

**14th Annual IPF/NAPF North American Regional Powerlifting Championships**  
**9th IPF/NAPF Caribbean Regional Championships**  
**August 14-19, 2016 – St. Croix, US Virgin Islands**  
**Final Nominations – July 15, 2016**

## North American Championships Raw / Classic Divisions

	Last, First Name / YOB	Nation	Squat	Bench press	Deadlift	Total
<b>Men Open Raw/Classic</b>						
<b>- 59 kg</b>	1 Carrillo, Walter / 1994	United States of America	160	105	185	450
<b>- 66 kg</b>	1 Moores, Jesse / 1992	Canada	220	142.5	250	610
	2 Yandell, Sawyer / 1994	United States of America	222.5	112.5	225	560
<b>- 74 kg</b>	1 Knox, Adrian / 1986	Trinidad and Tobago	237.5	122.5	250	610
	2 Hosein, Krystan / 1987	Trinidad and Tobago	210	125	260	595
	3 Castro Arias, Esteban / 1987	Costa Rica	200	120	225	545
	4 López, Miguel / 1947	Puerto Rico	120	95	145.5	360.5
<b>- 83 kg</b>	1 Bigham, Donald / 1972	United States of America	252.5	155	260	667.5
	2 Potter, Aisnia / 1978	US Virgin Islands	200	150	227.5	577.5
	3 Coker, Hollis / 1992	Trinidad and Tobago	187.5	120	265	572.5
	4 Donastorg, Lorenzo / 1983	US Virgin Islands	185	152.5	220	557.5
	5 Guzmán, Alexis / 1986	Puerto Rico	195	105	235	535
	6 Lara Umaña, Francisco / 1978	Costa Rica	182.5	130	210	522.5
	7 López, Jorge / 1997	Puerto Rico	165	100	170	435
<b>- 93 kg</b>	1 Kaplan, Jason / 1984	United States of America	227.5	157.5	242.5	627.5
	2 Ramírez Vindas, Kevin / 1988	Costa Rica	202.5	170	222.5	595
	3 Keith, Anthony / 1992	Trinidad and Tobago	197.5	117.5	227.5	542.5
	4 González, Rafael / 1997	Puerto Rico	192.5	135	212.5	540
	5 Kiley, Matt / 1979	United States of America	200	130	200	530
	6 Gopaul, Trent / 1994	Trinidad and Tobago	175	127.5	220	522.5
<b>- 105 kg</b>	1 Brown, Leon / 1966	Canada	290	225	270	780
	2 Soya, Michael / 1990	United States of America	250	180	265	695
	3 Hunte, Rondel / 1996	Trinidad and Tobago	240	162.5	277.5	680
	4 Yatali, Yavniel / 1995	Trinidad and Tobago	237.5	160	255	652.5
	5 Crane, Steven / 1962	Puerto Rico	205	127.5	245	577.5
	6 Bermúdez, Manuel / 1999	Puerto Rico	180	100	205	485
<b>- 120 kg</b>	1 Turner, Preston / 1992	United States of America	322.5	242.5	300	865
	2 Locke, Adrian / 1990	Canada	302.5	197.5	300	800
	3 Campos Murillo, Manuel / 1979	Costa Rica	300	180	320	800
<b>120+ kg</b>	1 Boyd, John / 1984	Canada	282.5	195	295	765
	2 Bentley, Garrett / 1988	Canada	290	182.5	287.5	757.5
	3 Reese, John Allan / 1969	United States of America	312.5	160	285	757.5

4	García, Daniel / 1993	Puerto Rico	212.5	145	220	577.5
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**There are 33 lifters participating**

**Men Sub Junior Raw/Classic**

**- 59 kg**

1	Gassert, Steven / 2000	United States of America	110	87.5	137.5	335
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**- 66 kg**

1	Miller, Timothy / 1998	United States of America	142.5	100	172.5	415
2	Samaroo, Kieron / 1998	Trinidad and Tobago	132	82.5	172.5	387.5

**- 93 kg**

1	Cole, William / 1998	United States of America	175	115	192.5	482.5
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**- 105 kg**

1	Bermúdez, Manuel / 1999	Puerto Rico	180	100	205	485
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**- 120 kg**

1	David, Tyler / 1999	United States of America	162.5	107.5	182.5	452.5
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**There are 6 lifters participating**

**Men Junior Raw/Classic**

**- 59 kg**

1	Suwanchote, Khemarintr / 1993	United States of America	145	110	197.5	452.5
2	Woodard, Slade / 1994	United States of America	92.5	77.5	175	345

**- 66 kg**

1	Yandell, Sawyer / 1994	United States of America	222.5	112.5	225	560
2	Suwanchote, Promepetch / 1994	United States of America	145	95	220	460

