

**North America Powerlifting Federation**  
**9th Annual IPF/NAPF North American Regional Powerlifting Championships, USA, Miami, Fla., 06-09.07.2011**  
**Nominations on 20th of June 2011**

Name/Firstname/B.Year	Nation	Squat	Bench press	Dead lift	Sum	Total
<b>Open</b>						
<b>- 59 kg</b>						
1 Guido Wilhem /74	Mexico	200.0	125.0	210.0	535.0	535.0
2 Burbano Dennis Gustavo /90	Guatemala	—	—	—	—	525.0
3 Flores Fernando /90	Puerto Rico	190.0	112.5	195.0	497.5	497.5
<b>- 66 kg</b>						
1 Holloway Damarío /80	United States of America	—	—	—	—	712.5
2 Rodriguez Cruz /59	Puerto Rico	215.0	147.5	192.5	555.0	555.0
3 Lemus Menendez Aldo Manfredo /69	Guatemala	—	—	—	—	540.0
4 Mendoza Mauricio /69	Mexico	202.5	100.0	200.0	502.5	502.5
5 Mejia Oscar /64	Mexico	180.0	100.0	200.0	480.0	480.0
<b>- 74 kg</b>						
1 Melendez Carlo /83	Puerto Rico	242.5	165.0	230.0	637.5	637.5
2 Salgado David /74	Mexico	225.0	142.5	225.0	592.5	592.5
3 Nij Tezen Angel Mario /74	Guatemala	—	—	—	—	582.5
4 Mejia Alvaro Mauricio /81	Costa Rica	180.0	130.0	195.0	505.0	505.0
5 Sookraj Timothy /93	Trinidad and Tobago	162.5	87.5	170.0	420.0	285.0
<b>- 83 kg</b>						
1 Conway Brooks /90	United States of America	—	—	—	—	780.0
2 Olvera Anibal /75	Mexico	185.0	145.0	200.0	530.0	530.0
3 Kendall Mark /87	British Virgin Island	147.5	187.5	187.5	522.5	522.5
4 Mercado Alejandro /60	Mexico	140.0	120.0	180.0	440.0	440.0
5 Khan Fareed /91	Trinidad and Tobago	125.0	100.0	180.0	405.0	405.0
<b>- 93 kg</b>						
1 Ricks David /59	United States of America	—	—	—	—	877.5
2 Bell IAN /92	United States of America	—	—	—	—	835.0
3 Pantoja Manuel /84	Mexico	260.0	180.0	220.0	660.0	660.0
4 Cudmore Kevin /92	Canada	245.0	165.0	240.0	650.0	650.0
5 McInerney Tony /72	Cayman Island	232.5	140.0	245.0	617.5	617.5
6 Gibson Kevin /78	British Virgin Island	202.5	152.5	217.5	572.5	572.5
7 Gaskin Alex /94	United States Virgin Island	230.0	107.5	227.5	565.0	565.0
8 Basdeo Cecil /69	Trinidad and Tobago	200.0	140.0	200.0	540.0	540.0
<b>- 105 kg</b>						
1 McDonald John /83	Canada	357.5	262.5	315.0	935.0	935.0
2 Gerfers Tyler /89	United States of America	—	—	—	—	865.0
3 Goggins Steve /63	United States of America	—	—	—	—	835.0
4 Mars Karel /79	Guyana	307.5	197.5	295.0	800.0	800.0
5 Pardo Ildefonso /73	Mexico	305.0	225.0	270.0	800.0	800.0
6 Sosa Antonio /71	Puerto Rico	302.5	207.5	280.0	790.0	790.0
7 Brown Adrian /75	Trinidad and Tobago	295.0	160.0	250.0	705.0	705.0
8 Johnson Jesse /78	Trinidad and Tobago	240.0	160.0	250.0	650.0	650.0
9 Yearwood Omotosho /77	British Virgin Island	217.5	155.0	217.5	590.0	590.0
<b>- 120 kg</b>						
1 Mann Steve /75	United States of America	—	—	—	—	922.5
2 Koons Raymond /86	United States of America	—	—	—	—	862.5
3 Porras Marcos /82	Mexico	350.0	200.0	300.0	850.0	850.0
4 Nieves Lazaro /77	Puerto Rico	315.0	220.0	305.0	840.0	840.0
5 Rivera Carlos /82	Puerto Rico	320.0	220.0	275.0	815.0	815.0
6 Greene Carlos /68	Trinidad and Tobago	230.0	140.0	295.0	665.0	665.0
7 Hernandez Ruben /69	Mexico	235.0	160.0	255.0	650.0	650.0
<b>120+ kg</b>						
1 Schouten William /75	United States Virgin Island	395.0	227.5	290.0	912.5	912.5
2 Commissiong Kerron /84	Trinidad and Tobago	300.0	190.0	275.0	765.0	765.0

