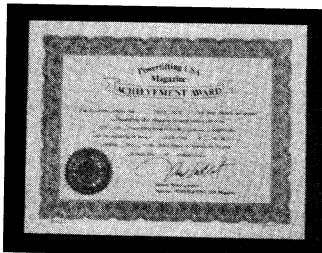


TOP 100

For standard 198 lb./90 Kg. USA lifters in results received from JAN/2005 through DEC/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 220s

CORRECTIONS ... In the FEB/06 article on the IPF Bench Press Worlds, within the report of the 242 lb. class, Oliweir Bryniarki of Poland was incorrectly identified as Oliweir 'Kushnarev'. Within the same article, Alexey Sivokon should have been credited with 7 Gold medals, rather than 6. Darren Nemo should have been credited with a 611 deadlift and 1542 lb. total on the TOP 100 list for the 181 lb. class. In the results of the APF Southern States (FEB/06 PL USA) the Open 220 lbs. were not listed: Brian Carroll 903 584 733 2221, Clint Smith 810 633 705 2149, John Oliksowycz 710 374 490 1576, and the lifters labeled 220 were actually in the 242 lb. class. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction.

SQUAT

1 914 Byrd, S..9/10/05
2 810 Cartinian, M..3/4/05
3 954 Frankl, S..11/6/05
4 832 Norman, J..6/5/05
5 826 Luckett, M..9/24/05
6 810 Bell, G..5/14/05
7 804 Coe, M..6/5/05
8 804 Lunsford, R..6/5/05
9 804 Coleman, A..10/29/05
10 804 Caprari, T..11/19/05

11 804 Flesh, D..12/4/05
12 790 Rapp, B..5/8/05
13 788 Tracey, B..3/12/05
14 777 James, A..6/5/05
15 775 Lavelle, T..11/12/05
16 771 Paras, R..11/19/05
17 760 Thomas, J.J..8/6/05
18 760 Maxwell, M..11/12/05
19 755 Kuderick, S..9/10/05
20 755 Wisenbaker, J..9/24/05

21 750 Gugino, M..4/17/05
22 750 Bailes, P..7/17/05
23 750 Kelly, T..12/17/05
24 749 Belshe, C..9/10/05
25 749 Runde, T..9/10/05
26 733 Hanson, D..6/5/05
27 733 Hoover, L..6/5/05
28 727 Nesti, E..6/5/05
29 711 Benemerito, R..5/8/05
30 710 Urlich, J..8/6/05

31 705 Kegrice, J..3/13/05
32 705 Buckley, T..4/23/05
33 705 Celli, R..8/6/05
34 705 Delmonti, P..11/12/05
35 700 Hicks, R..3/19/05
36 700 Kirschen, D..6/25/05
37 700 Terry, C..11/12/05
38 700 Pennington, B..11/12/05
39 699 Garland, T..6/5/05
40 699 Chalmers, S..7/9/05

41 695 Rebera, J..4/24/05
42 688 Dell, R..5/14/05
43 688 Harrington, P..6/25/05
44 685 Ducharme, B..3/20/05
45 680 Brown, J..4/17/05
46 675 Enes, J..3/05
47 675 Bishop, B..4/17/05
48 675 Welch, M..7/17/05
49 675 Buyan, D..8/6/05
50 672 Clark, R..4/24/05

51 672 Wade, T..6/25/05
52 672 Jones, G..10/9/05
53 672 Dorsten, J..12/10/05
54 670 Pettigrew, D..4/2/05
55 666 Cole, J..4/17/05
56 666 Serio, A..5/21/05
57 666 Power, J..9/10/05
58 661 Bridges, M..5/21/05
59 661 Welch, L..7/29/05
60 661 Smith, C..8/14/05

61 661 Green, G..10/22/05
62 660 McVicar, J..6/25/05
63 655 Jackson, J..11/5/05
64 655 Delgado, B..11/12/05
65 655 Rekas, C..12/4/05
66 650 Nelson, C..2/12/05
67 650 Stone, P..3/12/05
68 650 Kirkland, K..4/9/05
69 650 Jester, J..4/17/05
70 650 Baker, D..4/17/05

