3rd NAPF Caribbean Bench Press & Powerlifting Championships

Charlotte Amalie, St. Thomas, US Virgin Islands

May 14-16, 2009

Nominations [As of April 26, 2009]

NR	WT.	BDW.	NAME	YEAR	FEDERATION	SQ	BP	DL	TOT.
1			**Womens Open**						
2	48.00		Frances Baez	1988	Puerto Rico	102.5	35.0	125.0	262.5
3	52.00		Jannitizza Tapia	1994	Puerto Rico	112.5	27.5	110.0	250.0
4	52.00		Tashira Comacho	1984	Puerto Rico	70.0	52.5	115.0	237.5
5	56.00		Mette Jensen	1985	Denmark	125.0	85.0	105.0	315.0
6	56.00		Silvia Torres	1972	Puerto Rico	117.5	40.0	110.0	267.5
7	75.00		Joan Baez	1986	Puerto Rico	145.0	80.0	135.0	360.0
8	75.00		Lady M. Burgos	1989	Puerto Rico	130.0	60.0	140.0	330.0
9	82.50		Carolyn Phillips	1948	United States of America	107.5	55.0	132.5	295.0
10	90.00+		Miliany Santiago	1987	Puerto Rico	185.0	112.5	172.5	470.0
11	90.00+		Paul Smith	1966	US Virgin Islands	140.0	90.0	160.0	380.0
12	90.00+		Juanita Grant	1971	US Virgin Islands	100.0	55.0	140.0	295.0
13									
14			**Women's Junior**						
15	48.00		Frances Baez	1988	Puerto Rico	102.5	35.0	125.0	262.5
16	52.00		Jannitizza Tapia	1994	Puerto Rico	112.5	27.5	110.0	250.0
17	75.00		Joan Baez	1986	Puerto Rico	145.0	80.0	135.0	360.0
18	75.00		Lady M. Burgos	1989	Puerto Rico	130.0	60.0	140.0	330.0
19	90.00+		Miliany Santiago	1987	Puerto Rico	185.0	112.5	172.5	470.0
20									
21			**Women's Master**						
22	82.50		Carolyn Phillips	1948	United States of America	107.5	55.0	132.5	295.0
23	90.00+		Paul Smith	1966	US Virgin Islands	140.0	90.0	160.0	380.0
24									
25			**Mens Open**						
26	56.00		Alex Morrell	1964	Puerto Rico	142.5	87.5	150.0	390.0
27	60.00		Jesus Ocasio	1987	Puerto Rico	160.0	105.0	152.5	417.5
28	67.50		Cruz Rodriguez	1959	Puerto Rico	205.0	125.0	185.0	517,5
29	67.50		Giovani Herbert	1983	British Virgin Islands	140.0	105.0	185.0	430.0
30	67.50		Jonathan Joseph	1963	US Virgin Islands	110.0	80.0	140.0	330.0
31	75.00		Mervyn Trevor Moses	1976	Guyana	277.5	162.5	262.5	702.5
32	75.00		Eddie Perez	1974	Puerto Rico	210.0	132.5	222.5	565.0
33	75.00		Vasant Saith	1982	Trinidad & Tobago	190.0	127.5	217.5	535.0
34	75.00		Omotosho Yearwood	1977	British Virgin Islands	142.5	105.0	122.5	370.0
24	75.00		Ashwarth Richmond	1980	British Virgin Islands	92.5	95.0	182..5	370.0
25	82.50		Erik Rassmussen	1962	Denmark	285.0	190.0	245.0	720.0
26	82.50		Randolph Morgan	1978	Guyana	240.0	170.0	275.0	685.0
27	82.50		Vashon Perryman	1986	US Virgin Islands	250.0	145.0	227.5	622.5
28	82.50		Jim Klostergaard	1948	United States of America	190.0	172.5	190.0	552.5
29	82.50		Matthew Cockburn	1975	British Virgin Islands	140.0	127.5	180.0	447.5
30	82.50		Alex Gaskin	1994	US Virgin Islands	160.0	72.5	170.0	402.5
31	82.50		Phillip Hines	1984	British Virgin Islands	105.0	107.5	172.5	385.0
32	90.00		Ramon Burgos	1987	Puerto Rico	272.5	160.0	300.0	732.5
33	90.00		David Munoz	1985	Mexico	245.0	150.0	230.0	625.0
34	90.00		Tony McInerney	1972	Ireland	225.0	125.0	242.5	590.0
