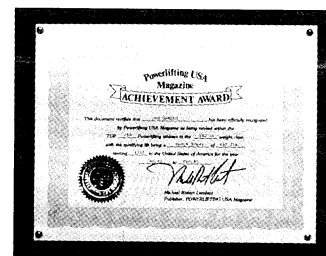


TOP 100

For 148 lb./67.5 kg. USA lifters competing in results received from September 1993 through August 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 165s

Corrections: The lifts of Mr. Pizzoloto were not included in the results of the WNPFL Region 4 Championships in the 220 Novice in Powerlifting, Bench Press, and Deadlift. His lifts were 475 335 500 1310. The lifts of Susan Douglas were left out of the results of the 111 lb. class at the ADFPA Women's Nationals. Her lifts were 242, 121, 253, 617 for 3rd place. She entered the meet at 104, but weighed 49.2 kilos, and her name was added to the end of the 111 lb. class scoreboard, after the teenage lifters, and it was not included in the meet results. From Tom Trevorah "... in the Sept. issue there was an interview on me adn I made a remark about the bench shirt in regards that I did not like them. I would like it to be known that the only dislike being, I have the fear of my face being covered and I need someone to put the shirt on and off "quick" - otherwise great". There was an error in the results of the USPF Senior Nationals in the 220 lb. class. David Childers should be listed as 5th with a 1675 total, and Robert Dyer at 2nd with 1763. Danny McMillan was not credited with his 500 lb. bench press in the 220 lb. rankings for the ADFPA. We make errors on the compilation of these lists, sometimes the results are submitted with errors, and sometimes the results of a given contest are not submitted at all. Any and all of these possibilities can lead to errors on the lists, but we encourage you to please send corrections to "ERRORS," Box 467, Camarillo, California 93011.

SQUAT

1	685 Conyers, A..3/19/94
2	630 Hooper, W..6/22/94
3	611 Perkins, T..3/17/94
4	589 Dees, P..10/23/93
5	580 Rivera, W..5/28/94
6	573 Siegel, S..9/17/93
7	573 Austin, D..11/27/93
8	570 Taylor, J..4/10/94
9	565 Page, G..4/10/94
10	560 Beaumaster, P..4/30/94
11	556 Okafor, F..3/17/94
12	556 Beatty, D..7/16/94
13	555 Clarke, L..11/11/93
14	555 Temmerman, G..7/10/94
15	551 Vaughn, E..1/22/94
16	551 Annas, R..4/30/94
17	551 Sardo, D..7/29/94
18	551 Wodraska, C..7/29/94
19	545 Sigala, M..3/17/94
20	545 Ewoldson, M..3/17/94
21	545 Bassett, S..4/15/94
22	540 Charles, L..11/11/93
23	540 Mills, L..11/11/93
24	540 Blake, H..4/1/94
25	535 Kupperstein, E..3/5/94
26	535 Lewis, T..6/22/94
27	530 Hamel, A..12/7/93
28	530 Eaddy, R..2/12/94
29	529 Benemerito, J..4/1/94
30	529 Weinstein, L..7/16/94
31	525 Smith, M..3/19/94
32	525 Fronzaglia, D..8/27/94
33	523 Smith, A..4/1/94
34	520 Audia, J..10/23/93
35	520 McVane, A..4/10/94
36	518 Brown, W..3/17/94
37	512 Brodhurst, H..8/27/94
38	510 May, L..1/22/94
39	510 Brown, W..7/9/94
40	507 Payne, W..11/6/93
41	507 Wonoyete, M..12/3/93
42	507 Walsh, E..3/17/94
43	507 Pickle, C..3/26/94
44	505 Hairston, W..12/4/93
45	505 Moore, R..2/21/94
46	505 Espree, E..6/22/94
47	501 Liggitt, M..10/21/93
48	501 Alford, S..1/22/94
49	501 Thomas, E..4/30/94
50	501 Marsh, L..6/17/94
51	501 Packowski, N..7/1/94
52	500 Rand, J..9/4/93
53	500 Tamoyose, J..10/17/93
54	500 DiFrancisco, P..10/23/93
55	500 Burns, D..2/26/94
56	500 Gayden, G..6/9/94
57	490 Jackson, F..4/9/94
58	485 Loney, Z..9/11/93
59	485 Cagliola, M..10/31/93
60	485 Williams, L..2/19/94
61	485 Thomas, A..4/1/94
62	485 Kingree, T..4/1/94
63	485 Sermeno, J..4/23/94
64	485 Linberg, F..8/27/94
65	480 Davis, K..9/25/93
66	480 Morris, L..11/11/93
67	479 Schiannaux, T..10/23/93
68	479 Greene, R..3/12/94
69	479 Kilburg, M..3/19/94
70	479 Arenberg, J..4/30/94
71	479 Woodworth, M..8/12/94
72	475 Mitchell, L..12/93
73	475 Harnish, B..6/4/94
74	475 Massett, J..6/22/94
75	475 Grouchy, M..6/22/94
76	473 Fleischman, E..11/6/93
77	473 Lau, S..5/7/94
78	473 Pallas, T..5/14/94
79	473 Wilson, G..6/11/94
80	473 Jackson, J..7/29/94
81	470 Washington, M..9/1/93
82	470 Cavins, D..10/2/93
83	470 Baker, K..2/94
84	470 Bernard, S..5/22/94
85	470 Castro, M..7/9/94
86	468 Burris, J..10/30/93
87	465 Marquez, S..5/94
88	462 Lawson, M..11/13/93
89	462 Burrello, T..4/24/94
90	462 Theodorou, N..6/18/94
91	460 Lane, D..10/16/93
92	460 Winterrood, J..5/14/94
93	460 Miranda, E..7/9/94
94	455 John, J..7/94
95	451 Willis, R..9/25/93
96	450 Ramirez, J..9/25/93
97	450 Riley, E..10/16/93
98	450 Burton, O..12/4/93
99	450 Gutierrez, D..12/4/93
100	450 Chanice, R..12/11/93

