

20-NOV-15

10th Annual NAPF North American Regional Bench Press Championships

20-NOV-15		10th Annual NAPF North American Regional Bench Press Championships											
Bench Press Results Name	Team	Div	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	YOB	BP-1	BP-2	BP-3	(1) Best BP	(2) Wilks Pts	Pl-Div- WtCls-Evt
Masters 2 Classic													
Lynne Renshaw	USA	F-MCI	66.7	72	25	1.02939999	1956	70	75	77.5	77.5	79.778	1-F-MCI-BP
Sherry Weaver	USA	F-MCI	112.1	84+	12	0.80989999	1964	62.5	70	77.5	77.5	62.767	2-F-MCI-BP
Rosa Taveras	PUR	F-MCI	80.2	84	7	0.91369998	1961	47.5	52.5	-55	52.5	47.969	3-F-MCI-BP
Junior Classic													
Valeria Pacheco	PUR	F-JCI	59.1	63	20	1.12810004	1997	-50	55	-70	55	62.046	1-F-JCI-BP
Sub-junior Classic													
Andrea Flores	PUR	F-SjCI	62.2	63	18	1.08440006	1999	42.5	47.5	-52.5	47.5	51.509	1-F-SjCI-BP
Open Classic - 52 kg													
Adriana Moreno	CRC	F-Ocl	51.4	52	8	1.25779998	1976	55	60	62.5	62.5	78.612	1-F-Ocl-52-BP
Kattya Navarro	CRC	F-Ocl	51.2	52	9	1.26160002	1983	25	27.5	-30	27.5	34.694	2-F-Ocl-52-BP
Open Classic - 57 kg													
Kimberly Muñiz	USA	F-Ocl	55.3	57	12	1.18830001	1979	70	75	-77.5	75	89.123	1-F-Ocl-57-BP
Karen Backenstose	USA	F-Ocl	56.2	57	14	1.17330003	1976	57.5	62.5	-67.5	62.5	73.331	2-F-Ocl-57-BP
Open Classic - 63 kg													
Karina Campos Murillo	CRC	F-Ocl	61.7	63	19	1.09109998	1978	70	-75	75	75	81.832	1-F-Ocl-63-BP
Valeria Pacheco	PUR	F-Ocl	59.1	63	20	1.12810004	1997	-50	55	-70	55	62.046	2-F-Ocl-63-BP
Andrea Flores	PUR	F-Ocl	62.2	63	18	1.08440006	1999	42.5	47.5	-52.5	47.5	51.509	3-F-Ocl-63-BP
Open Classic - 72 kg													
Ericka Cespedes Marozzi	CRC	F-Ocl	70.2	72	24	0.99290001	1984	72.5	77.5	80	80	79.432	1-F-Ocl-72-BP
Open Classic - 84 kg													
Marjorie Mesen Porras	CRC	F-Ocl	82.3	84	6	0.90109998	1986	72.5	77.5	80	80	72.088	1-F-Ocl-84-BP
Mariel Mercado	PUR	F-Ocl	74.3	84	4	0.95630002	1980	70	75	-77.5	75	71.723	2-F-Ocl-84-BP
Rosa Taveras	PUR	F-Ocl	80.2	84	7	0.91369998	1961	47.5	52.5	-55	52.5	47.969	3-F-Ocl-84-BP

