

3/26/2011		5th Annual IPF/NAPF/FESUPO Caribbean Islands Powerlifting Championships																					
Powerlifting Results Name	Team	Div	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	Age	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	(1) PL Total	(2) Wilks Pts	Pl-Div-WtCls-Evt
Jannitzi Tapia	PUR	F-O-A	55.2	57	4	1.19	1994	110	-442.5	122.5	122.5	57.5	65	-70	65	187.5	110	127.5	137.5	137.5	325	386.750	1-F-O-57-PL
Anilla Rampersad	TRI	F-O-A	55.2	57	8	1.19	1984	52.5	60	77.5	77.5	35	40	-45	40	117.5	80	90	97.5	97.5	215	255.850	2-F-O-57-PL
Jennifer La Grande	CAY	F-O-A	60.4	63	7	1.1092	1966	-80	80	85	85	55	60	-80	60	145	-95	100	110	110	255	282.846	3-F-O-63-PL
Dawn Barker	GUY	F-O-B	113.6	84+	14	0.8078	1980	182.5	205	227.5	227.5	95	102.5	107.5	107.5	335	157.5	172.5	182.5	182.5	517.5	418.036	1-F-O-84+-PL
Yolande McIntyre	TRI	F-O-B	72.4	84	11	0.9725	1981	125	-432.5	132.5	132.5	60	-67.5	-67.5	60	192.5	135	140	145	145	337.5	328.219	2-F-O-84-PL
Cheryl Abraham	TRI	F-O-B	98.4	84+	15	0.8366	1979	-155	-155	-155	0	47.5	55	-65	55	0	142.5	150	157.5	157.5	0	0.000	
Jannitzi Tapia	PUR	F-SJ	55.2	57	4	1.19	1994	110	-442.5	122.5	122.5	57.5	65	-70	65	187.5	110	127.5	137.5	137.5	325	386.750	1-F-SJ-PL
Jennifer La Grande	CAY	F-M1	60.4	63	7	1.1092	1966	-80	80	85	85	55	60	-80	60	145	-95	100	110	110	255	282.846	1-F-M1-PL
Fernando Flores	PUR	M-O	58	59	18	0.8802	1990	170	182.5	-495	182.5	97.5	107.5	-417.5	107.5	290	175	187.5	200	200	490	431.298	1-M-O-59-PL
David Pattaway	CAY	M-O	65	66	21	0.7952	1959	155	160	-182.5	160	85	92.5	-97.5	92.5	252.5	190	195	205	205	457.5	363.804	1-M-O-66-PL
Johanathan Mc Laughlin	CAY	M-O	64	66	22	0.8057	1991	60	-67.5	-67.5	60	60	65	-70	65	125	105	110	120	120	245	197.397	2-M-O-66-PL
Carlo Melendez	PUR	M-O	72.2	74	25	0.7322	1983	-227.5	232.5	242.5	242.5	165	-475	-475	165	407.5	215	230	-245	230	637.5	466.778	1-M-O-74-PL
Timothy Sookraj	TRI	M-O	70.8	74	27	0.743	1993	145	147.5	162.5	162.5	102.5	112.5	-145	112.5	275	145	150	160	160	435	323.205	2-M-O-74-PL
Randolph Morgan	GUY	M-O	82.2	83	33	0.6714	1978	282.5	-297.5	297.5	297.5	195	205	215	215	512.5	-295	295	-320	295	807.5	542.156	1-M-O-83-PL
Isaac Laboy	PUR	M-O	75.4	83	30	0.7099	1989	185	197.5	-207.5	197.5	117.5	-127.5	-127.5	117.5	315	215	232.5	245	245	560	397.544	2-M-O-83-PL
Fareed Khan	TRI	M-O	79.6	83	34	0.6849	1991	-182.5	185	-490	185	-437.5	137.5	140	140	325	182.5	197.5	207.5	207.5	532.5	364.709	3-M-O-83-PL
Tony Reid	CAY	M-O	82.8	83	32	0.6685	1971	165	-472.5	177.5	177.5	125	130	-437.5	130	307.5	175	187.5	215	215	522.5	349.291	4-M-O-83-PL
