

**8th NAPF North American Regional Powerlifting Championships
August 4 - 7, 2010 / Aguadilla, Puerto Rico**

Name	Team	Div	BWt (Kg)	WtCls (Kg)	Coeff	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadli ft 1	Deadli ft 2	Deadli ft 3	Best Dead lift	PL Total	Wilks Total	Placing PI-Div-WtCl	Tm Pts	YOB
Kevin Cudmore	CAN	M-SJ	93.9	100	0.6254	-235	-245	245	245	145	155	165	165	410	220	-240	240	240	650	406.48	1-M-SJ		1992
Alex Gaskin	ISV	M-SJ	85.9	90	0.6545	192.5	207.5	217.5	217.5	92.5	105	107.5	107.5	325	197.5	215	222.5	222.5	547.5	358.31	2-M-SJ		1994
Elpert Brown	ISV	M-SJ	95.2	100	0.6214	165	-182.5	192.5	192.5	102.5	-147.5	-147.5	102.5	295	165	185	-205	185	480	298.29	3-M-SJ		1993
Ray Francis	ISV	M-SJ	81.3	82.5	0.6759	125	137.5	145	145	65	72.5	77.5	77.5	222.5	160	180	182.5	182.5	405	273.73	4-M-SJ		1993
Eliceo Javier Godinez Yol	GUA	M-JRA	59.6	60	0.8581	185	200	205	205	125	135	-145	135	340	185	195	-200	195	535	459.09	1-M-JRA		1989
Luciano Torres	USA	M-JRA	66.7	67.5	0.7785	205	215	222.5	222.5	-125	125	130	130	352.5	205	217.5	227.5	227.5	580	451.51	2-M-JRA		1990
Jesus Ocasio	PUR	M-JRA	59.9	60	0.8542	180	-192.5	192.5	192.5	125	-135	135	135	327.5	187.5	200	-207.5	200	527.5	450.58	3-M-JRA		1987
Joshua Hileiro	PUR	M-JRA	71.1	75	0.7406	-192.5	197.5	-205	197.5	120	130	140	140	337.5	180	200	215	215	552.5	409.18	4-M-JRA		1990
Isaac Laboy	PUR	M-JRA	71.9	75	0.7345	175	190	-202.5	190	112.5	120	130	130	320	210	230.5	235	235	555	407.63	5-M-JRA		1989
Fernando Flores	PUR	M-JRA	53.7	56	0.9492	-152.5	165	-170.5	165	80	90	-95	90	255	155	165	-180	165	420	398.68	6-M-JRA		1990
Christopher Cardona	PUR	M-JRA	66.8	67.5	0.7775	-175	175	185	185	130	142.5	-150	142.5	327.5	185	-200	-200	185	512.5	398.48	7-M-JRA		1991
Daniel Fierro	MEX	M-JRA	73.1	75	0.7256	175	190	200	200	100	120	-130	120	320	175	190	-210	190	510	370.08	8-M-JRA		1988
Osvaldo Serrano	PUR	M-JRA	55.1	56	0.9250	-190	100	107.5	107.5	70	-80	-80	70	177.5	115	130	-145	130	307.5	284.44	9-M-JRA		1991
Ramon Burgos	PUR	M-JRB	88.7	90	0.6432	-305	305	-317.5	305	170	180	-187.5	180	485	290	-300	307.5	307.5	792.5	509.74	1-M-JRB		1987
Kenneth Melville	GUY	M-JRB	102.3	110	0.6032	270	-277.5	-277.5	270	140	145	152.5	152.5	422.5	275	282.5	-287.5	282.5	705	425.29	2-M-JRB		1989
Vashall Singh	TRI	M-JRB	127.3	125+	0.5678	-265	-265	265	265	150	-160	160	160	425	272.5	300	-310	300	725	411.65	3-M-JRB		1987
Nelson Adams	PUR	M-JRB	170.4	125+	0.5429	-250	-250	250	250	180	200	-215	200	450	227.5	245	-275	245	695	377.34	4-M-JRB		1991
Carlos Cardona	PUR	M-JRB	131.1	125+	0.5647	-220	220	250	250	145	162.5	-172.5	162.5	412.5	240	250	-298	250	662.5	374.15	5-M-JRB		1989
Erick Gutierrez	MEX	M-JRB	78.5	82.5	0.6910	-190	190	-205	190	-130	130	132.5	132.5	322.5	200	210	-225	210	532.5	367.97	6-M-JRB		1991
