



3rd IPF/NAPF North American Regional Powerlifting Championships June 18 & 19, 2005 - Miami, Florida

Meet Director: Robert Keller

[Contest Write up and Photos Page](#)

[All Lifters, Ranked by Wilks Formula](#)

BDW.	NAME MEN	DOB	COUNTRY	SQ 1.	SQ 2.	SQ 3.	BP 1.	BP 2.	BP 3.	DL 1.	DL 2.	DL 3.	TOT.	Wilks's	PL.	Pts
52kg/114 Class																
52.00	Jean Casiano	1985	Puerto Rico	140.0	-150.0	-150.0	75.0	-85.0	-85.0	150.0	175.0	-180.0	390.0	382.7	1.0	12.0
51.10	Ivan Cancel	1982	Puerto Rico	-165.0	-165.0	-165.0	-90.0	90.0	-95.0	-135.0	135.0	-160.0				
56kg/123lb Class																
56.00	Ivan Alvarez	1983	Puerto Rico	160.0	-172.5	-172.5	97.5	107.5	-112.5	180.0	195.0	-217.5	462.5	421.0	1.0	12.0
54.70	Kris Scheppe	1979	USA	100.0	110.0	-117.5	72.5	-75.0	77.5	142.5	155.0	160.0	347.5	323.8	2.0	9.0
	Saul Lopez		Honduras													
60kg/132lb Class																
	Julio Rodriguez		Colombia													
	Arnold Chahin		Honduras													
67.5kg/148lb Class																
67.30	Keith Scisney	1965	USA	237.5	-252.5	252.5	147.5	-160.0	160.0	210.0	222.5	235.0	647.5	500.5	1.0	12.0
67.50	Trey Cunningham	1979	USA	212.5	225.0	230.0	-120.0	120.0	127.5	205.0	222.5	-235.0	580.0	447.2	2.0	9.0
66.70	Juan Rios	1976	Puerto Rico	-205.0	-205.0	-205.0	140.0	-145.0	145.0	200.0	212.5	220.0	365.0	284.2	3.0	8.0
63.70	Robert Bilancone [R]	1985	USA	142.5	-152.5	-152.5	-100.0	-100.0	-105.0	142.5	-160.0	170.0				
67.20	Hector Cruz	1976	Puerto Rico	-205.0	-205.0	-205.0										
	Juan Luna		Colombia													
	Neftali Arbors		Nicaragua													
75kg/165lb Class																
74.30	Edil DeLeon	1967	Puerto Rico	202.5	-212.5	-212.5	-132.5	132.5	-140.0	102.5	227.5	-245.0	562.5	403.1	1.0	12.0
67.60	Vasant Saith	1982	Trinidad/Tobag	170.0	175.0	-185.0	105.0	-107.5	107.5	195.0	200.0	-205.0	482.5	373.6	2.0	9.0
70.90	Santos Lobo	1982	Honduras	130.0	140.0	-150.0	90.0	-95.0	-95.0	160.0	170.0	-185.0	405.0	302.9	3.0	8.0
74.80	Johnny Enriguez	1976	Honduras	-80.0	-80.0	80.0	-75.0	85.0	100.0	90.0	100.0	110.0	290.0	208.2	4.0	7.0
	Roberto Mancera		Colombia													
82.5kg/181lb Class																
82.50	Adam Ramos	1979	Puerto Rico	-245.0	-245.0	245.0	162.5	170.0	-182.5	262.5	-267.5	-267.5	677.5	453.9	1.0	12.0
80.00	Boyd Lyon	1982	Canada	230.0	245.0	-257.5	160.0	170.0	-180.0	240.0	252.5	-262.5	667.5	455.7	2.0	9.0
81.60	Aaron Ziffle	1981	Canada	-230.0	230.0	-237.5	162.5	170.0	177.5	215.0	230.0	-245.0	637.5	429.9	3.0	8.0
79.30	Brian Beakman	1984	USA	240.0	-250.0	-255.0	130.0	-140.0	142.5	185.0	-205.0	245.0	627.5	430.8	4.0	7.0
