4/96	1322 Stanley, M..6/7/97
29 512 Kingure, T..10/26/96	360 Kirchner, L..5/18/97	520 Thompson, J..1/8/97	1320 Noerner, T..8/4/96
30 510 Audia, J..10/19/96	360 Stewart, S..6/7/97	518 Whitney, D..8/17/96	1320 Brown..9/14/96
31 510 DiFrancisco, P..2/22/97	358 Judge, T..6/21/97	518 Robinson, M..5/17/97	1317 Cagliola, M..12/8/96
32 505 Winston, C..4/13/97	355 McCalvin, T..4/3/97	518 Ripley, G..6/21/97	1317 Berry, M..7/12/97
33 505 Kiefer, D..5/3/97	355 Rubenzer, K..5/18/97	515 Rohan, B..4/5/97	1315 Jacobs, J..10/19/96
34 501 Corpuz, F..11/23/96	355 Lannon, K..6/21/97	515 Caprari, T..4/18/97	1311 Scisney, K..8/18/96
35 501 Sigala, M..12/8/96	352 Killian, B..11/23/96	512 Summerville, N..10/26/96	1311 Jefferson, G..6/7/97
36 501 Johnson, E..6/15/97	352 Weingust, S..6/21/97	512 Stanley, M..6/7/97	1306 Simmons, G..7/26/97
37 500 Bracken, D..11/9/96	352 Sigala, M..7/26/97	512 Simmons, G..7/10/97	1300 Newton..11/9/96
38 500 Hoff, R..2/1/97	350 Esposito, T..9/7/96	510 Zapinski, J..10/19/96	1300 Kong, A..11/23/96
39 500 Seagraves, S..3/15/97	350 Berry, M..3/8/97	510 Jones, B..11/22/96	1300 Holzbauer, J..3/29/97
40 500 Kupperstein, E..4/13/97	350 Wilkinson..3/15/97	510 Holzbauer, J..3/29/97	1300 Kiefer, D..5/3/97
41 500 Young, P..6/7/97	350 Scales, A..3/29/97	507 Harper, R..8/10/96	1295 Winston, C..4/13/97
42 496 Cagliola, M..12/8/96	350 Brooks, C..4/12/97	507 Hara, M..10/19/96	1295 Lau, S..5/17/97
43 495 Holzbauer, J..3/29/97	350 Young, T..5/18/97	507 Kong, A..11/23/96	1295 Desjarlais, R..6/14/97
44 485 Kong, A..11/23/96	350 Luns, K..7/12/97	507 Lau, S..5/17/97	1290 Taylor, D..8/4/96
45 485 Jefferson, G..6/7/97	347 Pittoucouc, C..11/17/96	507 Johnson, E..6/15/97	1290 Alford, S..11/9/96
46 485 Simmons, G..7/26/97	347 Higa, C..11/23/96	507 Dangerfield, N..6/21/97	1285 Valmoja, J..8/96
47 480 Alford, S..11/9/96	347 Goodine, C..3/15/97	505 Noerner, T..8/4/96	1284 Johnson, E..6/15/97
48 479 Coronado, L..5/17/97	347 Martinez, K..7/19/97	505 Houze, E..8/4/96	1278 Robinson, M..5/17/97
49 475 Valmoja, J..8/96	345 Quimby, P..9/7/96	505 Alford, S..11/9/96	1275 Bracken, D..11/9/96
50 475 Leybold, S..9/7/96	345 Bunch, B..11/23/96	505 Orsai, I..9/28/96	1270 Thompson, J..1/8/97
51 475 Robinson, H..9/19/96	345 Jeffries, T..J..3/29/97	505 Stagg, M..9/21/96	1267 Coronado, L..5/17/97
52 475 Hulse, M..2/1/97	345 Cejlo, J..5/3/97	505 Houle, R..3/22/97	1265 DiFrancisco, P..2/22/97
53 475 Caprari, T..4/18/97	345 Pine, R..6/7/97	505 White, T..4/18/97	1262 Kingure, T..10/26/96
54 475 Cannon, M..4/18/97	342 Ortiz, G..8/24/96	501 DePascale, G..10/12/96	1262 Keranen, D..5/3/97
55 475 Griffin, L..5/10/97	342 Baye, R..4/5/97	501 Judge, T..11/23/96	1260 Lepoldt, S..9/7/96
56 475 Jackson, A..6/26/97	341 Cagliola, M..12/8/96	501 Taylor, R..3/1/97	1260 Stagg, M..12/7/96
