

**7th NAPF / FESUPO Pan-American Regional Bench Press Championships and
13th Annual NAPF North American Regional Bench Press Championships**
October 26-27, 2018 - San José, Costa Rica

Raw/Classic Results

Division	Name	Team	Body Weight	Bench 1	Bench 2	Bench 3	Best Bench	Wilks Points	Wilks + Age Points	Place
Women Classic										
47 kg										
Junior	Maria Jose Barquero	COSTA RICA	46.22	42.5	45	47.5	47.5	64.652	64.652	1
Master IV	Susan Elwyn	USA	46.8	35	-40.5	-40.5	35	47.216	47.216	1
52 kg										
Open	Maura Shuttleworth	USA	51.39	72.5	-77.5	77.5	77.5	97.497	97.497	1
Open	Jessica Reyes	MEXICO	51.89	-72.5	75	-77.5	75	93.651	93.651	2
Junior	Aurora Arias Blanco	COSTA RICA	50.28	50	55	60	60	76.752	76.752	1
Master I	Maura Shuttleworth	USA	51.39	72.5	-77.5	77.5	77.5	97.497	97.497	1
Master IV	Bebe Burns	USA	50.85	32.5	-42.5	-43	32.5	41.218	41.218	1
57 kg										
Open	Adriana Moreno	COSTA RICA	54.68	60	65	67.5	67.5	80.919	80.919	1
Open	Kris Leatherberry	USA	56.03	55	60	-65	60	70.567	70.567	2
Master I	Jodi Funk	USA	56	60	65	68	68	80.009	80.009	1
Master I	Kris Leatherberry	USA	56.03	55	60	-65	60	70.567	70.567	2
63 kg										
Open	Karina Campos Murillo	COSTA RICA	61.46	87.5	92.5	-93.5	92.5	101.233	101.233	1
Open	Jaqueline Barone	USA	62.13	-50	50	-55	50	54.268	54.268	2
Master II	Jaqueline Barone	USA	62.13	-50	50	-55	50	54.268	54.268	1
72 kg										
Open	Mary Catherine Innace	USA	70.53	82.5	85	90	90	89.074	89.074	1
Open	Maria Christina Taccone	CANADA	71.63	80	87.5	-92.5	87.5	85.698	85.698	2
Junior	Kimberly Lara Campos	COSTA RICA	71.34	80	90	95	95	93.297	93.297	1
Master I	Sue Burns	USA	65.23	30	32.5	-42.5	32.5	34.007	34.007	1
Master II	Elizabeth Richardson	USA	70.83	67.5	70	72.5	72.5	71.547	71.547	1
Master II	Deborah Guerra	USA	68.57	52.5	55	60	60	60.556	60.556	2
84 kg										
Open	Tammy Walker	USA	82.99	107.5	112.5	-117.5	112.5	100.937	100.937	1
Open	Dana Sandler	CANADA	82.36	85	90	92.5	92.5	83.321	83.321	2
Junior	Natalie Richardson	USA	78.01	100	105	-110	105	97.467	97.467	1
Master II	Tammy Walker	USA	82.99	107.5	112.5	-117.5	112.5	100.937	100.937	1
Master II	Cindy Amatuzzo	USA	80.54	65	72.5	75	75	68.371	68.371	2
84+ kg										
Open	Jodey Reisz	USA	124.97	120	130	-135	130	103.211	103.211	1
Open	Nicole Botello	USA	103.89	82.5	85	90	90	74.154	74.154	2
Master I	Jodey Reisz	USA	124.97	120	130	-135	130	103.211	103.211	1
Master I	Jade Dickens	USA	119.39	120	127.5	-135	127.5	102.049	102.049	2
Master II	Susan Hines	USA	90.3	70	75	80	80	69.030	69.030	1
Master III	Marsha Morrison	USA	93.8	55	60	65	65	55.266	55.266	1
Men Classic										
59 kg										
Master IV	Mel Tatsumi	USA	56.35	62.5	-72.5	-72.5	62.5	56.552	56.552	1
66 kg										
Open	Chris Aviado	CANADA	64.8	155	165	170.5	170.5	135.932	135.932	1
Open	Henry Brandon Salguero Ramirez	GUATEMALA	65.38	90	100	105	105	83.091	83.091	2
Open	Diego Cortes Benitez	COLOMBIA	63.28	-115	-122.5	-122.5	0.000	0.000	0.000	
Junior	Henry Brandon Salguero Ramirez	GUATEMALA	65.38	90	100	105	105	83.091	83.091	1
Junior	Diego Cortes Benitez	COLOMBIA	63.28	-115	-122.5	-122.5	0.000	0.000	0.000	
Master I	Chris Aviado	CANADA	64.8	155	165	170.5	170.5	135.932	135.932	1
Master IV	Alex Galant	USA	64.13	40	47.5	55	55	44.236	44.236	1
74 kg										
Open	Loc Nguyen	CANADA	73.81	147.5	155	160.5	160.5	115.661	115.661	1
Open	Edward Carrillo	COSTA RICA	70.93	125	135	140	140	103.870	103.870	2
Open	Jack Rubio	USA	73.82	125	130	-137.5	130	93.673	93.673	3
Open	Luis Angel Brenes Guevara	COSTA RICA	73.18	112.5	120	-122.5	120	87.008	87.008	4
Junior	Josue Camacho	COSTA RICA	72.69	95	100	105	105	76.503	76.503	1
Sub-Junior	Phillippe Saravia	COSTA RICA	72.51	120	125	130	130	94.890	94.890	1
Master II	Jack Rubio	USA	73.82	125	130	-137.5	130	93.673	93.673	1
83 kg										
Open	Danilo Ward	COSTA RICA	82.77	165	170	-175	170	113.662	113.662	1
Open	Howard Sturman	USA	82.31	145	152.5	155	155	103.979	103.979	2
Open	Rob Dyke	CANADA	78.68	140	147.5	150	150	103.499	103.499	3
Junior	Nelson Dang	CANADA	81.33	142.5	150	155	155	104.739	104.739	1
Junior	Brandon Cespedes Morales	COSTA RICA	81.24	130	140	-142.5	140	94.667	94.667	2
Sub-Junior	Carlos Daniel Rojas Montero	COSTA RICA	81.65	110	117.5	122.5	122.5	82.579	82.579	1
Master I	Rob Dyke	CANADA	78.68	140	147.5	150	150	103.499	103.499	1
Master I	Robert King	CANADA	82.76	115	125	130	130	86.924	86.924	2
Master II	Howard Sturman	USA	82.31	145	152.5	155	155	103.979	103.979	1
Master IV	Mike Settles	USA	81.37	120	125	127.5	127.5	86.130	86.130	1
Master IV	Sam Penner	USA	76.16	57.5	62.5	-65	62.5	44.067	44.067	2