75.50	Greg Wright	1962	USA	185.0	202.5	212.5	137.5	145.0	152.5	227.5	257.5	-272.5	622.5	441.5	5.0	6.0
79.90	Mike Stanley [R]	1963	USA	217.5	-232.5	237.5	145.0	150.0	152.5	237.5	250.0	265.0	655.0	447.5		
80.80	Carlos Recinos	1972	El Salvador	-270.0	-280.0	-285.0	165.0	-175.0	-175.0	260.0	267.5	-272.5				
76.90	Willfrado Chavez	1978	Honduras	130.0	-135.0	-135.0	-100.0	-100.0	100.0	Pass	Pass	Pass				
	Ruben Schobrtg		Colombia													
	Roberto Tardencilla		Nicaragua													
	Alexander Aguilar		Honduras													
90kg/198lb Class																
89.70	Jeff Butt	1970	Canada	255.0	265.0	270.0	200.0	-207.5	-207.5	-240.0	240.0	265.0	735.0	470.0	1.0	12.0
90.00	Gabriel Figueroa	1982	Puerto Rico	-250.0	250.0	-265.0	-177.5	-177.5	177.5	222.5	230.0	-270.0	657.5	419.7	2.0	9.0
87.70	Nick Sinardi [R] [*]	1948	USA	150.0	-182.5	-197.5	-75.0	75.0	80.0	200.0	-227.5	Pass	430.0	278.3		
84.60	Sean DiCataldo	1967	USA	-272.5	-272.5	-272.5	170.0	175.0	-182.5	267.5	-275.0	275.0				
	Lester Squares		Nicaragua													
100kg/220lb Class																
100.00	Marino Brito	1977	Puerto Rico	292.5	-300.0	-305.0	212.5	225.0	-230.0	300.0	317.5	335.0	852.5	518.8	1.0	12.0
98.40	Scott Hastings	1982	Canada	280.0	295.0	-307.5	185.0	195.0	-202.5	-250.0	250.0	-265.0	740.0	453.3	2.0	9.0
99.90	Jim Nicolosi	1979	USA	272.5	292.5	-302.5	172.5	-182.5	182.5	227.5	237.5	-242.5	712.5	433.8	3.0	8.0
90.70	Mike Johnson	1975	Bahamas	-205.0	-205.0	205.0	105.0	-112.5	112.5	200.0	-210.0	-210.0	517.5	329.1	4.0	7.0
90.50	Allan Rivas Chahin	1971	Honduras	130.0	135.0	-140.0	-100.0	100.0	-105.0	130.0	145.0	160.0	395.0	251.5	5.0	6.0
97.80	Samir Vargas Nassar	1982	Colombia	-350.0	-350.0	350.0	227.5	237.5	-245.0	-315.0	-315.0	-315.0				
	Jay Henfield [R]		Bahamas													
	Nashton Russell [R]		Bahamas													
	Saul Salazar		Colombia													
	Leonardo Gavarette		Nicaragua													
110kg/242lb Class																
109.70	Harold Milan	1973	Puerto Rico	-300.0	-300.0	300.0	170.0	177.5	-185.0	-277.5	277.5	-300.0	755.0	444.7	1.0	12.0
106.00	Luke Southard	1985	USA	242.5	265.0	275.0	140.0	145.0	152.5	245.0	255.0	265.0	692.5	412.5	2.0	9.0
105.50	Eugene Beckford	1959	Bahamas	200.0	-202.5	-202.5	160.0	167.5	-175.0	195.0	205.0	210.0	577.5	344.5	3.0	8.0
102.40	Max Wilchombe	1986	Bahamas	-160.0	-160.0	160.0	92.5	102.5	-112.5	190.0	200.0	-210.0	462.5	278.9	4.0	7.0
101.30	Chris Calvano [R]	1962	USA	65.0	Pass	Pass	150.0	182.5	192.5	75.0	Pass	Pass	267.5	161.9		
	Jimmy Hall		Canada													
	Miguel Zepeda		Nicaragua													
	Erlyn Bonilla		Colombia													

