

3/30/2012

6th Annual IPF/NAPF Caribbean Islands Powerlifting Championship

Powerlifting Results Name	Team	iv	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	YOB	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	(1) PL Total	(2) Wilks Pts	PI-Div- WtCls-Evt
Jannitzi Tapia	PUR	F-SJ	56.2	57	7	1.1733	1994	123	132.5	-142.5	60	70	-75	130	140	-145	342.5	401.855	1-F-SJ-PL
Ladys Burgos	PUR	F-J	71.4	72	13	0.9815	1989	155	165	-167.5	75	80	-82.5	-160	160	-180	405	397.508	1-F-J-PL
Roxane Lee	TRI	F-M1	69.2	72	14	1.0028	1971	142.5	150	160	92.5	102.5	105	157.5	-172.5	-172.5	422.5	423.683	1-F-M1-PL
Truvia Plaskett	ISV	F-M1	71.8	72	19	0.9779	1971	97.5	107.5	115	47.5	55	-62.5	97.5	117.5	-130	287.5	281.146	2-F-M1-PL
Regina Hackney	USA	F-M3	82.2	84	17	0.9017	1939	102.5	107.5	-110	-65	67.5	72.5	122.5	-127.5	-127.5	302.5	272.764	1-F-M3-PL
Regina Hackney	USA	F-M4	82.2	84	17	0.9017	1939	102.5	107.5	-110	-65	67.5	72.5	122.5	-127.5	-127.5	302.5	272.764	1-F-M4-PL
Frances Baez	PUR	F-O	51.2	52	4	1.2616	1988	90	-107.5	107.5	40	60.5	-65	115	127.5	-132.5	295.5	372.803	1-F-O-52-PL
Jannitzi Tapia	PUR	F-O	56.2	57	7	1.1733	1994	123	132.5	-142.5	60	70	-75	130	140	-145	342.5	401.855	1-F-O-57-PL
Amneris Perez	PUR	F-O	60.8	63	10	1.1035	1985	85.5	95	-97.5	55	-60.5	-60.5	90	100	-110.5	250	275.875	1-F-O-63-PL
Roxane Lee	TRI	F-O	69.2	72	14	1.0028	1971	142.5	150	160	92.5	102.5	105	157.5	-172.5	-172.5	422.5	423.683	1-F-O-72-PL
Ladys Burgos	PUR	F-O	71.4	72	13	0.9815	1989	155	165	-167.5	75	80	-82.5	-160	160	-180	405	397.508	2-F-O-72-PL
Truvia Plaskett	ISV	F-O	71.8	72	19	0.9779	1971	97.5	107.5	115	47.5	55	-62.5	97.5	117.5	-130	287.5	281.146	3-F-O-72-PL
Yolande McIntyre	TRI	F-O	74.4	84	20	0.9555	1981	152.5	-165	-165	67.5	72.5	-77.5	147.5	152.5	-157.5	377.5	360.701	1-F-O-84-PL
Kimberley Mars-Loncke	GUY	F-O	79.6	84	18	0.9176	1978	135	-142.5	142.5	65	67.5	-80	130	142.5	-155	352.5	323.454	2-F-O-84-PL
Regina Hackney	USA	F-O	82.2	84	17	0.9017	1939	102.5	107.5	-110	-65	67.5	72.5	122.5	-127.5	-127.5	302.5	272.764	3-F-O-84-PL
Joan Baez	PUR	F-O	83.8	84	21	0.8928	1986	-180	-180	-180	0			0			0	0.000	
Dawn McCammon-Barker	GUY	F-O	109	84+	24	0.8147	1980	217.5	-240	240	105	115	-117.5	172.5	195	-200	550	448.085	1-F-O-84+-PL

Best Lifters

Name	Div	Points	Team
Jannitzi Tapia	Junior	401.86	PUR
Roxane Lee	Master	423.68	TRI
Dawn McCammon-Barket	Open	448.09	GUY

Pos	Team	Pts
1	Puerto Rico	45
2	Trinidad and Tobago	24
3	Guyana	21
4	US Virgin Island	8
5	United States of America	8

