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Subject: Fwd: 2023 Bulgarian Bag Championship RESULTS!
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To: Suples Info info@suples.com

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2023 Suples Bulgarian Bag World Championship RESULTS

The Championships were an absolutely incredible experience with MULTIPLE countries represented, records broken, unforgettable memories made, and more!

Photos coming out this week!





Women's Suples Fit Category - 11lbs/5kg



**🥇 Gold medalist from
Team Suples Bulgaria 🇷🇺
Desislava Tulilova**

**🥈 Silver Medalist, from
Team GRIT USA 🇺🇸
Tracie Anderson**

(Award accepted by GRIT Head
Coach Juniel Bingham)

**🥉 Bronze Medalist, from
Team Suples USA 🇺🇸
Heather Campbell**

🇷🇺 DESISLAVA TULILOVA 🇷🇺

**2023 Women's Suples Fit
Bulgarian Bag World Champion**

Desi started off the competition with a good and steady pace on the Suples Spin, performing a total of 280 reps. However, her strength really showed through on the second exercise, the Swing Squat, where she



exercise, the Owing Squat, where she absolutely WIPED OUT the competition with a total of 172 reps, putting her in the lead, which she kept throughout the rest of the discipline to earn her Champion Title, as well as the Bulgarian Bag Elite Qualification with a GRAND TOTAL of 665 reps, 18 more than silver medalist, Tracie Anderson.



Full Category Results

Name	Category	Spin	Swing Squat	Snatch	Squat Press	Spin Armthrow	Total Reps	Elite Qualifier?	1st, 2nd, 3rd	Team	Country
FEMALE FIT 11 LBS											
1 Desi Tulliova	Female Fit 11 lbs	280	172	97	79	37	665	Yes	Gold	Suples Bulgaria	Bulgaria
2 Tracie Anderson	Female Fit 11 lbs	260	152	119	82	34	647	Yes	Silver	GRIT	USA
3 Heather Campbell	Female Fit 11 lbs	264	143	90	85	35	617	Yes	Bronze	Suples USA	USA
4 Julie Leguineche	Female Fit 11 lbs	291	120	88	80	32	611	Yes	-	GRIT	USA
5 Christy DeLeon	Female Fit 11 lbs	261	136	94	79	38	608	Yes	-	Suples USA	USA
6 Hattie Wokersien	Female Fit 11 lbs	270	121	89	83	40	603	Yes	-	Suples USA	USA
7 Lisa Jensen	Female Fit 11 lbs	259	123	80	78	35	575	Yes	-	GRIT	USA
8 Rosilove Alexova	Female Fit 11 lbs	258	113	87	70	34	562	Yes	-	Suples Bulgaria	Bulgaria
9 Tiffany Koyle	Female Fit 11 lbs	239	130	89	76	27	561	NO	-	GRIT	USA
10 Elizabeth Miller	Female Fit 11 lbs	221	136	81	70	38	546	Yes	-	GRIT	USA
11 Chanel Shureman-Roe	Female Fit 11 lbs	227	112	86	72	34	531	Yes	-	Suples USA	USA
12 Nicole Pratt	Female Fit 11 lbs	267	99	61	49	36	512	NO	-	GRIT	USA
13 Aviyannah Gonzalez	Female Fit 11 lbs	249	104	88	37	32	510	NO	-	Suples USA	USA
14 Angela Jurado	Female Fit 11 lbs	245	100	59	46	24	474	NO	-	Suples USA	USA
15 Addison Bingham	Female Fit 11 lbs	211	84	60	46	20	421	NO	-	GRIT	USA

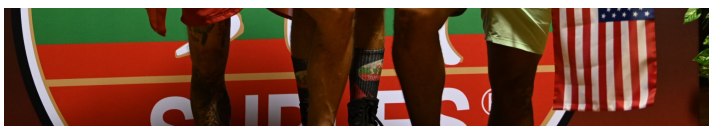
Men's Suples Fit Category - 17lbs/8kg



**1 Gold medalist from
Team Suples Bulgaria 🇧🇬
Nikolay Vasilev**

**2 Silver Medalist, from
Team Gori Suples Poland 🇵🇱
Rafal Gorski**

**3 Bronze Medalist, from
Team Salemi USA 🇺🇸
Byron Harold**



Byron Harold

🇧🇬 NIKOLAY VASILEV 🇧🇬

2023 Men's Suples Fit

Bulgarian Bag World Champion

Nikolay's strongest exercise in the discipline was the Suples Spin, as he was able to perform 298 reps to put him in the lead over Polish Competitor, Rafal Gorski, who performed 272 Suples Spins. Nikolay then continued to dominate against his competition by performing 198 Swing squats, 110 Snatches, 100 Squat & Presses, and 37 Spin Arm Throws. These reps not only helped Nikolay secure the Championship Title and his Bulgarian Bag Elite Qualification, but also put him at the TOP of the BBE Worldwide ranking!