Luis Moreira	PUR	M-JRB	106.7	110	0.5943	-200	200	220	220	142.5	160	-165	160	380	205	212.5	220	220	600	356.56	7-M-JRB		1991
Nigel Bally	TRI	M-JRB	83	90	0.6675	155	157.5	172.5	172.5	95	105	-110	105	277.5	175	185	197.5	197.5	475	317.06	8-M-JRB		1991
Luis Alarcon	MEX	M-JRB	82.3	82.5	0.6709	-200	-200	-200	0	-145	-145	-145	0	0	225	240	-250	240	0	0.00	#N/A		1991
Luis Tapia	PUR	M-M1A	80.9	82.5	0.6779	317.5	327.5	-340	327.5	197.5	210	-217.5	210	537.5	250	255	262.5	262.5	800	542.35	1-M-M1A		1968
Jose Cabrera	PUR	M-M1A	89.3	90	0.6410	260	-275	-275	260	157.5	165	170	170	430	260	-272.5	-272.5	260	690	442.26	2-M-M1A		1963
Oscar Mejia	MEX	M-M1A	64.6	67.5	0.7993	170	185	-200	185	110	120	-125	120	305	190	210	-217.5	210	515	411.66	3-M-M1A		1964
Cecil Basdeo	TRI	M-M1A	83.8	90	0.6637	212.5	225	227.5	227.5	-142.5	-147.5	147.5	147.5	375	192.5	210	-225	210	585	388.29	4-M-M1A		1969
Jonathan Gallmeier	USA	M-M1A	85.7	90	0.6553	-182.5	182.5	195	195	132.5	-142.5	145	145	340	185	195	207.5	207.5	547.5	358.78	5-M-M1A		1968
Jonathan Joseph	ISV	M-M1A	67.5	67.5	0.7710	-117.5	130	142.5	142.5	92.5	102.5	-107.5	102.5	245	147.5	170	175	175	420	323.83	6-M-M1A		1963
Doug Currence	USA	M-M1B	106.7	110	0.5943	275	292.5	302.5	302.5	202.5	210	217.5	217.5	520	260	277.5	285	285	805	478.39	1-M-M1B		1959
Orlando Blás	PUR	M-M1B	98.8	100	0.6116	285	-297.5	-297.5	285	-200	200	210	210	495	270	-280	-292.5	270	765	467.86	2-M-M1B		1969
Carlos Greene	TRI	M-M1B	123.1	125	0.5717	265	-282.5	282.5	282.5	-200	-200	200	200	482.5	300	-315	-322.5	300	782.5	447.33	3-M-M1B		1968
Raymond Victorine	ISV	M-M1B	105.6	110	0.5964	250	-262.5	-262.5	250	-157.5	157.5	165	165	415	260	-272.5	-272.5	260	675	402.55	4-M-M1B		1969
Ismael Flores	MEX	M-M1B	96.1	100	0.6188	160	170	175	175	125	135	145	145	320	170	180	-190	180	500	309.42	5-M-M1B		1968
Luis Rodriguez	PUR	M-M1B	107.8	110	0.5923	-250	-250	-250	0	175	-180	0	175	0	230	-240	-240	230	0	0.00	#N/A		1969
Ruben Hernandez	MEX	M-M1B	126.2	125+	0.5688	-250	-250	-250	0	160	-170	185	185	0	260	270	285	285	0	0.00	#N/A		1969
David Ricks	USA	M-M2A	87.7	90	0.6471	315	332.5	-347.5	332.5	200	215	227.5	227.5	560	300	315	-335	315	875	566.19	1-M-M2A		1959
Winston Stoby	GUY	M-M2A	72.6	75	0.7293	230	242.5	250	250	130	-137.5	-137.5	130	380	250	275	-277.5	275	655	477.67	2-M-M2A		1959
Rick Esposito	USA	M-M2A	65.1	67.5	0.7942	162.5	-170	-170	162.5	107.5	112.5	-117.5	112.5	275	210	-217.5	-217.5	210	485	385.18	3-M-M2A		1959

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Claudio Lora	DOM	M-M2A	82.4	82.5	0.6704	180	190	200	200	140	150	152.5	152.5	352.5	140	157.5	180	180	532.5	356.98	4-M-M2A		1953
Ray Penland	USA	M-M2A	89.9	90	0.6388	-175	182.5	-187.5	182.5	120	125	-130	125	307.5	192.5	195	200	200	507.5	324.17	5-M-M2A		1952