125kg/275lb Class

110.50	Leslie White	1980	Bahamas	272.5	-295.0	295.0	182.5	-200.0	-200.0	272.5	-295.0	295.0	772.5	454.0	1.0	12.0
117.20	Kenrad Wilchombe	1977	Bahamas	205.0	-227.5	-227.5	125.0	-137.5	-137.5	207.5	220.0	227.5	557.5	322.3	2.0	9.0
115.50	Allan Meza	1985	Cayman Islands	120.0	150.0	-170.0	-75.0	75.0	90.0	150.0	175.0	200.0	440.0	255.4	3.0	8.0
112.80	Michael Minster [R]	1967	USA	-192.5	-192.5	192.5	140.0	145.0	147.5	192.5	215.0	222.5	562.5	328.6		
	Don Shiffer		USA													
	Lazaro Nieves		Puerto Rico													
	Enrique Silva		Colombia													

125+kg/SHW

155.90	Randall Harris	1979	USA	-365.0	365.0	-390.0	260.0	282.5	287.5	-340.0	345.0	-365.0	997.5	548.9	1.0	12.0
161.60	Brian Laudadio	1970	USA	345.0	367.5	-385.0	300.0	-320.0	-325.0	300.0	-327.5	-332.5	967.5	529.6	2.0	9.0
152.90	Ronald Urias	1982	El Salvador	290.0	-307.5	317.5	225.0	-245.0	-255.0	245.0	267.5	-280.0	810.0	447.0	3.0	8.0
181.90	Julio Castillo	1974	Guatemala	-280.0	-290.0	-300.0	-180.0	180.0	190.0	-245.0	-245.0	-250.0				
	Bernard Rolle		Bahamas													

Men's Team Results

Country	Placing	Point Scores
Puerto Rico	1st Place	[12+12+12+12+12] = 72 Points
United States of America	2nd Place	[12+12+9+9+9+9] = 60 Points
Bahamas	3rd Place	[12+9+8+7+7] = 43 Points
Canada	4th Place	[12+9+9+8] = 38 Points
Honduras	5th Place	[8+7+6] = 21 Points
Trinidad & Tobago	6th Place	[9] = 9 Points
Cayman Islands	7th Place	[8] = 8 Points
El Salvador	8th Place	[7] = 7 Points
Guatemala	9th Place	[0] = 0 Points
Colombia	10th Place	[0] = 0 Points
Nicaragua		

Men's Champion of Champions

Randall Harris [USA] 548.82 Points

Men's Junior Champion of Champions

Boyd Lyon [Canada] 455.37 Points

WOMEN**44kg/97lb Class**

43.30	Alyssa Cordova	1987	USA	102.5	-115.0	-115.0	42.5	-45.0	-45.0	110.0	120.0	125.0	270.0	384.2	1.0	12.0
40.80	Gladys Serrano	1984	Puerto Rico	90.0	-102.5	-102.5	-47.5	-47.5	47.5	85.0	-100.0	100.0	237.5	350.7	2.0	9.0
43.70	Melissa Werner	1989	USA	65.0	75.0	82.5	-40.0	40.0	-45.0	65.0	87.5	-102.5	210.0	297.0	3.0	8.0

48kg/105lb Class

46.70	Jonna Ocampo	1969	USA	97.5	107.5	115.0	57.5	62.5	67.5	115.0	122.5	130.0	312.5	422.2	1.0	12.0
44.90	Beruska Morales	1973	Puerto Rico	105.0	-112.5	112.5	55.0	-67.5	-67.5	107.5	117.5	-127.5	285.0	395.8	2.0	9.0
47.80	Brenda Lemus	1958	Guatemala	-72.5	-72.5	72.5	70.0	-75.0	75.0	87.5	97.5	110.0	257.5	342.1	3.0	8.0

52kg/114lb Class

51.00	Deb Hariston	1954	USA	110.0	120.0	-125.0	65.0	-72.5	-72.5	130.0	135.0	-140.0	320.0	404.9	1.0	12.0
51.30	Julissa Quinonez	1982	Puerto Rico	85.0	-95.0	95.0	42.5	45.0	-50.0	120.0	-130.0	-130.0	260.0	327.5	2.0	9.0

56kg/123lb Class

53.90	Tina Carder	1984	USA	115.0	127.5	-132.5	65.0	75.0	77.5	122.5	132.5	140.0	345.0	418.2	1.0	12.0
53.00	Leany Diaz	1981	Bahamas	57.5	-70.0	-70.0	35.0	-37.5	-37.5	57.5	80.0	85.0	177.5	217.7	2.0	9.0
55.60	Ana Luisa Saban	1976	Guatemala	-130.0	-130.0	135.0	-75.0	-75.0	-75.0	125.0	137.5	140.0				
	Mariela Mejia		Honduras													