93 kg										
Open	Dennis Cieri	USA	92.8	220	234.5	-237.5	234.5	147.461	147.461	1
Open	Steven Crane	PUERTO RICO	91.89	147.5	155	-160	155	97.933	97.933	2
Open	Matthew Solano Alfaro	COSTA RICA	85.09	-130	140	150	150	98.692	98.692	3
Junior	Matthew Solano Alfaro	COSTA RICA	85.09	-130	140	150	150	98.692	98.692	1
Sub-Junior	Daniel Velasquez Zuñiga	COSTA RICA	91.12	70	75	85	85	53.928	53.928	1
Master I	Thomas Moviel	USA	91.77	130	162.5	172.5	172.5	109.059	109.059	1
Master II	Dennis Cieri	USA	92.8	220	234.5	-237.5	234.5	147.461	147.461	1
Master II	Steven Crane	PUERTO RICO	91.89	147.5	155	-160	155	97.933	97.933	2
105 kg										
Open	Tony Succarotti	USA	102.7	195	200	-207.5	200	120.472	120.472	1
Open	Clint Poore	USA	104.45	180	182.5	-192.5	182.5	109.256	109.256	2
Open	Joel Gonzalez	PUERTO RICO	94.34	155	165	-175	165	102.961	102.961	3
Master I	Chris Walter	USA	99.92	197.5	205	210	210	127.845	127.845	1
Master I	Clint Poore	USA	104.45	180	182.5	-192.5	182.5	109.256	109.256	2
Master II	Tony Succarotti	USA	102.7	195	200	-207.5	200	120.472	120.472	1
120 kg										
Open	Robert Greer	USA	118.5	192.5	202.5	-205	202.5	116.769	116.769	1
Open	Ryan Gill	USA	118.62	180	195	-207.5	195	112.417	112.417	2
Master I	Ryan Gill	USA	118.62	180	195	-207.5	195	112.417	112.417	1
120+ kg										
Open	Marco Quiros	COSTA RICA	123.18	180	-200	-200	180	102.885	102.885	1
Open	Hugo Bermudez	COSTA RICA	200	100	105	-112.5	105	55.817	55.817	2
Sub-Junior	Hugo Bermudez	COSTA RICA	200	100	105	-112.5	105	55.817	55.817	1
Master II	Hugo Velasquez	COSTA RICA	120.1	130	137.5	142.5	142.5	81.910	81.910	1