BENCH

510	Warr, G..6/4/94
425	Conyers, A..3/19/94
423	Couch, R..9/11/93
420	Tamoyose, J..10/17/93
402	Audia, J..7/16/94
396	Millhouse, G..9/4/93
390	Guy, R..1/23/94
385	Satterfield, T..11/6/93
380	Sardo, D..7/29/94
375	Thomas, W..11/20/93
375	Margiotta, M..12/4/93
375	Moye, S..6/9/94
375	Fronzaglia, D..8/27/94
374	Brunson, C..12/12/93
370	Augustin, S..9/18/93
370	Cavins, D..10/2/93
370	Thomas, G..2/19/94
370	Zubeck, J..5/21/94
370	Rivera, W..5/28/94
370	Tambasco, M..3/17/94
369	Garcia, F..9/4/93
369	Stegel, S..9/17/93
365	Hartge, J..11/7/93
365	Corpus, F..7/23/94
360	Pasqual, L..10/2/93
360	Dominielli, M..11/13/93
360	Hooper, W..6/22/94
358	Kimura, S..10/2/93
355	Lynch, T..3/20/94
355	Rinker, J..4/9/94
352	Stewart, S..12/4/93
352	Eaddy, R..4/1/94
352	Cohen, J..5/29/94
352	Beatty, D..7/16/94
352	Wilson, S..8/12/94
350	Fantuzzi, E..10/2/93
350	Williams, J..10/16/93
350	Hoshiya, P..11/21/93
350	Oliver, E..7/23/94
347	Blake, H..4/1/94
347	Thomas, A..4/1/94
347	Dematteo, J..4/1/94
347	Slaughtier, L..8/6/94
347	Linberg, F..8/27/94
345	Banik, J..12/4/93
345	Dunn, B..3/6/94
345	Clos, J..3/26/94
345	Bell, S..4/23/94
341	Austin, L..11/17/93
340	Overcash, M..11/20/93
340	Petach, B..11/21/93
340	Wilkinson, B..12/4/93
340	Baran, J..3/5/94
340	West, C..3/12/94
340	McCalvin, T..5/14/94
340	Lindquist, E..6/14/94
340	Mears, V..7/24/94
340	Wolfe, C..7/30/94
336	Parker, B..10/23/93
336	Perine, R..4/24/94
336	Surface, P..8/6/94
335	Breden, S..9/94
335	Chun, C..4/9/94
335	Madsen, C..4/9/94
335	Larson, G..8/14/94
330	Hofstetter, J..9/4/93
330	Rubio, J..9/4/93
330	Sparta, K..2/19/94
330	Swanson, J..4/9/94
330	Manochio, J..5/29/94
330	Smith, A..7/16/94
330	Woodworth, M..8/12/94
330	Moyer, R..8/12/94
325	Lindberg, J..9/4/93
325	Skeen, L..10/30/93
325	Charles, L..11/11/93
325	Clark, S..11/11/93
325	Froemming, K..11/20/93
325	Maas, D..11/21/93
325	Sigala, M..12/4/93
325	Vasile, J..12/5/93
325	Perkins, T..1/16/94
325	Steeckline, T..2/12/94
325	Nelson, E..3/26/94
325	Suzuki, P..4/10/94
325	Saxon, M..5/14/94
325	Temmerman, G..7/10/94
325	Benemerito, J..7/16/94
325	Risener, K..7/17/94
325	Farrell, D..7/30/94
320	McAteer, C..9/11/93
320	Peine, R..10/9/93
320	Sensening, D..4/9/94
320	Palmer, M..6/11/94
320	Gittelman, R..6/25/94
320	Hennig, B..8/13/94
319	Lindley, K..10/23/93
319	Hedrick, L..11/6/93
319	Hernandez, B..8/12/94
315	Wilkinson, B..9/11/93

