





**Female Open 84Kg**

B	Mariah Hamm	USA	F-O	79.5	84	25	0.9182	1992	195	-207.5	207.5	105	115	-120	170	175	182.5	505	463.691	1-F-O-84-PL
B	Maria Abarca Elizondo	CRC	F-O	72.1	84	21	0.9751	1981	167.5	-172.5	-175	70	75	-80	170	-180	185	427.5	416.855	2-F-O-84-PL
B	Kimberly Mars-Loncke	GUY	F-O	82	84	24	0.9028	1978	-160	160	-177.5	70	-80	80	160	170	-175	410	370.148	3-F-O-84-PL
B	Truvia Plaskett	ISV	F-O	76.4	84	23	0.9399	1971	-110	120	-127.5	57.5	-65	67.5	115	-137.5	137.5	325	305.467	4-F-O-84-PL

**Female Open 84+Kg**

B	Giselle Costas Delgado	PUR	F-O	102.1	84+	30	0.8277	1980	200	-212.5	-217.5	147.5	157.5	-165	192.5	202.5	-207.5	560	463.512	1-F-O-84+-PL
B	Pam Windrum	CAN	F-O	94.9	84+	29	0.8467	1985	165	172.5	180	-100	100	105	145	155	160	445	376.782	2-F-O-84+-PL

**Female Open Classic**

B	Carissa Stith	USA	F-Ocl	55.6	57	26	1.1832	1984	110	117.5	122.5	60	-65	-65	120	125	-135	307.5	363.834	1-F-Ocl-PL
A	Bobbi Janzen	CAN	F-Ocl	51.7	52	17	1.2522	1976	80	85	88	40	45	-50.5	100	107.5	113	246	308.041	2-F-Ocl-PL
A	Joanne Craig	USA	F-Ocl	60.5	63	11	1.1078	1961	95	102.5	-107.5	45	50	-52.5	107.5	117.5	-127.5	270	299.106	3-F-Ocl-PL
A	Jill MacFarlane	CAN	F-Ocl	46.6	47	6	1.3532	1977	62.5	70	-72.5	37.5	42.5	45	92.5	100	105	220	297.704	4-F-Ocl-PL

