

**North America Powerlifting Federation**  
**14th Pan-American Regional Powerlifting Championships, USA, Orlando, Fla, 01-06.07.2013**  
**Nominations on 25 of June 2013**

Name/Firstname/B.Year	Nation	Squat	Bench press	Dead lift	Sum	Total
<b>Open</b>						
<b>- 59 kg</b>						
1 Leon Franklin /83	Ecuador	260.0	170.0	225.0	655.0	655.0
2 Cancel Iván /82	Puerto Rico	232.5	155.0	212.5	600.0	600.0
3 Gomez Walter /89	Ecuador	200.0	140.0	200.0	540.0	540.0
4 Avilés Jesús /93	Puerto Rico	180.0	120.0	170.0	470.0	470.0
5 Ward Derek /92	United States of America	167.5	107.5	167.5	442.5	442.5
6 Burbano Dennis Gustavo /90	Guatemala	135.0	125.0	180.0	440.0	440.0
<b>- 66 kg</b>						
1 Soria Fernando /83	Ecuador	245.0	165.0	240.0	650.0	650.0
2 Ochoa Alex /90	Ecuador	245.0	155.0	230.0	630.0	630.0
3 Rahim Vijai /91	Guyana	245.0	125.0	250.0	620.0	620.0
4 Bahchevanov Kostadin /77	United States of America	230.0	165.0	225.0	620.0	620.0
5 Rodriguez Cruz /53	Puerto Rico	212.5	145.0	200.0	557.5	557.5
6 Mejia Oscar /64	Mexico	180.0	110.0	210.0	500.0	500.0
7 Fonseca Lopez Jorge Alonso /95	Costa Rica	180.0	80.0	165.0	425.0	425.0
8 Mathura Brandon /93	Trinidad and Tobago	132.5	82.5	155.0	370.0	370.0
<b>- 74 kg</b>						
1 Curipoma Miguel /87	Ecuador	275.0	170.0	265.0	710.0	710.0
2 Stoby Winston /59	Guyana	255.0	140.0	272.5	667.5	667.5
3 Perez Jose /63	United States of America	242.5	170.5	235.0	648.0	648.0
4 Mejia Alvaro Mauricio /81	Costa Rica	225.0	165.0	230.0	620.0	620.0
5 Adams Paul /86	Guyana	230.0	137.5	230.0	597.5	597.5
6 Salgado David /74	Mexico	222.5	152.5	222.5	597.5	597.5
7 Melendez Carlo /83	Puerto Rico	185.0	180.0	190.0	555.0	555.0
8 Jack Michael /91	Trinidad and Tobago	142.5	105.0	187.5	435.0	435.0
9 Paba Hector /90	Venezuela	160.0	100.0	170.0	430.0	430.0
<b>- 83 kg</b>						
1 Castillo Jose /86	Ecuador	350.0	230.0	322.5	902.5	902.5
2 Morgan Randolph /78	Guyana	300.0	220.0	330.0	850.0	850.0
3 Thomas Anis Ade /89	Guyana	265.0	132.5	295.0	692.5	692.5
4 Delaney Ron /51	Canada	230.0	142.5	265.0	637.5	637.5
5 Armendaris Moises /76	Mexico	240.0	160.0	220.0	620.0	620.0
6 Donastorg Lorenzo /83	United States Virgin Island	185.0	142.5	205.0	532.5	532.5
7 Barbosa Marcos /90	Brazil	202.5	132.5	197.5	532.5	532.5
8 Samayoa Hector /84	Guatemala	180.0	135.0	205.0	520.0	520.0
9 Reyes Ivan /71	Venezuela	180.0	140.0	150.0	470.0	470.0
10 Rojas Angel /58	Venezuela	175.0	100.0	165.0	440.0	440.0
<b>- 93 kg</b>						
1 Coimbra David /83	Brazil	340.0	227.5	330.0	897.5	897.5
2 Barbosa Lazaro /65	Brazil	350.0	202.5	312.5	865.0	865.0
3 Burgos Ramon /87	Puerto Rico	320.0	180.0	337.5	837.5	837.5
4 Martinez Nelson /86	Ecuador	310.0	230.0	280.0	820.0	820.0
5 Garcia Gabriel /75	Mexico	270.0	200.0	285.0	755.0	755.0
6 Gerard Henry /64	United States of America	295.0	200.0	257.5	752.5	752.5
7 Johnson Mark /75	Trinidad and Tobago	237.5	142.5	260.5	640.5	640.5
8 Fraser John /56	Canada	215.0	155.0	233.5	603.5	603.5
9 Walker Ronald /59	United States Virgin Island	165.0	130.0	227.5	522.5	522.5
10 Barrios Cruz /55	Venezuela	180.0	150.0	170.0	500.0	500.0