Ray Francis	ISV	M-O	82.2	83	37	0.6714	1993	132.5	145	152.5	152.5	77.5	82.5	-87.5	82.5	235	190	192.5	197.5	197.5	432.5	290.381	5-M-O-83-PL
Thomas Cencich	USA	M-O	82.2	83	31	0.6714	1960	182.5	-275	-275	182.5	-495	-240	-240	0	0	182.5	195	-200	195	0	0.000	
Adrian Knox	TRI	M-O	85.4	93	12	0.6566	1986	227.5	-240	240	240	137.5	147.5	157.5	157.5	397.5	237.5	252.5	262.5	262.5	660	433.356	1-M-O-93-PL
Tony McInerney	CAY	M-O	85.6	93	8	0.6557	1972	205	227.5	232.5	232.5	135	-440	140	140	372.5	230	245	-280	245	617.5	404.895	2-M-O-93-PL
Dwight Browne	ISV	M-O	89	93	10	0.6421	1979	197.5	220	227.5	227.5	130	137.5	147.5	147.5	375	215	227.5	232.5	232.5	607.5	390.076	3-M-O-93-PL
Claudio Lora	DRE	M-O	83.8	93	13	0.6637	1953	185	217.5	230	230	140	152.5	157.5	157.5	387.5	175	190	-225	190	577.5	383.287	4-M-O-93-PL
Alex Gaskin	ISV	M-O	87.2	93	11	0.6491	1994	205	220	230	230	97.5	102.5	107.5	107.5	337.5	205	222.5	227.5	227.5	565	366.742	5-M-O-93-PL
Brandon Thompson	CAY	M-O	91.8	93	9	0.6321	1995	52.5	80	105	105	52.5	62.5	-65	62.5	167.5	142.5	145	162.5	162.5	330	208.593	6-M-O-93-PL
William Kordy Bergstrom	CAY	M-O	87.2	93	4	0.6491	1993	62.5	70	-92.5	70	42.5	-52.5	-52.5	42.5	112.5	87.5	105	-442.5	105	217.5	141.179	7-M-O-93-PL
Dennis Cieri	USA	M-O	92.4	93	5	0.6301	1968	100	0	0	100	-293	-293	-293	0	0	0	0	0	0	0	0.000	
Karel Mars	GUY	M-O	97	105	20	0.6163	1979	290	-307.5	307.5	307.5	162.5	182.5	197.5	197.5	505	272.5	287.5	295	295	800	493.040	1-M-O-105-PL
Adrian Brown	TRI	M-O	96.4	105	17	0.618	1975	295	305	315	305	165	170	177.5	177.5	482.5	280	290	310	310	792.5	489.765	2-M-O-105-PL
Keneth Melville	GUY	M-O	98.8	105	16	0.6116	1989	272.5	282.5	-292.5	282.5	137.5	147.5	155	155	437.5	257.5	-272.5	-272.5	257.5	695	425.062	3-M-O-105-PL
Elpert Brown	ISV	M-O	95.4	105	21	0.6209	1993	182.5	192.5	205	205	107.5	115	-422.5	115	320	190	197.5	205	205	525	325.972	4-M-O-105-PL
Joseph Gaskin	ISV	M-O	101.6	105	18	0.6048	1958	170	182.5	185	185	125	132.5	137.5	137.5	322.5	182.5	192.5	200	200	522.5	316.008	5-M-O-105-PL
John Edwards	GUY	M-O	119.2	120	28	0.5758	1967	-322.5	-322.5	322.5	322.5	207.5	220	-230	220	542.5	275	-292.5	-292.5	275	817.5	470.717	1-M-O-120-PL
Anthony Farnum	TRI	M-O	118.8	120	27	0.5763	1968	295	-342.5	312.5	312.5	150	0	0	150	462.5	-287.5	-287.5	287.5	287.5	750	432.225	2-M-O-120-PL
Raymond Victorine	ISV	M-O	108	120	32	0.5919	1969	245	260	272.5	272.5	170	177.5	182.5	182.5	455	250	272.5	-277.5	272.5	727.5	430.607	3-M-O-120-PL
Cleon Maurice Pierre	TRI	M-O	108.6	120	29	0.5909	1982	-230	-230	230	230	132.5	142.5	-460	142.5	372.5	232.5	255	-260	255	627.5	370.790	4-M-O-120-PL