**11th NAPF Regional Powerlifting Championships Results**  
**Orlando, Florida, USA**  
**July 1 - 6 2013**

Flt B	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
<b>Men Sub-Juniors</b>																				
A	Carson Dougall	CAN	M-Sj	100.7	105	12	0.6069	1995	200	210	220	125	132.5	-140	245	260	-278	612.5	371.726	1-M-Sj-PL
A	Austin Gauldin	USA	M-Sj	72.1	74	13	0.733	1995	142.5	150	-152.5	117.5	125	-130	185	197.5	210	485	355.505	2-M-Sj-PL
B	Jorge Alfonso Fonseca Lopez	CRC	M-Sj	64.2	66	21	0.8035	1995	170	-185	185	80	-90	-90	160	170	-180	435	349.522	3-M-Sj-PL
<b>Men Juniors 59Kg</b>																				
A	Dennis Gustavo Burbano	GUA	M-J	58.7	59	16	0.8703	1990	195	205	207.5	145	155	160	210	-225	-225	577.5	502.598	1-M-J-59-PL
A	Jesus Aviles	PUR	M-J	58.7	59	13	0.8703	1993	180	195	205	130	137.5	145	185	187.5	200	550	478.665	2-M-J-59-PL
A	Derek Ward	USA	M-J	58.5	59	15	0.8731	1992	160	167.5	-177.5	110	117.5	-122.5	160	-165	-165	445	388.529	3-M-J-59-PL
<b>Men Junior 66Kg</b>																				
B	Brandon Mathura	TRI	M-J	63.8	66	20	0.8078	1993	155	160	167.5	75	85	-100	180	182.5	187.5	440	355.432	1-M-J-66-PL
<b>Men Junior 74Kg</b>																				
A	Michael Jack	TRI	M-J	68.6	74	15	0.7612	1991	-182.5	182.5	-187.5	107.5	112.5	117.5	200	205	212.5	512.5	390.115	1-M-J-74-PL
<b>Men Junior 83Kg</b>																				
A	Gregory Phelps	USA	M-J	81.7	83	5	0.6739	1993	235	-255	255	-142.5	142.5	152.5	257.5	265	-272.5	672.5	453.198	1-M-J-83-PL
<b>Men Junior 93Kg</b>																				
A	Hayden Fulwood	USA	M-J	87.3	93	12	0.6487	1994	152.5	167.5	177.5	120	125	-132.5	205	220	-222.5	522.5	338.946	1-M-J-93-PL
<b>Men Junior 120Kg</b>																				
B	Michael McCoy	USA	M-J	112.2	120	24	0.585	1991	295	-312.5	312.5	210	220	-237.5	300	317.5		850	497.250	1-M-J-120-PL
<b>Men Junior 120+Kg</b>																				
A	Sheah Martin	TRI	M-J	140.3	120+	4	0.5586	1991	-357.5	357.5	-365	185	192.5	205	227.5	-250	-250	790	441.294	1-M-J-120+-PL
<b>Men Master I 66Kg</b>																				
B	Oscar Mejia	MEX	M-M1	65.1	66	25	0.7942	1964	205	207.5	-225	115	-122.5	122.5	215	222.5	-227.5	552.5	438.796	1-M-M1-66-PL
<b>Men Master I 83Kg</b>																				
B	Sean Dunston	USA	M-M1	81.1	83	14	0.6769	1970	195	205	-217.5	105	112.5	117.5	215	225	-230	547.5	370.603	1-M-M1-83-PL
<b>Men Master I 93Kg</b>																				
B	Jim Brown	USA	M-M1	89.2	93	20	0.6413	1965	215	237.5	250	165	175	-180	215	230	237.5	662.5	424.861	1-M-M1-93-PL
B	Henry Gerard	USA	M-M1	91.7	93	17	0.6325	1964	25	-27.5	0	195	-202.5	-202.5	225	250	-255	470	297.275	2-M-M1-93-PL
<b>Men Master I 105Kg</b>																				
A	Ildefonso Pardo	MEX	M-M1	102.9	105	7	0.6019	1973	295	-312.5	-312.5	235	245	-252.5	260	-270	-270	800	481.520	1-M-M1-105-PL
A	Antonio Gonzalez	PUR	M-M1	96.5	105	6	0.6177	1971	300	-307.5	-307.5	-187.5	187.5	-205	260	267.5	-270	755	466.363	2-M-M1-105-PL
A	Christian Plaskett	ISV	M-M1	103.8	105	11	0.6	1967	-205	-205	205	182.5	197.5	200	207.5	227.5	235	640	384.000	3-M-M1-105-PL
A	Jeff Butt	CAN	M-M1	101.9	105	9	0.6041	1970	-280	-280	-282.5	-230	0	0	0			0	0.000	