71 650 Biales, P..4/17/05
72 650 Nichols, B..5/7/05
73 650 Evans, J..5/7/05
74 650 Haga, A..6/25/05
75 650 Soule, J..7/29/05
76 650 Baker, S..11/5/05
77 650 Myers, T..11/12/05
78 650 Christie, M..12/17/05
79 644 Farid, H..4/17/05
80 644 Massie, A..4/23/05

81 644 Van Cleave, M..5/14/05
82 644 Williams, J..6/18/05
83 640 Yvars, S..1/8/05
84 639 DiCataldo, S..5/8/05
85 639 Hodges, L..9/10/05
86 635 Smith, J..5/8/05
87 635 Jones, M..7/17/05
88 635 Navarro, J..9/17/05
89 633 Sotirakos, G..4/24/05
90 633 Payne, C..8/14/05

91 633 Pena, J..8/20/05
92 630 Prewitt, M..3/19/05
93 630 Hailey, S..4/17/05
94 630 H., Kris..11/12/05
95 630 Seftel, E..11/12/05
96 628 Baker, E..4/24/05
97 628 Willett, M..5/21/05
98 628 Lanneck, S..6/18/05
99 628 Laitres, R..12/11/05
100 625 Lewis, N..3/19/05

BENCH

688 Wolfley, M..10/29/05
677 Frankl, S..10/29/05
666 Rabine, S..3/5/05
650 Zung, M..3/19/05
635 McVicar, J..4/30/05
622 Cartinian, M..3/4/05
600 Burdette, J..9/24/05
600 Gugino, M..10/1/05
589 Bell, G..5/14/05
585 Daily, R..4/16/05

585 Celli, R..8/6/05
585 Koffler, C..8/13/05
580 Piggee, D..4/3/05
580 Kellum, J..4/10/05
578 McAuliffe, J..9/18/05
575 Elch, J..11/19/05
573 Cierk, D..9/18/05
573 Coker, J..11/5/05
563 Morishima, E..11/19/05
556 Marrama, R..11/19/05

551 Coe, M..6/5/05
551 Byrd, S..9/10/05
551 Luckett, M..9/24/05
551 Ivanov, T..9/24/05
551 Whitney, J..10/1/05
550 Vinelli, S..3/12/05
550 Jones, B..4/2/05
550 Brown, J..4/17/05
550 Mattson, K..6/18/05
545 Tracey, B..3/12/05

540 Masello, B..2/27/05
540 Hartlaub, S..11/11/05
534 Hanson, D..6/5/05
534 Milburn, E..11/19/05
530 Lowe, D..1/29/05
530 Handsue, M..3/20/05
529 Gentges, N..6/5/05
525 Gentry, R..1/22/05
525 Rapp, B..5/8/05
525 Delmonti, P..11/12/05

525 Bishop, B..11/12/05
525 Kelly, T..12/17/05
524 Soto, D..11/19/05
520 Stucke, T..4/10/05
518 Alvarado, J..4/9/05
518 Stuart, T..6/5/05
518 Gibson, G..11/19/05
515 Lavelle, T..11/12/05
512 Coleman, M..5/7/05
512 Jones, A..7/16/05

510 Cabrera, J..3/05
510 Dussault, S..12/17/05
510 Miller, M..5/14/05
507 Kuts, J..7/9/05
507 Hicks, R..9/10/05
505 Scarincio, C..1/8/05
505 Johnson, P..3/19/05
505 Sheehan, T..10/30/05
501 Maddox, C..2/26/05
501 Shalkowski, B..3/5/05

501 Sanders, A..4/2/05
501 Kirkland, K..4/9/05
501 Bell, C..4/30/05
501 Arendell, M..4/30/05
501 Norman, J..6/5/05
501 Paras, R..6/11/05
501 Rebera, J..7/29/05
501 Hodges, L..9/10/05
501 Benson, J..9/10/05
501 Washburn, C..9/10/05

501 Bachmeier, J..11/19/05
500 Swanson, B..1/8/05
500 Reese, T..3/5/05
500 Frantz, C..3/12/05
500 Smith, J..3/26/05
500 Owens, B..4/3/05
500 Jester, J..4/17/05
500 Stevens, B..6/11/05
500 Kirschen, D..6/25/05
500 Driggers, M..9/17/05