35	90.00		Noel Issac	1975	British Virgin Islands	175.0	150.0	172.5	497.5
36	90.00		Danley Anderson	1980	British Virgin Islands	115.0	120.0	150.0	385.0
37	100.00		Ricardo Garcia	1985	Puerto Rico	287.5	185.0	285.0	757.5
38	100.00		Jose Ocasio	1955	Puerto Rico	240.0	160.0	240.0	640.0
39	100.00		Sydney James	1971	British Virgin Islands	172.5	127.5	175.0	475.0
40	100.00		Kentrey McFerlane	1974	British Virgin Islands	145.0	102.5	180.0	427.5
41	110.00		Bryce Kujat	1980	US Virgin Islands	170.0	142.5	227.5	545.0
42	110.00		Shevon Reefe	1979	British Virgin Islands	130.0	142.5	220.0	492.5
43	110.00		Randall Hartman	1964	US Virgin Islands	165.0	125.0	192.5	482.5
44	125.00		John Edwards	1967	Guyana	307.5	227.5	290.0	825.0
45	125.00		Raymond Victorine	1969	US Virgin Islands	287.5	175.0	282.5	745.0
46	125.00+		William Schouten	1975	US Virgin Islands	320.0	192.5	282.5	795.0
47									
48			**Men's Sub-Junior**						
49	82.50		Alex Gaskin	1994	US Virgin Islands	160.0	72.5	170.0	402.5
50									
51			**Men's Junior**						
52	60.00		Jesus Ocasio	1987	Puerto Rico	160.0	105.0	152.5	417.5
53	82.50		Vashon Perryman	1986	US Virgin Islands	250.0	145.0	227.5	622.5
54	90.00		Ramon Burgos	1987	Puerto Rico	272.5	160.0	300.0	732.5
55									
56			**Men's Master 40+**						
57	56.00		Alex Morrell	1964	Puerto Rico	142.5	87.5	150.0	390.0
58	67.50		Jonathan Joseph	1963	US Virgin Islands	110.0	80.0	140.0	330.0
59	82.50		Erik Rassmussen	1962	Denmark	285.0	190.0	245.0	720.0
60	110.00		Randall Hartman	1964	US Virgin Islands	165.0	125.0	192.5	482.5
61	125.00		Raymond Victorine	1969	US Virgin Islands	287.5	175.0	282.5	745.0
62	125.00		John Edwards	1967	Guyana	307.5	227.5	290.0	825.0
63									
64			**Men's Master 50+**						
65	67.50		Cruz Rodriguez	1959	Puerto Rico	205.0	125.0	185.0	517.5
66	82.50		Jim Klostergaard	1948	United States of America	190.0	172.5	190.0	552.5
67	100.00		Jose Ocasio	1955	Puerto Rico	240.0	160.0	240.0	640.0
68									
69			**Bench Press Only**						
70									
71			**Men**						
72	56.00		Elroy Fergus	1984	British Virgin Islands		107.5		
73	56.00		Kyron Vanterpool	1988	British Virgin Islands		100.0		
74	67.50		Evan Black	1968	United States of America		110.0		
75	75.00		Thomas Brutvan	1982	US Virgin Islands		115.0		
76	82.50		Dowlyn Daley	1970	British Virgin Islands		120.0		
77	82.50		Jermaine Henry	1986	British Virgin Islands		100.0		
78	110.00		Chris Calvano	1969	United States of America		257.5		
79	110.00		Clifford Tallman	1943	United States of America		212.5		
80	125+		Cliff Williams	1973	British Virgin Islands		180.0		
81									
82			**Referees**						
83			Robert Keller	I	United States of America				
84			Bill Clayton	I	United States of America				
85			Michael Licciardi	II	United States of America				
86			Tony Nicolini	N	United States of America				
87			Karen Liccardi	N	United States of America				
88			Onix Rivera	I	Puerto Rico				
89			Sergio Centeno	II	Puerto Rico				
90			Fernando Baez	II	Puerto Rico				
90			Ivan Cancel	N	Puerto Rico				
91									