

20th Annual NAPF North American Women's Classic Regional Powerlifting Championships

Grand Cayman / Cayman Islands, 7 – 12 August, 2023

Division «Open»

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Li Ruth	1990	Trinidad and Tobago	110.0	55.0	125.0	290.0
-52kg							
1.	Nguyen Catherine	1996	Canada	122.5	80.0	165.0	367.5
-57kg							
1.	Casey Kayla	1987	Canada	152.5	92.5	167.5	412.5
2.	Johnson Kaye	1989	U.S.America	147.5	85.0	157.5	390.0
3.	Ruiz Edith	1993	Belize	125.0	70.0	142.5	337.5
4.	Nivet Jerneil	1988	Trinidad and Tobago	112.5	62.5	150.0	325.0
5.	Ortiz Paola	1995	Puerto Rico	75.0	50.0	122.5	247.5
6.	Bare Diaz Monica	1984	Panama	87.5	42.5	100.0	232.5
-63kg							
1.	Williams Julia	1990	U.S.America	170.0	97.5	187.5	455.0
2.	Santos Pamela	1999	Panama	147.5	77.5	170.0	395.0
3.	Mahfouz Simona	1992	Jamaica	134.0	75.0	159.0	368.0
4.	Alas Jacqueline	1997	Belize	135.0	65.0	162.5	362.5
5.	Grant Charissa	1996	Trinidad and Tobago	125.0	60.0	160.0	350.0
-84kg							
1.	Robbins Michelle	1997	U.S.America	182.5	122.5	217.5	522.5
2.	Groleau Marianne	1998	Canada	202.5	95.0	205.0	502.5
3.	Tessler Aliza	1994	U.S.America	172.5	110.0	202.5	485.0
4.	Kitagawa Lisa	1991	Canada	167.5	82.5	197.5	447.5
5.	Estrella Laura	1993	Dominican Republic	165.0	87.5	173.0	425.5
6.	Alleyne Deresay	1993	Trinidad and Tobago	132.5	90.0	180.0	402.5
7.	Smith Quinell	1994	Trinidad and Tobago	160.0	62.5	172.5	395.0
84+kg							
1.	Bowden Luella	2005	U.S.America	220.0	100.0	210.0	530.0
2.	Ruland Marisa	1996	U.S.America	205.0	97.5	187.5	490.0
3.	Espinoza-Britton Shania	1998	Cayman Islands	80.0	60.0	100.0	240.0
-69kg							
1.	Mutch Shannon	1993	Canada	177.5	100.0	187.5	465.0
2.	Pelletier-Grenier Julie Anne	1993	Canada	162.5	95.0	195.0	452.5
3.	Sho Narissa	1992	Belize	145.0	65.0	155.0	365.0
4.	Mahabir Karishma	1998	Trinidad and Tobago	130.0	60.0	132.5	322.5
5.	Smith Joylynn	1989	Belize	120.0	55.0	145.0	320.0
-76kg							
1.	Depass Sami	1997	Jamaica	190.5	102.0	220.5	513.0
2.	Zai Claire	1994	U.S.America	185.0	120.0	202.5	507.5
3.	Castro Christine	1992	Canada	167.5	95.0	205.0	467.5
4.	Todman Danielle	1984	US Virgin Islands	155.0	97.5	207.5	460.0
5.	Riggs Lily	1999	Canada	172.5	90.0	190.0	452.5
6.	Gervais-Charles Rebecka	1996	Trinidad and Tobago	107.5	65.0	125.0	297.5

In Division there are 34 Lifters

Division «Subjuniors»

