

4th Annual IPF/NAPF Caribbean Islands Bench Press & Powerlifting Championships

Princess Hotel -- Georgetown, Guyana
March 18 - 20, 2010

Powerlifting Nominations

[As of March 01, 2010]

NR	WtCls	Name	Year	Federation	Division	SQ	BP	DL	TOT
1		<u>Women Open</u>							
2	60.00	Jennifer LaGrande	1966	Cayman Island	Open	102.5	80	102.5	285
3	67.50	Migdalia Fernandez	1974	Puerto Rico	Open	160	100	162.5	422.5
4	75.00	Yolande McIntyre	1981	Trinidad and Tobago	Open	102.5	42.5	120	265
5	90.00	Cheryl Abraham	1979	Trinidad and Tobago	Open	120	47.5	125	292.5
6	90.00+	Paula Smith	1966	US Virgin Island	Open	172.5	105	177.5	455
7	90.00+	Annemarie Douglas	1978	Cayman Island	Open	60	35	60	155
8									
9		<u>Women Master I</u>							
10	60.00	Jennifer LaGrande	1966	Cayman Island	Master I	102.5	80	102.5	285
11	90.00+	Paula Smith	1966	US Virgin Island	Master I	172.5	105	177.5	455
12									
13		<u>Men Open</u>							
14	60.00	Ivan Cancel [R]	1985	Puerto Rico	Open	205	137.5	190	532.5
15	60.00	Wazeem Immandeen	1987	Guyana	Open	187.5	92.5	220	500
16	67.50	Kelvin Lewis	1982	Guyana	Open	220	130	232.5	582.5
17	67.50	Jonathan Joseph	1963	US Virgin Island	Open	127.5	90	170	387.5
18	67.50	Jameal Welcome	1993	Cayman Island	Open	100	42.5	142.5	285
19	75.00	Mervyn Moses	1976	Guyana	Open	315	177.5	275	767.5
20	75.00	Vashon Perryman	1986	US Virgin Island	Open	242.5	135	267.5	640
21	75.00	Winston Stoby [R]	1959	Guyana	Open	230	130	230	585
22	75.00	Ryan Williams	1984	Guyana	Open	220	130	232.5	582.5
23	82.50	Randolph Morgan	1978	Guyana	Open	265	195	295	755
24	82.50	Thomas Cencich	1960	United States	Open	185	192.5	192.5	565
25	82.50	Nairanjan Singh	1945	United States	Open	157.5	122.5	195	475
26	82.50	Chris Myles	1993	Cayman Island	Open	102.5	52.5	125	280
27	90.00	Ramon Burgos	1988	Puerto Rico	Open	295	165	287.5	747.5
28	90.00	Tony McInerney	1972	Cayman Island	Open	230	115	250	595
29	100.00	Adrian Brown	1975	Trinidad and Tobago	Open	307.5	170	297.5	757.5
30	100.00	Karel Mars	1979	Guyana	Open	288	155	275	717.5
31	100.00	Christopher Calvano	1968	United States	Open	200	257.5	200	657.5
32	100.00	Jesse Johnson	1978	Trinidad and Tobago	Open	192.5	135	227.5	555
33	110.00	Farouk Abdool	1970	Guyana	Open	285	165	257.5	707.5
34	110.00	Mark Seymour	1976	Guyana	Open	272.5	145	250	667.5
35	110.00	Juan Pena	1993	Cayman Island	Open	115	60	125	300

36	125.00	John Edwards	1967	Guyana	Open	337.5	215	285	855
37	125.00	Carlos Greene	1968	Trinidad and Tobago	Open	275	175	300	750
38	125.00	Anthony Farnum	1968	Trinidad and Tobago	Open	277.5	185	265	727.5
39	125.00	Shevron Reefe	1979	British Virgin Island	Open	220	177.5	255	652.5
40	125.00	Cliff Williams	1973	British Virgin Island	Open	185	185	185	555
41	125.00	Marvin Jordan	1992	Trinidad and Tobago	Open	197.5	107.5	202.5	507.5
42	125.00	Kenrick McField	1991	Cayman Island	Open	125	80	140	345
43	125.00+	William Shouten	1975	US Virgin Island	Open	365	215	295	875
44	125.00+	Hayden Hudson	1972	Trinidad and Tobago	Open	330	125	317.5	772.5
45									
46		<u>Men Sub-Junior</u>							
47	56.00	Vijai Rahim	1992	Guyana	Sub Juniors	182.5	77.5	192.5	455
48	60.00	Tariq Immandeen	1992	Guyana	Sub Juniors	132.5	62.5	180	375
49	67.50	Jameal Welcome	1993	Cayman Island	Sub Juniors	100	42.5	142.5	285
50	82.50	Chris Myles	1993	Cayman Island	Sub Juniors	102.5	52.5	125	280
51	110.00	Juan Pena	1993	Cayman Island	Sub Juniors	115	60	125	300
52	125.00	Marvin Jordan	1992	Trinidad and Tobago	Sub Juniors	197.5	107.5	202.5	507.5
53									
54		<u>Men Juniors</u>							
55	60.00	Wazeem Immandeen	1987	Guyana	Junior	187.5	92.5	220	500
56	82.50	Anis Ade Thomas	1989	Guyana	Junior	240	117	272.5	630
57	90.00	Ramon Burgos	1988	Puerto Rico	Junior	295	165	287.5	747.5
58	125.00	Kenrick McField	1991	Cayman Island	Junior	125	80	140	345
59									
60		<u>Men Master I</u>							
61	67.50	Jonathan Joseph	1963	US Virgin Island	Master I	127.5	90	170	387.5
62	82.50	Bhojkumar Jagnarine	1969	Guyana	Master I	232.5	122.5	277.5	637.5
63	100.00	Christopher Calvano	1968	United States	Master I	200	257.5	200	657.5
64	110.00	Farouk Abdool	1970	Guyana	Master I	285	165	257.5	707.5
65	125.00	John Edwards	1967	Guyana	Master I	337	215	285	855
66	125.00	Carlos Greene	1968	Trinidad and Tobago	Master I	275	175	300	750
67	125.00	Anthony Farnum	1968	Trinidad and Tobago	Master I	277.5	185	265	727.5
68									
69		<u>Men Master II</u>							
70	75.00	Winston Stoby	1959	Guyana	Master II	230	130	230	585
71	82.50	Thomas Cencich	1960	United States	Master II	185	192.5	192.5	565
72	90.00	Errol Henry	1956	Guyana	Master II	255	137.5	260	652.5
73	90.00	Edwin Spencer	1960	Guyana	Master II	216	92.5	202.5	512.5
74									
75		<u>Men Master III</u>							
76	82.50	Nairanjan Singh	1945	United States	Master III	157.5	122.5	195	475