Men Master I 120Kg																				
B	John Edwards	GUY	M-M1	114.8	120	26	0.5813	1967	-305	305	-327.5	210	-227.5	-227.5	275	-282.5	285	790	459.227	1-M-M1-120-PL
Men Master I 120+Kg																				
A	Carlos Greene	TRI	M-M1	124.7	120+	13	0.5701	1968	292.5	-300	305	-185	190	200	260	295	310	815	464.632	1-M-M1-120+-PL
A	Ruben Hernandez	MEX	M-M1	120.2	120+	14	0.5747	1969	240	-250	260	150	165	-180	240	255	-260	680	390.796	2-M-M1-120+-PL
A	Henderson Martin	TRI	M-M1	145.8	120+	7	0.5555	1965	-330	-345	-345	0			0			0	0.000	
Men Master II 66Kg																				
B	Cruz Rodriguez	PUR	M-M2	66	66	19	0.7852	1959	212.5	-220	220	145	150	155	-192.5	-192.5	-192.5	0	0.000	
Men Master II 74Kg																				
A	Jose Perez	USA	M-M2	73.5	74	8	0.7228	1963	255	267.5	280	177.5	185	188	-240	240	-250	708	511.742	1-M-M2-74-PL
Men Master II 83Kg																				
B	Thomas Cencich	USA	M-M2	82.1	83	20	0.6719	1960	170	187.5	202.5	192.5	210	-213	175	190	195	607.5	408.179	1-M-M2-83-PL
Men Master II 93Kg																				
A	Ronald Walker	ISV	M-M2	87.9	93	11	0.6463	1959	175	-192.5	-192.5	152.5	165	-170	227.5	232.5	-240	572.5	370.007	1-M-M2-93-PL
Men Master II 105Kg																				
A	David Schneider	USA	M-M2	105	105	13	0.5976	1956	205	-222.5	222.5	130	-135	-135	245	265	-280	617.5	369.018	1-M-M2-105-PL
Men Master II 120+Kg																				
A	Ron Strong	CAN	M-M2	120.6	120+	11	0.5743	1958	285	295	302.5	175	-185	-185	290	310	317.5	795	456.568	1-M-M2-120+-PL
A	Steve Johnson	USA	M-M2	126.1	120+	5	0.5688	1961	-227.5	-227.5	227.5	-187.5	-187.5	187.5	230	240	-250	655	372.564	2-M-M2-120+-PL
Men Master III Group A																				
B	Ron Delaney	CAN	M-M3A	82	83	15	0.6724	1951	220	227.5	-230	137.5	-142.5	142.5	247.5	265	-278	635	426.974	1-M-M3A-PL
A	Joe Rizza	USA	M-M3A	79.4	83	9	0.686	1949	177.5	-190	200	72.5	77.5	82.5	165	177.5	185	467.5	320.705	2-M-M3A-PL
A	Alex Galant	USA	M-M3A	58.6	59	10	0.8717	1947	-140	140	-147.5	60	65	67.5	130	140	145	352.5	307.274	3-M-M3A-PL
Men Master III Group B																				
A	Robert Crawford	USA	M-M3B	140.5	120+	15	0.5585	1951	-175	175	225	165	195	220	175	195	-237.5	640	357.440	1-M-M3B-PL
A	Bill Helmich	USA	M-M3B	103.5	105	4	0.6006	1942	142.5	150	165	142.5	-152.5	152.5	220	237.5	-253	555	333.333	2-M-M3B-PL
A	Jim Yakubovsky	USA	M-M3B	91.6	93	7	0.6328	1947	162.5	175	192.5	70	77.5	-90	205	-215	-215	475	300.580	3-M-M3B-PL
A	Aleks Shaklin	USA	M-M3B	92.2	93	5	0.6308	1947	-145	145	-152.5	120	125	-130	140	147.5	152.5	422.5	266.513	4-M-M3B-PL
Men Master IV																				
A	Bill Helmich	USA	M-M4	103.5	105	4	0.6006	1942	142.5	150	165	142.5	-152.5	152.5	220	237.5	-253	555	333.333	1-M-M4-PL
Men Open 59Kg																				
A	Ivan Cancel	PUR	M-O	59	59	14	0.8662	1982	230	237.5	-240	155	160	163	210	217.5	-230	618	535.312	1-M-O-59-PL
A	Dennis Gustavo Burbano	GUA	M-O	58.7	59	16	0.8703	1990	195	205	207.5	145	155	160	210	-225	-225	577.5	502.598	2-M-O-59-PL
A	Jesus Aviles	PUR	M-O	58.7	59	13	0.8703	1993	180	195	205	130	137.5	145	185	187.5	200	550	478.665	3-M-O-59-PL
A	Derek Ward	USA	M-O	58.5	59	15	0.8731	1992	160	167.5	-177.5	110	117.5	-122.5	160	-165	-165	445	388.529	4-M-O-59-PL