#	Name	Born	Team	SQ	BP	DL	Total
-52kg							
1.	Klime Emma	2009	U.S.America	97.5	40.0	110.0	247.5
2.	Burgess Kaelie	2008	Belize	75.0	35.0	110.0	220.0
-57kg							
1.	Tsai Rhea	2008	Belize	80.0	50.0	115.0	245.0
-63kg							
1.	Ugalde Isabel	2007	Costa Rica	137.5	80.0	140.0	357.5
2.	Rowen Kenedee	2005	U.S.America	135.0	70.0	142.5	347.5
3.	Shepherd Aurayanna	2008	Belize	75.0	45.0	112.5	232.5
4.	Banman Amorette	2008	Belize	85.0	47.5	100.0	232.5
-84kg							
1.	Khalsa Shanti	2006	U.S.America	140.0	60.0	150.0	350.0
2.	Simms Lauren	2005	Canada	115.0	55.0	145.0	315.0
3.	Ahlijah Mattea Fable	2006	Canada	107.5	50.0	107.5	265.0
84+kg							
1.	Mann Kaylee	2006	U.S.America	165.0	67.5	142.5	375.0
2.	Slaughter Marie Claire	2005	Panama	130.0	60.0	132.5	322.5
-69kg							
1.	Lacasse Ava	2008	U.S.America	117.5	55.0	130.0	302.5
-76kg							
1.	Salmeron Dariam	2006	Panama	140.0	60.0	145.0	345.0
2.	Rose Hannah	2005	Canada	115.0	67.5	148.5	331.0
3.	Rogers Sarah	2005	U.S.America	117.5	50.0	135.0	302.5

In Division there are 16 Lifters

Division «Juniors»

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Falcone Lily	2004	U.S.America	112.5	42.5	115.0	270.0
2.	Rivera Ayana	2004	U.S.America	92.5	47.5	102.5	242.5
-57kg							
1.	Dunn Blair	2004	U.S.America	122.5	65.0	150.0	337.5
2.	Cantelon Nicole	2001	Canada	67.5	52.5	75.0	195.0
-63kg							
1.	Rojas Solis Maria	2002	Costa Rica	140.0	67.5	162.5	370.0
2.	Louie Isabelle	2000	Canada	115.0	55.0	137.5	307.5
3.	Jimenez Maria Alejandra	2001	Puerto Rico	107.0	53.0	115.5	275.5
84+kg							
1.	Guzman Amirmarie	2000	Puerto Rico	187.5	83.0	178.0	448.5
2.	McCoy Arianna	2002	Cayman Islands	140.0	80.0	150.0	370.0
3.	Pena Sara	2003	Dominican Republic	120.0	70.0	172.5	362.5
-69kg							
1.	Mercier Pascale	2000	Canada	145.0	87.5	162.5	395.0
2.	Reeves August	2001	U.S.America	117.5	57.5	120.0	295.0
-76kg							
1.	Phares Jessica	2004	U.S.America	120.0	65.0	142.5	327.5
2.	Roden Sara	2000	U.S.America	120.0	62.5	140.0	322.5

In Division there are 14 Lifters

Division «Masters I»

#	Name	Born	Team	SQ	BP	DL	Total
-52kg							
1.	Rieber Joanna	1976	Canada	142.5	95.0	163.5	401.0
2.	Oxley-Tsai Shakira	1974	Belize	82.5	47.5	127.5	257.5
-57kg							
1.	McConnell Jennifer	1982	Canada	120.0	75.0	127.5	356.0
2.	Tonini Kelly	1981	U.S.America	117.5	70.0	135.0	322.5
3.	Espinal Jenmy	1977	Dominican Republic	103.0	52.5	128.5	284.0
-63kg							
1.	Akinsanya Morayo	1982	Canada	132.5	77.5	182.5	392.5
2.	Mitha Nimisha	1979	U.S.America	80.0	50.0	105.0	230.0
-84kg							
1.	Gonzalez Mary	1981	Belize	175.0	85.0	190.0	450.0
2.	Chumbly Lillian	1977	Canada	180.0	87.5	175.0	442.5
3.	Diehl Rachael	1980	U.S.America	120.0	72.5	152.5	345.0
84+kg							
1.	Copeland Melissa	1977	U.S.America	208.5	136.5	215.5	560.0
2.	Hutchinson April	1976	Canada	165.0	85.0	210.0	460.0
3.	Rutkoski Rebecca	1979	U.S.America	160.0	77.5	160.0	397.5
4.	Sanchez Rhonda	1982	Trinidad and Tobago	122.5	60.0	135.0	317.5
-69kg							
1.	Sperske Alexa	1982	U.S.America	150.0	77.5	192.5	420.0
2.	Munro Jeri	1979	Canada	130.0	67.5	167.5	365.0
3.	Rivera Yaritza	1979	Puerto Rico	123.5	62.5	137.5	323.5
4.	Manning Dana	1977	U.S.America	107.5	52.5	137.5	297.5
5.	Rafferty Claire	1979	Cayman Islands	70.0	60.0	92.5	201.5
-76kg							
1.	Arias Tracy	1980	Canada	162.5	65.0	195.0	422.5
2.	Archambault Emmanuelle	1976	Canada	137.5	96.5	187.5	421.5
3.	Kaplan Dana	1975	US Virgin Islands	132.5	72.5	150.0	355.0
4.	Crawford Clair	1979	U.S.America	110.0	55.0	132.5	297.5
5.	Silva Louane	1982	Cayman Islands	80.0	60.0	100.0	240.0

