

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

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

The List of Teams

Belize {The Team in Total: 29}

Lifters: 18

1. Sharp Alida	F	Masters 3	-52kg
2. Oxley-Tsai Shakira	F	Masters 1	-52kg
3. Gonzalez Mary	F	Masters 1	-84kg
4. Ali Kyle	M	Juniors	-93kg
5. Murillo William	M	Juniors	-120kg
6. Sanabria Eric	M	Subjuniors	-59kg
7. Burgess Kaelie	F	Subjuniors	-52kg
8. Tsai Rhea	F	Subjuniors	-57kg
9. Banman Amorette	F	Subjuniors	-63kg
10. Shepherd Aurayanna	F	Subjuniors	-63kg
11. Matura Leo	M	Open	-74kg
12. Usher Khalid	M	Open	-93kg
13. Brown Rayford	M	Open	-93kg
14. Cadle-Godoy Kaylon	M	Open	-120kg
15. Ruiz Edith	F	Open	-57kg
16. Alas Jacqueline	F	Open	-63kg
17. Sho Narissa	F	Open	-69kg
18. Smith Joylyne	F	Open	-69kg

Team Members: 11

1. Sharp Alida	✓ Nat.	✓ Coach
2. Usher Khalid		✓ Official
3. Alas Jacqueline		✓ Official
4. Matura Leo		✓ Coach
5. Gallardo Alan		✓ Coach
6. Cadle-Godoy Kaylon		✓ Coach
7. Sho Narissa		✓ Coach
8. Usher Khalid.		✓ Coach
9. Tsai Chung-Lin		✓ Coach
10. Alas. Jacqueline		✓ Coach
11. Westby Leticia		✓ Assistant Coach

Canada {The Team in Total: 81}

Lifters: 61

1. Brown Phil	M	SOI	-66kg
2. Gaucher Sylvia	F	Masters 4	-84kg
3. Rousseau Linda	F	Masters 4	-84kg
4. Brady Carol	F	Masters 4	-69kg
5. Rock Brian	M	Masters 3	-120kg
6. Forster Mike	M	Masters 3	120+kg
7. Wharton Kelly	F	Masters 3	-63kg
8. Bonneau Susan	F	Masters 3	84+kg
9. Vandiepen Arlene	F	Masters 3	-69kg

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10.	King Pamela	F	Masters 3	-76kg
11.	McGrath Jay	M	Masters 2	-66kg
12.	Brown Phil	M	Masters 2	-66kg
13.	Robertson Scott	M	Masters 2	-120kg
14.	Nguyen Christine	F	Masters 2	-63kg
15.	Sproul Jillian	F	Masters 2	-84kg
16.	Atkinson Sylvia	F	Masters 2	-76kg
17.	Cormier Steven	M	Masters 1	-83kg
18.	Rodrigue Patrick	M	Masters 1	-83kg
19.	Noma David	M	Masters 1	-105kg
20.	Macdonald John	M	Masters 1	-120kg
21.	Rieber Joanna	F	Masters 1	-52kg
22.	Hussey Danielle	F	Masters 1	-57kg
23.	McConnell Jennifer	F	Masters 1	-57kg
24.	Akinsanya Morayo	F	Masters 1	-63kg
25.	Chumbly Lillian	F	Masters 1	-84kg
26.	Hutchinson April	F	Masters 1	84+kg
27.	Munro Jeri	F	Masters 1	-69kg
28.	Arias Tracy	F	Masters 1	-76kg
29.	Archambault Emmanuelle	F	Masters 1	-76kg
30.	Parra Nicolas	M	Juniors	-74kg
31.	Demmans Derek	M	Juniors	-83kg
32.	Yen Tung Hsuan	M	Juniors	-83kg
33.	Asselstine Johnathan	M	Juniors	-93kg
34.	Weber Emmanuel	M	Juniors	-93kg
35.	Harvir Besal	M	Juniors	-105kg
36.	Amponsah Ezeiel	M	Juniors	-105kg
37.	Latour Louis	M	Juniors	-120kg
38.	Phillips Carsen	M	Juniors	120+kg
39.	Cantelon Nicole	F	Juniors	-57kg
40.	Louie Isabelle	F	Juniors	-63kg
41.	Mercier Pascale	F	Juniors	-69kg
42.	Ahlijah Mattea Fable	F	Subjuniors	-84kg
43.	Simms Lauren	F	Subjuniors	-84kg
44.	Rose Hannah	F	Subjuniors	-76kg
45.	Villafuerte Andrew	M	Open	-66kg
46.	Remulla Daniel	M	Open	-74kg
47.	Hotsonyame Kafui	M	Open	-83kg
48.	Gear Thomas	M	Open	-93kg
49.	Matthew Lewis Vena	M	Open	-105kg
50.	Krawczyk Bryce	M	Open	-120kg
51.	Lajeunesse Colton	M	Open	120+kg
52.	Willis Erik	M	Open	120+kg
53.	Lai Simone	F	Open	-52kg
54.	Nguyen Catherine	F	Open	-52kg
55.	Casey Kayla	F	Open	-57kg
56.	Kitagawa Lisa	F	Open	-84kg
57.	Groleau Marianne	F	Open	-84kg
58.	Mutch Shannon	F	Open	-69kg