Side Referee: Alex Alvarado

Chief Referee: Don McElarvy

Side Referee: Robert Massey

20-NOV-15

10th Annual NAPF North American Regional Bench Press Championships

Masters 3&4 Equipped													
Helen White	USA	F-M	61.5	63	21	1.09389997	1945	65	70	-75	70	76.573	1-F-M-BP
Norma Rodriguez	PUR	F-M	50	52	7	1.28460002	1949	37.5	42.5	45	45	57.807	2-F-M-BP
Master 1 Equipped													
Norma Nieves	PUR	F-M	81.8	84	5	0.90399998	1970	125	130	135	135	122.040	1-F-M-BP
Junior Equipped													
Kristzia Nieves	PUR	F-J	64	72	27	1.06130004	1996	70	-75.5	-75.5	70	74.291	1-F-J-BP
Open Equipped - 47 kg													
Maria Luisa Vasquez Sique	PUR	F-O	46.8	47	4	1.34899998	1983	93	97.5	-100.5	97.5	131.527	1-F-O-47-BP
Open Equipped - 52 kg													
Adriana Moreno	CRC	F-O	51.4	52	8	1.25779998	1976	55	60	62.5	62.5	78.612	1-F-O-52-BP
Norma Rodriguez	PUR	F-O	50	52	7	1.28460002	1949	37.5	42.5	45	45	57.807	2-F-O-52-BP
Open Equipped - 57 kg													
Mariselys Chaparro	PUR	F-O	56.4	57	13	1.17009997	1989	85	90	92.5	92.5	108.234	1-F-O-57-BP
Open Equipped - 63 kg													
Nora Montilla	CRC	F-O	62	63	17	1.08710003	1977	35	55	57.5	57.5	62.508	1-F-O-63-BP
Open Equipped - 72 kg													
Ericka Cespedes Marozzi	CRC	F-O	70.2	72	24	0.99290001	1984	72.5	77.5	80	80	79.432	1-F-O-72-BP
Kristzia Nieves	PUR	F-O	64	72	27	1.06130004	1996	70	-75.5	-75.5	70	74.291	2-F-O-72-BP
Open Equipped - 84 kg													
Norma Nieves	PUR	F-O	81.8	84	5	0.90399998	1970	125	130	135	135	122.040	1-F-O-84-BP
Marjorie Mesen Porras	CRC	F-O	82.3	84	6	0.90109998	1986	72.5	77.5	80	80	72.088	2-F-O-84-BP
Open Equipped - 84+ kg													
Joan Baez	PUR	F-O	100.6	84+	11	0.83109999	1986	-117.5	122.5	130	130	108.043	1-F-O-84+-BP

Best Lifters Awards			
Name	Div	Team	Wilks Pts
Valeria Pacheco	Classic Junior	PUR	62.046
Lynne Renshaw	Classic Master	USA	79.778
Kimberly Muñiz	Classic Open	USA	89.123
Kristzia Nieves	Equipped Junior	PUR	74.291
Norma Nieves	Equipped Master	PUR	122.040
Maria Luisa Vasquez Sique	Equipped Open	PUR	131.527

Team Awards					
Open Classic			Open Equipped		
Team	Position	Points	Team	Position	Points
CRC	1	57=12+12+12+12+9	PUR	1	57=12+12+12+12+9
PUR	2	32=9+9+7+7	CRC	2	45=12+12+12+9
USA	3	21=12+9			

