



17th Annual NAPF North American Regional Bench Press Championships

Sevilla Palace, México City, México.

October 19-21, 2023



Championships Results

WOMEN'S CLASSIC

Division	Name	Team	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age Points	Place	Date
47 kg												
Open	Carina Chavez	Mexico	45.26	1997	-72.5	72.5	-76	72.5	80.3425	80.3425	1	10/20/2023
52 kg												
Open	Yusdara Mitre	Panama	50.00	1987	55	60	-62.5	60	59.5806	59.5806	1	10/20/2023
Junior	Wendy Aguilar	Mexico	50.60	2002	-62.5	62.5	-65	62.5	61.3531	62.5802	1	10/20/2023
Sub-Junior	Kaelie Burgess	Belize	50.48	2008	32.5	37.5	-40	37.5	36.8953	43.5365	1	10/20/2023
57 kg												
Open	Sara Ramos	Mexico	56.82	1994	62.5	-65	-65	62.5	55.7094	55.7094	1	10/20/2023
Sub-Junior	Hania Alvarado	Panama	55.30	2005	57.5	-65	65	65	59.1231	62.6705	1	10/20/2023
Master I	Jessica Reyes	Mexico	55.34	1983	72.5	77.5	81	81	73.6355	73.6355	1	10/20/2023
Master III	Dora Justice	United States of America	55.66	1957	70	-75	75	75	67.8810	102.5682	1	10/20/2023
63 kg												
Open	Cynthia Leighton	Canada	62.24	1980	80	87.5	-93	87.5	73.5204	75.7995	1	10/20/2023
Open	Amanda Wall	Canada	62.38	1996	70	75	80	80	67.1317	67.1317	2	10/20/2023
Open	Mariana Lopez	Mexico	62.02	1997	72.5	75	-77.5	75	63.1471	63.1471	3	10/20/2023
Sub-Junior	Isabet Ugalde	Costa Rica	61.36	2007	75	80	-83	80	67.7841	76.5960	1	10/20/2023
Master I	Faith Clough	United States of America	61.90	1982	62.5	67.5	-70	67.5	56.8968	57.4658	1	10/20/2023
Master III	Socorro Perez	Mexico	61.06	1959	65	70	-75	70	59.4865	86.2554	1	10/20/2023
69 kg												
Open	Ericka Liliana Davila	Guatemala	68.82	1996	85	90	93	93	74.2435	74.2435	1	10/20/2023
Open	Yulissa Nunez	Mexico	67.52	1997	85	87.5	92.5	92.5	74.4899	74.4899	2	10/20/2023
Open	Larissa Velazquez	Mexico	69.00	1992	92.5	-95	-95	92.5	73.7589	73.7589	3	10/20/2023
Junior	Haidee Lara	Mexico	66.82	2003	70	-75	-76	70	56.6503	58.3498	1	10/20/2023
Sub-Junior	Aurayanna Shepherd	Belize	64.00	2008	42.5	-47.5	-47.5	42.5	35.1587	41.4872	1	10/20/2023
76 kg												
Open	Ileana Mesta	Mexico	74.26	1993	102.5	105	108	108	83.6251	83.6251	1	10/20/2023
Open	Militza Abrego	Panama	69.06	1986	65	-70	-70	65	51.8107	51.8107	2	10/20/2023
Junior	Jacqueline Moreno	Mexico	75.98	2001	65	-70	72.5	72.5	55.6911	56.2480	1	10/20/2023
Master III	Bertha Ayala	Mexico	73.60	1963	50	55	57.5	57.5	44.6678	59.8549	1	10/20/2023
84 kg												
Open	Kiriath Ortiz	Puerto Rico	82.18	1989	80	85	-92.5	85	63.7729	63.7729	1	10/20/2023
Open	Cristina Cotte	Puerto Rico	81.92	1990	60	65	70	70	52.5633	52.5633	2	10/20/2023
Open	Alfonsina Martinez	Mexico	83.24	1997	70	-80	-80	70	52.3440	52.3440	3	10/20/2023
Master I	Rachael Diehl	United States of America	83.60	1980	67.5	72.5	75	75	56.0216	57.7582	1	10/20/2023
84+ kg												
Open	Maytia Millan	Mexico	91.00	1989	112.5	117.5	-120	117.5	86.1484	86.1484	1	10/20/2023
Open	Joan Baez	Puerto Rico	110.24	1986	92.5	100	102.5	102.5	73.2239	73.2239	2	10/20/2023
Open	Sara Shelton	United States of America	93.38	1997	72.5	77.5	82.5	82.5	60.2050	60.2050	3	10/20/2023
Master I	Sarah Wages	United States of America	131.22	1981	102.5	107.5	110	110	77.7358	79.2906	1	10/20/2023
Master I	Yisa Ochoa	Mexico	101.04	1977	80	-85	85	85	61.2997	65.4681	2	10/20/2023
Master II	Wanda Leese	Canada	87.32	1971	45	50	-55	50	36.9683	43.0680	1	10/20/2023