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59.	Pelletier-Grenier Julie Anne	F	Open	-69kg
60.	Castro Christine	F	Open	-76kg
61.	Riggs Lily	F	Open	-76kg

Team Members: 20

1.	McFeeters Linda	✓	Cat.1	
2.	Flemming Stephen	✓	Nat.	
3.	You Bill	✓	Cat.1	
4.	Smith Justin	✓	Cat.1	
5.	Rock Brian	✓	Cat.2	
6.	van Ryswyk Angelina	✓	Nat.	
7.	McGrath Jay			✓ Coach
8.	Boulianne Joel			✓ Coach
9.	Chan Quentin			✓ Coach
10.	Nguyen Johnson			✓ Coach
11.	Bentley Garrett			✓ Coach
12.	Kennedy Mathieu			✓ Assistant Coach
13.	Hussey Danielle			✓ Assistant Coach
14.	Castro Christine			✓ Assistant Coach
15.	Willard Jimmy			✓ Head Coach
16.	Witzaney Renae			✓ Coach
17.	van Diepen Arlene			✓ Coach
18.	Ryan Austyn			✓ Coach
19.	Smith Justin			✓ Coach
20.	Tessema Yordanos			✓ Coach

Cayman Islands {The Team in Total: 13}

Lifters: 13

1.	Bodden Roland	M	SOI	120+kg
2.	McInerney Tony	M	Masters 2	-105kg
3.	Rafferty Claire	F	Masters 1	-69kg
4.	Silva Louane	F	Masters 1	-76kg
5.	McCoy Arianna	F	Juniors	84+kg
6.	Foley Brendan	M	Subjuniors	-83kg
7.	Foley Daniel	M	Subjuniors	-105kg
8.	McLaughlin Zared	M	Open	-83kg
9.	Nikolic Bogdan	M	Open	-105kg
10.	McErlean Jordan	M	Open	-120kg
11.	General Daniel	M	Open	120+kg
12.	Bodden Alexander	M	Open	120+kg
13.	Espinoza-Britton Shania	F	Open	84+kg

Costa Rica {The Team in Total: 12}

Lifters: 6

1.	Esteban Navarro	M	Juniors	-83kg
2.	Rojas Solis Maria	F	Juniors	-63kg
3.	Ugalde Isabel	F	Subjuniors	-63kg
4.	Andres Soto	M	Open	-93kg
5.	Fernandez Barrantes Michael	M	Open	-120kg

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6. Campos Murillo Carlos	M Open	120+kg
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Team Members: 6

1. Campos Carlos Manuel	✓ Cat.1	
2. Soto Andres	✓ Cat.2	
3. Fernandez Michael	✓ Cat.2	
4. Rojas Gabriela	✓ Nat.	
5. Velasquez Hugo		✓ IPF Official
6. Campos Murillo Carlos Manuel		✓ Head Coach