3 Reeve Shevron /79	British Virgin Island	245.0	192.5	280.0	717.5	717.5
4 Martin Sheah /91	Trinidad and Tobago	255.0	145.0	200.0	600.0	600.0
5 Ramirez Jonathan /79	Mexico	200.0	140.0	225.0	565.0	565.0

**In the Competitions were participating 41 lifters**

**Subjuniors**

**- 74 kg**

1 Sookraj Timothy /93	Trinidad and Tobago	162.5	87.5	170.0	420.0	285.0
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**- 93 kg**

1 Gaskin Alex /94	United States Virgin Island	230.0	107.5	227.5	565.0	565.0
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**In the Competitions were participating 2 lifters**

**Juniors**

**- 59 kg**

1 Burbano Dennis Gustavo /90	Guatemala	—	—	—	—	525.0
2 Flores Fernando /90	Puerto Rico	190.0	112.5	195.0	497.5	497.5
3 Deshane Austin /91	United States of America	—	—	—	—	472.5
4 Quintanilla Lorenzana William Ricardo /92	Guatemala	130.0	100.0	145.0	375.0	375.0

**- 66 kg**

1 Torres Luciano /89	United States of America	—	—	—	—	577.5
2 Aguilar Guerra Javier Antonio /91	Guatemala	140.0	120.0	155.0	415.0	415.0
3 Umaña España Jose Anibal /92	Guatemala	135.0	110.0	150.0	395.0	395.0

**- 74 kg**

1 Ibañez Perez Edvin Geovani /88	Guatemala	145.0	125.0	160.0	430.0	430.0
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**- 83 kg**

1 Conway Brooks /90	United States of America	—	—	—	—	780.0
2 Vidal Castillo Edin Leonel /91	Guatemala	160.0	130.0	175.0	465.0	465.0
3 Khan Fareed /91	Trinidad and Tobago	125.0	100.0	180.0	405.0	405.0

**- 93 kg**

1 Bell IAN /92	United States of America	—	—	—	—	835.0
2 Cudmore Kevin /92	Canada	245.0	165.0	240.0	650.0	650.0
3 Avalos Villafuerte Abner Estuardo /88	Guatemala	180.0	140.0	195.0	515.0	515.0
4 Bally Nigel /91	Trinidad and Tobago	165.0	100.0	165.0	430.0	430.0

**- 105 kg**

1 Gerfers Tyler /89	United States of America	—	—	—	—	865.0
2 Orozco Carlos /88	United States of America	—	—	—	—	792.5

**- 120 kg**

1 McLeod Ade /92	Trinidad and Tobago	185.0	100.0	190.0	475.0	475.0
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**120+ kg**

1 Lomangino Fred /89	United States of America	—	—	—	—	857.5
2 Martin Sheah /91	Trinidad and Tobago	255.0	145.0	200.0	600.0	600.0

**In the Competitions were participating 20 lifters**

**Masters 1**

**- 66 kg**

1 Lemus Menendez Aldo Manfredo /69	Guatemala	—	—	—	—	540.0
2 Mendoza Mauricio /69	Mexico	202.5	100.0	200.0	502.5	502.5
3 Mejia Oscar /64	Mexico	180.0	100.0	200.0	480.0	480.0

**- 93 kg**

1 Basdeo Cecil /69	Trinidad and Tobago	200.0	140.0	200.0	540.0	540.0
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**- 105 kg**

1 Goggins Steve /63	United States of America	—	—	—	—	835.0
2 Ulvang Julian /62	United States of America	—	—	—	—	802.5
3 Sosa Antonio /71	Puerto Rico	302.5	207.5	280.0	790.0	790.0

**- 120 kg**

1 Greene Carlos /68	Trinidad and Tobago	230.0	140.0	295.0	665.0	665.0
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2 Hernandez Ruben /69	Mexico	235.0	160.0	255.0	650.0	650.0
3 Calvano Chris /69	United States of America	—	—	—	—	587.5

**In the Competitions were participating 11 lifters**

**Masters 2**

**- 66 kg**

1 Rodriguez Cruz /59	Puerto Rico	215.0	147.5	192.5	555.0	555.0
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**- 83 kg**

1 Cencich Thomas /60	United States of America	—	—	—	—	595.0
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2 Mercado Alejandro /60	Mexico	140.0	120.0	180.0	440.0	440.0
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**- 93 kg**

1 Ricks David /59	United States of America	—	—	—	—	877.5
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2 Reiss Allan /55	United States of America	—	—	—	—	472.5
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**- 120 kg**

1 Pares Segismundo /57	United States of America	—	—	—	—	732.5
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**In the Competitions were participating 6 lifters**

**Masters 3**

**- 83 kg**

1 Klostergaard Jim /48	United States of America	—	—	—	—	582.5
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**- 93 kg**

1 O'Keefe Thomas /35	United States of America	—	—	—	—	310.0
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**- 105 kg**

1 Gonzalez Joseph /47	United States of America	—	—	—	—	492.5
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**120+ kg**

1 Crawford Robert /51	United States of America	—	—	—	—	600.0
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**In the Competitions were participating 4 lifters**