Countries	
CRC	Costa Rica
PUR	Puerto Rico
USA	United States of America

Side Referee: Alex Alvarado

Chief Referee: Don McElarvy

Side Referee: Robert Massey

20,21-NOV-15

10th Annual NAPF North American Regional Bench Press Championships

20,21-NOV-2015	10th Annual NAPF North American Regional Bench Press Championships												
Bench Press Results Name	Team	Div	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	YOB	BP-1	BP-2	BP-3	(1) Best BP	(2) Wilks Pts	PI-Div- WtCls-Evt
Masters 4 Classic													
Thomas M. Settles	USA	M-M4CI	81.3	83	10	0.67589998	1944	125	132.5	135	135	91.246	1-M-M4CI-BP
John Moore	USA	M-M4CI	100.2	105	8	0.6081	1937	115	120	-125	120	72.972	2-M-M4CI-BP
Samuel Penner	USA	M-M4CI	78.5	83	6	0.69099998	1930	72.5	77.5	-82.5	77.5	53.552	3-M-M4CI-BP
Masters 3 Classic													
Mel Tatsumi	USA	M-M3CI	55.1	59	32	0.92500001	1948	62.5	70	-72.5	70	64.750	1-M-M3CI-BP
Masters 2 Classic													
Roger Kevin Gehrt	USA	M-M2CI	101.7	105	10	0.60460001	1964	155	157.5	167.5	167.5	101.271	1-M-M2CI-BP
Luis Rojas	CRC	M-M2CI	78	83	4	0.69389999	1961	130	-140	152.5	130	90.207	2-M-M2CI-BP
Anthony Torres	PUR	M-M2CI	74.8	83	8	0.71390003	1964	85	95	105	105	74.960	3-M-M2CI-BP
Guillermo Bairon	PUR	M-M2CI	70.8	74	26	0.74299997	1961	-70	70	77.5	77.5	57.582	4-M-M2CI-BP
Masters 1 Classic													
Dennis Cieri	USA	M-M1CI	92.9	93	19	0.62849998	1968	220	227.5	230	230	144.555	1-M-M1CI-BP
Michael DeCarlo	USA	M-M1CI	58.4	59	30	0.87449998	1972	100	-110	-110	100	87.450	2-M-M1CI-BP
Junior Classic - Group A													
Jesús Torres	PUR	M-JCIA	76.1	83	11	0.70550001	1995	87.5	92.5	-100	92.5	65.259	1-M-JCIA-BP
Kristian Cuevas	PUR	M-JCIA	64	66	21	0.8057	1992	70	77.5	-82.5	77.5	62.442	2-M-JCIA-BP
Junior Classic - Group B													
Luis A. Padilla	PUR	M-JCIB	99.7	105	9	0.60930002	1994	150	160	167.5	167.5	102.058	1-M-JCIB-BP
Adrian López Prendas	CRC	M-JCIB	89	93	18	0.64209998	1993	130	137.5	-142.5	137.5	88.289	2-M-JCIB-BP
Sub-junior Classic - Group A													
Germán Crespo	PUR	M-SjCIA	45.4	59	15	1.14110005	1998	45	50	-52.5	50	57.055	1-M-SjCIA-BP
Javier Torres	PUR	M-SjCIA	45	59	17	1.15310001	1999	30	32.5	42.5	42.5	49.007	2-M-SjCIA-BP
Sub-junior Classic - Group B													
Ben Friel	USA	M-SjCIB	61.8	66	22	0.83050001	2000	67.5	75	-83	75	62.288	1-M-SjCIB-BP
Wilarmando Echevarría	PUR	M-SjCIB	76.5	83	12	0.70289999	1997	60	70	-75	70	49.203	2-M-SjCIB-BP
Open Classic - 59 kg													
Michael DeCarlo	USA	M-Ocl	58.4	59	30	0.87449998	1972	100	-110	-110	100	87.450	1-M-Ocl-59-BP
Doel Cotte	PUR	M-Ocl	58.8	59	31	0.8689	1981	85	92.5	-97.5	92.5	80.373	2-M-Ocl-59-BP
Mel Tatsumi	USA	M-Ocl	55.1	59	32	0.92500001	1948	62.5	70	-72.5	70	64.750	3-M-Ocl-59-BP
Open Classic - 66 kg													
Raymond Diaz	PUR	M-Ocl	64.6	66	23	0.79930001	1985	112.5	-117.5	-117.5	112.5	89.921	1-M-Ocl-66-BP
Kristian Cuevas	PUR	M-Ocl	64	66	21	0.8057	1992	70	77.5	-82.5	77.5	62.442	2-M-Ocl-66-BP
Ben Friel	USA	M-Ocl	61.8	66	22	0.83050001	2000	67.5	75	-83	75	62.288	3-M-Ocl-66-BP

Side Referee: Alex Alvarado (1st day), Joan Báez (2nd day)

