

14th Annual IPF/NAPF North American Regional Bench Press Championships Classic Divisions

RIU Plaza Hotel: Panama City, Panama

October 25, 2019

Awards Division	Name	Team	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	Place
Women Classic										
47 kg										
Open	Rachel Klein	UNITED STATES OF AMERICA	46.62	2002	45.0	50.0	52.5	52.5	500.936	1
Open	Susan Elwyn	UNITED STATES OF AMERICA	46.90	1947	32.5	37.5	40.0	37.5	373.578	2
Sub-Junior	Rachel Klein	UNITED STATES OF AMERICA	46.62	2002	45.0	50.0	52.5	52.5	500.936	1
Master IV	Susan Elwyn	UNITED STATES OF AMERICA	46.90	1947	32.5	37.5	40.0	37.5	373.578	1
52 kg										
Open	Jessica Reyes	MEXICO	52.00	1983	67.5	72.5	77.5	77.5	677.733	1
Master IV	Bebe Burns	UNITED STATES OF AMERICA	51.36	1942	32.5	35.0	43.0	35.0	341.561	1
57 kg										
Open	Jennifer Mcconnell	CANADA	55.56	1982	70.0	75.0	77.5	77.5	658.941	1
Open	Eimy Barquero	COSTA RICA	55.66	1998	57.5	60.0	62.5	62.5	543.473	2
Open	Mathyuri Adames	PANAMA	53.44	2000	52.5	52.5	60.0	52.5	474.094	3
Junior	Eimy Barquero	COSTA RICA	55.66	1998	57.5	60.0	62.5	62.5	543.473	1
Junior	Mathyuri Adames	PANAMA	53.44	2000	52.5	52.5	60.0	52.5	474.094	2
Master IV	Denise Johnson	UNITED STATES OF AMERICA	52.82	1947	30.0	32.5	35.0	35.0	338.380	1
63 kg										
Open	Socorro Perez	MEXICO	61.83	1959	65.0	70.0	75.0	75.0	612.986	1
Open	Vanessa Montenegro	PANAMA	61.42	1993	60.0	65.0	70.0	65.0	541.618	2
Open	Brianna Mott	UNITED STATES OF AMERICA	61.72	2001	45.0	50.0	52.5	52.5	449.658	3
Open	Jacqueline Barone	UNITED STATES OF AMERICA	61.38	1964	45.0	47.5	50.0	47.5	414.044	4
Junior	Brianna Mott	UNITED STATES OF AMERICA	61.72	2001	45.0	50.0	52.5	52.5	449.658	1
Master II	Jacqueline Barone	UNITED STATES OF AMERICA	61.38	1964	45.0	47.5	50.0	47.5	414.044	1
Master III	Socorro Perez	MEXICO	61.83	1959	65.0	70.0	75.0	75.0	612.986	1
72 kg										
Open	Amanda Wall	CANADA	70.94	1996	85.0	87.5	90.0	87.5	667.594	1
Open	Maria Taccone	CANADA	71.96	1981	85.0	87.5	87.5	85.0	647.161	2
Open	Cynthia Line	UNITED STATES OF AMERICA	70.10	1968	72.5	77.5	77.5	72.5	567.786	3
Junior	Amanda Wall	CANADA	70.94	1996	85.0	87.5	90.0	87.5	667.594	1
Master II	Cynthia Line	UNITED STATES OF AMERICA	70.10	1968	72.5	77.5	77.5	72.5	567.786	1
84 kg										
Open	Tammy Walker	UNITED STATES OF AMERICA	83.64	1968	115.0	123.0	125.0	123.0	854.650	1
Open	Natalie Montoya	UNITED STATES OF AMERICA	80.22	1999	75.0	77.5	80.0	80.0	590.418	2
Open	Rebecca Adams	CANADA	79.96	1992	65.0	72.5	77.5	72.5	542.620	3
Junior	Natalie Montoya	UNITED STATES OF AMERICA	80.22	1999	75.0	77.5	80.0	80.0	590.418	1
Master II	Tammy Walker	UNITED STATES OF AMERICA	83.64	1968	115.0	123.0	125.0	123.0	854.650	1
84+ kg										
Open	Lianna Yang	UNITED STATES OF AMERICA	111.98	1994	107.5	115.0	125.0	115.0	729.181	1
Men Classic										
52 kg										
Open	Mel Tatsumi	UNITED STATES OF AMERICA	54.40	1948	62.5	67.5	72.5	67.5	389.488	1
Master IV	Mel Tatsumi	UNITED STATES OF AMERICA	54.40	1948	62.5	67.5	72.5	67.5	389.488	1
66 kg										
Open	Quentin Myers	UNITED STATES OF AMERICA	64.74	1986	152.5	160.0	162.5	162.5	802.291	1
74 kg										
Open	Rey Melchor Dimas	PANAMA	72.52	1986	150.0	160.0	165.0	165.0	742.135	1
Open	Seth Howard	UNITED STATES OF AMERICA	72.40	1997	135.0	142.5	145.0	145.0	652.818	2
Open	Jack Rubio	UNITED STATES OF AMERICA	73.18	1964	110.0	120.0	125.0	125.0	557.861	3
Junior	Seth Howard	UNITED STATES OF AMERICA	72.40	1997	135.0	142.5	145.0	145.0	652.818	1
Master I	Brian Mott	UNITED STATES OF AMERICA	69.96	1970	90.0	97.5	102.5	102.5	473.633	1
Master II	Jack Rubio	UNITED STATES OF AMERICA	73.18	1964	110.0	120.0	125.0	125.0	557.861	1
83 kg										
Open	Danilo Ward	COSTA RICA	82.56	1986	170.0	175.0	180.0	175.0	714.616	1
Open	Brandon Cespedes	COSTA RICA	82.06	1998	140.0	145.0	152.5	152.5	625.328	2
Open	Caolan Burke-Prior	UNITED STATES OF AMERICA	82.76	1998	145.0	147.5	155.0	147.5	601.162	3
Open	Henry Menendez	PANAMA	80.50	1985	125.0	127.5	130.0	127.5	529.907	4
Junior	Brandon Cespedes	COSTA RICA	82.06	1998	140.0	145.0	152.5	152.5	625.328	1
Junior	Caolan Burke-Prior	UNITED STATES OF AMERICA	82.76	1998	145.0	147.5	155.0	147.5	601.162	2
Master I	Robert King	CANADA	82.22	1974	105.0	115.0	117.5	117.5	480.952	1
Master III	Howard Aaron	UNITED STATES OF AMERICA	82.18	1952	125.0	137.5	140.0	140.0	573.406	1
Master IV	Mike Settles	UNITED STATES OF AMERICA	81.16	1944	110.0	115.0	120.0	120.0	495.764	1
Master IV	Sam Penner	UNITED STATES OF AMERICA	76.16	1930	60.0	65.0	70.0	65.0	280.734	2

