

**North American Powerlifting Federation**  
**10th Annual IPF/NAPF North American Regional Powerlifting Championships**  
**Cayman Islands, Georgetown, Grand Cayman, 24-28.07.2012**  
**Nominations on 16th of July 2012**

Name/Firstname/B.Year	Nation	Squat	Bench press	Dead lift	Sum	Total
<b>Open</b>						
<b>- 52 kg</b>						
1 Najera Juanita /81	United States of America	142.5	92.5	172.5	407.5	407.5
2 Baez Frances /88	Puerto Rico	107.5	60.0	127.5	295.0	295.0
3 Eason Tiffany /84	Cayman Island	85.0	45.0	95.0	225.0	225.0
4 Lawrence Saskia /82	Cayman Island	70.0	30.0	85.0	185.0	185.0
<b>- 57 kg</b>						
1 Tapia Jannitzi /94	Puerto Rico	132.5	70.0	140.0	342.5	342.5
2 Deniger Lauren /93	United States of America	137.5	85.0	117.5	340.0	340.0
<b>- 63 kg</b>						
1 Crocker Heather /88	United States of America	185.0	102.5	182.5	470.0	470.0
2 Petit Shaina /89	United States of America	172.5	115.0	175.0	462.5	462.5
3 La Grande Jennifer /66	Cayman Island	85.0	60.0	110.0	255.0	255.0
<b>- 72 kg</b>						
2 Okoro Linda /87	United States of America	157.5	82.5	212.5	452.5	452.5
3 Burgos Ladys /89	Puerto Rico	165.0	80.0	160.0	405.0	405.0
4 Lee Roxanne /71	Trinidad and Tobago	145.0	90.0	167.5	402.5	402.5
5 Walsh Kathryn /81	Cayman Island	85.0	40.0	115.0	240.0	240.0
6 Watler Laura N. /84	Cayman Island	95.0	40.0	102.5	237.5	237.5
<b>- 84 kg</b>						
1 Blynn Liane /72	United States of America	235.0	175.0	220.0	630.0	630.0
2 Baez Joan /86	Puerto Rico	200.0	117.5	160.0	477.5	477.5
3 McIntyre Yolande /81	Trinidad and Tobago	150.0	70.0	150.0	370.0	370.0
4 Helvester Brittany /94	Cayman Island	100.0	45.0	100.0	245.0	245.0
<b>84+ kg</b>						
1 Costas Gisselle /80	Puerto Rico	182.5	107.5	182.5	472.5	472.5
2 Baum Malinda /63	United States of America	165.0	120.0	170.0	455.0	455.0

**In the Competitions were participating 21 lifters**

**Subjuniors**

1 Tapia Jannitzi /94	Puerto Rico	132.5	70.0	140.0	342.5	342.5
2 Helvester Brittany /94	Cayman Island	100.0	45.0	100.0	245.0	245.0

**In the Competitions were participating 2 lifters**

**Juniors**

1 Petit Shaina /89	United States of America	172.5	115.0	175.0	462.5	462.5
2 Crawford Beverly /92	United States of America	175.0	85.0	182.5	442.5	442.5
3 Burgos Ladys /89	Puerto Rico	165.0	80.0	160.0	405.0	405.0
4 Almeida Allison /89	United States of America	130.0	82.5	137.5	350.0	350.0
5 Deniger Lauren /93	United States of America	137.5	85.0	117.5	340.0	340.0

**In the Competitions were participating 5 lifters**

**Masters 1**

1 Blynn Liane /72	United States of America	235.0	175.0	220.0	630.0	630.0
2 Baum Malinda /63	United States of America	165.0	120.0	170.0	455.0	455.0
3 Lee Roxanne /71	Trinidad and Tobago	145.0	90.0	167.5	402.5	402.5
4 Crawford Tina /65	United States of America	145.0	72.5	157.5	375.0	375.0
5 La Grande Jennifer /66	Cayman Island	85.0	60.0	110.0	255.0	255.0

**In the Competitions were participating 5 lifters**

**Masters 2**

1 Marts Donna /60	United States of America	165.0	107.5	170.0	442.5	442.5
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**In the Competitions were participating 1 lifters**

**Women RAW**

1 Walsh Kathryn /81	Cayman Island	85.0	40.0	115.0	240.0	240.0
2 Watler Laura N. /84	Cayman Island	95.0	40.0	102.5	237.5	237.5
3 Eason Tiffany /84	Cayman Island	85.0	45.0	95.0	225.0	225.0

**In the Competitions were participating 3 lifters**