Men Open 66Kg																				
B	Kostadin Bahchevanov	USA	M-O	65.4	66	23	0.7911	1977	215	225	-235	150	160	170	210	220	-240	615	486.527	1-M-O-66-PL
B	Oscar Mejia	MEX	M-O	65.1	66	25	0.7942	1964	205	207.5	-225	115	-122.5	122.5	215	222.5	-227.5	552.5	438.796	2-M-O-66-PL
B	Brandon Mathura	TRI	M-O	63.8	66	20	0.8078	1993	155	160	167.5	75	85	-100	180	182.5	187.5	440	355.432	3-M-O-66-PL
B	Jorge Alfonso Fonseca Lopez	CRC	M-O	64.2	66	21	0.8035	1995	170	-185	185	80	-90	-90	160	170	-180	435	349.522	4-M-O-66-PL
B	Cruz Rodriguez	PUR	M-O	66	66	19	0.7852	1959	212.5	-220	220	145	150	155	-192.5	-192.5	-192.5	0	0.000	
Men Open 74Kg																				
A	Jose Perez	USA	M-O	73.5	74	8	0.7228	1963	255	267.5	280	177.5	185	188	-240	240	-250	708	511.742	1-M-O-74-PL
A	Alvaro Mauricio Mejia	CRC	M-O	73.7	74	6	0.7214	1981	230	240	-255	160	170	-175	230	240	247.5	657.5	474.321	2-M-O-74-PL
A	David Salgado	MEX	M-O	73.3	74	9	0.7242	1974	-232.5	235	-250	150	157.5	162.5	245	-255	-260	642.5	465.299	3-M-O-74-PL
A	Carlo Melendez	PUR	M-O	72.8	74	5	0.7278	1983	-232.5	235	-250	170	180	185	200	212.5	-222.5	632.5	460.334	4-M-O-74-PL
A	Michael Jack	TRI	M-O	68.6	74	15	0.7612	1991	-182.5	182.5	-187.5	107.5	112.5	117.5	200	205	212.5	512.5	390.115	5-M-O-74-PL
Men Open 83Kg																				
A	Hector Samayoa	GUA	M-O	77.4	83	11	0.6975	1984	-250	-250	250	-190	190	-195	245	-255	-255	685	477.787	1-M-O-83-PL
B	Ron Delaney	CAN	M-O	82	83	15	0.6724	1951	220	227.5	-230	137.5	-142.5	142.5	247.5	265	-278	635	426.974	2-M-O-83-PL
B	Moises Armendaris	MEX	M-O	82.4	83	18	0.6704	1976	232.5	-245	245	-142.5	142.5	155	205	217.5	-222.5	617.5	413.972	3-M-O-83-PL
B	Lorenzo Donastorg	ISV	M-O	79.4	83	19	0.686	1983	182.5	192.5	-195	-137.5	137.5	-140	192.5	205	217.5	547.5	375.585	4-M-O-83-PL
Men Open 93Kg																				
B	Ramon Burgos	PUR	M-O	92.5	93	21	0.6298	1987	312.5	322.5	-327.5	190	200	-205	-320	325	340	862.5	543.203	1-M-O-93-PL
A	Ronald Walker	ISV	M-O	87.9	93	11	0.6463	1959	175	-192.5	-192.5	152.5	165	-170	227.5	232.5	-240	572.5	370.007	2-M-O-93-PL
B	Henry Gerard	USA	M-O	91.7	93	17	0.6325	1964	25	-27.5	0	195	-202.5	-202.5	225	250	-255	470	297.275	3-M-O-93-PL
B	Gabriel Garcia	MEX	M-O	92.2	93	16	0.6308	1975	-300	-300	-312.5	225	232.5	237.5	280	295	-305	0	0.000	
Men Open 105Kg																				
A	Adrian Brown	TRI	M-O	102.8	105	5	0.6021	1975	307.5	315	320	180	190	195	300	307.5	-315	822.5	495.227	1-M-O-105-PL
A	Ildefonso Pardo	MEX	M-O	102.9	105	7	0.6019	1973	295	-312.5	-312.5	235	245	-252.5	260	-270	-270	800	481.520	2-M-O-105-PL
A	Antonio Gonzalez	PUR	M-O	96.5	105	6	0.6177	1971	300	-307.5	-307.5	-187.5	187.5	-205	260	267.5	-270	755	466.363	3-M-O-105-PL
A	Michael Fernandez Barrantes	CRC	M-O	104.4	105	8	0.5988	1982	270	-285	285	170	-180	182.5	260	-275	-275	727.5	435.627	4-M-O-105-PL
A	Christian Plaskett	ISV	M-O	103.8	105	11	0.6	1967	-205	-205	205	182.5	197.5	200	207.5	227.5	235	640	384.000	5-M-O-105-PL
A	Carson Dougall	CAN	M-O	100.7	105	12	0.6069	1995	200	210	220	125	132.5	-140	245	260	-278	612.5	371.726	6-M-O-105-PL
A	Jeff Butt	CAN	M-O	101.9	105	9	0.6041	1970	-280	-280	-282.5	-230	0	0	0			0	0.000	
Men Open 120Kg																				
B	John McDonald	CAN	M-O	119	120	17	0.5761	1983	335	-355	355	247.5	257.5	262.5	285	305	315	922.5	531.452	1-M-O-120-PL
B	Marcos Porras	MEX	M-O	114.1	120	23	0.5823	1982	342.5	357.5	365	-232.5	235	-257.5	295	310		910	529.893	2-M-O-120-PL
B	Michael McCoy	USA	M-O	112.2	120	24	0.585	1991	295	-312.5	312.5	210	220	-237.5	300	317.5		850	497.250	3-M-O-120-PL
B	Carlos Manuel Campos	CRC	M-O	119.6	120	20	0.5754	1979	320	-335	-337.5	200	-220	-220	300	310	315	830	477.582	4-M-O-120-PL