Shirley Oscar Rivers	CAY	M-O	109	120	31	0.5902	1995	95	120	140	140	47.5	60	72.5	72.5	212.5	147.5	200	-227.5	200	412.5	243.458	5-M-O-120-PL
Colin Chesney	GUY	M-O	114	120	26	0.5824	1974	-342.5	-342.5	-342.5	0	192.5	195	-497.5	195	0	250	-265	-265	250	0	0.000	
William Schouten	ISV	M-O	136.2	120+	36	0.5612	1975	367.5	387.5	395	395	-245	227.5	-235	227.5	622.5	270	285	290	290	912.5	512.095	1-M-O-120+-PL
Kerron Commissiong	TRI	M-O	157.4	120+	37	0.5495	1984	337.5	-350	-350	337.5	220	222.5	-227.5	222.5	560	295	320	-327.5	320	880	483.560	2-M-O-120+-PL
Sheah Martin	TRI	M-O	128.4	120+	35	0.5669	1991	-292.5	-300	300	300	157.5	-487.5	-487.5	157.5	457.5	215	232.5	240	240	697.5	395.413	3-M-O-120+-PL

Alex Gaskin	ISV	M-SJ	87.2	93	11	0.6491	1994	205	220	230	230	97.5	102.5	107.5	107.5	337.5	205	222.5	227.5	227.5	565	366.742	1-M-SJ-PL
Elpert Brown	ISV	M-SJ	95.4	105	21	0.6209	1993	182.5	192.5	205	205	107.5	115	-122.5	115	320	190	197.5	205	205	525	325.972	2-M-SJ-PL
Timothy Sookraj	TRI	M-SJ	70.8	74	27	0.743	1993	145	147.5	162.5	162.5	102.5	112.5	-115	112.5	275	145	150	160	160	435	323.205	3-M-SJ-PL
Ray Francis	ISV	M-SJ	82.2	83	37	0.6714	1993	132.5	145	152.5	152.5	77.5	82.5	-87.5	82.5	235	190	192.5	197.5	197.5	432.5	290.381	4-M-SJ-PL
Shirley Oscar Rivers	CAY	M-SJ	109	120	31	0.5902	1995	95	120	140	140	47.5	60	72.5	72.5	212.5	147.5	200	-227.5	200	412.5	243.458	5-M-SJ-PL
Christopher Myles	CAY	M-SJ	94	105	6	0.625	1993	100	-112.5	120	120	60	70	-82.5	70	190	155	182.5	192.5	192.5	382.5	239.063	6-M-SJ-PL
Johnny Ferris	ISV	M-SJ	91.6	93	7	0.6328	1996	115	130	142.5	142.5	-70	75	77.5	77.5	220	-155	-155	155	155	375	237.300	7-M-SJ-PL
Brandon Thompson	CAY	M-SJ	91.8	93	9	0.6321	1995	52.5	80	105	105	52.5	62.5	-65	62.5	167.5	142.5	145	162.5	162.5	330	208.593	8-M-SJ-PL
William Kordy Bergstrom	CAY	M-SJ	87.2	93	4	0.6491	1993	62.5	70	-92.5	70	42.5	-52.5	-52.5	42.5	112.5	87.5	105	-142.5	105	217.5	141.179	9-M-SJ-PL
Fernando Flores	PUR	M-J	58	59	18	0.8802	1990	170	182.5	-195	182.5	97.5	107.5	-117.5	107.5	290	175	187.5	200	200	490	431.298	1-M-J-PL
Keneth Melville	GUY	M-J	98.8	105	16	0.6116	1989	272.5	282.5	-292.5	282.5	137.5	147.5	155	155	437.5	257.5	-272.5	-272.5	257.5	695	425.062	2-M-J-PL
Isaac Laboy	PUR	M-J	75.4	83	30	0.7099	1989	185	197.5	-207.5	197.5	117.5	-127.5	-127.5	117.5	315	215	232.5	245	245	560	397.544	3-M-J-PL
Sheah Martin	TRI	M-J	128.4	120+	35	0.5669	1991	-292.5	-300	300	300	157.5	-187.5	-187.5	157.5	457.5	215	232.5	240	240	697.5	395.413	3-M-J-PL
Fareed Khan	TRI	M-J	79.6	83	34	0.6849	1991	-182.5	185	-190	185	-137.5	137.5	140	140	325	182.5	197.5	207.5	207.5	532.5	364.709	4-M-J-PL
