

North America Powerlifting Federation
1st Central American and Caribbean Championship, Puerto Rico, Aguadilla, 03-07.08.2010
Nominations on 12th of July 2010

Name/Firstname/B.Year	Nation	Squat	Bench press	Dead lift	Sum	Total
1 Flores Fernando /90	Puerto Rico	165.0	90.0	162.5	417.5	417.5
2 Cardenas Esteban /93	Costa Rica	—	—	—	—	285.0
- 56 kg						
1 Garcia Mejia Herberth Obbiel /75	Guatemala	180.0	110.0	200.0	490.0	490.0
2 Rahim Vijai /92	Guyana	172.5	82.5	192.5	447.5	447.5
- 60 kg						
1 Godinez Yol Eliceo Javier /89	Guatemala	205.0	150.0	205.0	560.0	560.0
2 Guido Wilhem /74	Mexico	200.0	130.0	215.0	545.0	545.0
3 Cancel Iván /82	Puerto Rico	192.5	145.0	197.5	535.0	535.0
4 Ocasio Jesus /87	Puerto Rico	182.5	110.0	182.5	475.0	475.0
- 67,5 kg						
1 Mejia Oscar /64	Mexico	190.0	120.0	220.0	530.0	530.0
2 Lemus Menendez Aldo Manfredo /69	Guatemala	182.5	145.0	182.5	510.0	510.0
3 Joseph Jonathan /63	United States Virgin Island	137.5	100.0	165.0	402.5	402.5
- 75 kg						
1 Stoby Winston /59	Guyana	242.5	137.5	272.5	652.5	652.5
2 Melendez Carlo /83	Puerto Rico	250.0	157.5	205.0	612.5	612.5
3 Salgado David /74	Mexico	200.0	137.5	185.0	522.5	522.5
4 Mejia Alvaro Mauricio /81	Costa Rica	—	—	—	—	461.0
5 Richards Narval /67	British Virgin Island	115.0	110.0	130.0	355.0	355.0
- 82,5 kg						
1 Morgan Randolph /78	Guyana	295.0	205.0	295.0	795.0	795.0
2 Tapia Luis /68	Puerto Rico	305.0	192.0	237.5	734.5	732.5
3 Simpson Chevon /84	Trinidad and Tobago	205.0	135.0	215.0	555.0	555.0
4 Olvera Anibal /75	Mexico	190.0	140.0	210.0	540.0	540.0
5 Basdeo Cecil /69	Trinidad and Tobago	142.5	105.0	170.0	417.5	417.5
6 Francis Ray /93	United States Virgin Island	137.5	70.0	172.5	380.0	380.0
7 Vanterpool Kyron /88	British Virgin Island	110.0	115.0	145.0	370.0	370.0
8 Myles Christopher /93	Cayman Island	102.5	60.0	170.0	332.5	332.5
- 90 kg						
1 Burgos Ramon /87	Puerto Rico	310.0	177.5	300.0	787.5	787.5
2 Garcia Gabriel /75	Mexico	290.0	210.0	285.0	785.0	785.0
3 Bravo Edgar /63	Guatemala	252.5	182.5	227.5	662.5	662.5
4 Pantoja Manuel /84	Mexico	230.0	170.0	240.0	640.0	640.0
5 McInerney Tony /72	Cayman Island	235.0	135.0	245.0	615.0	615.0
6 Browne Dwight /79	United States Virgin Island	200.0	125.0	230.0	555.0	555.0
7 Matarrita Cristian /84	Costa Rica	—	—	—	—	540.0
8 Cuffy Marvin /77	Trinidad and Tobago	175.0	102.5	211.0	488.5	488.0
9 Lora Claudio /53	Dominican Republic	185.0	142.5	142.5	470.0	470.0
10 Gibson Kevin /78	British Virgin Island	120.0	130.0	160.0	410.0	410.0
11 Gaskin Alex /94	United States Virgin Island	160.0	72.5	170.0	402.5	402.5
12 Anderson Danley /88	British Virgin Island	115.0	120.0	150.0	385.0	385.0
- 100 kg						
1 Blás Orlando /69	Puerto Rico	300.0	207.5	282.5	790.0	790.0
2 Brown Adrian /75	Trinidad and Tobago	305.0	170.0	280.0	755.0	755.0

3 Garcia Ricardo /85	Puerto Rico	290.0	182.5	265.0	737.5	737.5
4 Aguilar Carlos /91	Mexico	280.0	170.0	260.0	710.0	710.0
5 Rodriguez Enrique /73	Mexico	265.0	177.5	250.0	692.5	692.5
6 Johnson Jesse /78	Trinidad and Tobago	192.5	137.5	227.5	557.5	557.5
7 Brown Elpert /93	United States Virgin Island	185.0	125.0	182.5	492.5	492.5
8 Gaskin Joseph /58	United States Virgin Island	172.5	122.5	175.0	470.0	470.0
9 James Sydney /71	British Virgin Island	150.0	120.0	130.0	400.0	400.0
10 Yearwood Omotosho /77	British Virgin Island	145.0	110.0	122.5	377.5	377.5
- 110 kg						
1 Porras Marcos /82	Mexico	320.0	200.0	280.0	800.0	800.0
2 Gonzalez Antonio /71	Puerto Rico	300.0	197.5	250.0	747.5	747.5
3 Victorine Raymond /69	United States Virgin Island	272.5	165.0	285.0	722.5	722.5
4 Seymour Richard /76	Guyana	295.0	145.0	250.0	690.0	690.0
5 Melville Kenneth /89	Guyana	240.0	140.0	275.0	655.0	655.0
- 125 kg						
1 Nieves Lazaro /77	Puerto Rico	325.0	230.0	300.0	855.0	855.0
2 Farnum Anthony /68	Trinidad and Tobago	310.0	182.5	287.5	780.0	780.0
3 Greene Carlos /68	Trinidad and Tobago	275.0	175.0	300.0	750.0	750.0
4 Campos Carlos Manuel /79	Costa Rica	—	—	—	—	710.0
5 Hernandez Ruben /69	Mexico	250.0	180.0	250.0	680.0	680.0
6 Reeve Shevron /79	British Virgin Island	130.0	142.5	220.0	492.5	492.5
7 Williams Cliff /73	British Virgin Island	125.0	185.0	180.0	490.0	460.0
125+ kg						
1 Schouten William /75	United States Virgin Island	370.0	215.0	295.0	880.0	880.0
2 Commissiong Kerron /84	Trinidad and Tobago	320.0	205.0	295.0	820.0	820.0
3 Hudson Hayden /72	Trinidad and Tobago	330.0	125.0	320.0	775.0	775.0

In the Competitions were participating 60 lifters