



**IPF North American Regional Powerlifting Championships  
April 10, 2004 -- Ft. Lauderdale, Florida**

**Meet Director: Robert Keller**

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[Contest Writeup and Photos](#)

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## 2004 IPF North American Regional Championships - Men



NR	BDW.	NAME	Nation	SQUAT			BENCHPRESS			DEADLIFT			Total	Wilks	AVG		
				1.	2.	3.	1.	2.	3.	SUB.	1.	2.				3.	
1	143.0	Brad Gillingham	USA Team 1	365.0	380.0	390.0	390.0	-260.0	260.0	267.5	657.5	352.5	372.5	-390.0	1030.0	573.8	
2	98.6	Nick Tylutki	USA Team 1	325.0	347.5	-360.0	347.5	200.0	205.0	210.0	557.5	315.0	330.0	-337.5	887.5	543.2	
3	55.0	Peter Wong	USA Team 1	182.5	192.5	-200.0	192.5	142.5	152.5	157.5	350.0	185.0	195.0	202.5	552.5	512.0	
4	97.0	Ryan Stills	USA Team 1	292.5	-310.0	310.0	310.0	-197.5	200.0	210.0	520.0	-287.5	-287.5	287.5	807.5	497.7	
5	85.4	Derek Brixius	USA Team 1	230.0	242.5	-257.5	242.5	135.0	145.0	-152.5	387.5	232.2	247.5	-260.0	635.0	416.9	
6	122.0	Mike Anderson	USA Team 1	342.0	362.5	-380.0	362.5	-220.0	225.0	235.0	597.5	287.5	-312.5	312.5	910.0	521.2	
													2648.0	529.6			
1	88.2	Ray Benemerito	USA Team 2	310.0	327.5	337.5	337.5	-220.0	220.0	230.0	567.5	287.5	310.0	-322.5	877.5	566.1	
2	81.2	David Ricks	USA Team 2	290.0	307.5	315.0	315.0	185.0	197.5	202.5	517.5	290.0	305.0	-320.0	822.5	556.3	
3	62.2	Allen Whigham	USA Team 2	215.0	222.5	-225.0	222.5	120.0	-127.5	-127.5	342.5	230.0	240.0	-242.5	582.5	481.0	
4	72.0	Eriek Nicholson	USA Team 2	282.5	275.0	280.0	280.0	-180.0	180.0	-185.0	460.0	277.5	-287.5	287.5	747.5	548.4	
5	74.6	Mike Macri	USA Team 2	-260.0	260.0	-272.5	260.0	-160.0	-162.5	-162.5							
6	80.6	Hayward Blake	USA Team 2	205.0	-240.0	245.0	245.0	182.5	202.5	-207.5	447.5	240.0	265.0	-275.0	712.5	484.1	
													2636.0	527.2			
1	58.0	Emanuel Rodriguez	Puerto Rico	185.0	-195.0	-195.0	185.0	85.0	-92.5	-92.5	270.0	187.5	195.0	202.5	472.5	415.9	
2	107.0	Harold Milan	Puerto Rico	305.0	320.0	335.0	335.0	172.5	-185.0	pass	507.5	285.0	pass	pass	792.5	470.5	
3	79.2	Adam Ramos	Puerto Rico	227.5	242.5	-265.0	242.5	165.0	-177.5	-177.5	407.5	260.0	-267.5	-267.5	667.5	458.6	
4	97.0	Marino Britto	Puerto Rico	-275.0	-275.0	275.0	275.0	187.5	200.0	205.0	480.0	282.0	-317.5	pass	762.0	469.6	
5	107.0	Howard Milan	Puerto Rico														
6	120.6	Lazaro Nieves	Puerto Rico	-305.0	-305.0	-305.0											
													1814.7	362.9			
1	53.6	Hoang Tran	Canada	-200.0	210.0	-215.0	210.0	135.0	-140.0	-140.0	345.0	-195.0	205.0	-215.0	550.0	523.1	
2	61.4	Francois Drouin	Canada	170.0	-177.5	177.5	177.5	105.0	110.0	112.0	289.5	152.5	165.0	170.0	459.5	383.8	
3	81.0	Remi Fortier	Canada	-260.0	-275.0	-275.0											
4	102.2	Germain Gagne	Canada	-265.0	-265.0	265.0	265.0	-157.5	157.5	162.5	427.5	232.5	240.0	-247.5	667.5	402.8	
5	89.2	David Bolton	Canada	225.0	242.5	250.0	250.0	137.5	145.0	152.5	402.5	245.0	260.0	-270.0	662.5	424.7	
6	72.4	Dom Fontaine	Canada	-237.0	237.5	245.0	245.0	-170.0	-170.0	-170.0							
													1734.4	346.9			
1	102.0	Nathan Russell	Bahamas	205.0	-255.0	-255.0	205.0	115.0	-130.0	-130.0	320.0	175.0	187.5	pass	507.5	306.8	
2	106.6	Nashton Russell	Bahamas	42.5	-52.5	52.5	52.5	-27.5	27.5	40.0	92.5	65.0	95.0	-107.5	187.5	111.4	
													418.2	83.6			