Nigel Bally	TRI	M-J	89.8	93	3	0.6391	1991	192.5	202.5	-240	202.5	-137.5	-145	145	145	347.5	177.5	-195	205	205	552.5	353.103	5-M-J-PL
Ade McLeod	TRI	M-J	105.6	120	25	0.5964	1992	-192.5	192.5	200	200	70	77.5	90	90	290	205	215	222.5	222.5	512.5	305.655	6-M-J-PL
Johanathan Mc Laughlin	CAY	M-J	64	66	22	0.8057	1991	60	-67.5	-67.5	60	60	65	-70	65	125	105	110	120	120	245	197.397	7-M-J-PL
John Edwards	GUY	M-M1	119.2	120	28	0.5758	1967	-322.5	-322.5	322.5	322.5	207.5	220	-230	220	542.5	275	-292.5	-292.5	275	817.5	470.717	1-M-M1-PL
Carlos Greene	TRI	M-M1	119.2	120	30	0.5758	1968	282.5	-295	-295	282.5	187.5	-195	195	195	477.5	290	305	315	315	792.5	456.322	2-M-M1-PL
Anthony Farnum	TRI	M-M1	118.8	120	27	0.5763	1968	295	-312.5	312.5	312.5	150	0	0	150	462.5	-287.5	-287.5	287.5	287.5	750	432.225	3-M-M1-PL
Raymond Victorine	ISV	M-M1	108	120	32	0.5919	1969	245	260	272.5	272.5	170	177.5	182.5	182.5	455	250	272.5	-277.5	272.5	727.5	430.607	4-M-M1-PL
Cecil Basdeo	TRI	M-M1	81	83	36	0.6774	1969	222.5	230	232.5	232.5	132.5	137.5	142.5	142.5	375	200	215	225	225	600	406.440	5-M-M1-PL
Tony Reid	CAY	M-M1	82.8	83	32	0.6685	1971	165	-172.5	177.5	177.5	125	130	-137.5	130	307.5	175	187.5	215	215	522.5	349.291	6-M-M1-PL
Jonathan Joseph	ISV	M-M1	67	74	26	0.7756	1963	127.5	137.5	142.5	142.5	95	-100	100	100	242.5	157.5	162.5	-165	162.5	405	314.118	7-M-M1-PL
Dennis Cieri	USA	M-M1	92.4	93	5	0.6301	1968	100	0	0	100	-293	-293	-293	0	0	0	0	0	0	0	0.000	
Claudio Lora	DRE	M-M2	83.8	93	13	0.6637	1953	185	217.5	230	230	140	152.5	157.5	157.5	387.5	175	190	-225	190	577.5	383.287	1-M-M2-PL
David Pattaway	CAY	M-M2	65	66	21	0.7952	1959	155	160	-182.5	160	85	92.5	-97.5	92.5	252.5	190	195	205	205	457.5	363.804	2-M-M2-PL
Joseph Gaskin	ISV	M-M2	101.6	105	18	0.6048	1958	170	182.5	185	185	125	132.5	137.5	137.5	322.5	182.5	192.5	200	200	522.5	316.008	3-M-M2-PL
Thomas Cencich	USA	M-M2	82.2	83	31	0.6714	1960	182.5	-275	-275	182.5	-195	-210	-210	0	0	182.5	195	-200	195	0	0.000	

Women			
Best Lifter		Nation	Wilks
Dawn Barker	Open	GUY	418
Jannitzi Tapia	Junior	PUR	386.8
Jeniffer La Grande	Master	CAY	282.8

Teams		
	Pts	Pos
Trinidad and Tobago	18	1
Guyana	12	2
Puerto Rico	12	3
Cayman Island	12	4

Men			
Best Lifter		Nation	Wilks
Randolph Morgan	Open	GUY	542.156
Fernando Flores	Junior	PUR	431.298
John Edwards	Master	GUY	470.717

Teams		
	Pts	Pos
Trinidad and Tobago	48	1
Guyana	44	2
Cayman Island	43	3
United States Virgin Islands	41	4
Puerto Rico	33	5
Dominican Republic	7	6
United States of America	0	7