**- 74 kg**

1	Langley, Benjamin / 1993	Canada	227.5	142.5	237.5	607.5
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**- 83 kg**

1	Bell, Marcus / 1995	United States of America	245	155	250	650
2	Phillips, Landy / 1994	United States of America	197.5	137.5	237.5	572.5
3	López, Jorge / 1997	Puerto Rico	165	100	170	435
4	Isles, Dyami / 1996	US Virgin Islands	145	85	180	412.5

**- 93 kg**

1	Mitchell, Chance / 1994	United States of America	237.5	127.5	252.5	617.5
2	González, Rafael / 1997	Puerto Rico	192.5	135	212.5	540
3	Gopaul, Trent / 1994	Trinidad and Tobago	175	127.5	220	522.5

**- 105 kg**

1	Hughes, Kam / 1993	Canada	255	160	292.5	707.5
2	Hunte, Rondel / 1996	Trinidad and Tobago	240	162.5	277.5	680
3	Yatali, Yavniel / 1995	Trinidad and Tobago	237.5	160	255	652.5
4	Núñez, Gabriel / 1997	Puerto Rico	150	72.5	172.5	395

**- 120 kg**

1	Rosario, José / 1997	Puerto Rico	125	82.5	195	402.5
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**120+ kg**

1	García, Daniel / 1993	Puerto Rico	212.5	145	220	577.5
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**There are 18 lifters participating**

**Men Masters I / 40+ Raw/Classic**

**- 83 kg**

1	Bigham, Donald / 1972	United States of America	252.5	155	260	667.5
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**- 120 kg**  
 1 Farnum, Anthony / 1968 Trinidad and Tobago 255 150 275 680

**120+ kg**  
 1 Reese , John Allan / 1969 United States of America 312.5 160 285 757.5

**There are 3 lifters participating**

**Men Masters II / 50+ Raw/Classic**

**- 74 kg**  
 1 Fronzaglia, Damian / 1965 United States of America 200 175 190 565

**- 83 kg**  
 1 Maile, Larry / 1958 United States of America 190 155 220 565  
 2 Walker, Ronald / 1959 US Virgin Islands 175 160 227.5 562.5

**- 105 kg**  
 1 Crane, Steven / 1962 Puerto Rico 205 127.5 245 577.5

**There are 4 lifters participating**

**Men Masters III / 60+ Raw/Classic**

**- 59 kg**  
 1 Galant, Alexander / 1947 United States of America 115 55 137.5 307.5

**- 74 kg**  
 1 López, Miguel / 1947 Puerto Rico 120 95 145.5 360.5

**- 83 kg**  
 1 LaFlamme, John / 1950 United States of America 173 97.5 225 495.5

**- 105 kg**  
 1 Barry, Bruce / 1952 United States of America 205.5 105 222.5 553

**- 120 kg**  
 1 Stevens, Bill / 1947 Canada 120 115 202.5 505.5

**There are 5 lifters participating**

**Men Masters IV / 70+ Raw/Classic**

**- 105 kg**  
 1 Helmich, William / 1942 United States of America 120 112.5 200 432.5

**There is 1 lifter participating**

## North American Championships Equipped Divisions

	Last, First Name / YOB	Nation	Squat	Bench press	Deadlift	Total
<b>Men Open Equipped</b>						
<b>- 59 kg</b>						
	1 Cancel, Iván / 1982	Puerto Rico	232.5	160	220	612.5
<b>- 66 kg</b>						
	1 Hafenbrack, Michael / 1984	United States of America	250	162.5	255	667.5
	2 Rodríguez, Cruz / 1959	Puerto Rico	227.5	155	182.5	565
	3 Rivera, Raúl / 1994	Puerto Rico	207.5	117.5	213.5	538.5
<b>- 74 kg</b>						
	1 Melendez, Carlo / 1983	United States of America	247.5	205	235	687.5
	2 Mejía Boza, Mauricio / 1981	Costa Rica	240	160	250	650
	3 Serrano, Christian / 1995	Puerto Rico	220	168	220	608
<b>- 83 kg</b>						
	1 Ramzy , Adam / 1990	Canada	340	242.5	318	900.5
	2 Jorden, Coy / 1996	United States of America	295	230	325	780