DEADLIFT

697	Austin, D..11/27/93
639	Conyers, A..7/29/94
590	Weinstein, L..3/5/94
585	Sigala, M..12/4/93
578	Beatty, D..7/16/94
575	Mills, L..11/11/93
575	Jackson, F..4/9/94
573	Benemerito, J..7/16/94
567	Brodhurst, H..3/17/94
567	Sardo, D..7/19/94
562	Okafor, F..3/17/94
562	Eaddy, R..4/1/94
560	Hairston, W..12/4/93
560	Hamel, A..12/7/93
556	Jackson, J..7/19/94
555	Loney, Z..9/11/93
551	Blake, H..4/1/94
551	Theodorou, N..6/18/94
551	Siegel, S..7/29/94
551	Blount, R..7/29/94
550	Ramirez, J..9/25/93
550	Douglas, W..3/12/94
550	Wonoyete, M..12/3/93
540	Charles, L..11/11/93
540	Temmerman, G..11/21/93
540	Castro, M..1/16/94
540	May, L..1/22/94
540	Bassett, S..4/9/94
540	Lewis, T..6/22/94
540	John, J..7/94
537	Thomas, E..4/30/94
535	Washington, M..9/11/93
535	Hooper, W..6/22/94
534	Payne, W..11/6/93
534	Pickle, C..12/3/93
534	Page, G..7/16/94
530	Jefferson, K..12/4/93
529	Vaughn, E..1/22/94
529	Dees, P..4/23/94
529	Keller, D..7/30/94
525	Wilkinson, B..12/4/93
525	Chanice, R..12/11/93
525	McVane, A..4/10/94
525	Rivera, W..5/28/94
525	Munden, T..7/2/94
525	Fronzaglia, D..8/27/94
520	Nightwalker, W..10/2/93
520	Pfister, F..12/4/93
518	Johnson, A..2/9/94
518	Smith, D..5/8/94
515	Davis, K..9/25/93
515	Kupperstein, E..3/5/94
512	Detromaites, L..10/2/93
510	Audia, J..10/23/93
510	Greene, R..2/12/94
507	Seabrook, L..3/12/94
505	Barnard, L..1/15/94
505	Bruns, D..2/26/94
505	Scaggs, T..3/19/94
505	Bernard, S..5/22/94
505	Burton, O..7/16/94
501	Beck, S..9/25/93
501	Thomas, S..3/26/94
501	Pallas, T..5/14/94
500	Ellis, J..9/19/93
500	Cavins, D..10/2/93
500	Perine, R..3/19/94
500	Carter, P..5/14/94
500	Payne, P..5/14/94
500	Mitchell, G..6/94
500	Gayden, G..6/94
500	Saunders, C..8/20/94
496	Kilburg, M..3/19/94
490	Cortes, R..10/31/93
490	Clarke, L..11/11/93
490	Porter, S..12/93
490	Perkins, T..1/16/94
490	Donatto, P..3/12/94
490	Thomas, A..4/1/94
490	Taylor, J..4/10/94
490	Burrello, T..4/24/94
490	Rohari, B..6/4/94
490	Alford, S..7/9/94
485	Elliott, L..10/23/93
485	Cagliola, M..10/31/93
485	Taylor, T..3/26/94
485	Robinson, M..4/16/94
485	Zmitravich, J..4/30/94
485	Marsh, G..6/17/94
485	Packowski, N..7/1/94
485	Wodraska, C..7/29/94
480	Tamoyose, J..10/17/93
480	Hisamoto, R..10/17/93
480	Zapinski, C..11/6/93
480	Gutierrez, D..12/4/93
480	Beaumaster, P..4/30/94
479	Willis, R..9/25/93
479	Woodworth, M..12/3/93
479	Cretchain, K..4/15/94
479	Kauffman, T..4/15/94