David Schneider	USA	M-M2B	122.7	125	0.5721	-282.5	-295	300	300	-190	190	200	200	500	-262.5	262.5	-275	262.5	762.5	436.20	1-M-M2		1956
Jose Ocasio	PUR	M-M2B	98.1	100	0.6134	225	-262.5	252.5	252.5	-170	170	-182.5	170	422.5	235	245	255	255	677.5	415.57	1-M-M2		1954
Joseph Gaskin	ISV	M-M2B	98.4	100	0.6126	157.5	170	175	175	125	-127.5	-127.5	125	300	182.5	-197.5	-197.5	182.5	482.5	295.58	2-M-M2		1958
Jim Klostergaard	USA	M-M3	82.3	82.5	0.6709	165	180	192.5	192.5	175	-177.5	177.5	177.5	370	185	197.5	212.5	212.5	582.5	390.79	1-M-M3		1948
Jose Miranda	PUR	M-M4	91	100	0.6349	115	-127.5	127.5	127.5	-120	120	160	160	287.5	110	125	150	150	437.5	277.75	1-M-M4		1940
Ivan Cancel	PUR	M-O	55.6	56	0.9168	-202.5	-202.5	202.5	202.5	135	-142.5	142.5	142.5	345	190	-200	-200	190	535	490.47	1-M-O-56	12	1982
Herberth Obbiel Garcia Mejia	GUA	M-O	55.3	56	0.9217	185	190	200	200	110	117.5	125	125	325	185	200	-210	200	525	483.88	2-M-O-56	9	1975
Fernando Flores	PUR	M-O	53.7	56	0.9492	-162.5	165	-170.5	165	80	90	-95	90	255	155	165	-180	165	420	398.68	3-M-O-56	8	1990
Wilhem Guido	MEX	M-O	58.6	60	0.8717	200	-210	210	210	130	-135	135	135	345	210	220	-230	220	565	492.50	1-M-O-60	12	1974
Eliceo Javier Godinez Yol	GUA	M-O	59.6	60	0.8581	185	200	205	205	125	135	-145	135	340	185	195	-200	195	535	459.09	2-M-O-60	9	1989
Jesus Ocasio	PUR	M-O	59.9	60	0.8542	180	-192.5	192.5	192.5	125	-135	135	135	327.5	187.5	200	-207.5	200	527.5	450.58	3-M-O-60	8	1987
Luciano Torres	USA	M-O	66.7	67.5	0.7785	205	215	222.5	222.5	-125	125	130	130	352.5	205	217.5	227.5	227.5	580	451.51	1-M-O-67.5	12	1990
Oscar Mejia	MEX	M-O	64.6	67.5	0.7993	170	185	-200	185	110	120	-125	120	305	190	210	-217.5	210	515	411.66	2-M-O-67.5	9	1964
Rick Esposito	USA	M-O	65.1	67.5	0.7942	162.5	-170	-170	162.5	107.5	112.5	-117.5	112.5	275	210	-217.5	-217.5	210	485	385.18	3-M-O-67.5	8	1959
Jonathan Joseph	ISV	M-O	67.5	67.5	0.7710	-117.5	130	142.5	142.5	92.5	102.5	-107.5	102.5	245	147.5	170	175	175	420	323.83	4-M-O-67.5	7	1963
Winston Stoby	GUY	M-O	72.6	75	0.7293	230	242.5	250	250	130	-137.5	-137.5	130	380	250	275	-277.5	275	655	477.67	1-M-O-75	12	1959
David Salgado	MEX	M-O	73.5	75	0.7228	185	200	-207.5	200	132.5	142.5	152.5	152.5	352.5	-185	195	-210	195	547.5	395.73	2-M-O-75	9	1974
Alvaro Mauricio Mejia	CRC	M-O	71.2	75	0.7398	152.5	160	-172.5	160	-140	140	145	145	305	180	190	-197.5	190	495	366.21	3-M-O-75	8	1981
Carlo Melendez	PUR	M-O	74	75	0.7193	-235	235	-250	235	155	165	172.5	172.5	407.5	-210	-210	-210	0	0	0.00			1983
Wade Hooper	USA	M-O	82.5	82.5	0.6699	340	362.5	-372.5	362.5	235	245	252.5	252.5	615	255	-267.5	272.5	272.5	887.5	594.54	1-M-O-82.5	12	1971
Randolph Morgan	GUY	M-O	79.7	82.5	0.6843	-295	285	-295	285	195	-205	205	205	490	285	295	310	310	800	547.46	2-M-O-82.5	9	1978
Luis Tapia	PUR	M-O	80.9	82.5	0.6779	317.5	327.5	-340	327.5	197.5	210	-217.5	210	537.5	250	255	262.5	262.5	800	542.35	3-M-O-82.5	8	1968