3/31/2012		6th Annual IPF/NAPF Caribbean Islands Powerlifting Championship																	
Powerlifting Results Name	Team	Div	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	YOB	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	(1) PL Total	(2) Wilks Pts	Pl-Div- WtCls-Evt
Gumendra Shewdas	GUY	M-SJ	50.4	53	28	1.0144	1995	-150	150	-152.5	70	72.5	77.5	157.5	-160	-160	385	390.544	1-M-SJ-53-PL
Emil Aska	ISV	M-SJ	57.2	59	32	0.8919	1995	97.5	107.5	110	-58	57.5	-72.5	97.5	115	137.5	305	272.030	1-M-SJ-59-PL
Suraj Shewdas	GUY	M-SJ	57.6	59	33	0.8859	1994	-158	-157.5	-157.5	-78	0		0			0	0.000	
Dyami Isles	ISV	M-SJ	71.8	74	40	0.7352	1996	122.5	137.5	150	77.5	92.5	-97.5	155	182.5	185	427.5	314.298	1-M-SJ-74-PL
Sanjay Teelucksingh	TRI	M-SJ	71.2	74	44	0.7398	1995	142.5	145	-175	103	-105	-107.5	165	175	-185	422.5	312.565	2-M-SJ-74-PL
Alex Gaskin	ISV	M-SJ	92.6	93	6	0.6295	1994	237.5	-250	250	140	145	-155	227.5	240	250	645	406.027	1-M-SJ-93-PL
Chrishaun Plaskett	ISV	M-SJ	90.8	93	3	0.6356	1996	112.5	137.5	160	65	77.5	92.5	127.5	137.5	152.5	405	257.418	2-M-SJ-93-PL
Stuart Liburd	ISV	M-SJ	92.8	93	5	0.6288	1996	112.5	132.5	147.5	65	77.5	-90	137.5	150	170	395	248.376	3-M-SJ-93-PL
Alexander Bodden	CAY	M-SJ	104.2	105	19	0.5992	1994	-135	145	152.5	75	82.5	95	157.5	170	-182.5	417.5	250.166	1-M-SJ-105-PL
Jamar Timothy	CAY	M-SJ	98	105	18	0.6136	1997	-75	-75	-75	30	45	65	75	85	102.5	0	0.000	
Mahlayi DeFoe	ISV	M-SJ	107.4	120	6	0.593	1996	140	162.5	182.5	62.5	72.5	92.5	152.5	165	182.5	457.5	271.297	1-M-SJ-120-PL
Elbert Joseph	ISV	M-SJ	155.2	120+	17	0.5506	1995	147.5	170	185	87.5	-108	107.5	147.5	170	182.5	475	261.535	1-M-SJ-120+-PL
Rasheed Mumin Jr.	ISV	M-SJ	180.2	120+	15	0.5381	1994	140	160	-182.5	67.5	77.5	-92.5	115	125	127.5	365	196.407	2-M-SJ-120+-PL
Vijai Rahim	GUY	M-JA	57.4	59	31	0.8889	1992	192.5	-212.5	-212.5	-90	90	-100	207.5	215	225	507.5	451.117	1-M-JA-PL
Isaac Laboy	PUR	M-JA	73.8	74	43	0.7207	1989	180	190	197.5	120	130	-135	215	232.5	-242.5	560	403.592	2-M-JA-PL
Sanjeev Teelucksingh	TRI	M-JA	62	66	36	0.8281	1993	147.5	-175	-175	70	75	-80	185	-205	-205	407.5	337.451	3-M-JA-PL
Anis Ade Thomas	GUY	M-JB	81	83	17	0.6774	1989	252.5	-262.5	-270	118	127.5	-135	277.5	285	292.5	672.5	455.551	1-M-JB-PL
Fareed Khan	TRI	M-JB	81.6	83	18	0.6744	1991	210	215	222.5	160	165	-167.5	227.5	237.5	-242.5	625	421.500	2-M-JB-PL
Sheah Martin	TRI	M-JB	133.4	120+	20	0.5631	1991	330	352.5	-360	-213	-213	-215	0	0		0	0.000	
Jose Cabrera	PUR	M-M1A	90.8	93	10	0.6356	1963	245	-257.5	257.5	158	-165	-165	265	-277.5	277.5	692.5	440.153	1-M-M1A-PL
Tony McInerney	CAY	M-M1A	88.4	93	4	0.6444	1972	-215	-225	225	135	-145	145	252.5	-272.5	272.5	642.5	414.027	2-M-M1A-PL
Dennis Cieri	USA	M-M1A	93	93	13	0.6282	1968	-100	-100	100	220	-230	230	100	-200	200	530	332.946	3-M-M1A-PL
Antonio Gonzalez	PUR	M-M1B	100.8	105	26	0.6067	1971	295	307.5	-317.5	198	-203	-202.5	280	-290	-290	785	476.260	1-M-M1B-PL
Henderson Martin	TRI	M-M1B	145.6	120+	19	0.5556	1965	332.5	-370	-370	205	-215	-215	255	277.5	-290	815	452.814	2-M-M1B-PL
Curtis Baptiste	ISV	M-M1B	105.6	120	9	0.5964	1969	-215	237.5	250	158	170	-172.5	247.5	-260	-275	667.5	398.097	3-M-M1B-PL
Christian Plaskett	ISV	M-M1B	102.4	105	28	0.603	1967	157.5	182.5	192.5	183	187.5	195	185	195	-210	582.5	351.247	4-M-M1B-PL
Winston Stoby	GUY	M-M2A	72.6	74	42	0.7293	1959	-243	242.5	-247.5	130	137.5	0	262.5	265.5	-275	645.5	470.763	1-M-M2A-PL
Cruz Rodriguez	PUR	M-M2A	65.4	66	37	0.7911	1959	187.5	200.5	210	120	130.5	137.5	175	185	0	532.5	421.261	2-M-M2A-PL
Claudio Lora	DOM	M-M2B	88	93	7	0.6459	1953	230	255	265	165	175	180	220	225	230	675	435.983	1-M-M2B-PL
Ronald Walker	ISV	M-M2B	81.2	83	14	0.6764	1959	-108	107.5	135	118	-130	130	147.5	170	187.5	452.5	306.071	2-M-M2B-PL
Thomas Cencich	USA	M-M2B	82.6	83	16	0.6694	1960	190	200	210	-210	-210	-210	190	200	207.5	0	0.000	