**- 105 kg**

1	Butt Jeff /70	Canada	300.0	230.0	290.0	820.0	820.0
2	Brown Adrian /75	Trinidad and Tobago	310.0	195.0	310.0	815.0	815.0
3	Mars Karel /79	Guyana	327.5	200.0	282.5	810.0	810.0
4	Gonzalez Antonio /71	Puerto Rico	325.0	200.0	280.0	805.0	805.0
5	Pardo Ildelfonso /73	Mexico	290.0	235.0	260.0	785.0	785.0
6	Fernandez Barrantes Michael /82	Costa Rica	260.0	160.0	260.0	680.0	680.0
7	Dougall Carson /95	Canada	200.0	128.0	255.5	583.5	583.5
8	Guevara Luis /77	Venezuela	180.0	150.0	170.0	500.0	500.0
9	Plaskett Christian /67	United States Virgin Island	192.5	95.0	195.0	482.5	482.5

**- 120 kg**

1	McDonald John /83	Canada	362.5	250.0	335.5	948.0	948.0
2	Porras Marcos /82	Mexico	355.0	210.0	300.0	865.0	865.0
3	Nascimento Claudemiro /70	Brazil	362.5	180.0	320.0	862.5	862.5
4	McCoy Michael /91	United States of America	317.5	235.0	307.5	860.0	860.0
5	Salgado Romel /89	Ecuador	340.0	215.0	255.0	810.0	810.0
6	Campos Carlos Manuel /79	Costa Rica	300.0	200.0	300.0	800.0	800.0
7	Edwards John /67	Guyana	325.0	200.0	275.0	800.0	800.0
8	Chesney Colin /74	Guyana	292.5	182.5	285.0	760.0	760.0

**120+ kg**

1	Schouten William /75	United States Virgin Island	422.5	240.0	320.0	982.5	982.5
2	Zawilinski Michael /80	United States of America	387.5	305.0	272.5	965.0	965.0
3	Stinn Ryan /81	Canada	327.5	267.5	295.0	890.0	890.0
4	Souza Jr. Eumenes /72	Brazil	350.0	240.0	290.0	880.0	880.0
5	Nieves Lazaro /77	Puerto Rico	317.5	235.0	317.5	870.0	870.0
6	Strong Ron /58	Canada	290.0	195.0	320.0	805.0	805.0
7	Greene Carlos /68	Trinidad and Tobago	255.0	190.0	275.0	720.0	720.0
8	Hernandez Ruben /69	Mexico	235.0	170.0	250.0	655.0	655.0
9	Ramirez Jonathan /79	Mexico	230.0	180.0	240.0	650.0	650.0

**In the Competitions were participating 69 lifters****Subjuniors**

1	Dougall Carson /95	Canada	200.0	128.0	255.5	583.5	583.5
2	Shewdas Gumendra /95	Guyana	187.5	92.5	197.5	477.5	477.5
3	Gauldin Austin /95	United States of America	112.5	125.0	192.5	430.0	430.0
4	Fonseca Lopez Jorge Alonso /95	Costa Rica	180.0	80.0	165.0	425.0	425.0

**In the Competitions were participating 4 lifters****Juniors****- 53 kg**

1	Chavez Angel /90	Ecuador	200.0	95.0	197.5	492.5	492.5
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**- 59 kg**

1	Carrion Michael /91	Ecuador	212.5	112.5	205.0	530.0	530.0
2	Shewdas Suraj /94	Guyana	192.5	105.0	202.5	500.0	500.0
3	Avilés Jesús /93	Puerto Rico	180.0	120.0	170.0	470.0	470.0
4	Ward Derek /92	United States of America	167.5	107.5	167.5	442.5	442.5
5	Burbano Dennis Gustavo /90	Guatemala	135.0	125.0	180.0	440.0	440.0