MEN'S CLASSIC												
Division	Name	Team	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age Points	Place	Date
59 kg												
Junior	Angel Cruz	Mexico	59.00	2004	97.5	105	-107.5	105	63.3577	65.8920	1	10/20/2023
Sub-Junior	Antonio Pena	Mexico	55.80	2006	80	-90	-92.5	80	49.8019	53.7861	1	10/20/2023
Master I	Wilhem Guido	Mexico	58.52	1974	100	105	-107.5	105	63.6469	70.8389	1	10/20/2023
66 kg												
Open	Fabrizio Medina	Mexico	66.00	1993	115	-117.5	117.5	117.5	66.6466	66.6466	1	10/20/2023
Open	Luis Onofre	Mexico	65.84	1998	105	-110	-110	105	59.6355	59.6355	2	10/20/2023
Master II	Steve Petrencak	United States of America	64.60	1968	130.5	136.5	140.5	140.5	80.6327	98.7751	1	10/20/2023
74 kg												
Open	Loc Nguyen	Canada	72.80	1989	152.5	160	165.5	165.5	89.0323	89.0323	1	10/20/2023
Open	Seth Howard	United States of America	73.08	1997	150	155	-162.5	155	83.2133	83.2133	2	10/20/2023
Open	Benjamin Sierra	Mexico	71.42	1987	110	115	-122.5	115	62.5016	62.5016	3	10/20/2023
Junior	Brady Graceffa	United States of America	73.24	2003	125	137.5	-145.5	137.5	73.7323	75.9443	1	10/20/2023
Sub-Junior	Lian Perez	Mexico	71.84	2006	117.5	120	-127.5	120	65.0146	70.2158	1	10/20/2023
Master II	Gary Lacoursiere	Canada	73.50	1967	125	130.5	-138	130.5	69.8468	87.0291	1	10/20/2023
Master II	Roger Valverde	Costa Rica	73.04	1972	105	110	117.5	117.5	63.0995	72.3751	2	10/20/2023
Master III	Daniel Sides	United States of America	73.30	1956	100	122.5	-136.5	122.5	65.6602	101.3136	1	10/20/2023
83 kg												
Open	Esteban Navarro	Costa Rica	81.92	2004	165	170	-175	170	85.9659	89.4045	1	10/20/2023
Open	Demian Davila	Mexico	81.86	1994	155	157.5	165	165	83.4689	83.4689	2	10/20/2023
Open	Tomas Jimenez	Panama	81.12	1985	155	160	-162.5	160	81.3194	81.3194	3	10/20/2023
Open	Leo Matura	Belize	78.92	1990	155	-162.5	-162.5	155	79.9095	79.9095	4	10/20/2023
Open	Joshua Aboytes	Mexico	81.00	1992	137.5	145	147.5	147.5	75.0236	75.0236	5	10/20/2023
Open	Jose Luis Lopez	Costa Rica	81.93	1987	105	110	115	115	58.1497	58.1497	6	10/20/2023
Junior	Emmanuel Zepeda	Mexico	82.00	2000	132.5	137.5	140	140	70.7599	70.7599	1	10/20/2023
Junior	Luca Rivera	Canada	80.00	2003	-130	130	-140	130	66.5490	68.5455	2	10/20/2023
Master I	Alejandro Morales	Mexico	81.90	1978	125	-130	130	130	65.7469	69.3630	1	10/20/2023
Master II	Jason Ross	United States of America	82.26	1969	142.5	-152.5	-152.5	142.5	71.9063	86.5752	1	10/20/2023
Master II	Brian Colbourne	Canada	80.70	1971	130	137.5	-142.5	137.5	70.0715	81.6333	2	10/20/2023