57 473 Lau, S..5/17/97	340 Yost, M..9/28/96	501 Stange, S..4/20/97	1255 Rohan, B..4/5/97
58 470 Stagg, M..12/7/96	340 Annon, M..10/19/96	501 Arceneaux, R..5/3/97	1255 Caprari, T..4/18/97
59 470 Liggett, M..4/26/97	340 Stay, P..11/22/96	501 Wilens, R..6/15/97	1251 Johnson, M..5/17/97
60 470 Griffith, P..5/24/97	340 Bunch, B..11/23/96	501 Oliveira, J..6/15/97	1240 Burns..9/14/96
61 468 Xalyaratt, N..2/21/97	340 Pinkett, T..4/3/97	501 Hughes, C..6/28/97	1240 Thomas, E..11/2/96
62 468 Keranen, D..5/3/97	340 Winston, C..4/13/97	500 Lepoldt, S..9/7/96	1240 Orsai, I..11/15/96
63 468 Arceneaux, R..5/3/97	340 Page, G..4/20/97	500 Martinez, A..9/28/96	1240 Houle, R..3/22/97
64 465 Rawn, R..10/19/96	340 Forman, F..5/18/97	500 Newton..11/9/96	1240 Smith, B..4/12/97
65 465 Wood, J..2/22/97	340 Ware, E..6/21/97	500 Hoff, R..2/1/97	1235 Schuelke, M..4/12/97
66 465 Heeding, J..6/7/97	336 Graven, M..10/26/96	500 Jones, A..3/22/97	1235 Young, P..6/7/97
67 462 Orsai, I..11/15/96	336 Allison, K..2/22/97	500 Cannon, M..4/18/97	1234 Harper, R..8/10/96
68 462 Luther, J..11/23/96	336 McGovern, A..4/27/97	500 Young, P..11/23/96	1234 Summerville, N..10/26/96
69 462 Stange, S..12/8/96	336 Jefferson, G..6/7/97	500 Woodson, M..4/12/97	1234 Graven, M..10/26/96
70 462 Charles, R..5/17/97	335 Valmoja, J..8/96	496 Cortes, R..8/24/96	1234 Stange, S..4/20/97
71 462 Hughes, C..6/28/97	335 Hoff, R..2/1/97	496 Uyeoka, B..2/1/97	1234 Hughes, C..6/28/97
72 460 Cecil, J..12/7/96	335 Cox, T..3/27/97	496 Johnson, S..7/26/97	1230 Yost, M..9/28/96
73 460 Berry, M..3/8/97	330 Nguyen, H..9/21/96	495 Griffin, L..5/10/97	1230 Cannon, M..4/18/97
74 457 Summerville, N..10/26/96	330 Berry, R..9/28/96	490 Brown..9/14/96	1229 Xalyaratt, N..2/21/97
75 457 Smith, B..4/12/97	330 Stanley, M..11/23/96	490 Scagge..9/14/96	1229 Arenberg, J..3/29/97
76 457 Robinson, M..5/17/97	330 Kischkel, M..12/7/96	490 Cecil, J..12/7/96	1225 Seagraves, S..3/15/97
77 457 Hokoaana, M..5/17/97	330 Lee, D..12/15/96	490 Edwards, T..3/8/97	1225 Griffin, L..5/10/97
78 455 Torres..11/9/96	330 Thompson, J..1/18/97	490 Smith, B..4/12/97	1223 Arceneaux, R..5/3/97
79 455 Tedrow, T..11/24/96	330 Welch, B..3/1/97	490 Trujillo, B..4/20/97	1223 Hokoaana, M..5/17/97
80 455 Gengo, J..3/15/97	330 Clem, H..4/19/97	490 Jefferson, G..6/7/97	1223 Liggett, M..6/21/97
81 451 Arenberg, J..3/29/97	330 Baris, D..4/26/97	485 Scisney, K..8/18/96	1220 Gengo, J..11/22/96
82 451 Johnson, S..7/26/97	330 Rubenzer, K..5/18/97	485 Bracken, D..11/9/96	1212 Wills, R..6/15/97
83 450 Hill, S..2/8/97	330 Ripley, G..6/21/97	485 Rorex, G..11/17/96	1206 Uyeoka, B..2/1/97
84 450 Porras, M..2/22/97	325 D'Angelo, R..10/5/96	485 Corpuz, F..11/23/96	1206 Brewington, T..3/15/97
85 450 Rodriguez, J..2/22/97	325 Orosz..11/9/96	485 Kaneshiro, D..11/23/96	1205 Aronson, J..10/19/96