**- 66 kg**

1	Ochoa Alex /90	Ecuador	245.0	155.0	230.0	630.0	630.0
2	Rahim Vijai /91	Guyana	245.0	125.0	250.0	620.0	620.0
3	Ketwaroo Fabian /93	Guyana	190.0	102.5	205.0	497.5	497.5
4	Mathura Brandon /93	Trinidad and Tobago	132.5	82.5	155.0	370.0	370.0

**- 74 kg**

1	Suarez Cesar /92	Ecuador	255.0	157.5	230.0	642.5	642.5
2	Jack Michael /91	Trinidad and Tobago	142.5	105.0	187.5	435.0	435.0
3	Paba Hector /90	Venezuela	160.0	100.0	170.0	430.0	430.0

<b>- 83 kg</b>							
1	Machado Fabian /91	Ecuador	267.5	182.5	270.0	720.0	720.0
2	Barbosa Marcos /90	Brazil	202.5	132.5	197.5	532.5	532.5
3	Phelps Gregory /93	United States of America	175.0	130.0	137.5	442.5	442.5
<b>- 93 kg</b>							
1	Gamboa Roberto /90	Ecuador	272.5	170.0	250.0	692.5	692.5
2	Fulwood Hayden /94	United States of America	152.5	108.0	195.0	455.5	455.5
<b>- 120 kg</b>							
1	McCoy Michael /91	United States of America	317.5	235.0	307.5	860.0	860.0
<b>120+ kg</b>							
1	Martin Sheah /91	Trinidad and Tobago	272.5	135.0	232.5	640.0	640.0

**In the Competitions were participating 20 lifters**

<b>Masters 1</b>							
<b>- 66 kg</b>							
1	Mejia Oscar /64	Mexico	180.0	110.0	210.0	500.0	500.0
<b>- 83 kg</b>							
1	Dunston Sean /70	United States of America	207.5	115.0	230.0	552.5	552.5
2	Reyes Ivan /71	Venezuela	180.0	140.0	150.0	470.0	470.0
<b>- 93 kg</b>							
1	Barbosa Lazaro /65	Brazil	350.0	202.5	312.5	865.0	865.0
2	Gerard Henry /64	United States of America	295.0	200.0	257.5	752.5	752.5
3	Brown Jim /65	United States of America	265.0	182.5	240.0	687.5	687.5
<b>- 105 kg</b>							
1	Butt Jeff /70	Canada	300.0	230.0	290.0	820.0	820.0
2	Gonzalez Antonio /71	Puerto Rico	325.0	200.0	280.0	805.0	805.0
3	Pardo Ildfonso /73	Mexico	290.0	235.0	260.0	785.0	785.0
4	Plaskett Christian /67	United States Virgin Island	192.5	95.0	195.0	482.5	582.5
<b>- 120 kg</b>							
1	Nascimento Claudemiro /70	Brazil	362.5	180.0	320.0	862.5	862.5
2	Edwards John /67	Guyana	325.0	200.0	275.0	800.0	800.0
3	Pink Marzell /71	United States of America	240.0	197.5	245.0	682.5	682.5
<b>120+ kg</b>							
1	Souza Jr. Eumenes /72	Brazil	350.0	240.0	290.0	880.0	880.0
2	Martin Henderson /65	Trinidad and Tobago	362.5	210.0	282.5	855.0	867.5
3	Greene Carlos /68	Trinidad and Tobago	255.0	190.0	275.0	720.0	720.0
4	Hernandez Ruben /69	Mexico	235.0	170.0	250.0	655.0	665.0