Best Lifter Awards:			
	Name	Team	Wilks
CLASSIC WOMEN OPEN BEST LIFTER	Jodey Reisz	USA	103.211
CLASSIC WOMEN SUB JUNIOR/JUNIOR BEST LIFTER	Natalie Richardson	USA	97.467
CLASSIC WOMEN MASTER BEST LIFTER	Jodey Reisz	USA	103.211
CLASSIC MEN OPEN BEST LIFTER	Dennis Cieri	USA	147.461
CLASSIC MEN SUB JUNIOR/JUNIOR BEST LIFTER	Nelson Dang	CANADA	104.739
CLASSIC MEN MASTER BEST LIFTER	Dennis Cieri	USA	147.461

Team Awards:		
Women Classic	Points	Place
USA	12+12+12+12+9 = 57	1st
COSTA RICA	12+12 = 24	2nd
CANADA	9+9 = 18	3rd
MEXICO	9 = 9	4th
Men Classic	Points	Place
USA	12+12+12+9+9 = 54	1st
COSTA RICA	12+12+9+9+8 = 50	2nd
CANADA	12+12+8 = 32	3rd
PUERTO RICO	9+8 = 17	4th
GUATEMALA	9 = 9	5th
COLOMBIA	0 = 0	N/A

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Equipped Results

Division	Name	Team	Body Weight	Bench 1	Bench 2	Bench 3	Best Bench	Wilks Points	Wilks + Age Points	Place
Women Equipped										
47 kg										
Master IV	Susan Elwyn	USA	46.75	40	45.5	-47.5	45.5	61.428	61.428	1
52 kg										
Open	Maura Shuttleworth	USA	51.42	97.5	102.5	105	105	132.034	132.034	1
Open	Jessica Reyes	MEXICO	51.55	95	100	-103	100	125.502	125.502	2
Master I	Maura Shuttleworth	USA	51.42	97.5	102.5	105	105	132.034	132.034	1
Master IV	Bebe Burns	USA	50.72	42.5	-51.5	-51.5	42.5	54.007	54.007	1
57 kg										
Open	Jodi Funk	USA	55.9	82.5	-87.5	-90.5	82.5	97.206	97.206	1
Master I	Jodi Funk	USA	55.9	82.5	-87.5	-90.5	82.5	97.206	97.206	1
63 kg										
Open	Isabelle Iliev	USA	61.41	112.5	120	-130	120	131.411	131.411	1
Master II	Isabelle Iliev	USA	61.41	112.5	120	-130	120	131.411	131.411	1
72 kg										
Open	Genesse Caldero	PUERTO RICO	70.82	110	117.5	125	125	123.368	123.368	1
Open	Laura Rivera	USA	64.76	105	-110	110	110	115.718	115.718	2
Open	Ericka Liliana Davila Carcamo	GUATEMALA	68.85	87.5	95	100	100	100.638	100.638	3
Junior	Ericka Liliana Davila Carcamo	GUATEMALA	68.85	87.5	95	100	100	100.638	100.638	1
Master II	Cynthia Line	USA	70.39	70	75	-77.5	75	74.329	74.329	1
84 kg										
Open	Dana Sandler	CANADA	82.93	-110	110	-117.5	110	98.731	98.731	1
Open	Adriana Vargas	COSTA RICA	83.27	-100	100	-112.5	100	89.567	89.567	2
84+ kg										
Open	Stephanie Dzurak	USA	129.06	182.5	190	197.5	197.5	155.901	155.901	1
Open	Jade Dickens	USA	119.17	182.5	190	195	195	156.127	156.127	2
Open	Joan Baez	PUERTO RICO	103.84	120	130	140	140	115.364	115.364	3
Master I	Jade Dickens	USA	119.17	182.5	190	195	195	156.127	156.127	1
Master I	Rebekah Lair	USA	116.4	177.5	-185	-190	177.5	142.724	142.724	2
Men Equipped										
59 kg										
Open	Arnold Delgadillo	USA	58.87	160	167.5	172.5	172.5	149.722	149.722	1
Junior	Arnold Delgadillo	USA	58.87	160	167.5	172.5	172.5	149.722	149.722	1
74 kg										
Open	Damario Holloway	USA	73.73	-195	-197.5	197.5	197.5	142.434	142.434	1
83 kg										
