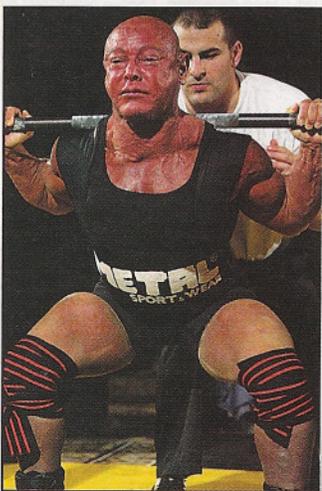


WOMEN'S TOP 20

These are the PL USA TOP 20 women powerlifters in the United States for the year 2006. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Lynn Silbert Ph.D. out of Hawaii

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97 SQ	97 BP	97 DL	97 TOT
286 Miller, K..7/6/06	176 Barnes, L..6/2/06	325 Anderson, C..5/27/06	740 Anderson, C..4/29/06
286 Sieps, B..11/5/06	172 Anderson, C..9/06	314 Fowler, I..9/9/06	727 Sieps, B..6/3/06
285 Dickey, E..11/5/06	154 Dickey, E..2/10/06	308 Sieps, B..6/3/06	716 Dickey, E..2/10/06
260 Anderson, C..4/2/06	150 Miller, K..4/28/06	303 Dickey, E..7/6/06	716 Miller, K..7/6/06
255 Carder, T..11/11/06	148 Sieps, B..6/3/06	281 Miller, K..7/6/06	688 Barnes, L..6/2/06
248 Solan, C..2/10/06	145 Carder, T..11/11/06	281 Vallejo, A..11/18/06	655 Carder, T..11/11/06
248 Barnes, L..6/2/06	132 Solan, C..2/10/06	270 Solan, C..2/10/06	650 Solan, C..2/10/06
236 Seebuck, S..9/5/06	115 Gedney, J..10/20/06	264 Barnes, L..6/2/06	611 Fowler, I..9/9/06
236 Gedney, J..10/20/06	110 Fowler, I..9/9/06	260 Seebuck, S..3/10/06	595 Seebuck, S..9/5/06
225 Brown, J..2/11/06	110 Aliminosa, D..10/2/06	259 Gedney, J..10/20/06	573 Summers, A..11/18/06
225 Williams, M..3/10/06	110 Summers, A..11/18/06	255 Carder, T..11/11/06	560 Aliminosa, D..11/18/06
220 Gilmore, A..1/14/06	110 McBride, J..11/18/06	255 Aliminosa, D..11/18/06	550 Gilmore, A..1/14/06
220 Esquivel, V..3/4/06	105 Gilmore, A..1/14/06	253 Vermes, M..11/18/06	535 Esquivel, V..3/4/06
220 Summers, A..11/18/06	105 McCaslin, K..12/2/06	250 Menchaca, J..2/2/06	530 Williams, M..3/10/06
215 Gomez, M..3/4/06	104 Tropp, H..6/24/06	242 Summers, A..6/24/06	529 Wilson, A..4/1/06
210 Nelson, C..3/4/06	104 Seebuck, S..9/5/06	230 Restivo, T..2/18/06	520 Gomez, M..3/4/06
205 Licon, L..3/4/06	100 Esquivel, V..3/4/06	225 Gilmore, A..1/14/06	518 Johnson, M..6/15/06
205 Arreaga, T..2/9/06	100 Tafari, M..11/10/06	225 Torres, C..2/2/06	510 Restivo, T..2/18/06
200 Torres, C..2/2/06	99 Cunningham, G..5/13/06	225 Hinojosa, M..2/2/06	505 Menchaca, J..2/2/06
200 Aliminosa, D..11/18/06	99 Johnson, M..6/15/06	225 Johnston, M..3/10/06	500 Torres, C..2/2/06
105 SQ	105 BP	105 DL	105 TOT
365 Grimwood, E..7/22/06	200 Brown, R..5/20/06	325 Bertoli, M..2/18/06	840 Grimwood, E..8/22/06
305 Miller, K..11/11/06	195 Grimwood, E..7/22/06	314 Anderson, C..12/2/06	777 Leverett, A..9/23/06
292 Leverett, A..9/23/06	187 Shuttleworth, M..9/2/06	315 Brown, R..5/20/06	771 Anderson, C..12/2/06
286 Barnes, I..2/2/06	181 Leverett, A..9/23/06	308 Schilliner, A..6/24/06	735 Miller, K..11/11/06
281 Anderson, C..12/2/06	176 Barlow, I..11/2/06	304 Vallejo, A..3/18/06	677 Ocampo, J..2/10/06
265 Ybarra, J..3/4/06	176 Anderson, C..12/2/06	303 Leverett, A..9/23/06	666 Schillinger, A..6/24/06
265 Thomas, T..3/4/06	170 Brown, D..3/18/06	300 Grimwood, E..7/22/06	666 Shuttleworth, J..2/2/06
264 Ocampo, J..2/10/06	170 Fujisaki, C..4/22/06	292 Freed, N..9/10/06	661 Sandlin, A..9/5/06
253 Sandlin, A..9/5/06	160 Burnett, W..4/15/06	285 Makin, J..10/20/06	650 Jaynes, J..2/4/06
248 Baldwin, V..6/15/06	154 Vallejo, A..3/18/06	281 Brown, D..3/18/06	640 Ybarra, J..3/4/06
245 McCaslin, S..12/2/06	150 Miller, K..11/11/06	281 Miller, K..11/11/06	617 LaCour, K..4/1/06
