

POWERLIFTING USA MAGAZINE

148 lb./67.5 kg.

TOP 100

for USA lifters competing
January 1990 to December 1990

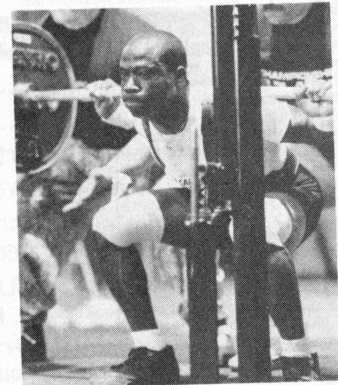
PL USA TOP 100 Achievement Awards



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 achievements 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 add 6% sales tax.

NEXT MONTH...TOP 165s

Corrections: Clay McCurdy should have been listed on the ADF-PA TOP 20 list for the 220 lb. class for his state record deadlift of 666 at the ADFPA Missouri State Championships. Also, the actual lift of Sam Stewart in the 148 lb. class at the Pittsburgh Bench Press Championships held on October 6th was 345 rather than the 410 that was printed. The lifts of Larry Dick at 148 (300), and Allan McWilliams at 165 (440) and Brad Johnson at 165 (410) were not listed in our report of the meet on page 63 of the February 1991 edition. Scoot Fonville's lifts at the USPF Region III Championships held in Alabama were not reflected in the TOP 100 list for the 132 lb. class, including his 523 N. Carolina State Record squat and his 1212 total. Send any corrections you find to "Errors", Box 467, Camarillo, CA 93011