Open	Tom Cencich	USA	82.44	175	185	-197.5	185	123.987	123.987	1
Open	Robert King	CANADA	82.81	75	160	-165	160	106.945	106.945	2
Open	Esteban Castro	COSTA RICA	78.96	130	140	150	150	103.262	103.262	3
Master I	Robert King	CANADA	82.81	75	160	-165	160	106.945	106.945	1
Master II	Tom Cencich	USA	82.44	175	185	-197.5	185	123.987	123.987	1
Master IV	Mike Settles	USA	81.06	145	150	-161	150	101.567	101.567	1
93 kg										
Open	Nelson I. Viera	PUERTO RICO	90.3	190	200	-210	200	127.464	127.464	1
Open	Thomas Moviel	USA	92.14	175	190	-202.5	190	119.889	119.889	2
Open	Andres Soto	COSTA RICA	89.8	130	135	-140	135	86.281	86.281	3
Junior	Caleb Lamberth	USA	91.47	195	205	-227.5	205	129.815	129.815	1
Junior	Andres Soto	COSTA RICA	89.8	130	135	-140	135	86.281	86.281	2
Master I	Thomas Moviel	USA	92.14	175	190	-202.5	190	119.889	119.889	1
Master II	Mike Burns	USA	89.75	155	167.5	-180	167.5	107.083	107.083	1
105 kg										
Open	Michael Fernandez	COSTA RICA	104.77	190	-225	-225	190	113.623	113.623	1
Open	Sergio Vindas	COSTA RICA	104.76	160	170	-175	170	101.666	101.666	2
Junior	Sergio Vindas	COSTA RICA	104.76	160	170	-175	170	101.666	101.666	1
120 kg										
Open	Ryan Gill	USA	118.25	272.5	280	-300	280	161.542	161.542	1
Open	Carlos Manuel Campos	COSTA RICA	119.45	255	-275	-282.5	255	146.763	146.763	2
Open	Alex Alvarado	PUERTO RICO	115.79	-207.5	207.5	217.5	217.5	126.150	126.150	3
Open	Luis Ramirez	MEXICO	114.79	205	215	-225	215	124.987	124.987	4
Open	Sergey Shadyun	USA	118.51	170	180	-207.5	180	103.793	103.793	5
Master I	Ryan Gill	USA	118.25	272.5	280	-300	280	161.542	161.542	1
Master I	Alex Alvarado	PUERTO RICO	115.79	-207.5	207.5	217.5	217.5	126.150	126.150	2
Master II	Luis Ramirez	MEXICO	114.79	205	215	-225	215	124.987	124.987	1
Master III	Sergey Shadyun	USA	118.51	170	180	-207.5	180	103.793	103.793	1
120+ kg										
Open	Jonathan Brenes	COSTA RICA	128.81	-220	-220	220	220	124.639	124.639	1
Open	Randy Earle	USA	148.21	125	-220	220	220	121.931	121.931	2
Master II	Randy Earle	USA	148.21	125	-220	220	220	121.931	121.931	1

Best Lifter Awards:	Name	Team	Wilks
Equipped WOMEN OPEN BEST LIFTER	Jade Dickens	USA	156.127
Equipped WOMEN SUB JUNIOR/JUNIOR BEST LIFTER	Erica Liliana Davila Carcamo	GUATEMALA	100.638
Equipped WOMEN MASTER BEST LIFTER	Jade Dickens	USA	156.127
Equipped MEN OPEN BEST LIFTER	Ryan Gill	USA	161.542
Equipped MEN SUB JUNIOR/JUNIOR BEST LIFTER	Arnold Delgadillo	USA	149.722
Equipped MEN MASTER BEST LIFTER	Ryan Gill	USA	161.542

Team Awards:		
Women Equipped	Points	Place
USA	12+12+12+12+9 = 57	1st
PUERTO RICO	12+8 = 20	2nd
CANADA	12 = 12	3rd
MEXICO	9 = 9 (125.502)	4th
COSTA RICA	9 = 9 (89.567)	5th
GUATEMALA	8 = 8	6th
Men Equipped	Points	Place
USA	12+12+12+12+9 = 57	1st
COSTA RICA	12+12+9+9+8 = 50	2nd
PUERTO RICO	12+8 = 20	3rd
CANADA	9 = 9	4th
MEXICO	7 = 7	5th