In Division there are 24 Lifters

Division «Masters II»

#	Name	Born	Team	SQ	BP	DL	Total
-52kg							
1.	Forbis Melissa	1966	U.S.America	100.0	52.5	120.0	272.5
-57kg							
1.	Hartwig-Gary Suzanne	1968	U.S.America	115.0	60.0	130.0	305.0
-63kg							
1.	Nguyen Christine	1966	Canada	130.0	50.0	142.5	322.5
2.	Carlascio Michelle	1971	U.S.America	77.5	50.0	110.0	237.5
-84kg							
1.	Ramos Sonia	1970	Mexico	130.0	62.5	140.0	332.5
2.	Sproul Jillian	1972	Canada	122.5	67.5	125.0	315.0
84+kg							

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1.	Jackson Lilyan	1970	U.S.America	182.5	117.5	182.5	482.5
-69kg							
1.	Nagata Claudia	1968	U.S.America	25.0	25.0	25.0	75.0
-76kg							
1.	Iannotta Joah	1973	U.S.America	145.0	117.0	182.5	444.5
2.	Atkinson Sylvia	1973	Canada	178.0	77.5	187.5	443.0
3.	Line Cynthia	1968	U.S.America	137.5	82.5	167.5	387.5

In Division there are 11 Lifters

Division «Masters III»

#	Name	Born	Team	SQ	BP	DL	Total
-52kg							
1.	Sharp Alida	1963	Belize	80.0	60.0	125.0	272.5
-57kg							
1.	Justice Dora	1957	U.S.America	82.5	72.5	112.5	267.5
2.	Efron Loraine	1963	U.S.America	85.0	45.0	100.0	230.0
-63kg							
1.	Wharton Kelly	1962	Canada	107.5	57.5	122.5	287.5
2.	Diaz Sara	1958	Panama	38.0	31.0	85.0	151.0
84+kg							
1.	Brackett Vicki	1957	U.S.America	120.0	78.0	165.0	363.0
2.	Bonneau Susan	1960	Canada	110.0	60.0	120.0	290.0
-69kg							
1.	Vandiepen Arlene	1957	Canada	97.5	52.5	140.0	290.0
-76kg							
1.	King Pamela	1959	Canada	116.0	73.0	131.5	320.5

In Division there are 9 Lifters

Division «Masters IV»

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Elwyn Susan	1947	US Virgin Islands	80.0	35.0	115.0	230.0
-57kg							
1.	Sprang Lois	1949	Trinidad and Tobago	88.0	37.5	110.0	230.5
-63kg							
1.	Moon Abbey	1944	US Virgin Islands	52.5	52.5	92.5	197.5
-84kg							
1.	Rousseau Linda	1953	Canada	117.5	62.5	117.5	297.5
2.	Gaucher Sylvia	1953	Canada	106.5	52.5	136.5	295.5
-69kg							
1.	Williams Gale	1947	U.S.America	88.5	63.0	137.0	288.5

In Total there are 114 Lifters