	3	Rojas Pardo, Luis / 1961	Costa Rica	220	150	220	590
	4	Donastorg, Lorenzo / 1983	US Virgin Islands	200	152.5	220	572.5
	5	Walker, Ronald / 1959	US Virgin Islands	175	160	227.5	562.5
<b>- 93 kg</b>	1	Kasabuske, Erik / 1983	United States of America	342.5	212.5	317.5	860
	2	Davis, Michael / 1995	United States of America	320	215	320	855
	3	Ziffle, Aaron / 1981	Canada	311	210	260	770
	4	González, Antonio / 1972	Puerto Rico	280	182.5	278	740.5
	5	Viera, Nelson / 1991	Puerto Rico	260	187.5	257.5	705
	6	Belfon , Lawrence Marlon / 1967	Trinidad and Tobago	212.5	105	217.5	535
<b>- 105 kg</b>	1	James, Luis / 1989	United States of America	320	235	320	875
	2	Fernández Barrantes, Michael / 1982	Costa Rica	290	190	270	750
	3	Brown , Adrian / 1975	Trinidad and Tobago	275	170	300	745
<b>- 120 kg</b>	1	Mann, Steve / 1975	United States of America	412.5	297.5	285	995
	2	Rivera, Carlos / 1982	Puerto Rico	365	282.5	317.5	965
	3	Campos Murillo, Manuel / 1979	Costa Rica	365	240	330	935
<b>120+ kg</b>	1	Sumner, Blaine / 1987	United States of America	485	375	345	1205
	2	Stinn, Ryan / 1981	Canada	390	285	338	1003
	3	Sánchez, Ángel / 1976	Puerto Rico	317.5	235	262.5	815

**There are 27 lifters participating**

#### **Men Sub Junior Equipped**

<b>- 66 kg</b>	1	Nieves, Lariel / 2000	Puerto Rico	130	65	155	350
<b>- 74 kg</b>	1	Biggers, Andrew / 1998	United States of America	205	160	220	585
<b>- 93 kg</b>	1	Riehl, Cooper / 1999	United States of America	252.5	125	255	632.5
<b>- 105 kg</b>	1	Castillo, Luis / 1998	Puerto Rico	195	100	207.5	502.5
<b>- 120 kg</b>	1	Humphrey, Joseph / 1998	United States of America	252.5	150	300	702.5
<b>120+ kg</b>	1	Erickson, Dylan / 1998	United States of America	280	167.5	297.5	745

**There are 6 lifters participating**

#### **Men Junior Equipped**

<b>- 53 kg</b>	1	Rodríguez, Ángel / 1997	Puerto Rico	117.5	80	162.5	360
<b>- 66 kg</b>	1	Rivera, Raúl / 1994	Puerto Rico	207.5	117.5	213.5	538.5
<b>- 74 kg</b>	1	Moreno , Angel / 1996	United States of America	282.5	195	245	722.5
	2	Serrano, Christian / 1995	Puerto Rico	220	168	220	608
	3	Rodríguez, Obryan / 1997	Puerto Rico	212.5	135	227.5	575
<b>- 83 kg</b>	1	Jorden, Coy / 1996	United States of America	295	195	290	780

**- 93 kg**

1	Nevares, Benjamin / 1996	United States of America	300	230	317.5	847.5
2	Glenn, Jordan / 1993	United States of America	300	227.5	315	820
3	Santiago, Edmil A. / 1996	Puerto Rico	215	150	212.5	577.5

**There are 9 lifters participating****Men Masters I / 40+ Equipped****- 83 kg**

1	Cordeiro, Eric / 1975	United States of America	250	150	227.5	627.5
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**- 93 kg**

1	González, Antonio / 1972	Puerto Rico	280	182.5	278	740.5
2	Belfon , Lawrance Marlon / 1967	Trinidad and Tobago	212.5	105	217.5	535

**- 105 kg**

1	Brown , Adrian / 1975	Trinidad and Tobago	275	170	300	745
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**- 120 kg**

1	Mann, Steve / 1975	United States of America	412.5	297.5	285	995
2	Alvarado, Alex / 1974	Puerto Rico	270	208	236	714

**120+ kg**

1	Anderson, Patrick / 1971	United States of America	332.5	257.5	275	865
2	Sánchez, Ángel / 1976	Puerto Rico	317.5	235	262.5	815

**There are 8 lifters participating****Men Masters II / 50+ Equipped****- 66 kg**

1	Rodríguez, Cruz / 1959	Puerto Rico	227.5	155	182.5	565
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**- 83 kg**

1	Cencich, Tom / 1960	United States of America	200	192.5	207.5	600
2	Rojas Pardo, Luis / 1961	Costa Rica	220	150	220	590
3	Walker, Ronald / 1959	US Virgin Islands	175	160	227.5	562.5

**- 93 kg**

1	Johnson, Richard / 1963	United States of America	227.5	112.5	252.5	592.5
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**- 105 kg**

1	Baxter, Ray / 1958	United States of America	282.5	190	262.5	735
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**- 120 kg**

1	Ramírez, Luis / 1965	Mexico	270	210	232.5	712.5
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**120+ kg**

1	Earle, Randy / 1962	United States of America	305	225	290	820
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**There are 8 lifters participating****Men Masters III / 60+ Equipped****- 74 kg**