93 kg										
Open	Sumeet Sharma	CANADA	92.40	1986	150.0	160.0	170.0	160.0	604.992	1
Open	Francisco Murillo	COSTA RICA	89.26	1995	145.0	152.5	160.0	152.5	590.003	2
Open	Rony Robinson	PANAMA	89.45	1978	130.0	140.0	150.0	140.0	540.844	3
Open	Ricardo Jovane	PANAMA	92.96	1989	105.0	110.0	117.5	117.5	442.509	4
Master I	Rony Robinson	PANAMA	89.45	1978	130.0	140.0	150.0	140.0	540.844	1
Master II	Robert Truchon	CANADA	89.70	1968	107.5	112.5	115.0	112.5	433.736	1
Master III	John Jenkins	UNITED STATES OF AMERICA	92.72	1957	150.0	165.0	165.0	150.0	565.889	1
Master III	Claude Welcome	UNITED STATES OF AMERICA	91.08	1951	135.0	140.0	140.0	140.0	534.385	2
105 kg										
Open	Chris Walter	UNITED STATES OF AMERICA	99.62	1971	185.0	192.5	200.0	200.0	720.633	1
Open	Darrin Perez	PANAMA	100.00	1985	140.0	145.0	150.0	150.0	539.257	2
Master I	Chris Walter	UNITED STATES OF AMERICA	99.62	1971	185.0	192.5	200.0	200.0	720.633	1
Master III	Denis Cyr	CANADA	96.20	1956	100.0	110.0	115.0	115.0	423.663	1
Master III	Daniel Royer	CANADA	104.14	1957	100.0	107.5	110.0	110.0	385.847	2
Master IV	John Moore	UNITED STATES OF AMERICA	100.70	1937	100.0	105.0	-	105.0	375.940	1
120 kg										
Open	Clint Poore	UNITED STATES OF AMERICA	112.92	1973	185.0	190.0	195.0	195.0	651.565	1
Open	Felix Mendez	PUERTO RICO	116.70	1972	160.0	167.5	167.5	160.0	524.785	2
Master I	Clint Poore	UNITED STATES OF AMERICA	112.92	1973	185.0	190.0	195.0	195.0	651.565	1
Master I	Felix Mendez	PUERTO RICO	116.70	1972	160.0	167.5	167.5	160.0	524.785	2
Master III	Jim Ray	UNITED STATES OF AMERICA	119.06	1957	160.0	170.0	175.0	170.0	551.265	1
120+ kg										
Open	Mario Alejandro Garcia	COSTA RICA	166.08	1979	155.0	167.5	175.0	175.0	478.384	1
Open	Hugo Bermudes	COSTA RICA	220.00	2001	85.0	95.0	105.0	95.0	230.735	2
Sub-Junior	Hugo Bermudes	COSTA RICA	220.00	2001	85.0	95.0	105.0	95.0	230.735	1
Master I	Jhonatan Ramirez	MEXICO	129.50	1979	167.5	172.5	175.0	175.0	541.918	1
Master I	Mario Alejandro Garcia	COSTA RICA	166.08	1979	155.0	167.5	175.0	175.0	478.384	2
Master III	Hugo Velasquez	COSTA RICA	123.48	1959	125.0	140.0	-	140.0	445.103	1