Chief Referee: Don McElravy

Side Referee: Robert Massey

20,21-NOV-15

10th Annual NAPF North American Regional Bench Press Championships

Open Classic - 83 kg													
Francisco Lara	CRC	M-Ocl	82.1	83	13	0.67189997	1979	-135	135	140	140	94.066	1-M-Ocl-83-BP
Thomas M. Settles	USA	M-Ocl	81.3	83	10	0.67589998	1944	125	132.5	135	135	91.246	2-M-Ocl-83-BP
Nelson Viera	PUR	M-Ocl	82.8	83	14	0.66850001	1991	130	135	-142.5	135	90.248	3-M-Ocl-83-BP
Samuel Penner	USA	M-Ocl	78.5	83	6	0.69099998	1930	72.5	77.5	-82.5	77.5	53.552	4-M-Ocl-83-BP
Open Classic - 93 kg													
Dennis Cieri	USA	M-Ocl	92.9	93	19	0.62849998	1968	220	227.5	230	230	144.555	1-M-Ocl-93-BP
LS McClain	USA	M-Ocl	92.7	93	24	0.62919998	1978	207.5	217.5	227.5	227.5	143.143	2-M-Ocl-93-BP
Kevin Ramirez Vindas	CRC	M-Ocl	92	93	22	0.63150001	1990	165	175	-180	175	110.513	3-M-Ocl-93-BP
Adrian López Prendas	CRC	M-Ocl	89	93	18	0.64209998	1993	130	137.5	-142.5	137.5	88.289	4-M-Ocl-93-BP
Open Classic - 105 kg													
Luis A. Padilla	PUR	M-Ocl	99.7	105	9	0.60930002	1994	150	160	167.5	167.5	102.058	1-M-Ocl-105-BP
Roger Kevin Gehrt	USA	M-Ocl	101.7	105	10	0.60460001	1964	155	157.5	167.5	167.5	101.271	2-M-Ocl-105-BP
Carlos Manuel Campos	CRC	M-Ocl	104.7	105	4	0.59820002	1979	150	-157.5	-160	150	89.730	3-M-Ocl-105-BP
John Moore	USA	M-Ocl	100.2	105	8	0.6081	1937	115	120	-125	120	72.972	4-M-Ocl-105-BP
Open Classic - 120 kg													
Angel Meléndez	PUR	M-Ocl	113.5	120	19	0.58310002	1991	150	162.5	172.5	172.5	100.585	1-M-Ocl-120-BP
Jonathan Ramirez	MEX	M-Ocl	116.3	120	15	0.57929999	1979	155	165	170	170	98.481	2-M-Ocl-120-BP
Open Classic - 120+ kg													
Gabriel Méndez	PUR	M-Ocl	124.7	120+	27	0.57010001	1989	187.5	-190	-190	187.5	106.894	1-M-Ocl-120+-BP
Masters 3 Equipped													
Isidro César Torres	PUR	M-M3	73	74	25	0.72640002	1951	115	122.5	127.5	127.5	92.616	1-M-M3-BP
Masters 2 Equipped - Group A													
Cruz Rodríguez	PUR	M-M2A	65.2	66	20	0.79320002	1959	142.5	150	160	160	126.912	1-M-M2A-BP
Luis Rojas	CRC	M-M2A	78	83	4	0.69389999	1961	130	-140	-152.5	130	90.207	2-M-M2A-BP
Wesley Kipp	USA	M-M2A	82.6	83	5	0.66939998	1962	-212.5	-212.5		0	0.000	
Masters 2 Equipped - Group B													
Thomas Cencich	USA	M-M2B	87.5	93	20	0.64789999	1960	175	185	195	195	126.340	1-M-M2B-BP
Serhey Shadyun	USA	M-M2B	113.8	120	18	0.58270001	1957	160	170	-187.5	170	99.059	2-M-M2B-BP
Masters 1 Equipped - Group A													
Don Wilson	USA	M-M1A	102.5	105	5	0.60280001	1968	220	-225	-225	220	132.616	1-M-M1A-BP
Héctor Santiago	PUR	M-M1A	82.5	83	15	0.6699	1972	140	147.5	-152.5	147.5	98.810	2-M-M1A-BP
Masters 1 Equipped - Group B													
Alex Alvarado	PUR	M-M1B	112.1	120	16	0.58520001	1974	190	202.5	207.5	207.5	121.429	1-M-M1B-BP
Antonio P. Rodríguez	PUR	M-M1B	133.5	120+	25	0.56300002	1968	200	210	-217.5	210	118.230	2-M-M1B-BP

Side Referee: Alex Alvarado (1st day), Joan Báez (2nd day)