Full Category Results

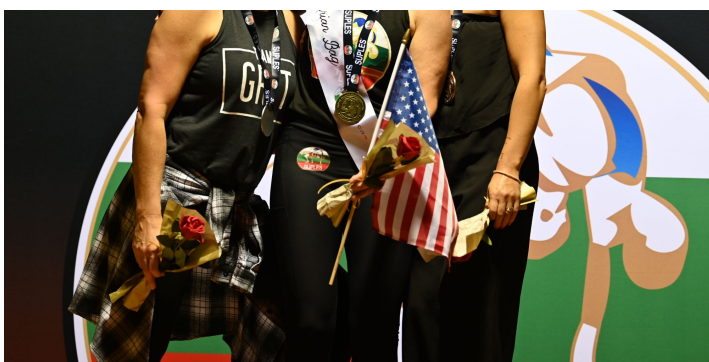
Name	Category	Spin	Swing Squat	Snatch	Squat Press	Spin Armthrow	Total Reps	Elite Qualifier?	1st, 2nd, 3rd	Team	Country
1 Nikolay Vasilev	Male Fit 17 lbs	298	198	110	100	37	743	Yes	Gold	Suples Bulgaria	Bulgaria
2 Rafal Gorski	Male Fit 17 lbs	272	156	86	69	19	602	NO	Silver	Suples Poland	Poland
3 Byron Harold	Male Fit 17 lbs	249	125	87	67	34	562	NO	Bronze	Salemi	USA
4 Diego Zavala	Male Fit 17 lbs	235	78	59	36	21	429	NO	-	Salemi	USA
5 Brogan Bingham	Male Fit 17 lbs	186	106	51	59	18	420	NO	-	GRIT	USA

Women's Suples Strong Category - 17lbs/8kg



🥇 Gold medalist from Team Suples USA 🇺🇸
Jessica Johnson

🥈 Silver Medalist, from



Team GRIT USA 🇺🇸
Staci Young

🥉 Bronze Medalist, from
Team The Base Vancouver 🇺🇸
Kathy Metzger
(Award accepted by Suples Instructor
Bridgette Hosick)

🇺🇸 JESSICA JOHNSON 🇺🇸

2023 Women's Suples Strong Bulgarian Bag World Champion

Jessica entered the competition with the goal of bringing home the GOLD and to no surprise, she absolutely DOMINATED in her category. Not only did she earn the title, Bulgarian Bag Elite Qualification, but she took up the HIGHEST BBE Ranking in the history of the Championships in the Suples Strong Category!



Full Category Results

Name	Category	Spin	Swing Squat	Snatch	Squat Press	Spin Armthrow	Total Reps	Elite Qualifier?	1st, 2nd, 3rd	Team	Country
FEMALE STRONG 17 LBS											
1 Jessica Johnson	Female Strong 17 lbs	303	136	104	80	41	664	Yes	Gold	Suples USA	USA
2 Staci Young	Female Strong 17 lbs	290	135	101	70	38	634	Yes	Silver	GRIT	USA
3 Kathy Metzger	Female Strong 17 lbs	254	125	95	76	33	583	Yes	Bronze	The Base Van...	USA
4 Alexandra Barrera Garcia	Female Strong 17 lbs	291	76	98	79	34	578	NO	-	Suples Mexico	Mexico
5 Juniel Bingham	Female Strong 17 lbs	228	127	93	72	38	558	Yes	-	GRIT	USA
6 Pamela Herrera	Female Strong 17 lbs	226	124	84	75	32	541	Yes	-	Suples Mexico	Mexico
7 Carrie Chizum	Female Strong 17 lbs	241	127	78	58	26	530	NO	-	GRIT	USA
8 Amy Dunn	Female Strong 17 lbs	250	106	84	57	24	521	NO	-	GRIT	USA
8 Katlyn Ayala	Female Strong 17 lbs	231	126	77	58	29	521	NO	-	GRIT	USA
9 Kimberly Osborn	Female Strong 17 lbs	262	90	76	60	26	514	NO	-	GRIT	USA
10 Gentry Whittle	Female Strong 17 lbs	222	114	81	66	24	507	NO	-	GRIT	USA
11 Brenna Firth	Female Strong 17 lbs	232	114	70	56	30	502	NO	-	GRIT	USA
12 Becky Beebe	Female Strong 17 lbs	212	126	78	55	27	498	NO	-	-	USA
13 Crystal Gillette	Female Strong 17 lbs	224	90	87	62	21	484	NO	-	GRIT	USA
14 Sarah Huskinson	Female Strong 17 lbs	210	110	68	42	25	455	NO	-	GRIT	USA
15 Katie Garcia	Female Strong 17 lbs	209	80	72	57	27	445	NO	-	Suples USA	USA
16 Martha E Sanchez	Female Strong 17 lbs	155	141	65	63	19	443	NO	-	Suples Mexico	Mexico
17 Rachel Sparks	Female Strong 17 lbs	209	87	70	24	29	419	NO	-	SBG	USA