TOTAL

1735	Conyers, A..3/19/94
1609	Austin, D..11/27/93
1525	Hooper, W..6/22/94
1499	Sardo, D..7/29/94
1488	Siegel, S..9/17/93
1487	Beatty, D..7/16/94
1475	Rivera, W..5/28/94
1450	Sigala, M..12/4/93
1438	Blake, H..4/1/94
1432	Okafor, F..3/17/94
1430	Eaddy, R..2/12/94
1425	Fronzaglia, D..8/27/94
1420	Weinstein, L..3/5/94
1416	Perkins, T..3/17/94
1410	Temmerman, G..5/22/94
1405	Charles, L..11/11/93
1405	Mills, L..11/11/93
1405	Hamel, A..12/7/93
1405	Page, G..4/10/94
1400	Tamoyose, J..10/17/93
1400	Audia, J..10/23/93
1399	Dees, P..4/23/94
1399	Benemerito, J..7/16/94
1394	Vaughn, E..1/22/94
1383	Bassett, S..4/15/94
1380	Hairston, W..12/4/93
1370	Clarke, L..11/11/93
1365	Lewis, T..6/22/94
1345	Jackson, F..4/9/94
1345	Taylor, J..4/10/94
1345	Beaumaster, P..4/30/94
1340	Loney, Z..9/11/93
1340	Cavins, D..10/2/93
1340	Kupperstein, E..3/5/94
1333	Payne, W..11/6/93
1328	Wodraska, C..7/29/94
1325	McVane, A..4/10/94
1322	Thomas, A..4/1/94
1317	Smith, A..4/1/94
1311	Brodhurst, H..3/17/94
1306	Ewoldson, M..3/17/94
1305	Wilkinson, B..12/4/93
1300	Wonoyete, M..12/3/93
1300	Pickle, C..3/26/94
1291	Greene, R..12/4/93
1290	Washington, M..9/11/93
1289	Marsh, L..6/17/94
1289	Woodworth, M..8/12/94
1285	Davis, K..9/25/93
1284	Linberg, F..8/27/94
1280	May, L..1/22/94
1278	Cagliola, M..10/31/93
1278	Kilburg, M..3/19/94
1278	Jackson, J..7/29/94
1273	Alford, S..1/22/94
1270	Thomas, E..4/30/94
1270	John, J..7/94
1267	Burrello, T..4/24/94
1262	Annas, R..4/30/94
1256	Packowski, N..7/1/94
1255	DiFrancisco, P..10/23/93
1255	Moore, R..2/21/94
1255	Burns, D..2/26/94
1255	Bernard, S..5/22/94