## 2004 IPF North American Regional Championships - Women



NR	BDW.	NAME	Nation	SQUAT			BENCHPRESS			DEADLIFT			Total	Wilks	AVG		
				1.	2.	3.	1.	2.	3.	SUB.	1.	2.				3.	
1	66.7	Priscilla Ribic	USA Team 1	-210.0	210.0	-225.0	210.0	122.5	132.5	142.5	352.5	215.0	232.5	-250.0	585.0	608.4	
2	51.3	Stephanie Kubik	USA Team 1	-115.0	-117.5	117.5	117.5	62.5	67.5	72.5	190.0	130.0	140.0	-145.0	330.0	412.5	
3	57.8	Angela Simons	USA Team 1	112.5	125.0	132.5	132.5	100.0	107.5	-110.0	240.0	127.5	135.0	-145.0	375.0	427.5	
4	77.3	Margaret McLean	USA Team 1	-137.5	137.5	147.5	147.5	-80.0	80.0	-82.5	227.5	170.0	-177.5	-177.5	397.5	369.7	
5	51.3	Melinda Stonecek	USA Team 1	82.5	92.5	-97.5	92.5	47.5	52.5	57.5	150.0	102.5	112.5	-122.5	262.5	328.1	
6			USA Team 1														
													2146.2	429.2			
1	58.5	Carly Nogle	USA Team 2	137.5	-155.0	-155.0	137.5	80.0	-85.0	85.0	222.5	155.0	170.0	177.5	400.0	452.0	
2	72.1	Katie Ford	USA Team 2	165.0	175.0	182.5	182.5	100.0	110.0	112.5	295.0	-165.0	177.5	187.5	482.5	468.0	
3	55.1	Leah Marietta	USA Team 2	135.0	150.0	155.0	155.0	67.5	72.5	77.5	232.5	125.0	140.0	147.5	380.0	452.2	
4	50.4	Deb Hariston	USA Team 2	107.5	110.0	112.5	112.5	62.5	-67.5	-67.5	175.0	132.5	135.0	-140.0	310.0	393.7	
5	52.6	Lora Marietta	USA Team 2	110.0	120.0	125.0	125.0	65.0	67.5	-72.5	192.5	115.0	130.0	-135.0	322.5	396.7	
6			USA Team 2														
													2162.6	432.5			
1	43.3	Berushka Morales	Puerto Rico	92.5	105.0	-120.0	105.0	50.0	57.5	-60.0	162.5	90.0	107.5	-120.0	270.0	383.4	
2	51.0	Juilissa Quinones	Puerto Rico	75.0	82.5	100.0	100.0	35.0	-42.5	-42.5	135.0	107.5	115.0	-122.5	250.0	315.0	
3	65.1	Anais Velez	Puerto Rico	130.0	142.5	-152.5	142.5	-57.5	57.5	-62.5	200.0	137.5	-147.5	-147.5	337.5	351.0	
4	71.2	Jessica Pagan	Puerto Rico	145.0	155.0	-157.5	155.0	62.5	67.5	70.0	225.0	147.5	157.5	-165.0	382.5	374.9	
5	77.8	Giselle Costas	Puerto Rico	175.0	185.0	-197.5	185.0	75.0	82.5	97.5	282.5	205.0	217.5	-227.5	500.0	460.0	
6		Veronica Collado	Puerto Rico														
													1884.3	376.9			
1		Susan Barrest	Canada														
2	46.7	Brenda Lemus	Guatemala	52.5	-62.5	67.5	67.5	60.0	67.5	70.0	137.5	62.5	72.5	92.5	230.0	310.5	
3	74.2	Gily Martinez	Venezuela	165.0	-177.5	177.5	177.5	-82.5	87.5	92.5	270.0	130.0	140.0	150.0	420.0	399.0	
4																	
5																	
6																	

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