Men's Suples Strong Category -



26lbs/12kg



1 Gold medalist from Team Suples USA 🇺🇸
Gabriel Brown

2 Silver Medalist, from Team Suples USA 🇺🇸
Paul Tellgren

3 Bronze Medalist, from Team Suples USA 🇺🇸
Chris Caldwell

🇺🇸 GABRIEL BROWN 🇺🇸

2023 Men's Suples Strong

Bulgarian Bag World Champion

Gabriel had a TOUGH BATTLE for gold against silver medalist, Paul Tellgren, and bronze medalist, Chris Caldwell. As he finished with a final lead with 4 reps! Gabriel was able to gain his lead during the Swing Squats, Snatches, and Squat & Press to help him lock in his Championship Title, qualify him as Bulgarian Bag Elite, and earn him the HIGHEST BBE Ranking in Suples History in the Men's Suples Strong Category



Full Category Results

	Name	Category	Spin	Swing Squat	Snatch	Squat Press	Spin Armthrow	Total Reps	Elite Qualifier?	1st, 2nd, 3rd	Team	Country
50	MALE STRONG 26 LBS											
1	Gabriel Brown	Male Strong 26 lbs	237	123	85	80	32	557	Yes	Gold	Suples USA	USA
2	Paul Tellgren	Male Strong 26 lbs	251	120	82	68	32	553	NO	Silver	Suples USA	USA
3	Chris Caldwell	Male Strong 26 lbs	240	140	81	58	30	549	NO	Bronze	Suples USA	USA
4	Tona Arriaga	Male Strong 26 lbs	236	101	79	57	31	504	NO	-	Suples Mexico	Mexico
5	Mike Roco	Male Strong 26 lbs	224	111	80	40	30	485	NO	-	Suples USA	USA
6	Tytan Wilden	Male Strong 26 lbs	216	99	63	41	32	451	NO	-	Suples USA	USA
7	Brent Garcia	Male Strong 26 lbs	214	105	57	47	25	448	NO	-	Suples USA	USA
8	Todd Osborn	Male Strong 26 lbs	231	121	-	54	31	437	NO	-	GRIT	USA

8	Zachary Montroy	Male Strong 26 lbs	235	88	54	40	20	43/	NO	-	Ken Blackburn	USA
9	Ivan Ivanov	Male Strong 26 lbs	225	88	42	43	27	425	NO	-	Suples USA	USA
10	Pedro Medrano	Male Strong 26 lbs	205	86	58	44	22	415	NO	-	Suples USA	USA
11	Tom Cruz	Male Strong 26 lbs	191	91	60	45	19	406	NO	-	SBG	USA
12	Rahul Manrow	Male Strong 26 lbs	189	91	46	45	25	396	NO	-	SBG	USA
13	Patrick Dieker	Male Strong 26 lbs	207	95	43	27	15	387	NO	-	SBG	USA
14	Stewart Bingham	Male Strong 26 lbs	200	60	47	31	11	349	NO	-	GRIT	USA

Women's Suples Extreme Category - 26lbs/12kg



**1 Gold medalist from
Team SBG USA 🇺🇸
Riley Martinez**

**2 Silver Medalist, from
Team Suples USA 🇺🇸
Amanda Ponton**

**3 Bronze Medalist, from
Team Suples USA 🇺🇸
Tanya Prescott**

🇺🇸 RILEY MARTINEZ 🇺🇸

2023 Women's Suples Extreme Bulgarian Bag World Champion

Riley's battle for the gold was without a doubt one of the HIGHLIGHTS! Silver medalist, Amanda Ponton and Riley Martinez were tied, with a total of 498 reps at the end of the competition period...however, at Suples, we DON'T DO TIES for medalists! Riley and Amanda faced one another in a 60-second spin-off, where Riley was able to secure her gold medal.