Chief Referee: Don McElravy

Side Referee: Robert Massey

20,21-NOV-15

10th Annual NAPF North American Regional Bench Press Championships

Junior Equipped													
Christian Serrano	PUR	M-J	73.7	74	30	0.72140002	1995	155	160	162.5	162.5	117.228	1-M-J-BP
Jorge Alonso Fonseca López	CRC	M-J	81.9	83	7	0.67290002	1995	130	140	145	145	97.571	2-M-J-BP
Sub-junior Equipped - Group A													
Obryan Rodríguez	PUR	M-SjA	73.6	74	28	0.72210002	1997	125	130	132.5	132.5	95.678	1-M-SjA-BP
Angel Rodríguez	PUR	M-SjA	50.8	59	16	1.00580001	1997	62.5	-67.5	67.5	67.5	67.892	2-M-SjA-BP
Eliot Crespo	PUR	M-SjA	78.6	83	9	0.69050002	1998	85	92.5	97.5	97.5	67.324	3-M-SjA-BP
Sub-junior Equipped -													
Brian J. Hernández	PUR	M-SjB	103.1	105	7	0.60149997	1997	145	152.5	157.5	157.5	94.736	1-M-SjB-BP
Michael J. Correa	PUR	M-SjB	87.7	93	23	0.64709997	1997	-117.5	-120	120	120	77.652	2-M-SjB-BP
Open Equipped - 59 kg													
Iván Cancel	PUR	M-O	58.8	59	33	0.8689	1982	153	-160	160	160	139.024	1-M-O-59-BP
Open Equipped - 66 kg													
Cruz Rodríguez	PUR	M-O	65.2	66	20	0.79320002	1959	142.5	150	160	160	126.912	1-M-O-66-BP
Open Equipped - 74 kg													
Christian Serrano	PUR	M-O	73.7	74	30	0.72140002	1995	155	160	162.5	162.5	117.228	1-M-O-74-BP
Alvaro Mauricio Mejia	CRC	M-O	73.2	74	27	0.72490001	1981	-155	155	-160	155	112.360	2-M-O-74-BP
Leonardo Rios	PUR	M-O	70.1	74	29	0.74860001	1981	147.5	152.5	-155	152.5	114.162	3-M-O-74-BP
Open Equipped - 83 kg													
Héctor Santiago	PUR	M-O	82.5	83	15	0.6699	1972	140	147.5	-152.5	147.5	98.810	1-M-O-83-BP
Jorge Alonso Fonseca López	CRC	M-O	81.9	83	7	0.67290002	1995	130	140	145	145	97.571	2-M-O-83-BP
Luis Rojas	CRC	M-O	78	83	4	0.69389999	1961	130	-140	-152.5	130	90.207	3-M-O-83-BP
Wesley Kipp	USA	M-O	82.6	83	5	0.66939998	1962	-212.5	-212.5	-212.5	0	0.000	
Open Equipped - 93 kg													
Thomas Cencich	USA	M-O	87.5	93	20	0.64789999	1960	175	185	195	195	126.340	1-M-O-93-BP
Cristian Matarrita	CRC	M-O	91.3	93	21	0.63380003	1984	-162.5	-162.5	162.5	162.5	102.993	2-M-O-93-BP
Open Equipped - 105 kg													
Don Wilson	USA	M-O	102.5	105	5	0.60280001	1968	220	-225	-225	220	132.616	1-M-O-105-BP
Michael Fernandez Barrantes	CRC	M-O	104.8	105	6	0.59799999	1982	195	-205	-222.5	195	116.610	2-M-O-105-BP
Brian J. Hernández	PUR	M-O	103.1	105	7	0.60149997	1997	145	152.5	157.5	157.5	94.736	3-M-O-105-BP
Carlos Manuel Campos	CRC	M-O	104.7	105	4	0.59820002	1979	150	-157.5	-160	150	89.730	4-M-O-105-BP
Open Equipped - 120 kg													
Carlos Rivera	PUR	M-O	118.8	120	14	0.57630002	1982	270	280	287.5	287.5	165.686	1-M-O-120-BP
Ryan Gill	USA	M-O	117.6	120	17	0.57770002	1976	-262.5	262.5	265	265	153.091	2-M-O-120-BP
Serhey Shadyun	USA	M-O	113.8	120	18	0.58270001	1957	160	170	-187.5	170	99.059	3-M-O-120-BP
Open Equipped - 120+ kg													
Victor Matarrita Montenegro	CRC	M-O	139	120+	26	0.55940002	1979	200	-212.5	220	220	123.068	1-M-O-120+-BP
Angel Sánchez	PUR	M-O	121.4	120+	24	0.57340002	1976	-205	210	-217.5	210	120.414	2-M-O-120+-BP

Side Referee: Alex Alvarado (1st day), Joan Báez (2nd day)

Chief Referee: Don McElravy

Side Referee: Robert Massey

20,21-NOV-15

10th Annual NAPF North American Regional Bench Press Championships

Best Lifters Awards			
Name	Div	Team	Wilks Pts
Luis A. Padilla	Classic Junior	PUR	102.058
Dennis Cieri	Classic Master	USA	144.555
Dennis Cieri	Classic Open	USA	144.555
Christian Serrano	Equipped Junior	PUR	97.571
Don Wilson	Equipped Master	USA	132.616
Carlos Rivera	Equipped Open	PUR	165.686

Team Awards					
Open Classic			Open Equipped		
Team	Position	Points	Team	Position	Points
PUR	1	57=12+12+12+12+9	PUR	1	60=12+12+12+12+12
USA	2	51=12+12+9+9+9	CRC	2	48=12+9+9+9+9
CRC	3	35=12+8+8+7	USA	3	41=12+12+9+8
MEX	4	9=9			

Countries	
CRC	Costa Rica
MEX	Mexico
PUR	Puerto Rico
USA	United States of America

Side Referee: Alex Alvarado (1st day), Joan Báez (2nd day)

Chief Referee: Don McElravy

Side Referee: Robert Massey