86 450 Houle, R..3/22/97	325 Shackelford, N..12/7/96	485 Cagliola, M..2/15/97	1205 Rawn, R..10/19/96
87 450 Henton, A..6/21/97	325 Nixon, M..12/8/96	485 Balanga, C..3/29/97	1201 Winslow, S..9/21/96
88 446 Balanga, C..8/10/96	325 DiRubba, N..3/15/97	485 Valmoja, J..5/17/97	1201 Amo, J..2/1/97
89 446 Longdin, R..11/2/96	325 Swanson, J..4/12/97	485 Wayman, L..5/17/97	1201 Balanga, C..3/29/97
90 446 Alduenda, S..11/9/96	325 Green, J..4/19/97	485 Liggett, M..6/21/97	1201 Trujillo, B..4/20/97
91 446 Wills, R..6/15/97	325 Morrer, M..5/2/97	480 Burns..9/14/96	1200 McCarly, T..10/12/96
92 445 McCarly, T..10/12/96	325 Gauthier, G..5/3/97	480 Wetzel, J..12/7/96	1200 Cecil, J..12/7/96
93 440 Johnson, V..8/4/96	325 Wood, G..6/1/97	480 Kiefer, D..5/3/97	1200 Hulse, M..2/1/97
94 440 Harper, R..8/10/96	325 Lovell, A..7/19/97	479 Kingure, T..10/26/96	1190 Alduenda, S..11/9/96
95 440 Milford, R..8/10/96	325 Weinstein, L..7/26/97	479 Johnson, L..11/2/96	1185 Young, C..11/23/96
96 440 Holcomb, A..8/24/96	320 Burns..5/14/96	479 Xalyaratt, N..2/21/97	1185 Wood, J..2/22/97
97 440 Burns..9/14/96	320 Jones, M..1/11/97	479 Arenberg, J..3/29/97	1180 Thornton, M..11/23/96
98 440 Metvier..9/14/96	320 Wood, J..2/22/97	479 Keranen, D..5/3/97	1180 Chen, D..2/1/97
99 440 DiBella, J..10/19/96	320 Larson, G..5/3/97	479 Coronado, L..5/17/97	1180 Heeding, J..6/7/97
100 440 Graven, M..10/26/96	320 Loftus, F..5/3/97	475 Gengo, J..8/3/96	1179 Whitney, D..8/17/96

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 165s

Corrections..... Scott Siegel should have been credited with a 611 squat in the 148 lb. class at the 1997 APF Senior Nationals. Also, the name on the results on page 90 of the September 1997 issue of PL USA was not complete - it should have included APF Master, Junior, and Teenage Nationals and the dates of May 17th and 18th. Also, the results of the Oregon meet on page 75 of the August issue were published, through no fault of the meet director, without displaying the weight classes. We apologize for the errors we make with results and in compiling our ranking lists. Some of the errors on the various lists are due to incorrect information on meet results, and there are some competition results that are not provided to us by the meet directors, and lifts at those meets are not available for consideration. The compilation of the list involves many names and numbers and we do make errors. On average, it takes a number of weeks for meet directors to provide us with contest results, however, if you don't see your meet results in POWERLIFTING USA, in a reasonable amount of time, let us know what you've done and we'll try to confirm it. Send any corrections to "ERRORS", Box 467, Camarillo, CA 93011.