Master IV	Isidro Cesar Torres	Puerto Rico	80.18	1951	110	-115	120	120	61.3583	105.4136	1	10/20/2023
93 kg												
Open	Jonathan Rivera	Puerto Rico	89.00	1999	162.5	-170	170	170	82.4280	82.4280	1	10/20/2023
Open	Rayford Brown	Belize	89.40	1987	167.5	-170	-170	167.5	81.0344	81.0344	2	10/20/2023
Open	Izhak Flores	Mexico	91.40	1997	-167.5	-167.5	167.5	167.5	80.1500	80.1500	3	10/20/2023
Open	Eduardo Garza	Mexico	92.68	1989	160	165	-172.5	165	78.4150	78.4150	4	10/20/2023
Open	Angel Dominguez	Panama	89.08	1996	-125	125	-137.5	125	60.5816	60.5816	5	10/20/2023
Junior	Kyle Ali	Belize	91.32	2002	137.5	142.5	-147.5	142.5	68.2168	69.5811	1	10/20/2023
Junior	Andres Guerra	Panama	89.20	2004	-132.5	132.5	135	135	65.3842	67.9996	2	10/20/2023
Master I	Jonathan Losa	United States of America	85.02	1982	170	180	192.5	192.5	95.5127	96.4678	1	10/20/2023
Master I	Cesar Pacheco	Mexico	89.90	1982	150	155	157.5	157.5	75.9853	76.7452	2	10/20/2023
105 kg												
Open	Jonathan Cognac	Canada	103.90	1990	197.5	200	205	205	92.2418	92.2418	1	10/20/2023
Open	Kenyon Wright	Belize	97.28	1990	145	147.5	165	165	76.5916	76.5916	2	10/20/2023
Open	Josue Fernandez	Costa Rica	102.91	1988	130	135	-145	135	61.0165	61.0165	3	10/20/2023
Master I	Irazu Velazquez	Mexico	98.80	1978	140	-145	-145	140	64.5062	68.0541	1	10/20/2023
Master I	Juventino Aguilar	Mexico	103.16	1977	95	102.5	-105	102.5	46.2748	49.4215	2	10/20/2023
Master III	John Ralf	Canada	101.70	1962	157.5	-165	-165	157.5	71.5818	97.7808	1	10/20/2023
120 kg												
Open	Addu James	Panama	105.30	1985	190	200	205	205	91.6711	91.6711	1	10/20/2023
Open	Jose Borrero	Puerto Rico	117.60	1993	155	160	-165	160	68.0916	68.0916	2	10/20/2023
Junior	Leonard Gervalla	Canada	116.02	2000	-240	-240	240	240	102.7410	102.7410	1	10/20/2023
Junior	Edson Bernal	Mexico	114.90	2003	112.5	117.5	120	120	51.5896	53.1373	2	10/20/2023
Master I	Kenneth Cameron	United States of America	119.56	1976	167.5	172.5	-177.5	172.5	72.8893	78.8662	1	10/20/2023
Master I	Jonathan Macias	Mexico	114.60	1982	147.5	160	162.5	162.5	69.9414	70.6408	2	10/20/2023
Master I	Bernabe Cubas	Mexico	117.38	1977	150	157.5	-162.5	157.5	67.0821	71.6437	3	10/20/2023
Master II	Chris Walter	United States of America	105.02	1971	195.5	203	211	211	94.4704	110.0580	1	10/20/2023
Master II	Luis Ramirez	Mexico	108.82	1965	100	115	125	125	55.0614	71.0843	2	10/20/2023
120+ kg												
Open	Jordan Phelps	Canada	176.50	1986	120	-175	-175	120	43.8783	43.8783	1	10/20/2023
Open	Alejandro Cedillo	Mexico	124.00	1984	210	215	-220	0	0.0000	0.0000	DSQ	10/20/2023