**In the Competitions were participating 17 lifters**

<b>Masters 2</b>							
<b>- 74 kg</b>							
1	Stoby Winston /59	Guyana	255.0	140.0	272.5	667.5	667.5
2	Perez Jose /63	United States of America	242.5	170.5	235.0	648.0	648.0
3	Blanco Mario /59	Uruguay	180.0	105.0	180.0	465.0	465.0
<b>- 83 kg</b>							
1	Cencich Thomas /60	United States of America	212.5	206.0	210.0	628.5	628.5
2	Rojas Angel /58	Venezuela	175.0	100.0	165.0	440.0	440.0
<b>- 93 kg</b>							
1	Fraser John /56	Canada	215.0	155.0	233.5	603.5	603.5
2	Walker Ronald /59	United States Virgin Island	165.0	130.0	227.5	522.5	522.5
3	Barrios Cruz /55	Venezuela	180.0	150.0	170.0	500.0	500.0
<b>- 105 kg</b>							
1	Schneider David /56	United States of America	220.0	135.0	282.5	637.5	637.5
<b>120+ kg</b>							
1	Strong Ron /58	Canada	290.0	195.0	320.0	805.0	805.0
2	Johnson Steve /61	United States of America	242.5	195.0	250.0	687.5	687.5

**In the Competitions were participating 11 lifters**

**Masters 3****Group A - Up to 83 Kg**

1 Delaney Ron /51	Canada	230.0	142.5	265.0	637.5	637.5
2 Rodriguez Cruz /53	Puerto Rico	212.5	145.0	200.0	557.5	557.5
3 Rizza Joe /49	United States of America	195.0	77.5	195.0	467.5	467.5
4 Singh Nairanjar /45	Guyana	147.5	117.5	185.0	450.0	450.0
5 Galant Alex /47	United States of America	152.5	67.5	145.0	365.0	365.0

**Group C - from 93 kg to 120+ Kg**

1 Crawford Robert /51	United States of America	225.0	195.0	215.0	635.0	635.0
2 Helmich Bill /42	United States of America	205.0	165.0	252.5	622.5	622.5
3 Yakubovsky Jim /47	United States of America	187.5	107.5	240.0	535.0	535.0
4 Shaklin Aleks /47	United States of America	155.0	112.5	155.0	422.5	422.5

**In the Competitions were participating 9 lifters****Masters 4**

1 Helmich Bill /42	United States of America	205.0	165.0	252.5	622.5	622.5
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**In the Competitions is participating 1 lifter****Classic Open**

1 Brown Jim /65	United States of America	265.0	182.5	240.0	687.5	687.5
2 Pink Marzell /71	United States of America	240.0	197.5	245.0	682.5	682.5
3 Schneider David /56	United States of America	220.0	135.0	282.5	637.5	637.5
4 Dunston Sean /70	United States of America	207.5	115.0	230.0	552.5	552.5
5 Clayton Bill /53	United States of America	175.0	100.0	100.0	375.0	375.0

**In the Competitions were participating 5 lifter****Classic Junior**

1 Dougall Carson /95	Canada	200.0	128.0	255.5	583.5	583.5
2 Fulwood Hayden /94	United States of America	152.5	108.0	195.0	455.5	455.5
3 Anastasi John /95	United States of America	187.5	125.0	192.5	505.0	505.0

**In the Competitions were participating 3 lifter****Classic Master 1**

1 Pink Marzell /71	United States of America	240.0	197.5	245.0	682.5	682.5
2 Cieri Dennis /68	United States of America	150.0	232.5	200.0	582.5	582.5
3 Dunston Sean /70	United States of America	207.5	115.0	230.0	552.5	552.5
4 Leger Lonnie /66	United States of America	172.5	117.5	182.5	472.5	472.5

**In the Competitions were participating 4 lifter****Classic Master 2**

1 Schneider David /56	United States of America	220.0	135.0	282.5	637.5	637.5
2 Akers Charles /59	United States of America	190.0	130.0	230.0	550.0	550.0

**In the Competitions were participating 2 lifter****Classic Master 3**

1 Yakubovsky Jim /47	United States of America	187.5	107.5	240.0	535.0	535.0
2 Clayton Bill /53	United States of America	175.0	100.0	100.0	375.0	375.0

**In the Competitions were participating 2 lifter****Tournament of the Americas**

1 Lomangino Fred /89	United States of America	335.0	255.0	300.0	890.0	890.0
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**In the Competitions is participating 1 lifter**