

North America Powerlifting Federation
5th IPF/NAPF North American Regional Bench Press Championships
British Virgin Islands, RoadTown, Tortola, 06-09.10.2010
Nominations as of September 05, 2010

Name/Firstname/B.Year	Nation	Benchpress
Open		
- 67,5 kg		
1 Richards Naval /67	British Virgin Island	135.0
- 75 kg		
1 Maoury Demetrius /66	United States of America	197.5
2 Melendez Carlo /83	Puerto Rico	157.5
- 82,5 kg		
1 Bardsley James /88	United States of America	132.5
2 Kendall Mark /82	British Virgin Island	130.0
3 Benons Vernon /75	British Virgin Island	125.0
- 90 kg		
1 Anderson Danley /80	British Virgin Island	142.5
2 Gibson Kevin /78	British Virgin Island	142.5
3 Bardsley Jim /59	United States of America	140.0
4 Yearwood Omotosho /77	British Virgin Island	140.0
5 Gaskin Alex /94	United States Virgin Island	107.5
- 100 kg		
1 Poore Clint /73	United States of America	232.5
2 Blás Orlando /69	Puerto Rico	207.5
3 James Sydney /71	British Virgin Island	147.5
4 Gaskin Joseph /58	United States Virgin Island	125.0
5 Santana Ortega /79	British Virgin Island	122.5
6 Koprnický Miroslav /51	Canada	—
- 110 kg		
1 Calvano Chris /69	United States of America	257.5
2 Currence Doug /59	United States of America	220.0
3 Gonzalez Antonio /71	Puerto Rico	197.5
4 Millan Harold /73	Puerto Rico	192.5
5 Reefe Shevron /79	British Virgin Island	165.0
- 125 kg		
1 Bales Shaun /79	United States of America	255.0
2 Nieves Lazaro /77	Puerto Rico	230.0
3 Williams Cliff /73	British Virgin Island	180.0
125+ kg		
1 Bogart John /72	United States of America	340.0
Sub Juniors		
- 75 kg		
1 Thomas Dimari /93	British Virgin Island	120.0
Juniors		
- 82,5 kg		
1 Bardsley James /88	United States of America	132.5
2 Guishard Aaron /89	British Virgin Island	110.0
- 125 kg		
1 Penn Rico /88	British Virgin Island	100.0

Masters 1**- 67,5 kg**

1 Richards Naval /67	British Virgin Island	135.0
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- 75 kg

1 Maoury Demetrius /66	United States of America	197.5
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- 100 kg

1 Blás Orlando /69	Puerto Rico	207.5
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2 Daley Dowlyn /70	British Virgin Island	142.5
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- 110 kg

1 Calvano Chris /69	United States of America	257.5
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Masters 2**- 75 kg**

1 Spooner Winston /52	British Virgin Island	67.5
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- 90 kg

1 Bardsley Jim /59	United States of America	140.0
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- 100 kg

1 Gaskin Joseph /58	United States Virgin Island	125.0
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2 Koprnický Miroslav /51	Canada	—
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- 110 kg

1 Currence Doug /59	United States of America	220.0
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