Chevon Simpson	TRI	M-O	81.8	82.5	0.6734	210	215	-220	215	140	142.5	145	145	360	210	215	222.5	222.5	582.5	392.23	4-M-O-82.5	7	1984
Jim Klostergaard	USA	M-O	82.3	82.5	0.6709	165	180	192.5	192.5	175	-177.5	177.5	177.5	370	185	197.5	212.5	212.5	582.5	390.79	5-M-O-82.5	6	1948
Anibal Olvera	MEX	M-O	80.9	82.5	0.6779	160	180	190	190	135	-140	140	140	330	170	200	210	210	540	366.09	6-M-O-82.5	5	1975
Claudio Lora	DOM	M-O	82.4	82.5	0.6704	180	190	200	200	140	150	152.5	152.5	352.5	140	157.5	180	180	532.5	356.98	7-M-O-82.5	4	1953
Ray Francis	ISV	M-O	81.3	82.5	0.6759	125	137.5	145	145	65	72.5	77.5	77.5	222.5	160	180	182.5	182.5	405	273.73	8-M-O-82.5	3	1993
David Ricks	USA	M-O	87.7	90	0.6471	315	332.5	-347.5	332.5	200	215	227.5	227.5	560	300	315	-335	315	875	566.19	1-M-O-90	12	1959
Ramon Burgos	PUR	M-O	88.7	90	0.6432	-305	305	-317.5	305	170	180	-187.5	180	485	290	-300	307.5	307.5	792.5	509.74	2-M-O-90	9	1987
Gabriel Garcia	MEX	M-O	87.6	90	0.6475	-285	285	295	295	200	210	220	220	515	275	-295	-295	275	790	511.51	3-M-O-90	8	1975
Tony McInerney	CAY	M-O	87.1	90	0.6495	-227.5	227.5	232.5	232.5	125	130	142.5	142.5	375	237.5	262.5	-270	262.5	637.5	414.04	4-M-O-90	7	1972
Cecil Basdeo	TRI	M-O	83.8	90	0.6637	212.5	225	227.5	227.5	-142.5	-147.5	147.5	147.5	375	192.5	210	-225	210	585	388.29	5-M-O-90	6	1969
Jonathan Gallmeier	USA	M-O	85.7	90	0.6553	-182.5	182.5	195	195	132.5	-142.5	145	145	340	185	195	207.5	207.5	547.5	358.78	6-M-O-90	5	1968
Alex Gaskin	ISV	M-O	85.9	90	0.6545	192.5	207.5	217.5	217.5	92.5	105	107.5	107.5	325	197.5	215	222.5	222.5	547.5	358.31	7-M-O-90	4	1994
Dwight Browne	ISV	M-O	89.4	90	0.6406	170	-182.5	182.5	182.5	122.5	130	137.5	137.5	320	207.5	220	-227.5	220	540	345.92	8-M-O-90	3	1979
Orlando Blás	PUR	M-O	98.8	100	0.6116	285	-297.5	-297.5	285	-200	200	210	210	495	270	-280	-292.5	270	765	467.86	1-M-O-100	12	1969

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Enrique Rodriguez	MEX	M-O	96	100	0.6191	-250	-250	250	250	177.5	-480	182.5	182.5	432.5	260	-270	-270	260	692.5	428.74	2-M-O-100	9	1973
Jesse Johnson	TRI	M-O	96.2	100	0.6186	227.5	-250	-250	227.5	-422.5	127.5	137.5	137.5	365	272.5	290	-300	290	655	405.16	3-M-O-100	8	1978
Kevin Cudmore	CAN	M-O	93.9	100	0.6254	-235	-245	245	245	145	155	165	165	410	220	-240	240	240	650	406.48	4-M-O-100	7	1992
Joseph Gaskin	ISV	M-O	98.4	100	0.6126	157.5	170	175	175	125	-427.5	-427.5	125	300	182.5	-497.5	-497.5	182.5	482.5	295.58	5-M-O-100	6	1958
Elpert Brown	ISV	M-O	95.2	100	0.6214	165	-182.5	192.5	192.5	102.5	-447.5	-447.5	102.5	295	165	185	-205	185	480	298.29	6-M-O-100	5	1993
Manuel Pantoja	MEX	M-O	92.1	100	0.6311	-250	-250	-250	0	-480	180	-200	180	0	220	-225	-225	220	0	0.00	#N/A	#N/A	1984