Scoot Fonville out of North Carolina

SQUAT

- 1 710 Jackson, J...7/28/90
- 2 682 Perez, J...3/5/90
- 3 670 Conyers, T...7/21/90
- 4 633 Sardo, D...7/28/90
- 5 622 Austin, D...7/8/90
- 6 600 Dial, C...3/31/90
- 7 578 Hooper, W...12/8/90
- 8 573 Taoy, M...2/16/90
- 9 567 Inamine, L...4/14/90
- 10 567 Contreras, D...12/8/90
- 11 562 Williams, R...4/14/90
- 12 562 Hammer, E...11/17/90
- 13 560 Broussard, B...1/6/90
- 14 560 Franklin, S...4/21/90
- 15 560 Kimble, D...12/1/90
- 16 556 Perkins, T...2/22/90
- 17 555 Reinardy, J...11/10/90
- 18 551 Benemerito, R...6/30/90
- 19 550 Sanders, ...1/6/90
- 20 550 Kimura, M...3/5/90
- 21 550 Fronzaglia, D...12/15/90
- 22 540 Christon, V...3/90
- 23 540 Sielawa, S...5/19/90
- 24 540 Charles, A...6/1/90
- 25 535 Richardson, W...3/31/90
- 26 529 Johnson, B...6/2/90
- 27 529 Kupperstein, E...9/1/90
- 28 523 Garcia, J...3/10/90
- 29 523 Okafar, F...10/27/90
- 30 520 Johnson, S...3/31/90
- 31 520 Kaufman, B...4/7/90
- 32 520 Hamel, A...4/21/90
- 33 520 Cagasan, M...11/10/90
- 34 518 Roman, A...2/16/90
- 35 518 Huston, K...3/24/90
- 36 518 Smith, A...3/24/90
- 37 518 Pringle, A...5/19/90
- 38 518 Weinstein, L...9/1/90
- 39 518 Byrd, T...9/15/90
- 40 515 Jakson, W...3/3/90
- 41 515 McMillan, S...8/4/90
- 42 510 Letak, S...5/6/90
- 43 510 Shackelford, N...5/19/90
- 44 510 Beatty, D...12/1/90
- 45 507 Graves, G...3/3/90
- 46 507 Spaeder, S...4/1/90
- 47 507 Hazzard, W...4/7/90
- 48 507 Ahrens, D...6/9/90
- 49 507 Cooper, S...7/1/90
- 50 507 Glenn, D...7/21/90
- 51 507 Cox, T...10/6/90
- 52 505 Blair, ...1/6/90
- 53 505 Smith, ...1/6/90
- 54 505 Strover, O...7/22/90
- 55 505 Brown, J...11/17/90
- 56 501 Rautzong, B...2/3/90
- 57 501 Sylvia, J...2/22/90
- 58 501 Uhle, M...6/2/90
- 59 501 Edwards, C...7/8/90
- 60 501 Brown, V...7/14/90
- 61 501 Green, R...9/8/90
- 62 501 Lawson, M...11/3/90
- 63 500 Stover, ...1/6/90
- 64 500 Bannister, L...1/27/90
- 65 500 Fleming, L...3/30/90
- 66 500 Lineman, J...4/21/90
- 67 500 Furlow, P...8/4/90
- 68 500 Morgan-bey, L...9/29/90
- 69 500 Holton, C...10/27/90
- 70 500 Braca, J...11/10/90
- 71 496 Mintz, L...5/6/90
- 72 496 Oehlers, J...5/5/90
- 73 490 Bostic, ...2/3/90
- 74 490 Jones, T...2/22/90
- 75 490 Fleugal, P...2/22/90
- 76 490 Kirk, B...3/31/90
- 77 490 Audia, J...4/21/90
- 78 490 McVane, A...5/12/90
- 79 487 Keel, B...3/31/90
- 80 485 Easton, C...2/22/90
- 81 485 Barna, M...2/22/90
- 82 485 Cagliola, M...4/7/90
- 83 485 Ambeau, A...4/28/90
- 84 485 Sigala, M...11/3/90
- 85 485 Young, D...11/10/90
- 86 483 Wong, B...3/24/90
- 87 480 Kingure, T...3/3/90
- 88 480 Hayataka, T...5/19/90
- 89 480 Ring, J...5/26/90
- 90 480 Grtiffin, P...12/29/90
- 91 479 Bui, E...8/18/90
- 92 479 Lafoy, B...10/6/90
- 93 479 Grodney, J...10/6/90
- 94 479 Benson, J...10/12/90
- 95 479 Elliot, F...10/20/90
- 96 475 Neiderkorn, B...2/17/90
- 97 475 Heath, C...3/4/90
- 98 475 Wagner, F...3/25/90
- 99 475 Ducharme, B...4/7/90
- 100 475 Bannister, T...4/14/90