WOMEN'S EQUIPPED												
Division	Name	Team	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age Points	Place	Date
52 kg												
Open	Maria Barquero	Costa Rica	50.90	1997	-103.5	-103.5	-103.5		0.0000	0.0000		10/21/2023
57 kg												
Open	Jessica Reyes	Mexico	55.66	1983	102.5	110	115	115	75.5561	75.5561	1	10/21/2023
Master III	Dora Justice	United States of America	55.64	1957	-80	80	85	85	55.8608	84.4057	1	10/21/2023
63 kg												
Open	Yessica Ruiz	Mexico	62.72	1988	-75	75	-77.5	75	45.3880	45.3880	1	10/21/2023
Open	Magdaleis Caballero	Panama	60.08	1995	60	67.5	-75	67.5	42.0089	42.0089	2	10/21/2023
Master III	Socorro Perez	Mexico	60.56	1959	85	90	95.5	95.5	59.1199	85.7239	1	10/21/2023
69 kg												
Open	Erica Lilitiana Davila	Guatemala	68.48	1996	112.5	117.5	-120	117.5	67.5102	67.5102	1	10/21/2023
Sub-Junior	Camila Comandini	Costa Rica	65.50	2005	75	-80	-80	75	44.2014	46.8535	1	10/21/2023
Master II	Claudia Nagata	United States of America	64.64	1968	-78	78	81	81	48.1157	58.9418	1	10/21/2023
76 kg												
Open	Ada Brander	Mexico	74.94	1993	70	-95	-97.5	70	38.3974	38.3974	1	10/21/2023
84 kg												
Junior	Malinalitzin Porras	Mexico	83.22	2002	-125.5	125.5	-128	125.5	65.7637	67.0789	1	10/21/2023
84+ kg												
Open	Adriana Vargas	Costa Rica	97.82	1989	145	-160	-160	145	71.9102	71.9102	1	10/21/2023
MEN'S EQUIPPED												
Division	Name	Team	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age Points	Place	Date
59 kg												
Master I	Wilhem Guido	Mexico	58.42	1974	122.5	125	127.5	127.5	63.6119	70.8000	1	10/21/2023
74 kg												
Master II	Gary Lacoursiere	Canada	73.50	1967	-145	145	152.5	152.5	59.7350	74.4298	1	10/21/2023
Master II	Steve Petrencak	United States of America	66.60	1968	147.5	-150	-155	147.5	63.4040	77.6699	2	10/21/2023
Master III	Daniel Sides	United States of America	72.90	1956	122.5	142.5	145	145	57.2061	88.2691	1	10/21/2023
83 kg												
Open	Jovani Vazquez	Mexico	81.70	1994	130	142.5	-147.5	142.5	51.3008	51.3008	1	10/21/2023
Open	Neri Vazquez	Mexico	80.26	1992	107.5	117.5	-120	117.5	42.8615	42.8615	2	10/21/2023
Sub-Junior	Alonso Gutierrez	Mexico	81.70	2006	115	123	130.5	130.5	46.9807	50.7392	1	10/21/2023
93 kg												
Open	Gerardo Santos	Mexico	92.52	1987	200	210	-220	210	69.6714	69.6714	1	10/21/2023
Open	Jordan Kummer	United States of America	92.30	1989	155	165	-172.5	165	54.8186	54.8186	2	10/21/2023
Master II	Adolfo Moreno	Mexico	88.40	1967	135	145	150	150	51.1723	63.7607	1	10/21/2023