240 Jaynes, J..2/4/06	148 Sandlin, A..9/5/06	280 Burnett, W..4/15/06	615 Thomas, T..3/4/06
240 Campbell, K..2/17/06	145 Jaynes, J..1/21/06	275 Lavy, K..2/2/06	606 Vandevoort, J..6/24/06
240 Binash, S..3/10/06	137 Ocampo, J..2/10/06	275 Ocampo, J..2/10/06	600 Baldwin, V..6/15/06
236 Schillinger, A..6/24/06	137 LaCour, K..1/4/06	270 Jaynes, J..2/4/06	5095 Lavy, K..2/2/06
236 Vandevoort, J..6/24/06	137 Gill, T..11/18/06	270 Ybarra, J..3/4/06	590 Montoya, A..3/4/06
230 Montoya, A..3/4/06	132 Freed, N..9/10/06	270 Mason, K..3/10/06	585 Saunders, R..1/21/06
230 Nies, H..3/4/06	132 Poyner, K..11/18/06	270 Vandevoort, J..6/24/06	580 Poyner, K..5/20/06
230 Trinidad, G..3/10/06	130 LaComb, A..6/24/06	270 Herring, S..11/18/06	575 Byrum, S..2/18/06
225 White, T..2/4/06	126 Herring, S..11/18/06	264 Sandlin, A..7/6/06	570 Simons, S..2/1/06
114 SQ	114 BP	114 DL	114 TOT
451 Kirkland, M..12/2/06	225 Hartwig, S..11/5/06	391 Kirkland, M..12/2/06	1052 Kirkland, M..12/2/06
336 Hartwig, S..11/5/06	225 Watson, A..12/9/06	336 Patel, H..8/5/06	892 Hartwig, S..11/5/06
330 VanDusen, K..6/15/06	214 Patel, H..8/12/06	330 Hartwig, S..2/10/06	826 VanDusen, K..6/15/06
330 Denmon..11/2/06	209 Kirkland, M..12/2/06	330 Hedman, S..3/18/06	821 Hedman, S..3/18/06
325 Smith, K..3/4/06	203 Pantilat, L..6/17/06	330 McBurney, D..11/11/06	804 Hester, J..7/29/06
319 Hester, J..7/29/06	203 Putchio, T..8/12/06	320 VanDusen, K..3/10/06	793 Patel, H..8/5/06
303 Hedman, S..7/7/06	200 Brown, R..7/28/06	319 Douglas, K..2/10/06	788 Denmon..11/2/06
297 Douglas, K..2/10/06	200 Shuttleworth, J..8/5/06	319 Bowers, S..2/10/06	777 Douglas, K..2/10/06
281 Brown, J..2/10/06	194 Hedman, S..11/18/06	319 Hester, J..7/29/06	744 Brown, J..2/10/06
275 Paveleck, C..2/2/06	192 Miller, H..11/18/06	319 Clough, J..11/2/06	722 Bowers, S..2/10/06
264 Bowers, S..2/10/06	192 Denmon..12/9/06	314 Lopez, R..11/18/06	720 Smith, K..3/4/06
264 Clough, J..5/12/06	181 VanDusen, K..6/15/06	308 Brown, J..2/10/06	699 Clough, J..11/2/06
259 Metcalf, P..4/1/06	176 Hester, J..12/9/06	303 Martin, L..5/20/06	694 Lopez, R..11/18/06
259 Harris, A..11/2/06	175 McBurney, D..11/11/06	294 Pendleton, V..2/18/06	690 Beebe, S..11/11/06
259 Baldwin, V..11/3/06	170 Smith, J..9/23/06	294 Morris, J..11/18/06	672 Hairston, D..2/10/06
255 Saucedo, M..2/11/06	161 Lafferty, B..11/18/06	286 Palmer, N..6/10/06	672 Harris, A..11/2/06
255 Baker, M..2/18/06	159 Douglas, K..2/10/06	286 Owen, N..10/21/06	666 Metcalf, P..4/1/06
255 Beebe, S..11/11/06	155 Emry, K..1/22/06	285 Morales, B..2/2/06	665 Catlin, C..2/2/06
253 Patel, H..8/5/06	154 Brown, J..2/10/06	285 Tomlinson, A..3/4/06	660 Tomlinson, A..3/4/06
253 Morales, B..11/18/06	154 Hairston, D..2/10/06	285 Kromrey, J..3/10/06	650 Sullwold, K..2/10/06
123 SQ	123 BP	123 DL	123 TOT
451 Kirkland, M..11/2/06	345 Rinehart, T..7/16/06	400 Kirkland, M..12/16/06	1058 Rotsinger, J..12/2/06
451 Rotsinger, J..12/2/06	320 Faraone, J..4/15/06	385 Rotsinger, J..12/2/06	1036 Kirkland, M..11/2/06
369 Adelmann, T..6/17/06	236 Adelmann, T..6/17/06	374 Miller, C..2/11/06	942 Adelmann, T..6/17/06
363 Miller, C..2/11/06	230 Hartwig, S..7/15/06	374 Braguine, J..3/18/06	935 Hartwig, S..7/15/06
360 Hartwig, S..7/15/06	220 Rotsinger, J..12/2/06	374 Ruff, D..11/18/06	909 Miller, C..2/11/06