Bill Helmich	USA	M-M3	103.8	105	17	0.6	1942	182.5	197.5	205	138	147.5	-165	225	237.5	247.5	600	360.000	1-M-M3-PL
Nairjan Singh	USA	M-M3	82.8	83	13	0.6685	1945	-133	-147.5	150	-110	110	115	172.5	182.5	-185	447.5	299.154	2-M-M3-PL
Ronald Herron	ISV	M-M3	107	120	10	0.5937	1948	160	170	-182.5	90	92.5	-130	-160	160	195	457.5	271.618	3-M-M3-PL
Bill Helmich	USA	M-M4	103.8	105	17	0.6	1942	182.5	197.5	205	138	147.5	-165	225	237.5	247.5	600	360.000	1-M-M4-PL
Vijai Rahim	GUY	M-O	57.4	59	31	0.8889	1992	192.5	-212.5	-212.5	-90	90	-100	207.5	215	225	507.5	451.117	1-M-O-59-PL
Emil Aska	ISV	M-O	57.2	59	32	0.8919	1995	97.5	107.5	110	-58	57.5	-72.5	97.5	115	137.5	305	272.030	2-M-O-59-PL
Suraj Shewdas	GUY	M-O	57.6	59	33	0.8859	1994	-158	-157.5	-157.5	-78	0	0	0	0	0	0	0.000	
Cruz Rodriguez	PUR	M-O	65.4	66	37	0.7911	1959	187.5	200.5	210	120	130.5	137.5	175	185	0	532.5	421.261	1-M-O-66-PL
Sanjeev Teelucksingh	TRI	M-O	62	66	36	0.8281	1993	147.5	-175	-175	70	75	-80	185	-205	-205	407.5	337.451	2-M-O-66-PL
Winston Stoby	GUY	M-O	72.6	74	42	0.7293	1959	-243	242.5	-247.5	130	137.5	0	262.5	265.5	-275	645.5	470.763	1-M-O-74-PL
Paul Adams	GUY	M-O	72.8	74	41	0.7278	1986	227.5	237.5	-242.5	92.5	97.5	102.5	217.5	227.5	-237.5	567.5	413.027	2-M-O-74-PL
Isaac Laboy	PUR	M-O	73.8	74	43	0.7207	1989	180	190	197.5	120	130	-135	215	232.5	-242.5	560	403.592	3-M-O-74-PL
Dyami Isles	ISV	M-O	71.8	74	40	0.7352	1996	122.5	137.5	150	77.5	92.5	-97.5	155	182.5	185	427.5	314.298	4-M-O-74-PL
Sanjay Teelucksingh	TRI	M-O	71.2	74	44	0.7398	1995	142.5	145	-175	103	-105	-107.5	165	175	-185	422.5	312.565	5-M-O-74-PL
Randolph Morgan	GUY	M-O	82.4	83	25	0.6704	1978	282.5	295	-302.5	208	-220	220	305	320	322.5	837.5	561.460	1-M-O-83-PL
Fareed Khan	TRI	M-O	81.6	83	18	0.6744	1991	210	215	222.5	160	165	-167.5	227.5	237.5	-242.5	625	421.500	2-M-O-83-PL
Joel Gonzalez	PUR	M-O	80.2	83	24	0.6816	1987	-185	-187.5	187.5	155	162.5	167.5	180	195	210	565	385.104	3-M-O-83-PL
Lorenzo Donastorg	ISV	M-O	80.2	83	15	0.6816	1983	160	175	185	-130	137.5	140	182.5	207.5	-220	532.5	362.952	4-M-O-83-PL
Ronald Walker	ISV	M-O	81.2	83	14	0.6764	1959	-108	107.5	135	118	-130	130	147.5	170	187.5	452.5	306.071	5-M-O-83-PL
Nairjan Singh	USA	M-O	82.8	83	13	0.6685	1945	-133	-147.5	150	-110	110	115	172.5	182.5	-185	447.5	299.154	6-M-O-83-PL
Thomas Cencich	USA	M-O	82.6	83	16	0.6694	1960	190	200	210	-210	-210	-210	190	200	207.5	0	0.000	
Germaine Snagg	GUY	M-O	74.4	83	23	0.7166	1983	-230	230	237.5	-158	-158	-157.5	0	0	0	0	0.000	
Adrian Knox	TRI	M-O	87.8	93	8	0.6467	1986	250	262.5	272.5	153	157.5	162.5	255	270	277.5	712.5	460.774	1-M-O-93-PL