Dominican Republic {The Team in Total: 10}

Lifters: 6

1. Lora Claudio	M Masters 4	-93kg
2. Espinal Jenmy	F Masters 1	-57kg
3. Jimenez Leonardo	M Juniors	-83kg
4. Pena Sara	F Juniors	84+kg
5. Estrella Laura	F Open	-84kg

Team Members: 4

1. Estrella Laura	✓ Official
2. Estrella Laura	✓ Coach
3. Espinal Jenmy	✓ Assistant Coach
4. Jimenez Leonardo	✓ Assistant Coach

Jamaica {The Team in Total: 10}

Lifters: 5

1. Jennings Scott	M Open	-83kg
2. Dacosta Jevon	M Open	-93kg
3. Vaughn Jonhoi	M Open	-105kg
4. Mahfouz Simona	F Open	-63kg
5. Depass Sami	F Open	-76kg

Team Members: 5

1. Owen Jeremy	✓ Head Coach
2. Brown Marlon	✓ Official
3. Blair Michael	✓ Official
4. McKenzie Chantolle	✓ Official
5. Lee Clifton	✓ Assistant Coach

Mexico {The Team in Total: 16}

Lifters: 9

1. Ramos Sonia	F Masters 2	-84kg
2. Mondragon Joan	M Masters 1	-74kg
3. Reyes Marco	M Masters 1	-93kg
4. Garcia Gabriel	M Masters 1	-93kg
5. Macias Jonathan	M Masters 1	-120kg
6. Peniche Manuel	M Juniors	-74kg
7. Guzman Jorge	M Juniors	-83kg
8. Soto Carlos	M Subjuniors	-83kg
9. Ramirez Diego	M Open	-83kg

Team Members: 7

1. Ramirez Diego	✓ Coach
2. Soto Carlos	✓ Coach
3. Aguirre Victor	✓ Coach
4. Peniche Manuel	✓ Coach
5. Garcia Gabriel	✓ Coach
6. Gonzalez Lourdes	✓ Coach
7. Macias Jonathan	✓ Coach

Nicaragua {The Team in Total: 5}

Lifters: 5

1. Cuadra Vargas Lester Horacio	M Masters 1	-120kg
2. Rodriguez Flores Noel Alexander	M Open	-83kg
3. Cuarezma Zapata Diego	M Open	-105kg
4. Gutierrez Lopez Ruth Yarali	F Open	84+kg

Panama {The Team in Total: 13}

Lifters: 9

1. Diaz Sara	F Masters 3	-63kg
2. Camero Rafael	M Subjuniors	-83kg
3. Slaughter Marie Claire	F Subjuniors	84+kg
4. Salmeron Dariam	F Subjuniors	-76kg
5. Solis Cristian	M Open	-66kg
6. Lleonart Nils	M Open	-74kg
7. Batista Javier	M Open	-83kg
8. Bare Diaz Monica	F Open	-57kg
9. Santos Pamela	F Open	-63kg

Team Members: 4

1. Cigaran Gabriela	✓ Cat.1	✓ Coach
2. Lleonart Nils		✓ Coach
3. Batista Javier		✓ Coach
4. Gonzalez Carolina		✓ Coach

Puerto Rico {The Team in Total: 27}

Lifters: 14

1. Fuller Robert	M Masters 2	120+kg
2. Cotte Doel	M Masters 1	-74kg
3. Rivera Yaritza	F Masters 1	-69kg
4. Pedrogo Carlos	M Juniors	-74kg
5. Ruiz Miguel	M Juniors	-74kg
6. Kuilan Yavied	M Juniors	-83kg
7. Rodriguez Gabriel	M Juniors	-93kg
8. Jimenez Maria Alejandra	F Juniors	-63kg
9. Guzman Amirmarie	F Juniors	84+kg
10. Marin Mikael	M Subjuniors	-66kg
11. Rodriguez Obryan	M Open	-93kg
12. Cosme Uziel	M Open	-105kg
13. Oquendo Christopher	M Open	-105kg

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14. Ortiz Paola F Open -57kg