BENCH

- 451 Bullock, D...7/21/90
- 435 Poku, A...1/13/90
- 424 Perez, J...3/5/90
- 420 Warr, G...4/90
- 418 Senseman, K...12/15/90
- 415 Couch, R...11/17/90
- 413 Sardo, D...10/12/90
- 410 Miller, L...9/15/90
- 405 Satterfield, T...9/8/90
- 400 Schachte, C...4/28/90
- 396 Contreras, D...12/8/90
- 395 Conyers, T...4/21/90
- 395 Saliola, T...9/90
- 391 Kimura, M...3/5/90
- 390 Zerphy, E...2/4/90
- 385 Thomas, W...11/18/90
- 370 Waterman, D...1/20/90
- 369 Williams, M...7/28/90
- 367 Sapien, R...9/1/90
- 365 Cordero-viera, M...1/20/90
- 365 Makris, P...8/4/90
- 364 Medina, H...3/11/90
- 360 Johnson, B...3/3/90
- 360 Harting, C...4/21/90
- 360 Fronzaglia, D...12/15/90
- 358 Shifman, R...9/1/90
- 355 Serrano, P...3/10/90
- 355 Peine, R...7/28/90
- 350 Ellis, D...3/31/90
- 350 Sellers, D...4/21/90
- 350 Salinas, D...5/18/90
- 350 Jordan, H...6/2/90
- 350 Schmid, D...6/2/90
- 347 Taoy, M...2/16/90
- 347 Ahrens, D...6/9/90
- 347 Lucco, D...7/21/90
- 347 Saucedo, J...10/20/90
- 345 Clapp, ...1/8/4/90
- 345 Whitt, B...8/12/90
- 345 Anderson, B...9/9/90
- 345 Stewart, S...10/6/90
- 341 Rinker, J...4/28/90
- 341 Gwinn, D...6/23/90
- 341 Austin, D...7/8/90
- 341 Jackson, J...7/28/90
- 340 Sanders, ...1/6/90
- 340 Ruzzo, B...4/1/90
- 340 Callahan, M...4/21/90
- 340 Baker, G...4/22/90
- 340 Hayataka, T...5/19/90
- 340 Norton, S...6/1/90
- 340 Matheny, M...6/23/90
- 340 Byrnes, C...7/28/90
- 340 Laube, D...7/28/90
- 340 Comeau, D...9/9/90
- 336 Olsen, K...2/16/90
- 336 Jones, T...2/22/90
- 336 Inamine, L...4/14/90
- 336 Audia, J...9/1/90
- 336 Steven, ...12/15/90
- 335 Cyr, A...1/28/90
- 335 Moore, W...2/3/90
- 335 Garcia, F...2/4/90
- 335 Skeen, A...3/10/90
- 335 Page, J...4/1/90
- 335 Muro, A...4/22/90
- 335 Jackson, D...4/28/90
- 335 Mckenzie, B...7/15/90
- 335 Campbell, A...8/12/90
- 330 Heath, C...3/4/90
- 330 Romagna, D...3/24/90
- 330 Fleming, L...3/30/90
- 330 Didion, T...4/1/90
- 330 Polke, S...4/1/90
- 330 Spaeder, S...4/1/90
- 330 Williams, R...4/14/90
- 330 Eaddy, R...4/21/90
- 330 Lumpkin, E...5/12/90
- 330 Shackelford, N...5/19/90
- 330 Hansen, R...6/2/90
- 330 Beshere, R...6/24/90
- 330 Leppo, A...6/24/90
- 330 Corpuz, F...8/4/90
- 330 Schmitz, D...8/12/90
- 330 Cox, T...10/6/90
- 330 Minniti, T...10/14/90
- 330 Hooper, W...12/8/90
- 325 McDonald, K...3/17/90
- 325 Donato, J...4/1/90
- 325 Kszanrak, T...4/1/90
- 325 Johnson, M...4/7/90
- 325 Niski, J...4/21/90
- 325 Priest, J...4/21/90
- 325 Peirc, R...4/28/90
- 325 Nakato, J...6/9/90
- 325 Russell, J...6/9/90
- 325 Roman, A...7/8/90
- 325 Baran, J...7/14/90
- 325 Strover, O...7/22/90
- 325 Edwards, E...8/4/90

