



IPF/NAPF CARIBBEAN ISLANDS POWERLIFTING CHAMPIONSHIPS

..... Police Lance Corporal adjudged Best Lifter over-all

Lance Corporal 18203 Randolph Morgan of the Guyana Police Force, who was a member of the team that represented Guyana at the recent 4th Annual International Powerlifting Federation(IPF)/North American Powerlifting Federation(NAPF) Caribbean Islands Bench Press and Powerlifting Championships, put in a 'Herculean' effort and was adjudged the Best Lifter over-all for the competition.

While successfully retaining the over-all champion title, Morgan claimed the gold medal in the 82.5Kg. category setting new National and Caribbean Records in the process during the Championships which were held between March 19 and 20, 2010, at the Princess Hotel, Providence. He also set new records in the Bench Press with 451 lbs; in the Squat with 650 lbs; and in the Deadlift with 650 lbs. for a total of 1,751 lbs. which is now the new over-all Caribbean record. The previous records were 418 lbs, 622 lbs, and 622 lbs, respectively.

Lance Corporal Randolph Morgan had captured the 2009 Caribbean Best Overall Lifter Title on his debut at the Caribbean Championships held in May in the British Virgin Islands.

Along with Morgan, Police Constable 17534 Karel Mars of the Tactical Services Unit made his debut as a member of the National Team. He competed in the 100Kg. weight class and powered his way to a total of 1,602.5 lbs. to earn the second place silver medal.

Constable Mars is the National Champion in his weight category having won the title at the local Powerlifting Championships during October 2009.

The Administration of the Guyana Police Force showed tangible appreciation in recognition of the stellar performances of Lance Corporal Randolph Morgan and Constable Karel Mars at a special presentation ceremony where they were each presented with monetary awards and promoted on-the-spot by Commissioner Henry Greene to the rank of Corporal and Lance Corporal, respectively.