Team Members: 13

1. Crane Steven	✓ Cat.2	
2. Alvarado Alex	✓ Cat.1	✓ Head Coach
3. Tapia Jannitzi	✓ Cat.2	✓ Official
4. Pedrego Carlos		✓ Coach
5. Diaz Jose Antonio		✓ Coach
6. Cotte Doel		✓ Assistant Coach
7. Uziel Cosme		✓ Assistant Coach
8. Kuilan Yavied		✓ Assistant Coach
9. Rodriguez Obryan		✓ Assistant Coach
10. Rivera Yaritza		✓ Assistant Coach
11. Guzman Amirmarie		✓ Assistant Coach
12. Pedrego Carlos Sr.		✓ Assistant Coach
13. Oquendo Christopher		✓ Assistant Coach

Trinidad and Tobago {The Team in Total: 27}

Lifters: 20

1. Sprang Lois	F Masters 4	-57kg
2. Sanchez Rhonda	F Masters 1	84+kg
3. Superville Reshon	M Juniors	-66kg
4. Joseph Jahiem	M Juniors	-83kg
5. Rodney Johann	M Juniors	-93kg
6. Thomas-Alexis Caleb	M Juniors	-105kg
7. McDonald Joseph	M Juniors	-120kg
8. Grant Shay	M Open	-59kg
9. Rollock Ryan	M Open	-74kg
10. Hosein Krystan	M Open	-74kg
11. Leach Makesi	M Open	-83kg
12. Baptiste Mark	M Open	-93kg
13. Luke Rommel	M Open	-105kg
14. Li Ruth	F Open	-47kg
15. Nivet Jerneil	F Open	-57kg
16. Grant Charissa	F Open	-63kg
17. Alleyne Deresay	F Open	-84kg
18. Smith Quinell	F Open	-84kg
19. Mahabir Karishma	F Open	-69kg
20. Gervais-Charles Rebecka	F Open	-76kg

Team Members: 7

1. Mc Tair Gabre-Jesu	✓ Cat.2	
2. Belfon Lawrence Marlon		✓ Head Coach
3. Li Ruth		✓ Official
4. Sprang Lois		✓ Official
5. Hosein Krystan		✓ Official
6. Yatali Yavniel		✓ Assistant Coach
7. Hosein Krystan		✓ Assistant Coach

U.S.America {The Team in Total: 145}

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Lifters: 106

1.	Felts Sam	M	Masters 4	-59kg
2.	Garlitz Dale	M	Masters 4	-74kg
3.	LaFlamme John	M	Masters 4	-83kg
4.	Dollard Michael	M	Masters 4	-105kg
5.	Hodges Mack	M	Masters 4	-120kg
6.	Williams Gale	F	Masters 4	-69kg
7.	Kern George	M	Masters 3	-66kg
8.	Lewis Carlos	M	Masters 3	-74kg
9.	Rodriguez Michael	M	Masters 3	-74kg
10.	Cencich Thomas	M	Masters 3	-93kg
11.	Justice Dora	F	Masters 3	-57kg
12.	Efron Loraine	F	Masters 3	-57kg
13.	Brackett Vicki	F	Masters 3	84+kg
14.	Mott Brian	M	Masters 2	-74kg
15.	Ruland Edward	M	Masters 2	-93kg
16.	Acosta Richard	M	Masters 2	-120kg
17.	Carlascio Keith	M	Masters 2	-120kg
18.	Forbis Melissa	F	Masters 2	-52kg
19.	Hartwig-Gary Suzanne	F	Masters 2	-57kg
20.	Carlascio Michelle	F	Masters 2	-63kg
21.	Harris Michal	F	Masters 2	-84kg
22.	Jackson Lilyan	F	Masters 2	84+kg
23.	Nagata Claudia	F	Masters 2	-69kg
24.	Iannotta Joah	F	Masters 2	-76kg
25.	Line Cynthia	F	Masters 2	-76kg
26.	Tan Huaiyu	M	Masters 1	-66kg
27.	Losa Jonathan	M	Masters 1	-83kg
28.	Straub Todd	M	Masters 1	-83kg
29.	Garrozzo Michael	M	Masters 1	-93kg
30.	Norton Layne	M	Masters 1	-93kg
31.	Cameron Kenneth	M	Masters 1	-120kg
32.	Mann Steve	M	Masters 1	120+kg
33.	Jean Sr. Michael	M	Masters 1	120+kg
34.	Tonini Kelly	F	Masters 1	-57kg
35.	Mitha Nimisha	F	Masters 1	-63kg
36.	Diehl Rachael	F	Masters 1	-84kg
37.	Copeland Melissa	F	Masters 1	84+kg
38.	Rutkoski Rebecca	F	Masters 1	84+kg
39.	Manning Dana	F	Masters 1	-69kg
40.	Sperske Alexa	F	Masters 1	-69kg
41.	Crawford Clair	F	Masters 1	-76kg
42.	Coglianesse Nolan	M	Juniors	-74kg
43.	Gonsorcik Evan	M	Juniors	-83kg
44.	Herico Dafydd	M	Juniors	-83kg
45.	Lunsford Cameron	M	Juniors	-93kg
46.	Truong Philip	M	Juniors	-93kg
47.	Oalmann Kiel	M	Juniors	-105kg
48.	Schzure Nicholas	M	Juniors	-105kg

