

3rd IPF/NAPF/FESUPO Pan-American Regional Bench Press Championships  
Road Town, Tortola, British Virgin Islands / October 7 - 9, 2010

Bench Press Results Name	Team	Div	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	YOB	Age Coeff	BP-1	BP-2	BP-3	Best BP	(1) Best BP	(2) Wilks Pts	(3) Wilks	Age-Code	PI-Code	PI-Div- WtCls-Evt	USAPL Number
Frances Baez	PUR	F-JP	48	48	4	1.3244	1988	2.05	45	-55	-55	45	45	<b>59.598</b>	122.176	2		1-F-JP-BP	
Jen Maduro	IVB	F-JP	97.2	90+	19	0.8399	1990	2.05	45	50	-52.5	50	50	<b>41.995</b>	86.090	2		2-F-JP-BP	
Frances Baez	PUR	F-OP	48	48	4	1.3244	1988	2.05	45	-55	-55	45	<b>45</b>	59.598	122.176	1		1-F-OP-48-BP	
Gladys Serrano	PUR	F-OP	48.1	52	7	1.3224	1984	2.05	60	67.5	72.5	72.5	<b>72.5</b>	95.874	196.542	1		1-F-OP-52-BP	
Irani Rodriguez Barbosa	BRA	F-OP	59.5	60	10	1.1221	1986	2.05	-95	95	-102.5	95	<b>95</b>	106.599	218.529	1		1-F-OP-60-BP	
Rebekah Lair	USA	F-OP	85.1	90	18	0.8861	1976	2.05	100	110	-127.5	110	<b>110</b>	97.471	199.816	1		1-F-OP-90-BP	
Jen Maduro	IVB	F-OP	97.2	90+	19	0.8399	1990	2.05	45	50	-52.5	50	<b>50</b>	41.995	86.090	1		1-F-OP-90+-BP	

Best Lifters	Wilks	Div
Frances Baez	59.598	Junior
Irani Rodriguez Barbosa	106.599	Open

Teams		
Country	Pos	Pts
Puerto Rico	1	24
Brazil	2	12
USA	3	12
British Virgin Islands	4	12

Side Referee

Chief Referee

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Omosho Yearwood	IVB	M-OPR	89.7	90	25	0.6395	1977	2.05	142.5	147.5	155	155	155	99.123	203.201	1	1-M-OPR-90-BP	
Dimari Thomas	IVB	M-SJP	66.7	67.5	32	0.7785	1993	2.05	60	85	90	90	90	70.065	143.633	2	1-M-SJP-BP	
James Bardley	USA	M-JP	79	82.5	40	0.6882	1988	2.05	150	155	162.5	162.5	162.5	111.832	229.257	2	1-M-JP-BP	
Mark Kendall	IVB	M-JP	79.6	82.5	37	0.6849	1987	2.05	125	135	-142.5	135	135	92.461	189.546	2	2-M-JP-BP	
Rico Penn	IVB	M-JP	130.7	125+	52	0.5651	1989	2.05	135	-445	147.5	147.5	147.5	83.352	170.872	2	1-M-JP-BP	
Aaron Guishard	IVB	M-JP	84	90	34	0.6628	1989	2.05	102.5	117.5	-132.5	117.5	117.5	77.879	159.652	2	2-M-JP-BP	
James Ragnauth	IVB	M-JP	88.2	90	23	0.6451	1988	2.05	95	-440	110	110	110	70.961	145.470	2	3-M-JP-BP	
Chris Calvano	USA	M-M1P	107.9	110	46	0.5921	1969	2.05	240	-250	-250	240	240	142.104	291.313	2	1-M-M1P-BP	
Orlando Blas	PUR	M-M1P	99	100	30	0.6111	1969	2.05	-200	-200	200	200	200	122.220	250.551	2	2-M-M1P-BP	
Naval Richards	IVB	M-M1P	74.4	75	27	0.7166	1967	2.05	-125	132.5	145	145	145	103.907	213.009	2	1-M-M1P-BP	
Jonathan Joseph	ISV	M-M1P	67.6	75	22	0.7701	1963	2.05	97.5	105	-107.5	105	105	80.860	165.764	2	2-M-M1P-BP	
Demetrius Maoury	USA	M-M1P	74.2	75	33	0.7179	1966	2.05	-495	-495	-495	0	0	0.000	0.000	2		
Doug Currence	USA	M-M2P	108.1	110	40	0.5917	1959	2.05	205	217.5	222.5	222.5	222.5	131.653	269.889	2	1-M-M2P-BP	
Hugo Velazquez	CRC	M-M2P	124.7	125	56	0.5701	1959	2.05	175	195	-205	195	195	111.170	227.897	2	2-M-M2P-BP	
Miroslav Koprnicky	CAN	M-M2P	98	100	32	0.6136	1951	2.05	-475	175	-480	175	175	107.380	220.129	2	3-M-M2P-BP	
Jim Bardsley	USA	M-M2P	85.3	90	26	0.657	1959	2.05	150	155	160	160	160	105.120	215.496	2	4-M-M2P-BP	
Winston Spooner	IVB	M-M2P	70.5	75	31	0.7453	1952	2.05	-400	70	80	80	80	59.624	122.229	2	1-M-M2P-BP	
Serafin Rocha	BRA	M-M3P	116.8	125	51	0.5787	1948	2.05	150	160	-170	160	160	92.592	189.814	2	1-M-M3P-BP	
Raghunauth Boodram	IVB	M-OP	54.8	56	25	0.93	1984	2.05	-62.5	67.5	-72.5	67.5	67.5	62.775	128.689	1	1-M-OP-56-BP	
Eric Oishi	BRA	M-OP	67.3	67.5	28	0.7729	1979	2.05	180	-490	-497.5	180	180	139.122	285.200	1	1-M-OP-67.5-BP	
Carlo Melendez	PUR	M-OP	73.1	75	30	0.7256	1983	2.05	-172.5	-172.5	172.5	172.5	172.5	125.166	256.590	1	1-M-OP-75-BP	
Naval Richards	IVB	M-OP	74.4	75	27	0.7166	1967	2.05	-125	132.5	145	145	145	103.907	213.009	1	2-M-OP-75-BP	
Jonathan Joseph	ISV	M-OP	67.6	75	22	0.7701	1963	2.05	97.5	105	-107.5	105	105	80.860	165.764	1	3-M-OP-75-BP	
Demetrius Maoury	USA	M-OP	74.2	75	33	0.7179	1966	2.05	-495	-495	-495	0	0	0.000	0.000	1		
James Bardley	USA	M-OP	79	82.5	40	0.6882	1988	2.05	150	155	162.5	162.5	162.5	111.832	229.257	1	1-M-OP-82.5-BP	
Mark Kendall	IVB	M-OP	79.6	82.5	37	0.6849	1987	2.05	125	135	-142.5	135	135	92.461	189.546	1	2-M-OP-82.5-BP	
Vernon Benons	IVB	M-OP	76.9	82.5	39	0.7005	1975	2.05	90	107.5	115	115	115	80.558	165.143	1	3-M-OP-82.5-BP	
Jim Bardsley	USA	M-OP	85.3	90	26	0.657	1959	2.05	150	155	160	160	160	105.120	215.496	1	1-M-OP-90-BP	
Danley Anderson	IVB	M-OP	88.3	90	45	0.6447	1980	2.05	142.5	147.5	-155	147.5	147.5	95.093	194.941	1	2-M-OP-90-BP	
Kevin Gibson	IVB	M-OP	87.2	90	27	0.6491	1978	2.05	140	145	-155	145	145	94.120	192.945	1	3-M-OP-90-BP	

