



15th Annual NAPF North American Regional Bench Press Championships
 MC Gym Training Center, San Jose, Costa Rica
 October 15-16, 2021



Classic Divisions

Women Classic

Division	Name	Nation	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF + Age Points	Place
52 kg											
Open	Aurora Arias	Costa Rica	51.93	1997	70	-75	75	75	71.882	71.882	1
57 kg											
Open	Jessica Reyes	Mexico	55.67	1983	-70.5	72.5	73.5	73.5	66.514	66.514	1
Junior	Gabriela Rojas	Costa Rica	56.19	2002	55	57.5	60	60	53.920	56.076	1
Master I	Adriana Moreno	Costa Rica	55.86	1976	68.5	71	-73	71	64.087	66.842	1
63 kg											
Open	Jannin Soberanis	Mexico	61.93	1987	-65	65	-70	65	54.774	54.774	1
Open	Michelle Rosa	Costa Rica	58.59	1996	-62.5	-62.5	-62.5	0	0.000	0.000	-
Sub Junior	Abigail Cordoba	Costa Rica	62.48	2003	-62.5	-67.5	70	70	58.686	62.207	1
76 kg											
Junior	Modesta Varillas	Mexico	73.96	1998	95	105	-107.5	105	81.421	81.421	1
Master II	Sonia Ramos	Mexico	72.51	1970	60	62.5	-65	62.5	48.826	56.003	1
84 kg											
Master III	Janine Wheeler	Canada	81.47	2060	55	60	-65	60	0.000	0.000	1
Men Classic											
Division	Name	Nation	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF + Age Points	Place
66 kg											
Open	Diego Lopez	Mexico	65.01	1996	120	-125	-125	120	68.629	68.629	1
83 kg											
Open	Jonathan Losa	US Virgin Islands	82.45	1982	185	-195	195	195	98.282	98.282	1
Open	Michel J. Vasquez	Guatemala	80.89	1987	155	160	-165	160	81.439	81.439	2
Open	Esteban Navarro	Costa Rica	77.58	2004	145	152.5	-157.5	152.5	79.327	85.673	3
Open	Byron Vargas	Costa Rica	82.33	2000	140	-145	145	145	73.136	74.599	4
93 kg											
Open	Sumeet Sharma	Canada	91.23	1986	150	157.5	-165	157.5	75.434	75.434	1
Open	Leonardo Quiros	Costa Rica	88.98	1984	122.5	127.5	132.5	132.5	64.253	64.253	2
105 kg											
Open	David Bolanos	Costa Rica	98.07	1992	180	-185	185	185	85.543	85.543	1
Open	Esteban Rodriguez	Costa Rica	103.39	1993	177.5	-185	-185	177.5	80.051	80.051	2
Sub Junior	Aldo Valverde	Costa Rica	102.53	2004	125	132.5	-136	132.5	59.990	64.790	1
120 kg											
Open	Luciano Delorenzi	Costa Rica	119.76	1991	192.5	203	206	206	86.982	86.982	1
Master I	Felix Mendez	Puerto Rico	115.11	1972	-160	160	162.5	162.5	69.805	77.693	1

Equipped Divisions

Women Equipped

Division	Name	Nation	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF + Age Points	Place
52 kg											
Open	Maria J. Barquero	Costa Rica	50.00	1998	-85	85	-97.5	85	60.882	60.882	1
57 kg											
Open	Jessica Reyes	Mexico	56.25	1983	102.5	-110	-110	102.5	66.818	66.818	1
Junior	Laura Rojas	Costa Rica	54.33	1998	-65	65	72.5	72.5	48.517	48.517	1
63 kg											
Open	Allison Duffett	Canada	61.60	1984	87.5	92.5	-95	92.5	56.627	56.627	1
69 kg											
Master I	Amy Suzan	US Virgin Islands	67.67	1976	90	95	-97.5	95	54.946	57.308	1
Master II	Kim Wilson	US Virgin Islands	66.64	1968	-75	75	77.5	77.5	45.217	53.537	1
Men Equipped											
Division	Name	Nation	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF + Age Points	Place
83 kg											
Open	Michel J. Vasquez	Guatemala	81.47	1987	175	180	-187.5	180	64.935	64.935	1
93 kg											
Junior	Andres Soto	Costa Rica	90.70	1999	-172.5	172.5	185	185	62.111	62.732	1
Master II	Leonel Villavicencio	Costa Rica	87.17	1969	150	157.5	167.5	167.5	57.661	67.175	1
105 kg											
Open	Luis C. Carballo	Costa Rica	99.25	1993	175	180	-195	180	57.451	57.451	1
Open	Jorge Acuna	Costa Rica	103.66	1983	-140	140	-150	140	43.733	43.733	2
120 kg											
Open	Michael Fernandez	Costa Rica	119.89	1982	240	255	265	265	77.982	77.982	1
Open	Luis Mejia	Costa Rica	118.36	1995	-160	160	-180	160	47.299	47.299	2
120+ kg											
Open	Carlos M. Campos	Costa Rica	140.30	1979	305	-351	-351	305	85.712	87.426	1
Master II	Ruben Hernandez	Mexico	123.11	1969	150	160	170	170	49.577	57.758	1