500 Conner, T..10/30/05
500 Hanson, J..12/10/05
497 Bridges, M..5/21/05
496 Gardner, J..4/30/05
496 Pinckard, J..4/4/05
490 Nip, N..9/24/05
490 Fleish, D..12/4/05
485 Hailey, S..2/19/05
485 Highnote, B..5/28/05
485 Wade, T..6/25/05

485 Power, J..10/29/05
480 Strohine, T..3/19/05
480 Salter, R..3/20/05
480 Dean, K..4/17/05
480 Watts, S..8/20/05
480 Maxwell, M..11/12/05
480 Benford, G..11/12/05
479 Sotirakos, G..4/24/05
479 Lunsford, R..6/5/05
479 Gregory, B..6/11/05

DEADLIFT

770 Terry, C..9/17/05
768 Eiseman, T..5/28/05
735 Meyers, T..12/3/05
733 Caprari, T..11/19/05
705 Kegrice, J..3/13/05
705 Norman, J..6/5/05
700 Walker, J..4/9/05
688 Coleman, A..10/29/05
688 Woodley, L..11/18/05
683 Byrd, S..9/10/05

677 Timonen, S..8/13/05
677 Frankl, S..10/29/05
675 Brookins, J..10/22/05
672 Clark, R..4/24/05
672 Lunsford, R..6/5/05
672 Decker, J..8/13/05
661 Cartinian, M..3/4/05
661 Baker, D..4/17/05
661 Bell, G..5/14/05
661 Coe, M..6/5/05

661 Lemarie, S..8/13/05
661 Wade, T..11/19/05
655 Ray, J..4/16/05
655 Benemerito, R..5/8/05
650 Schmidt, B..1/29/05
650 Lewis, N..3/19/05
650 Bishop, B..4/17/05
650 Shelton, T..5/8/05
650 Lucchetta, M..8/13/05
650 Delmonti, P..11/12/05

650 Richesson, L..11/18/05
645 Beechum, K..4/2/05
645 Cervero, J..5/28/05
644 Tracey, B..3/12/05
644 Ferstler, G..5/21/05
644 Safran, C..5/21/05
644 Welch, L..7/29/05
644 Jones, G..10/9/05
644 Schoenebeck, J..11/18/05
640 Gugino, M..10/1/05

639 Soule, J..4/24/05
639 Morong, D..7/29/05
639 Belshe, C..9/10/05
635 Celli, R..8/6/05
635 Linn, T..12/7/05
633 Bridges, M..5/21/05
630 McVicar, J..4/30/05
630 Guizzotti, J..8/14/05
630 Garrett, M..12/17/05
628 Bell, C..4/30/05

628 Serio, A..5/21/05
628 Woods, J..8/6/05
628 Icnhour, J..8/13/05
628 Jones, L..11/5/05
628 Jones, L..11/5/05
625 Smith, J..4/3/05
625 Rapp, B..5/8/05
625 Laitres, R..6/26/05
625 Legard, J..11/19/05
622 Haga, A..6/25/05

620 Myers, T..3/12/05
620 Polk, G..4/23/05
620 Faulkner, E..10/16/05
617 Carter, T..5/1/05
617 Blindauer, J..5/8/05
617 Olsen, S..6/25/05
615 Yeargin, S..6/2/05
611 Thomas, J..1/8/05
611 Sotirakos, G..4/24/05
611 Willett, M..5/21/05

611 Baker, S..6/5/05
611 Garcia, R..7/23/05
611 Sukora, S..8/13/05
611 Rhoades, D..11/14/05
610 Seftel, E..3/05
610 Delgado, B..11/12/05
610 Dedas, B..12/3/05
606 Haney, B..1/29/05
606 Canton, J..2/12/05
606 Kirkland, K..4/9/05

606 Pena, J..5/8/05
606 Yvars, A..5/22/05
605 Triomfante, C..3/19/05
605 H., Kris..11/12/05
600 Wilkerson, D..1/29/05
600 Lyons, A..2/12/05
600 Dorsten, J..2/19/05
600 Hicks, R..3/19/05
600 Johnson, R..3/20/05
600 Enes, J..3/05