Side Referee

Chief Referee

Side Referee

Clint Poore	USA	M-OP	98.2	100	37	0.6131	1973	2.05	182.5	222.5	230	230	<b>230</b>	141.013	289.077	1	1-M-OP-100-BP
Orlando Blas	PUR	M-OP	99	100	30	0.6111	1969	2.05	-200	-200	200	200	<b>200</b>	122.220	250.551	1	2-M-OP-100-BP
Miroslav Koprnicky	CAN	M-OP	98	100	32	0.6136	1951	2.05	-475	175	-480	175	<b>175</b>	107.380	220.129	1	3-M-OP-100-BP
Sydney James	IVB	M-OP	93.4	100	31	0.6269	1971	2.05	142.5	-147.5	-147.5	142.5	<b>142.5</b>	89.333	183.133	1	4-M-OP-100-BP
Ortega Santana	IVB	M-OP	93.8	100	36	0.6257	1979	2.05	95	102.5	115	115	<b>115</b>	71.955	147.509	1	5-M-OP-100-BP
Chris Calvano	USA	M-OP	107.9	110	46	0.5921	1969	2.05	240	-250	-250	240	<b>240</b>	142.104	291.313	1	1-M-OP-110-BP
Doug Currence	USA	M-OP	108.1	110	40	0.5917	1959	2.05	205	217.5	222.5	222.5	<b>222.5</b>	131.653	269.889	1	2-M-OP-110-BP
Harold Millan	PUR	M-OP	108	110	41	0.5919	1973	2.05	190	202.5	0	202.5	<b>202.5</b>	119.860	245.712	1	3-M-OP-110-BP
Shaun Bales	USA	M-OP	123.5	125	50	0.5713	1979	2.05	240	245	-260	245	<b>245</b>	139.969	286.935	1	1-M-OP-125-BP
Antonio Gonzalez	PUR	M-OP	110.1	125	44	0.5883	1971	2.05	200	202.5	-245	202.5	<b>202.5</b>	119.131	244.218	1	2-M-OP-125-BP
Hugo Velazquez	CRC	M-OP	124.7	125	56	0.5701	1959	2.05	175	195	-205	195	<b>195</b>	111.170	227.897	1	3-M-OP-125-BP
Serafin Rocha	BRA	M-OP	116.8	125	51	0.5787	1948	2.05	150	160	-170	160	<b>160</b>	92.592	189.814	1	4-M-OP-125-BP
John Bogart	USA	M-OP	131.2	125+	57	0.5647	1971	2.05	315	-360.5	-360.5	315	<b>315</b>	177.881	364.655	1	1-M-OP-125+-BP
Lazaro Nieves	PUR	M-OP	126.2	125+	53	0.5688	1977	2.05	200	215	230	230	<b>230</b>	130.824	268.189	1	2-M-OP-125+-BP
Cliff Williams	IVB	M-OP	130.4	125+	49	0.5653	1973	2.05	175	185	190	190	<b>190</b>	107.407	220.184	1	3-M-OP-125+-BP
Rico Penn	IVB	M-OP	130.7	125+	52	0.5651	1989	2.05	135	-145	147.5	147.5	<b>147.5</b>	83.352	170.872	1	4-M-OP-125+-BP

Best Lifters	Wilks	Div
James Bardsley	111.832	Junior
Chris Calvano	142.104	Master
John Bogart	177.881	Open

Teams		
Country	Pos	Pts
USA	1	60
British Virgin Islands	2	55
Puerto Rico	3	47
Brazil	4	19
Costa Rica	5	8
Canada	6	8
US Virgin Islands	7	8

Side Referee

Chief Referee

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