DEADLIFT

- 695 Austin, D...11/14/90
- 622 Jackson, J...10/12/90
- 611 Conyers... T...7/8/90
- 610 Richardson, W...3/31/90
- 600 Shackelford, N...1/13/90
- 600 Benemerito, R...6/30/90
- 600 Auerbach, A...7/8/90
- 584 Jackson, W...7/8/90
- 580 Furlow, P...8/4/90
- 580 Braca, J...11/10/90
- 578 Dial, C...6/22/90
- 573 Weinstein, L...9/1/90
- 570 Stover, ...1/6/90
- 565 Johnson, S...8/4/90
- 565 Beatty, D...12/1/90
- 565 Kupperstein, E...12/8/90
- 562 Lafoy, B...10/6/90
- 562 Sardo, D...10/12/90
- 560 May, ...1/20/90
- 551 Perez, J...3/5/90
- 551 Pringle, A...5/19/90
- 551 Hamel, A...3/10/90
- 551 Fahey, T...10/13/90
- 550 Bowe, M...2/17/90
- 550 Lineman, J...4/21/90
- 550 Sielawa, S...5/19/90
- 550 Fleck, D...6/9/90
- 545 Taoy, M...2/16/90
- 545 Green, R...2/22/90
- 545 Pfister, F...6/16/90
- 540 Stitt, E...1/7/90
- 540 Alvarez, A...3/10/90
- 540 Prigg, C...3/17/90
- 540 Max, ...3/90
- 540 Jacobs, J...6/16/90
- 540 Strover, O...7/22/90
- 535 Neiderkorn, B...2/17/90
- 535 Belt, D...5/12/90
- 534 Broussard, B...2/22/90
- 534 Easton, C...2/22/90
- 534 Garcia, J...3/10/90
- 534 Williams, R...4/14/90
- 534 Kaufman, B...7/8/90
- 534 Glenn, D...7/21/90
- 530 Grant, T...3/31/90
- 530 Pickle, D...5/12/90
- 530 Charles, A...6/1/90
- 529 Olsen, K...2/16/90
- 529 Huston, K...3/24/90
- 529 Sigala, M...11/3/90
- 525 Smith, ...1/6/90
- 525 Franklin, S...4/21/90
- 525 Reggars, R...6/30/90
- 525 Reinarly, J...11/10/90
- 525 Crawford, D...12/1/90
- 523 Contreras, D...12/8/90
- 520 Keel, B...3/31/90
- 520 Johnson, M...4/7/90
- 520 Fronzaglia, D...12/15/90
- 518 Jones, T...2/22/90
- 518 Fujioka, K...2/22/90
- 518 Johnson, B...6/2/90
- 515 Cessar, J...4/21/90
- 515 Cahoe, B...12/1/90
- 512 Butler, E...2/10/90
- 512 Cooper, S...4/1/90
- 512 Davison, M...4/7/90
- 512 Ambeau, A...12/9/90
- 510 Rautzong, B...5/5/90
- 510 Mustari, C...6/9/90
- 510 Wlasiuk, J...6/16/90
- 510 Delagarza, P...11/10/90
- 510 Dunklin, M...12/15/90
- 507 Calderon, M...4/21/90
- 507 Alexander, J...6/23/90
- 507 Grodney, J...10/6/90
- 507 Whitney, D...10/13/90
- 507 Okafar, F...10/27/90
- 507 Jimenez, J...12/9/90
- 505 Blair, ...1/6/90
- 505 Zmitravich, M...3/3/90
- 505 Carr, J...3/31/90
- 505 Letak, S...5/6/90
- 505 Zweng, M...5/19/90
- 505 Ferrari, R...9/22/90
- 505 Solomon, P...6/16/90
- 501 Johnson, L...1/21/90
- 501 Perkins, T...2/22/90
- 501 Barna, M...2/22/90
- 501 Sylvia, J...2/22/90
- 501 Graves, G...3/3/90
- 501 Hammer, E...3/24/90
- 501 Davis, K...3/24/90
- 501 Audia, J...4/21/90
- 501 Christ, L...5/6/90
- 501 McMillan, S...5/26/90
- 501 Miller, D...6/90
- 501 Lifschitz, M...7/8/90
- 501 Benson, J...7/21/90
- 501 Winslow, S...9/8/90