Men Open 120+Kg																					
A	William Schouten	ISV	M-O	137.8	120+	8	0.5602	1975	410	-425	425	230	237.5	247.5	305	-320	-320	977.5	547.595	1-M-O-120+-PL	
A	Michael Zawilinski	USA	M-O	178.8	120+	9	0.5387	1980	360	377.5	0	315	325	-330	240	257.5	-277.5	960	517.152	2-M-O-120+-PL	
A	Ryan Stinn	CAN	M-O	133.6	120+	6	0.5629	1981	325	335	342.5	245	260	-270	290	305	312.5	915	515.054	3-M-O-120+-PL	
A	Lazaro Nieves	PUR	M-O	129.6	120+	10	0.5659	1977	-325	-330	332.5	230	-245	252.5	310	322.5	-330	907.5	513.554	4-M-O-120+-PL	
A	Carlos Greene	TRI	M-O	124.7	120+	13	0.5701	1968	292.5	-300	305	-185	190	200	260	295	310	815	464.632	5-M-O-120+-PL	
A	Ron Strong	CAN	M-O	120.6	120+	11	0.5743	1958	285	295	302.5	175	-185	-185	290	310	317.5	795	456.568	6-M-O-120+-PL	
A	Ruben Hernandez	MEX	M-O	120.2	120+	14	0.5747	1969	240	-250	260	150	165	-180	240	255	-260	680	390.796	7-M-O-120+-PL	
A	Jonathan Ramirez	MEX	M-O	120.6	120+	12	0.5743	1979	-220	-220	222.5	150	160	-170	230	240	-250	622.5	357.502	8-M-O-120+-PL	
Men Junior Classic																					
A	Carson Dougall	CAN	M-JCI	100.7	105	12	0.6069	1995	200	210	220	125	132.5	-140	245	260	-278	612.5	371.726	1-M-JCI-PL	
A	Hayden Fulwood	USA	M-JCI	87.3	93	12	0.6487	1994	152.5	167.5	177.5	120	125	-132.5	205	220	-222.5	522.5	338.946	2-M-JCI-PL	
A	John Anastasi	USA	M-JCI	88.7	93	9	0.6432	1995	187.5	202.5	-210	125	130	-137.5	175	185	-195	517.5	332.856	3-M-JCI-PL	
Men Master I Classic																					
A	Marzell Pink	USA	M-	134.9	120+	3	0.562	1971	177.5	187.5	227.5	182.5	192.5	200	227.5	250	-275	677.5	380.755	1-M-M1CI-PL	
B	Sean Dunston	USA	M-	81.1	83	14	0.6769	1970	195	205	-217.5	105	112.5	117.5	215	225	-230	547.5	370.603	2-M-M1CI-PL	
A	Lonnie Leger	USA	M-	91.3	93	10	0.6338	1966	160	-175	-175	107.5	115	117.5	170	180	187.5	465	294.717	3-M-M1CI-PL	
Men Master II Classic																					
A	David Schneider	USA	M-	105	105	13	0.5976	1956	205	-222.5	222.5	130	-135	-135	245	265	-280	617.5	369.018	1-M-M2CI-PL	
A	Charles Akers	USA	M-	92.8	93	8	0.6288	1959	180	-195	195	125	130	132.5	205	222.5	230	557.5	350.556	2-M-M2CI-PL	
Men Master III Classic																					
A	Bill Clayton	USA	M-	80.9	83	4	0.6779	1953	157.5	165	167.5	92.5	100	-102.5	190	-207.5	-207.5	457.5	310.139	1-M-M3CI-PL	
A	Jim Yakubovsky	USA	M-	91.6	93	7	0.6328	1947	162.5	175	192.5	70	77.5	-90	205	-215	-215	475	300.580	2-M-M3CI-PL	
Men Open Classic																					
B	Jim Brown	USA	M-Ocl	89.2	93	20	0.6413	1965	215	237.5	250	165	175	-180	215	230	237.5	662.5	424.861	1-M-Ocl-PL	
A	Marzell Pink	USA	M-Ocl	134.9	120+	3	0.562	1971	177.5	187.5	227.5	182.5	192.5	200	227.5	250	-275	677.5	380.755	2-M-Ocl-PL	
B	Sean Dunston	USA	M-Ocl	81.1	83	14	0.6769	1970	195	205	-217.5	105	112.5	117.5	215	225	-230	547.5	370.603	3-M-Ocl-PL	
A	David Schneider	USA	M-Ocl	105	105	13	0.5976	1956	205	-222.5	222.5	130	-135	-135	245	265	-280	617.5	369.018	4-M-Ocl-PL	
A	Bill Clayton	USA	M-Ocl	80.9	83	4	0.6779	1953	157.5	165	167.5	92.5	100	-102.5	190	-207.5	-207.5	457.5	310.139	5-M-Ocl-PL	
Men Tournament of the Americas																					
B	Fred Lomangino	USA	M-TA	119.5	120	19	0.5755	1989	75	-77.5	-80	262.5	-280	280	75	-255	0	430	247.465	1-M-TA-PL	