352 Denmon, L..12/9/06	215 Kirkland, M..8/12/06	370 Faraone, J..2/18/06	848 Denmon, L..12/9/06
347 Boutte, C..12/9/06	215 Kilts, R..12/16/06	363 Manzo..10/27/06	832 Kemper, T..3/11/06
319 Marietta, Leah..2/11/06	214 Callahan, S..6/2/06	358 Lee, B..1/14/06	804 Brown, J..6/15/06
315 Palacios, B..2/2/06	210 Frank, R..4/22/06	352 Kemper, T..3/11/06	799 Froeschle, J..4/29/06
314 Brown, J..6/15/06	204 Williams, N..4/22/06	352 Froeschle, J..4/29/06	799 Salinas, S..11/18/06
308 Kemper, T..3/11/06	204 Ruff, D..7/15/06	347 Arrelliano, P..6/17/06	788 Lee, B..1/14/06
300 Salinas, S..11/18/06	203 Hughes, K..8/12/06	345 Hartwig, S..7/15/06	788 Marietta, Lora..2/11/06
300 Ball, K..3/4/06	198 Pantilat, L..7/15/06	341 Yukness, K..2/11/06	782 Yukness, K..2/11/06
300 Saccocio, A..5/20/06	187 Anderson, E..3/25/06	336 Adelmann, T..6/17/06	780 Palacios, B..2/2/06
297 Marietta, Lora..2/11/06	187 Carlson, B..7/6/06	330 Rivert, J..5/27/06	766 Callahan, S..3/25/06
295 Smith, K..1/28/06	185 Rogers, A..2/25/06	330 Gnerre, B..5/27/06	766 Boutte, C..12/9/06
295 Winans, A..3/4/06	182 Braguine, J..3/18/06	330 Brown, J..6/15/06	765 Bush, K..2/4/06
292 Froeschle, J..4/29/06	181 Carlson, B..6/24/06	325 Ochoa, J..7/8/06	755 Winans, A..3/4/06
290 Bush, K..2/4/06	181 Benton, G..11/18/06	320 Bush, K..2/4/06	749 Dingle..2/11/06
290 Vargas, L..3/4/06	181 Moore, R..9/9/06	319 Denmon, L..12/9/06	749 Marietta, Leah..2/11/06
132 SQ	132 BP	132 DL	132 TOT
445 Burkey, J..12/16/06	220 Thompson, J..11/18/06	418 Nogle, C..2/11/06	1041 Kirkland, M..9/9/06
429 Kirkland, M..9/9/06	350 Burkey, J..12/16/06	402 Waits, J..3/18/06	1019 Thompson, J..11/18/06
424 Ladewski, J..6/2/06	242 Watts, J..3/18/06	396 Tucker, T..1/28/06	1014 Ladewski, J..6/2/06
396 Franciscus, A..11/18/06	231 Ladewski, J..6/2/06	396 Kersey, V..12/9/06	1003 Nogle, C..2/11/06
374 Nogle, C..2/11/06	225 Simons, A..10/2/06	391 Kirkland, M..9/9/06	1000 Burkey, J..12/16/06
374 Perry, J..11/6/06	221 Haislar, E..11/8/06	375 Dugan, L..11/6/06	959 Perry, J..11/6/06
352 Kersey, V..12/9/06	220 Tucker, T..1/28/06	374 Stein, E..10/3/06	920 Kersey, V..12/9/06
347 VanDusen, K..11/3/06	220 Rey, J..3/25/06	374 Perry, J..11/6/06	892 Franciscus, A..11/18/06
336 Farek, J..9/5/06	220 Perry, J..6/16/06	363 Ladewski, J..6/2/06	881 Farek, J..9/5/06
336 Thompson, J..11/18/06	220 Kirkland, M..9/9/06	363 Thompson, J..11/18/06	881 VanDusen, K..11/3/06
330 Barrera, A..4/1/06	215 Celli, D..4/2/06	358 Farek, J..2/11/06	876 Stein, E..10/3/06
330 Stein, E..10/3/06	211 Hobbs, M..3/25/06	358 Barrera, A..4/1/06	855 Dugan, L..11/6/06
325 Bowdrie, D..1/21/06	209 Nogle, C..2/11/06	352 Rey, J..2/11/06	854 Rey, J..2/11/06
325 Rey, J..2/11/06	209 Dalaiden, J..12/9/06	352 Hobbs, M..6/17/06	854 Barrera, A..4/1/06
325 Hase, J..11/18/06	205 Timbs, D..10/21/06	347 Anderson, V..3/4/06	832 Siveny, D..1/28/06
319 Siveny, D..1/28/06	203 Siveny, D..9/2/06	347 Grieco, L..12/9/06	832 Simons, A..10/2/06
315 Spiros, K..2/4/06	198 Farek, J..9/5/06	341 James, M..2/11/06	820 Spiros, K..2/4/06
310 Holcomb, T..1/7/06	198 VanDusen, K..11/3/06	336 Siveny, D..1/28/06	804 Hughes, H..6/17/06
305 Rotramel, T..2/2/06	195 Forgatsch, J..4/24/06	336 Carlson, R..6/3/06	793 Marietta, Lora..7/8/06
303 Salinas, S..7/6/06	192 Lamp, L..6/17/06	336 Hughes, H..6/17/06	782 Salinas, S..7/6/06