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49.	Forrest Trey	M	Juniors	120+kg
50.	Falcone Lily	F	Juniors	-47kg
51.	Rivera Ayana	F	Juniors	-47kg
52.	Dunn Blair	F	Juniors	-57kg
53.	Reeves August	F	Juniors	-69kg
54.	Roden Sara	F	Juniors	-76kg
55.	Phares Jessica	F	Juniors	-76kg
56.	Castillo James	M	Subjuniors	-59kg
57.	Fuenger Tylor Reed	M	Subjuniors	-59kg
58.	Toups Bryce	M	Subjuniors	-66kg
59.	Perrilloux Beau	M	Subjuniors	-74kg
60.	Rifai Nabeel	M	Subjuniors	-74kg
61.	Bucci Keegan	M	Subjuniors	-83kg
62.	Nye Broc	M	Subjuniors	-93kg
63.	Syrotchen David	M	Subjuniors	-93kg
64.	Coy Brayden	M	Subjuniors	-105kg
65.	Schirg Cole	M	Subjuniors	-105kg
66.	Klime Emma	F	Subjuniors	-52kg
67.	Crutcher Camille	F	Subjuniors	-52kg
68.	Lagarde Caroline	F	Subjuniors	-52kg
69.	Cooper Lila	F	Subjuniors	-57kg
70.	Mazzuca Brooklyn	F	Subjuniors	-57kg
71.	Olivarez Isabel	F	Subjuniors	-63kg
72.	Rowen Kenedee	F	Subjuniors	-63kg
73.	Durham Taylor	F	Subjuniors	-84kg
74.	Khalsa Shanti	F	Subjuniors	-84kg
75.	Mann Kaylee	F	Subjuniors	84+kg
76.	Lacasse Ava	F	Subjuniors	-69kg
77.	Godinez Celeste	F	Subjuniors	-69kg
78.	Cefalu Cali	F	Subjuniors	-76kg
79.	Mitchell Malaya	F	Subjuniors	-76kg
80.	Rogers Sarah	F	Subjuniors	-76kg
81.	Lacoe Dalton	M	Open	-59kg
82.	Leos Mario	M	Open	-66kg
83.	Garcia Jonathan	M	Open	-66kg
84.	Farison Nicholas	M	Open	-74kg
85.	Martinez Nelson	M	Open	-105kg
86.	Nees Pete	M	Open	-105kg
87.	Leebrick Mark	M	Open	-120kg
88.	Mends Eddie	M	Open	-120kg
89.	Tuchscherer Michael	M	Open	-120kg
90.	Nazelrod Tristan	M	Open	-120kg
91.	Avril Jonathan	M	Open	120+kg
92.	Williams Ray	M	Open	120+kg
93.	Gonzalez Anna	F	Open	-52kg
94.	Najera Juanita	F	Open	-52kg
95.	Johnson Kaye	F	Open	-57kg
96.	Hill Casey	F	Open	-57kg
97.	Lukas Naomi	F	Open	-63kg