Jose Cabrera	PUR	M-O	90.8	93	10	0.6356	1963	245	-257.5	257.5	158	-165	-165	265	-277.5	277.5	692.5	440.153	2-M-O-93-PL
Claudio Lora	DOM	M-O	88	93	7	0.6459	1953	230	255	265	165	175	180	220	225	230	675	435.983	3-M-O-93-PL
Alex Gaskin	ISV	M-O	92.6	93	6	0.6295	1994	237.5	-250	250	140	145	-155	227.5	240	250	645	406.027	4-M-O-93-PL
Tony McInerney	CAY	M-O	88.4	93	4	0.6444	1972	-215	-225	225	135	-145	145	252.5	-272.5	272.5	642.5	414.027	5-M-O-93-PL
Dennis Cieri	USA	M-O	93	93	13	0.6282	1968	-100	-100	100	220	-230	230	100	-200	200	530	332.946	6-M-O-93-PL
Adrian Brown	TRI	M-O	97.2	105	24	0.6158	1975	-310	-310	310	-175	180	-190	310	317.5	325	815	501.877	1-M-O-105-PL
Karel Mars	GUY	M-O	98.6	105	27	0.6121	1979	300	320	-330	183	192.5	-202.5	-275	275	-295	787.5	482.029	2-M-O-105-PL
Antonio Gonzalez	PUR	M-O	100.8	105	26	0.6067	1971	295	307.5	-317.5	198	-203	-202.5	280	-290	-290	785	476.260	3-M-O-105-PL
Bill Helmich	USA	M-O	103.8	105	17	0.6	1942	182.5	197.5	205	138	147.5	-165	225	237.5	247.5	600	360.000	4-M-O-105-PL
Christian Plaskett	ISV	M-O	102.4	105	28	0.603	1967	157.5	182.5	192.5	183	187.5	195	185	195	-210	582.5	351.247	5-M-O-105-PL
Alexander Bodden	CAY	M-O	104.2	105	19	0.5992	1994	-135	145	152.5	75	82.5	95	157.5	170	-182.5	417.5	250.166	6-M-O-105-PL
Jamar Timothy	CAY	M-O	98	105	18	0.6136	1997	-75	-75	-75	30	45	65	75	85	102.5	0	0.000	
Jesse Johnson	TRI	M-O	100.2	105	25	0.6081	1978	262.5	-275	275	138	150	160	-308	-307.5	-307.5	0	0.000	
Dennis Cieri	USA	Classic	93	93	13	0.6282	1968	-100	-100	100	220	-230	230	100	-200	200	530	332.946	1-M-O-93-PL
Lazaro Nieves	PUR	M-O	119.8	120	7	0.5751	1977	305	317.5	-325	-213	212.5	-237.5	272.5	300	-332.5	830	477.333	1-M-O-120-PL
Curtis Baptiste	ISV	M-O	105.6	120	9	0.5964	1969	-215	237.5	250	158	170	-172.5	247.5	-260	-275	667.5	398.097	2-M-O-120-PL
Colin Chesney	GUY	M-O	115.4	120	4	0.5805	1974	-320	-320	-320	0	0	0	0	0	0	0	0.000	

William Schouten	ISV	M-O	140	120+	23	0.5588	1975	370	387.5	395	220	227.5	232.5	295	310	320	947.5	529.463	1-M-O-120+-PL
Kerron Commissiong	TRI	M-O	165.2	120+	21	0.5456	1984	357.5	372.5	377.5	233	240	245	320	322.5	330	940	512.864	2-M-O-120+-PL
Clayrun Silcott	TRI	M-O	148.8	120+	22	0.5539	1980	225	227.5	230	103	125	137.5	205	210	220	587.5	325.416	3-M-O-120+-PL

Best Lifters			
Name	Div	Points	Team
Anis Ade Thomas	Junior	455.551	GUY
Antonio Gonzalez	Master	476.26	PUR
Randolph Morgan	Open	561.46	GUY

Pos	Team	Pts
1	Guyana	54
2	Trinidad and Tobago	51
3	Puerto Rico	49
4	US Virgin Island	44
5	Cayman Island	12
6	United States of America	10
7	Dominican Republic	8