Full Category Results

	Name	Category	Spin	Swing Squat	Snatch	Squat Press	Spin Armthrow	Total Reps	Elite Qualifier?	1st, 2nd, 3rd	Team	Country
15	FEMALE EXTREME 26 LBS											
1	Riley "RAD" Martinez	Female Extreme 26 lbs	235	100	73	67	23	498	NO	Gold	SBG	USA
2	Amanda Ponton	Female Extreme 26 lbs	234	96	85	54	29	498	NO	Silver	Suples USA	USA
3	Tanya Prescott	Female Extreme 26 lbs	184	85	45	45	16	375	NO	Bronze	Suples USA	USA
4	Lizzy Hodges	Female Extreme 26 lbs	183	67	42	33	18	343	NO	-	Suples USA	USA
5	Katerina Ivanova	Female Extreme 26 lbs	176	58	36	37	22	329	NO	-	Suples USA	USA

Men's Suples Extreme Category - 37lbs/17kg



1 Gold medalist from Team Suples Korea 🇰🇷
Chung Mok Lee

2 Silver Medalist, from Team GRIT USA 🇺🇸
Jaime Ayala

3 Bronze Medalist, representing USA 🇺🇸
Michael Gentile

🇰🇷 **CHUNG MOK LEE** 🇰🇷

2023 Men's Suples Extreme Bulgarian Bag World Champion

FIRST COMPETITOR to Qualify BBE in Cat. Suples Extreme

Chung Mok's performance at the Championships was like NO OTHER. Chung Mok managed to qualify ALL 5 Disciplines within the Bulgarian Bag Elite Standard, something that has NEVER been done before in SUPLES HISTORY! In the process of achieving this, Chung Mok dominated the competition in his category against countries: USA, Bulgaria, Mexico, UK, and Ireland, all while maintaining an incredible, calm, and collected composure.

Chung Mok has ALREADY inspired many to push themselves and strive for their highest goals and to compete in the Suples Extreme Category next year.



Full Category Results

	Name	Category	Spin	Swing Squat	Snatch	Squat Press	Spin Armthrow	Total Reps	Elite Qualifer?	1st, 2nd, 3rd	Team	Country
25	MALE EXTREME 37 LBS											
1	Chung Mok Lee	Male Extreme 37 lbs	243	135	85	70	30	563	Yes	Gold	Suples KOREA	Korea
2	Jaime Ayala	Male Extreme 37 lbs	217	117	70	60	15	479	NO	Silver	GRIT	USA
3	Michael Gentile	Male Extreme 37 lbs	198	111	68	51	27	455	NO	Bronze		USA
4	Carlos Valdez	Male Extreme 37 lbs	223	110	46	40	19	438	NO		Suples USA	USA
5	Robbie Rocole	Male Extreme 37 lbs	191	105	57	47	27	427	NO		Suples USA	USA
6	Ritchie Januszek	Male Extreme 37 lbs	191	110	53	48	20	422	NO		Escape Fitness	United Kingdom
7	Milko Georgiev	Male Extreme 37 lbs	201	81	61	54	20	417	NO		Suples Bulgaria	Bulgaria
8	Peter Mamaev	Male Extreme 37 lbs	193	90	59	35	21	398	NO		Suples Ireland	Ireland
9	Jackson Duncan	Male Extreme 37 lbs	162	110	34	47	19	372	NO		Suples USA	USA
10	Jaron Chavez	Male Extreme 37 lbs	172	101	50	25	14	362	NO		Suples USA	USA
11	Oscar Leal	Male Extreme 37 lbs	161	80	41	35	16	333	NO		Suples Mexico	Mexico
12	Ramon Fry	Male Extreme 37 lbs	93	73	32	34	18	250	NO		Suples USA	USA
13	Omar Carrillo	Male Extreme 37 lbs	126	56	25	30	8	245	NO			USA

The 2023 Suples Bulgarian Bag Championship Team Title was awarded to **TEAM GRIT!**



YOUNGEST COMPETITOR:
MOST **BROGAN BINGHAM**
EXPERIENCE:

COMPETITOR WITH THE
LIFE

MIKE ROCOLE





Stay tuned for more footage, photos, and videos of
the
2023 Bulgarian Bag Championships!
Thank you once again to all our sponsors and
vendors!



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