TOTAL

- 1669 Jackson, J...7/28/90
- 1665 Conyers, T...7/21/90
- 1657 Perez, J...3/5/90
- 1636 Austin, D...7/8/90
- 1587 Sardo, D...7/28/90
- 1488 Contreras, D...12/8/90
- 1485 Dial, C...3/31/90
- 1466 Benemerito, R...6/30/90
- 1465 Taoy, M...2/16/90
- 1430 Richardson, W...3/31/90
- 1430 Fronzaglia, D...12/15/90
- 1427 Williams, R...4/14/90
- 1426 Kimura, M...3/5/90
- 1405 Shackelford, N...5/19/90
- 1400 Broussard, B...1/6/90
- 1400 Sielawa, S...5/19/90
- 1400 Kupperstein, E...12/8/90
- 1399 Johnson, B...6/2/90
- 1395 Beatty, D...12/1/90
- 1390 Sanders, ...1/6/90
- 1390 Stover, ...1/6/90
- 1390 Johnson, S...3/31/90
- 1390 Braca, J...11/10/90
- 1388 Glenn, D...7/21/90
- 1385 Jackson, W...3/3/90
- 1383 Weinstein, L...9/1/90
- 1380 Charles, A...6/1/90
- 1377 Hammer, E...11/17/90
- 1372 Hooper, W...12/8/90
- 1370 Strover, O...7/22/90
- 1365 Franklin, S...4/21/90
- 1361 Perkins, T...2/22/90
- 1361 Auerbach, A...7/8/90
- 1361 Lafoy, B...10/6/90
- 1360 Lineman, J...4/21/90
- 1355 Garcia, J...3/10/90
- 1355 Christon, V...3/90
- 1355 Inamine, L...4/14/90
- 1355 Pringle, A...5/19/90
- 1345 Johnson, M...4/7/90
- 1344 Jones, T...2/22/90
- 1344 Green, R...6/2/90
- 1333 Huston, K...3/24/90
- 1328 Olsen, K...2/16/90
- 1328 Roman, A...2/16/90
- 1328 Hamel, A...7/8/90
- 1322 Audia, J...4/21/90
- 1322 Cox, T...10/6/90
- 1317 Spaeder, S...4/1/90
- 1317 Okafar, F...10/27/90
- 1317 Sigala, M...11/3/90
- 1315 Fleming, L...3/30/90
- 1310 Blair, ...1/6/90
- 1310 Smith, ...1/6/90
- 1310 Reinarly, J...11/10/90
- 1306 Ahrens, D...6/9/90
- 1305 Kaufman, B...4/7/90
- 1305 Morgan-bey, L...9/29/90
- 1301 Keel, B...3/31/90
- 1300 Neiderkorn, B...2/17/90
- 1300 Rautzong, B...5/5/90
- 1300 Furlow, P...8/4/90
- 1300 Grodney, J...10/6/90
- 1295 Easton, C...2/22/90
- 1295 Alvarez, A...3/10/90
- 1295 Cagasan, M...11/10/90
- 1290 Kimble, D...12/1/90
- 1285 Heath, C...3/4/90
- 1284 Cagliola, M...4/7/90
- 1284 Cannizaro, P...12/1/90
- 1278 Barna, M...2/22/90
- 1278 Sylvia, J...2/22/90
- 1278 Graves, G...3/3/90
- 1275 Zweng, M...5/19/90
- 1275 Stanback, J...6/9/90
- 1275 Holton, C...10/27/90
- 1273 Cooper, S...3/24/90
- 1270 Letak, S...3/4/90
- 1270 McGary, ...4/21/90
- 1270 Pickle, D...5/12/90
- 1270 Hayataka, T...5/19/90
- 1267 Fleugal, P...2/22/90
- 1265 McMillan, S...8/4/90
- 1265 Crawford, S...12/1/90
- 1262 Byrd, T...9/15/90
- 1260 Serrano, P...3/10/90
- 1260 Fleck, D...6/9/90
- 1256 Prigg, C...3/17/90
- 1256 Uhle, M...6/2/90
- 1256 Ambeau, A...12/8/90
- 1255 Mustari, C...6/9/90
- 1255 Cahoe, B...12/1/90
- 1255 Dunklin, M...12/15/90
- 1251 Fujioka, K...2/22/90
- 1251 Christ, L...5/6/90
- 1250 Stitt, E...1/7/90
- 1250 Wagner, F...3/25/90
- 1250 Bell, W...6/1/90
- 1245 Johnson, L...12/1/90
- 1245 Smith, A...3/24/90