Best lifters	Name	Country	IPF Points
Women's Classic Open Best Lifter	Tammy Walker	UNITED STATES OF AMERICA	854.650
Women's Classic Junior Best Lifter	Amanda Wall	CANADA	667.594
Women's Classic Master Best Lifter	Tammy Walker	UNITED STATES OF AMERICA	854.650
Men's Classic Open Best Lifter	Quentin Myers	UNITED STATES OF AMERICA	802.291
Men's Classic Junior Best Lifter	Seth Howard	UNITED STATES OF AMERICA	652.818
Men's Classic Master Best Lifter	Chris Walter	UNITED STATES OF AMERICA	720.633

14th Annual IPF/NAPF North American Regional Bench Press Championships Equipped Divisions

RIU Plaza Hotel: Panama City, Panama

October 26, 2019

Awards Division	Name	Team	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	Place
Women Equipped										
47 kg										
Open	Maria Jose Barquero	COSTA RICA	46.58	1997	70.0	75.0	80.0	80.0	572.088	1
Open	Susan Elwyn	UNITED STATES OF AMERICA	46.88	1947	40.0	45.0	47.5	45.0	409.357	2
Junior	Maria Jose Barquero	COSTA RICA	46.58	1997	70.0	75.0	80.0	80.0	572.088	1
Master IV	Susan Elwyn	UNITED STATES OF AMERICA	46.88	1947	40.0	45.0	47.5	45.0	409.357	1
52 kg										
Open	Jessica Reyes	MEXICO	52.00	1983	100.0	105.5	108.0	108.0	657.946	1
Master IV	Bebe Burns	UNITED STATES OF AMERICA	50.96	1942	40.0	43.0	45.0	45.0	399.472	1
63 kg										
Open	Socorro Perez	MEXICO	61.36	1959	90.0	95.0	95.0	95.0	560.872	1
Open	Silvia Guerrero	COSTA RICA	61.98	1997	75.0	77.5	80.0	77.5	496.664	2
Junior	Silvia Guerrero	COSTA RICA	61.98	1997	75.0	77.5	80.0	77.5	496.664	1
Master III	Socorro Perez	MEXICO	61.36	1959	90.0	95.0	95.0	95.0	560.872	1
72 kg										
Open	Genesse Caldero	PUERTO RICO	71.66	1985	120.0	127.5	132.5	132.5	648.461	1
Open	Sue Burns	UNITED STATES OF AMERICA	65.56	1970	45.0	52.5	57.5	57.5	419.793	2
Master I	Sue Burns	UNITED STATES OF AMERICA	65.56	1970	45.0	52.5	57.5	57.5	419.793	1
84 kg										
Open	Rebecca Adams	CANADA	80.90	1992	90.0	97.5	102.5	97.5	517.359	1
84+ kg										
Open	Joan Baez	PUERTO RICO	105.14	1986	145.0	145.0	155.0	155.0	624.936	1
Open	Adriana Vargas	COSTA RICA	90.88	1989	115.0	120.0	122.5	122.5	568.051	2
Men Equipped										
74 kg										
Open	Javier Armando Batista	PANAMA	72.36	1991	142.5	152.5	162.5	162.5	579.091	1
Open	Edgar Vasquez	PANAMA	71.26	1994	130.0	145.0	160.0	145.0	539.562	2
Open	Jack Rubio	UNITED STATES OF AMERICA	73.34	1964	110.0	120.0	130.0	120.0	464.573	3
Master II	Jack Rubio	UNITED STATES OF AMERICA	73.34	1964	110.0	120.0	130.0	120.0	464.573	1
83 kg										
Open	Esteban Castro	COSTA RICA	82.30	1987	150.0	155.0	157.5	155.0	513.319	1