1	Torres, Isidro César / 1951	Puerto Rico	138	115	150	403
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**- 105 kg**

1	Barry, Bruce / 1952	United States of America	260	140	235	635
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**There are 2 lifters participating**

## Caribbean Championships

	Last, First Name / YOB	Nation	Squat	Bench press	Deadlift	Total
<b>Men Open</b>						
<b>- 59 kg</b>						
1	Cancel, Iván / 1982	Puerto Rico	232.5	160	220	612.5
<b>- 66 kg</b>						
1	Rodríguez, Cruz / 1959	Puerto Rico	227.5	155	182.5	565
2	Rivera, Raúl / 1994	Puerto Rico	207.5	117.5	213.5	538.5
<b>- 74 kg</b>						
1	Knox, Adrian / 1986	Trinidad and Tobago	237.5	122.5	250	610
2	Serrano, Christian / 1995	Puerto Rico	220	168	220	608
3	Hosein, Krystan / 1987	Trinidad and Tobago	210	125	260	595
4	Seecharan, Johnny / 1997	Guyana	170	110	182.5	467.5
<b>- 83 kg</b>						
1	Tarson, Hardat / 1986	Guyana	287.5	175	287.5	750
2	Coker, Hollis / 1992	Trinidad and Tobago	187.5	120	265	572.5
3	Donastorg, Lorenzo / 1983	US Virgin Islands	200	152.5	220	572.5
4	Walker, Ronald / 1959	US Virgin Islands	175	160	227.5	562.5
<b>- 93 kg</b>						
1	Viera, Nelson / 1991	Puerto Rico	260	187.5	257.5	705
2	Smith, Erwyn / 1986	Guyana	222.5	137.5	240	600
3	Keith, Anthony / 1992	Trinidad and Tobago	197.5	117.5	227.5	542.5
4	Belfon, Lawrence Marlon / 1967	Trinidad and Tobago	212.5	105	217.5	535
<b>- 105 kg</b>						
1	Mars, Karel / 1979	Guyana	320	202.5	295	817.5
2	Brown, Adrian / 1975	Trinidad and Tobago	275	170	300	745
3	Hunte, Rondel / 1996	Trinidad and Tobago	240	162.5	277.5	680
<b>- 120 kg</b>						
1	Rivera, Carlos / 1982	Puerto Rico	365	282.5	317.5	965
2	Alvarado, Alex / 1974	Puerto Rico	270	208	236	714
<b>120+ kg</b>						
1	Sánchez, Ángel / 1976	Puerto Rico	317.5	235	262.5	815
2	Clementson, Rawndell / 1978	Guyana	272.5	160	272.5	705

**There are 22 lifters participating**

## Tournament of the Americas

	Last, First Name / YOB	Nation	Squat	Bench press	Deadlift	Total
<b>Men Open Equipped</b>						
<b>- 74 kg</b>						
1	Dotas, Zachary / 1991	United States of America	230	135	255	620

**There is 1 lifter participating**

## Referees

	<b>Name</b>	<b>Nation</b>	<b>Cat</b>	<b>Availability</b>
1	Eliot Feldman	United States of America	IPF Cat I	All
2	Regina Hackney	United States of America	IPF Cat II	17.08 (1st Session) 19.08 All
3	Rebecca Main	United States of America	IPF Cat II	15.08, 16.08
4	Susan Elwyn	United States of America	IPF Cat II	All
5	Priscilla Ribic	United States of America	IPF Cat II	18.08 (2nd Session) 19.08 All
6	Larry Maile	United States of America	IPF Cat I	TBA
7	Bill Helmich	United States of America	IPF Cat I	17.08 - 19.08
8	Onix Rivera	Puerto Rico	IPF Cat I	TBA
9	Alex Alvarado	Puerto Rico	IPF Cat II	15.08 - 18.08
10	Iván Cancel	Puerto Rico	IPF Cat II	15.08 - 16.08
11	Iván Adames	Puerto Rico	National Referee	Cat II Testing
12	Ladys Burgos	Puerto Rico	National Referee	Cat II Testing
13	Dr. Hugo Velásquez Ormeño	Costa Rica	IPF Cat II	All
14	Gabre Mc Tair	Trinidad and Tobago	IPF Cat II	All
15	Robert Massey	US Virgin Islands	IPF Cat II	All
16	Mark Giffin	Canada	National Referee	Cat II Testing
17	Nora Montilla	Costa Rica	National Referee	Cat II Testing
18	Zelmira Campos	Costa Rica	National Referee	Cat II Testing
19	Carlos Manuel Campos	Costa Rica	National Referee	Cat II Testing
20	Manuel Campos Coto	Costa Rica	National Referee	Cat II Testing