600 Savage, J..4/2/05
600 Gavali, A..4/3/05
600 White, A..4/9/05
600 Rock, J..4/10/05
600 DiCataldo, S..5/8/05
600 Knutsen, J..5/14/05
600 Dally, J..5/21/05
600 Nesti, E..6/5/05
600 James, A..6/5/05
600 MacGillis, S..6/11/05

TOTAL

2204 Frankl, S..11/6/05
2193 Cartinian, M..3/4/05
2149 Byrd, S..9/10/05
2061 Bell, G..5/14/05
2000 Tracey, B..6/4/05
2000 Caprari, T..11/19/05
1989 Coe, M..6/5/05
1984 Norman, J..6/5/05
1956 Lunsford, R..6/5/05
1940 Rapp, B..5/8/05

1925 Celli, R..8/6/05
1900 Gugino, M..4/17/05
1895 Flesh, D..12/4/05
1880 McVicar, J..6/25/05
1880 Delmonti, P..11/12/05
1851 Hanson, D..6/5/05
1851 Belshe, C..9/10/05
1850 Maxwell, M..3/19/05
1845 Terry, C..11/12/05
1830 Thomas, J..8/6/05

1829 Benemerito, R..5/8/05
1825 Bishop, B..4/17/05
1825 Kelly, T..12/17/05
1824 Kegrice, J..3/13/05
1824 Runde, T..9/10/05
1818 Wade, T..11/19/05
1815 Lavelle, T..11/12/05
1802 Wisenbaker, J..9/24/05
1802 Paras, R..11/19/05
1786 Clark, R..4/24/05

1775 Brown, J..4/17/05
1774 Bridges, M..5/21/05
1774 Chalmers, S..7/9/05
1763 Hicks, R..9/10/05
1758 Kirkland, K..4/9/05
1758 Nesti, E..6/5/05
1758 Jones, G..10/9/05
1747 Soule, J..4/24/05
1741 Rebera, J..4/24/05
1735 Kirschen, D..6/25/05

1735 Brookins, J..10/22/05
1735 Bailes, P..11/12/05
1725 Sotirakos, G..4/24/05
1725 Knutson, J..5/14/05
1714 Haga, A..6/25/05
1714 Decker, J..8/13/05
1708 Welch, L..7/29/05
1703 James, A..6/5/05
1703 Gentges, N..6/5/05
1703 Baker, S..11/5/05

1700 Ducharme, B..3/20/05
1700 Jester, J..4/17/05
1686 Garland, T..6/5/05
1685 Delgado, D..11/12/05
1681 Smith, C..8/14/05
1681 Hodges, L..9/10/05
1681 Kuderick, S..9/10/05
1680 Lewis, N..3/19/05
1669 Schmidt, B..5/21/05
1664 Baker, D..4/17/05

1664 Baker, E..4/24/05
1660 Burdette, J..12/10/05
1658 Laitres, R..12/11/05
1655 Buyan, D..8/6/05
1653 Nelson, C..2/12/05
1653 Buffington, G..5/21/05
1653 Green, G..6/18/05
1650 Pettigrew, D..4/2/05
1650 Christie, M..12/17/05
1647 Dell, R..5/14/05

1647 Pena, J..8/20/05
1647 Power, J..9/10/05
1645 Walker, J..4/9/05
1640 Pennington, J..11/12/05
1636 DiCataldo, S..5/8/05
1636 Willett, M..5/21/05
1635 Enes, J..3/05
1635 Smith, J..5/8/05
1631 Timonen, S..8/13/05
1630 Hailey, S..4/17/05

1625 Lemarie, S..1/22/05
1625 Burnell, J..8/13/05
1620 Benson, J..9/10/05
1610 Hanson, J..3/19/05
1610 Griffin, A..4/17/05
1610 McCloskey, K..12/17/05
1609 Shelton, T..1/29/05
1609 Blindauer, J..2/19/05
1609 Williams, J..6/18/05
1605 Yvars, A..1/8/05

1605 H., Kris..11/12/05
1603 Farid, H..4/17/05
1603 Nichols, B..5/7/05
1603 Morong, D..7/29/05
1603 Lynch, R..11/5/05
1600 Jones, M..12/3/05
1598 Kanemoto, K..5/21/05
1598 Rekas, C..6/18/05
1595 Myers, T..11/12/05
1590 Garrett, M..2/19/05