Open	Robert King	CANADA	81.80	1974	130.0	137.5	155.0	137.5	474.477	2
Master I	Robert King	CANADA	81.80	1974	130.0	137.5	155.0	137.5	474.477	1
Master IV	Mike Settles	UNITED STATES OF AMERICA	81.00	1944	125.0	130.0	140.0	140.0	483.241	1
93 kg										
Open	Thomas Cencich	UNITED STATES OF AMERICA	86.06	1960	190.0	200.0	215.0	215.0	633.757	1
Open	Adir Manzano	MEXICO	90.70	1978	190.0	200.0	215.0	215.0	613.300	2
Open	Ricardo Rivera	PANAMA	84.40	1985	165.0	170.0	172.5	170.0	539.479	3
Open	Andres Soto	COSTA RICA	91.20	1998	150.0	152.5	155.0	155.0	482.851	4
Junior	Mehar Bhogal	CANADA	91.78	1996	220.0	220.0	228.0	220.0	619.561	1
Junior	Andres Soto	COSTA RICA	91.20	1998	150.0	152.5	155.0	155.0	482.851	2
Master I	Adir Manzano	MEXICO	90.70	1978	190.0	200.0	215.0	215.0	613.300	1
Master II	Thomas Cencich	UNITED STATES OF AMERICA	86.06	1960	190.0	200.0	215.0	215.0	633.757	1
105 kg										
Master III	Daniel Royer	CANADA	104.02	1957	120.0	125.0	130.0	125.0	391.735	1
Master IV	John Moore	UNITED STATES OF AMERICA	101.40	1937	122.5	127.5	127.5	122.5	391.615	1
120 kg										
Open	Michael Fernandez	COSTA RICA	117.64	1982	230.0	240.0	250.0	250.0	594.887	1
Open	Jason Julian	UNITED STATES OF AMERICA	117.58	1960	220.0	230.0	250.0	230.0	559.147	2
Open	Alex Alvarado	PUERTO RICO	119.70	1974	212.5	222.5	227.5	227.5	549.799	3
Master I	Alex Alvarado	PUERTO RICO	119.70	1974	212.5	222.5	227.5	227.5	549.799	1
Master II	Jason Julian	UNITED STATES OF AMERICA	117.58	1960	220.0	230.0	250.0	230.0	559.147	1
Master III	Sergey Shadyun	UNITED STATES OF AMERICA	118.86	1957	180.0	195.0	200.0	200.0	502.686	1
120+ kg										
Open	Manuel Campos	COSTA RICA	137.18	1979	297.5	317.5	317.5	297.5	630.451	1
Open	Hugo Velasquez	COSTA RICA	124.00	1959	135.0	155.0	170.0	170.0	440.691	2
Sub-Junior	Marvin Gonzalez	PUERTO RICO	123.82	2003	77.5	85.0	105.0	85.0	293.281	1
Master I	Manuel Campos	COSTA RICA	137.18	1979	297.5	317.5	317.5	297.5	630.451	1
Master I	Jhonatan Ramirez	MEXICO	129.86	1979	190.0	200.0	200.0	200.0	482.531	2
Master III	Hugo Velasquez	COSTA RICA	124.00	1959	135.0	155.0	170.0	170.0	440.691	1

Best lifters	Name	Country	IPF Points
Women's Equipped Open Best Lifter	Jessica Reyes	MEXICO	657.946
Women's Equipped Junior Best Lifter	Maria Jose Barquero	COSTA RICA	572.088
Women's Equipped Master Best Lifter	Socorro Perez	MEXICO	560.872
Men's Equipped Open Best Lifter	Thomas Cencich	UNITED STATES OF AMERICA	633.757
Men's Equipped Junior Best Lifter	Mehar Bhogal	CANADA	619.561
Men's Equipped Master Best Lifter	Thomas Cencich	UNITED STATES OF AMERICA	633.757