148 SQ

- 570 Weisberger, A..4/1/06
- 551 Ribic, P..12/2/06
- 520 Bohigian, K..12/16/06
- 507 Baldwin, S..7/7/06
- 501 Hartnett, S..7/7/06
- 473 Martin, K..6/10/06
- 462 Silbert, L..11/2/06
- 424 LaPierre, B..11/11/06
- 410 Newmann, K..7/22/06
- 402 Hitchcock, A..2/11/06

165 SQ

- 705 Phelps, L..3/3/06
- 551 Myers, C..6/2/06
- 545 VanDeWeghe, ..6/10/06
- 540 Boshoven, L..8/5/06
- 520 Fines, B..4/1/06
- 490 Blyn, L..6/16/06
- 473 Krupinski, S..6/2/06
- 462 Roberts, R..12/2/06
- 446 Harper, H..6/2/06
- 435 Wheeler, L..6/24/06

181 SQ

- 725 Phelps, L..2/4/06
- 650 Mills, J..7/22/06
- 600 Widdis, A..8/06
- 589 Ford, K..11/2/06
- 501 Harper, H..12/16/06
- 496 Blyn, L..11/6/06
- 468 Hatfield, D..2/12/06
- 468 Packer, K..7/7/06
- 460 McCloskey, A..
- 418 Pollock, M..6/17/06