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98. Williams Julia	F Open	-63kg
99. Austin Jenna	F Open	-84kg
100. Tessler Aliza	F Open	-84kg
101. Robbins Michelle	F Open	-84kg
102. Bowden Luella	F Open	84+kg
103. Chavez Alexandra	F Open	84+kg
104. Ruland Marisa	F Open	84+kg
105. Zai Claire	F Open	-76kg

Team Members: 39

1. Bell Gene	✓ Cat.1	
2. Keller Robert	✓ Cat.1	
3. Keller Nora	✓ Cat.1	
4. Clayton Bill	✓ Cat.1	
5. Keel Billy	✓ Cat.2	
6. Keel Claire	✓ Cat.2	
7. Elm Miryam	✓ Cat.2	
8. Hartwig-Gary Suzanne	✓ Cat.2	
9. Elm Rodney.	✓ Cat.2	
10. Lopes Tamara	✓ Cat.2	✓ Head Coach
11. Beale Tom		✓ Head Coach
12. Burford John		✓ Head Coach
13. Brown Austin		✓ Head Coach
14. Agoes Martin		✓ Coach
15. Acosta Richard		✓ Coach
16. Bell Gene		✓ Assistant Coach
17. Elm Rodney		✓ Head Coach
18. Mangione Vincent		✓ Head Coach
19. McClain Ls		✓ Coach
20. Khamesi Arian		✓ Coach
21. Morelos Allan		✓ Coach
22. Carlascio Keith		✓ Coach
23. Feigenbaum Jordan		✓ Coach
24. Ko Samuel		✓ Coach
25. Hartwig-Gary Suzanne		✓ Coach
26. Haggerty Jessica		✓ Coach
27. Carlascio Michelle		✓ Coach
28. Douglas Jeff		✓ Assistant Coach
29. Cargill Drew		✓ Assistant Coach
30. Kummer Jordan		✓ Assistant Coach
31. Losa Jonathan		✓ Assistant Coach
32. Young Sam		✓ Coach
33. Reed Jeremy		✓ Coach
34. Reynolds Jeffrey		✓ Coach
35. Wilson Stephen		✓ Coach
36. Patterson Jessica		✓ Coach
37. Ortega Giovanna		✓ Coach
38. Steinmetz Mike		✓ Assistant Coach
39. Shekels Brian		✓ Assistant Coach

US Virgin Islands {The Team in Total: 17}

Lifters: 8

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|--------------------|---|-----------|-------|
| 1. Elwyn Susan | F | Masters 4 | -47kg |
| 2. Moon Abbey | F | Masters 4 | -63kg |
| 3. Wilson Kim | F | Masters 2 | -63kg |
| 4. Kaplan Dana | F | Masters 1 | -76kg |
| 5. Gomez Amber | F | Masters 1 | -76kg |
| 6. Byers Reginald | M | Open | -93kg |
| 7. Todman Danielle | F | Open | -76kg |

Team Members: 9

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|----------------------|---|-------|--------------|
| 1. Elwyn Susan | ✓ | Cat.1 | |
| 2. Walford Kimberly | ✓ | Cat.2 | ✓ Head Coach |
| 3. Massey Robert | ✓ | Cat.2 | ✓ Official |
| 4. Massey. Robert | | | ✓ Head Coach |
| 5. Parks Garmez | | | ✓ Official |
| 6. Walford- Kimberly | | | ✓ Official |
| 7. Todman. Danielle | | | ✓ Official |
| 8. Parks. Garmez | | | ✓ Coach |
| 9. Todman Danielle | | | ✓ Coach |

Summary Table

Number of Lifters	20th Annual NAPF North American Women's Classic Regional Powerlifting Championships	114
	20th Annual NAPF North American Men's Classic Regional Powerlifting Championships	120
	20th Annual NAPF North American Women's Equipped Regional Powerlifting Championships	24
	20th Annual NAPF North American Men's Equipped Regional Powerlifting Championships	22
Persons as ...	Referee	22
	Representative	96
	Referee & Representative	7
All Together		405