60kg/132lb Class

57.30	Codi Grubbs	1983	USA	125.0	-137.5	140.0	-75.0	75.0	82.5	125.0	130.0	135.0	357.5	413.1	1.0	12.0
59.90	Carla Perez	1990	Puerto Rico	140.0	-152.5	-152.5	55.0	62.5	-70.0	137.5	150.0	-157.5	352.5	393.5	2.0	9.0
56.60	Ruth Smith	1979	Bahamas	-102.5	102.5	-112.5	-42.5	-47.5	-47.5	102.5	-117.5	-117.5				
	Jennifer Ray		USA													

67.5kg/148lb Class

67.50	Kimberly Walford	1978	USA	162.5	-182.5	182.5	105.0	112.5	-120.0	220.0	-232.5	-232.5	515.0	525.6	1.0	12.0
65.70	Bernadette Bannister	1965	Bahamas	145.0	165.0	-172.5	65.0	70.0	80.0	135.0	140.0	145.0	390.0	405.9	2.0	9.0
64.50	Yadira Diaz	1983	Puerto Rico	115.0	-125.0	130.0	62.5	72.5	82.5	115.0	125.0	-137.5	337.5	356.1	3.0	8.0
63.30	Janet Warne	1952	Canada	125.0	-135.0	-135.0	72.5	-77.5	-77.5	125.0	130.0	-140.0	327.5	350.5	4.0	7.0

75kg/165lb Class

71.30	Anais Velez	1983	Puerto Rico	142.5	-167.5	-167.5	62.5	-70.0	-70.0	-142.5	142.5	160.0	365.0	358.6	1.0	12.0
71.80	Regina Hackney	1939	USA	102.5	110.0	Pass	65.0	-70.0	-70.0	120.0	130.0	140.0	315.0	308.0	2.0	9.0

82.5kg/181lb Class

75.50	Kimie Everett	1983	USA	-185.0	185.0	190.0	100.0	107.5	112.5	175.0	182.5	187.5	490.0	463.9	1.0	12.0
80.40	Maguena Aragon	1962	Guatemala	137.5	142.5	150.0	120.0	-127.5	-127.5	137.5	145.0	157.5	427.5	390.1	2.0	9.0
76.40	Mariel Mercado	1980	Puerto Rico	-157.5	-157.5	-157.5	-80.0	80.0	-87.5	135.0	145.0	-150.0				

90kg/198lb Class

87.40	Bonica Brown	1988	USA	185.0	-217.5	217.5	105.0	120.0	-127.5	175.0	-200.0	-202.5	512.5	448.5	1.0	12.0
88.80	Giselle Costas	1980	Puerto Rico	170.0	-192.5	-220.0	85.0	117.5	-127.5	192.5	212.5	-227.5	500.0	434.5	2.0	9.0
88.80	Jenitza Vargas	1988	Puerto Rico	PASS	115.0	140.0	-65.0	65.0	80.0	142.5	160.0	-170.0	380.0	330.2	3.0	8.0

90+kg/198+lb Class

107.70	Rochelle Hecht	1986	USA	155.0	167.5	177.5	77.5	85.0	-92.5	117.5	135.0	145.0	407.5	332.8	2.0	12.0
99.20	Meliani Santiago	1985	Puerto Rico	142.5	160.0	-175.0	72.5	-82.5	-82.5	150.0	160.0	-175.0	392.5	327.6	3.0	9.0
138.50	Amber Heard [R]	1987	USA	-192.5	192.5	-227.5	87.5	95.0	100.0	147.5	-175.0	177.5	470.0	366.2		
	Nancy Edelson [R]		USA													

Women's Team Results

Country	Placing	Point Scores
United States of America	1st Place	[12+12+12+12+12+12] = 72 Points
Puerto Rico	2nd Place	[12+9+9+9+9+9] = 57 Points
Guatemala	3rd Place	[9+ 8] = 17 Points
Bahamas	3rd Place	[9+ 8] = 17 Points
Canada	4th Place	[8] = 8 Points
Dominican Republic		

Honduras
Nicaragua

Women's Champion of Champions

Kimberly Walford [USA] 525.6 Points

Women's Junior Champion of Champions

Kimmie Everett [USA] 463.88 Points

Women's Sub-Junior Champion of Champions

Bonica Brown [USA] 448.49 Points

IPF World Records

Bonica Brown - 3rd Squat 217.50kg (SJ)

Bonica Brown - 4th Squat 227.50kg (SJ)

Bonica Brown - 2nd Bench 120.00kg (SJ)

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