198 SQ

- 804 Swanson, B..3/3/06
- 535 Martinez, A..7/22/06
- 507 Brown, B..11/6/06
- 460 McCloskey, A..11/10/06
- 435 Price, M..7/22/06
- 420 Rogers, E..2/2/06
- 418 Arnold, L..9/5/06
- 391 Arnow, J..2/12/06
- 375 McFetridge, P..2/11/06
- 347 Kueffer, A..8/20/06

SHW SQ

- 650 Dudley, M..11/2/06
- 600 Hall, H..3/11/06
- 600 McCaslin, S..12/2/06
- 578 O'Donnell, J..11/6/06
- 540 Greenup, S..2/12/06
- 525 Garret, M..12/3/06
- 501 Allen, K..5/12/06
- 475 Hect, R..11/11/06
- 470 Navarro, M..2/2/06
- 462 Rosales, S..11/18/06

148 BP

- 418 Bohigian, K..6/17/06
- 352 Baldwin, S..7/7/06
- 341 Weisberger, A..3/3/06
- 340 Borzok, M..11/10/06
- 336 Asp, M..8/26/06
- 315 Liggett, M..10/14/06
- 314 Ribic, P..6/16/06
- 297 Silbert, L..12/9/06
- 255 Baird, K..9/30/06
- 248 Walford, K..1/27/06

165 BP

- 429 Bohigian, K..3/11/06
- 402 Phelps, L..3/3/06
- 363 Asp, M..6/2/06
- 336 Richardson, L..6/17/06
- 336 Keller, S..11/4/06
- 336 Roberts, R..12/2/06
- 325 VanDeWeghe, 6/10/06
- 315 Fines, B..4/1/06
- 314 Newman, C..3/25/06
- 305 Borzok, M..4/8/06

181 BP

- 430 Phelps, L..7/16/06
- 405 Goliszek, K..7/15/06
- 391 Mills, J..7/22/06
- 363 Radon, K..6/2/06
- 360 Crossland, C..4/29/06
- 352 Graube, B..5/20/06
- 325 Doan, D..9/2/06
- 320 Shealey, D..10/14/06
- 319 Harper, H..12/16/06
- 308 Widdis, ..11/2/06

198 BP

- 479 Swanson, B..3/3/06
- 360 Witmer, C..1/21/06
- 347 Campbell, K..11/18/06
- 330 Shealey, D..7/29/06
- 315 Martinez, A..7/22/06
- 303 Price, M..7/22/06
- 286 Jackson, S..6/17/06
- 282 Ichiyama, M..11/18/06
- 275 Brown, B..11/6/06
- 275 Bourg, B..11/18/06

SHW BP

- 551 Swanson, B..8/26/06
- 531 Pole-Summers, 3/18/06
- 419 Ferrell, D..5/25/06
- 418 Miller, L..5/27/06
- 407 Radon, J..8/19/06
- 390 O'Donnell, J..8/19/06
- 380 Witmer, C..8/5/06
- 380 Dudley, M..4/7/06
- 367 Franklin, K..5/27/06
- 365 Hirai, B..1/28/06

148 DL

- 551 Ribic, P..6/16/06
- 523 Hartnett, S..11/2/06
- 473 Weisberger, A..3/3/06
- 470 Bohigian, K..12/16/06
- 457 Walford, K..1/27/06
- 451 Baldwin, S..7/7/06
- 450 Liggett, M..10/14/06
- 429 Gantz, H..3/11/06
- 429 Silbert, L..12/9/06
- 418 Hitchcock, A..2/11/06

165 DL

- 525 Boshoven, L..10/2/206
- 507 Roberts, R..12/2/06
- 490 Keller, S..11/4/06
- 485 Walford, K..2/11/06
- 473 Phelps, L..3/3/06
- 473 Bohigian, K..3/11/06
- 468 James, D..11/18/06
- 462 Blyn, L..6/16/06
- 435 Myers, C..6/2/06
- 430 Fines, B..4/1/06

181 DL

- 562 Mills, J..7/22/06
- 529 Ford, K..6/2/06
- 523 Widdis, ..11/2/06
- 457 Neff, C..11/18/06
- 451 Blyn, L..11/6/06
- 429 Sebastian, S..11/18/06
- 425 Goliszek, K..4/1/06
- 424 Weber, C..11/18/06
- 424 Harper, H..12/16/06
- 418 Baum, M..2/12/06