Adrian Brown	TRI	M-O	96.5	100	0.6177	300	-340	-340	300	-482.5	-482.5	-482.5	0	0	277.5	282.5	-290	282.5	0	0.00	#N/A	#N/A	1975
Harold Millan	PUR	M-O	107.2	110	0.5933	330	350	360	360	192.5	200	-240	200	560	282.5	300	317.5	317.5	877.5	520.66	1-M-O-110	12	1973
Marcos Porras	MEX	M-O	107.6	110	0.5926	325	-350	350	350	190	200	-207.5	200	550	270	290	-300	290	840	497.80	2-M-O-110	9	1982
Derek Brixius	USA	M-O	103	110	0.6017	292.5	307.5	320	320	215	-227.5	-227.5	215	535	272.5	285	-297.5	285	820	493.40	3-M-O-110	8	1985
Doug Currence	USA	M-O	106.7	110	0.5943	275	292.5	302.5	302.5	202.5	210	217.5	217.5	520	260	277.5	285	285	805	478.39	4-M-O-110	7	1959
Kenneth Melville	GUY	M-O	102.3	110	0.6032	270	-277.5	-277.5	270	140	145	152.5	152.5	422.5	275	282.5	-287.5	282.5	705	425.29	5-M-O-110	6	1989
Raymond Victorine	ISV	M-O	105.6	110	0.5964	250	-262.5	-262.5	250	-457.5	157.5	165	165	415	260	-272.5	-272.5	260	675	402.55	6-M-O-110	5	1969
Richard Seymour	GUY	M-O	108.4	110	0.5912	285	-297.5	-297.5	285	-447.5	-447.5	147.5	147.5	432.5	-240	-240	-240	0	0	0.00	#N/A	#N/A	1976
Antonio Gonzalez	PUR	M-O	107.9	110	0.5921	-300	-300	-300	0	-200	-200	200	200	0	250	265	280	280	0	0.00	#N/A	#N/A	1971
John McDonald	CAN	M-O	122.3	125	0.5725	332.5	350	-355	350	250	-262.5	262.5	262.5	612.5	285	302.5	-340	302.5	915	523.81	1-M-O-125	12	1983
Garrett Owens	USA	M-O	122.2	125	0.5726	330	-340	-340	330	-245	220	227.5	227.5	557.5	295	-302.5	-342.5	295	852.5	488.12	2-M-O-125	9	1986
Lazaro Nieves	PUR	M-O	119.1	125	0.5759	-300	310	322.5	322.5	205	-222.5	-222.5	205	527.5	280	300	-325	300	827.5	476.59	3-M-O-125	8	1977
Carlos Greene	TRI	M-O	123.1	125	0.5717	265	-282.5	282.5	282.5	-200	-200	200	200	482.5	300	-345	-322.5	300	782.5	447.33	4-M-O-125	7	1968
David Schneider	USA	M-O	122.7	125	0.5721	-282.5	-295	300	300	-490	190	200	200	500	-262.5	262.5	-275	262.5	762.5	436.20	5-M-O-125	6	1956
William Schouten	ISV	M-O	139.8	125+	0.5589	340	372.5	387.5	387.5	192.5	215	220	220	607.5	277.5	295	-347.5	295	902.5	504.43	1-M-O-125+	12	1975
Hayden Hudson	TRI	M-O	149.7	125+	0.5535	-337.5	-345	345	345	175	182.5	190	190	535	307.5	320	327.5	327.5	862.5	477.35	2-M-O-125+	9	1972
Kerron Commissiong	TRI	M-O	159.4	125+	0.5485	315	327.5	337.5	337.5	-240	-240	220	220	557.5	-300	300	-320	300	857.5	470.35	3-M-O-125+	8	1984
Ruben Hernandez	MEX	M-O	126.2	125+	0.5688	-250	-250	-250	0	160	-470	185	185	0	260	270	285	285	0	0.00	#N/A	#N/A	1969

Best Overalls	Div	Wilks
Kevin Cudmore	SJ	406.48
Ramon Burgos	J	509.74
Luis Tapia	M I	542.35
David Ricks	M II	566.19
Jim Klostergaard	M III	390.79
Jose Miranda	M IV	277.75
Wade Hooper	Open	594.54

Pos	Teams	Pts
1st	Puerto Rico	61
2nd	United States	61
3rd	Mexico	54
4th	Trinidad and Tobago	45
5th	US Virgin Island	39
6th	Guyana	27
7th	Canada	19
8th	Guatemala	18
9th	Costa Rica	8
10th	Cayman Island	7
11th	Dominican Republic	4