198 DL

- 600 Swanson, B..3/3/06
- 529 Martinez, A..8/5/06
- 485 Neff, C..3/4/06
- 468 Brown, B..11/6/06
- 424 Baum, M..10/3/06
- 413 Oxford, H..11/18/06
- 407 Pike, S..5/12/06
- 407 Arnold, L..9/5/06
- 405 Sabin, K..8/12/06
- 402 Jackson, S..9/23/06

SHW DL

- 523 O'Donnell, J..2/12/06
- 501 Allen, K..5/12/06
- 496 Dudley, M..11/2/06
- 473 Hall, H..3/11/06
- 468 Taeli, K..7/15/06
- 462 Springfor, J..6/18/06
- 462 Gailey, M..6/18/06
- 457 Schaefer, L..9/24/06
- 451 Storm, L..12/16/06
- 446 Greenup, S..2/12/06

148 TOT

- 1390 Bohigian, K..12/16/06
- 1388 Ribic, P..12/2/06
- 1355 Weisberger, A..4/1/06
- 1311 Baldwin, S..7/7/06
- 1273 Hartnett, S..11/2/06
- 1151 Silbert, L..12/9/06
- 1102 Martin, K..6/10/06
- 1091 Walford, K..1/27/06
- 1040 Baird, K..9/30/06
- 1030 LaPierre, B..11/11/06

165 TOT

- 1025 Hitchcock, A..2/11/06
- 1008 Houston, P..10/3/06
- 992 Watts, J..7/7/06
- 981 Moodie, M..4/15/06
- 970 Neumann, K..7/22/06
- 960 Johnson, H..9/9/06
- 959 Ladewski, J..2/19/06
- 945 Keller, S..2/18/06
- 914 Bartz, P..2/11/06
- 909 Sparango, M..12/9/06

181 TOT

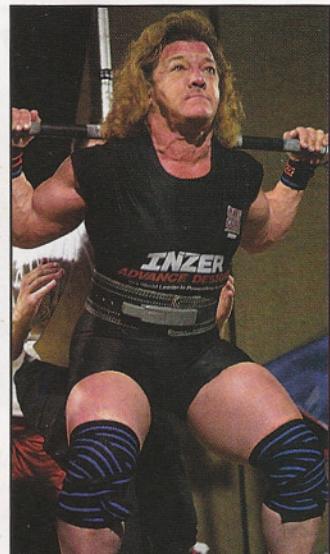
- 1603 Mills, J..7/22/06
- 1416 Widdis, D..11/2/06
- 1361 Ford, K..11/2/06
- 1245 Harper, H..12/16/06
- 1234 Blyn, L..11/6/06
- 1173 Hatfield, D..2/12/06
- 1102 Packer, K..12/9/06
- 1052 Sebastian, S..11/18/06
- 1020 Sabin, K..3/25/06
- 1015 Phelps, L..2/4/06

198 TOT

- 1884 Swanson, B..3/3/06
- 1355 Martinez, A..7/22/06
- 1251 Brown, B..11/6/06
- 1050 McCloskey, ..11/10/06
- 1030 Arnold, L..2/12/06
- 1019 Baum, M..10/3/06
- 1014 Arnow, J..2/12/06
- 1003 Sharp, K..12/9/06
- 986 Pike, S..5/12/06
- 985 Rogers, E..2/2/06

SHW TOT

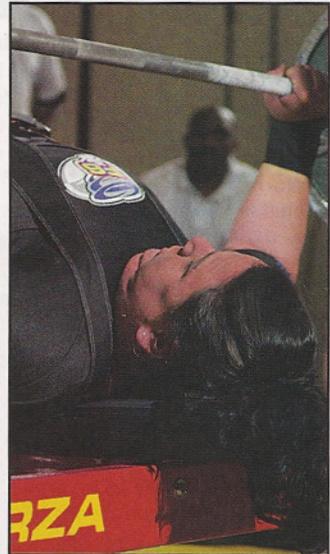
- 1526 Dudley, M..11/2/06
- 1470 O'Donnell, J..8/19/06
- 1427 Hall, H..3/11/06
- 1425 McCaslin, S..12/2/06
- 1366 Allen, K..5/12/06
- 1278 Greenup, S..2/12/06
- 1275 Garret, M..12/3/06
- 1220 Hirai, B..1/28/06
- 1124 Allen, L..9/5/06
- 1113 Heard, A..9/2/06



Stella Krupinski 7th in the squat



Krista Ford .. athlete of strength.



Kate Radon made a fast move up the rankings to break the 400 pound barrier in the bench press.