Master III	Dana Rosenzweig	United States of America	92.20	1957	122.5	132.5	137.5	137.5	45.7114	69.0700	1	10/21/2023
105 kg												
Open	Andres Soto	Costa Rica	97.16	1998	180	187.5	195	195	62.9401	62.9401	1	10/21/2023
Open	Heimdall Ceja	Mexico	102.98	1994	140	175	-190	175	54.8384	54.8384	2	10/21/2023
Open	David Soriano	Mexico	97.18	1995	117.5	122.5	-127.5	122.5	39.5349	39.5349	3	10/21/2023
Master II	William Thacker	United States of America	104.24	1972	237.5	250.5	251.5	251.5	78.3568	89.8752	1	10/21/2023
Master III	Thomas Cencich	United States of America	93.06	1960	190	201	206	206	68.1123	96.7876	1	10/21/2023
120 kg												
Open	Michael Fernandez	Costa Rica	119.60	1982	-245	245	-257.5	245	72.1581	72.8796	1	10/21/2023
Master I	Marco Porras	Mexico	118.30	1982	230	237.5	242.5	242.5	71.7005	72.4175	1	10/21/2023
Master I	Alex Alvarado	Puerto Rico	117.06	1974	210	220	-225	220	65.2985	72.6772	2	10/21/2023
Master I	Jhonatan Ramirez	Mexico	117.68	1979	100	110	0	110	32.5860	33.9872	3	10/21/2023
Master II	Edward Dufour	Mexico	108.00	1973	227.5	-235.5	-235.5	227.5	69.7505	78.8180	1	10/21/2023
Master II	Luis Ramirez	Mexico	107.50	1965	140	157.5	170	170	52.2276	67.4258	2	10/21/2023
Master III	Robert Keller	United States of America	119.14	1962	120	-160	-165	120	35.3909	48.3440	1	10/21/2023
120+ kg												
Open	Carlos Campos	Costa Rica	150.90	1979	310	-330	0	310	85.7443	89.4314	1	10/21/2023
Open	Jordan Phelps	Canada	176.50	1986	75	-290	-290	75	20.2392	20.2392	2	10/21/2023
Master II	Ruben Hernandez	Mexico	125.06	1969	150	-160	160	160	46.4241	55.8946	1	10/21/2023
Master III	Hugo Velasquez	Costa Rica	120.68	1959	115	140	150	150	44.0402	63.8582	1	10/21/2023

BEST LIFTERS AWARDS					
Awards Division	Name	Team	Weight Class	IPF Points	Age Points
Women's Sub-Junior Classic	Isabel Ugalde	Costa Rica	63 kg	67.7841	-
Women's Junior Classic	Wendy Aguilar	Mexico	52 kg	61.3531	-
Women's Master Classic	Dora Justice	United States of America	57 kg	-	102.5682
Women's Open Classic	Maytia Millan	Mexico	84+ kg	86.1484	-
Men's Sub-Junior Classic	Lian Perez	Mexico	74 kg	65.0146	-
Men's Junior Classic	Leunard Gervalla	Canada	120 kg	102.7410	-
Men's Master Classic	Chris Walter	United States of America	120 kg	-	110.0580
Men's Open Classic	Jonathan Cognac	Canada	105 kg	92.2418	-
Awards Division	Name	Team	Weight Class	IPF Points	Age Points
Women's Sub-Junior Equipped	Camila Comandini	Costa Rica	69 kg	44.2014	-
Women's Junior Equipped	Malinalitzin Porras	Mexico	84 kg	65.7637	-
Women's Master Equipped	Socorro Perez	Mexico	63 kg	-	85.7239
Women's Open Equipped	Jessica Reyes	Mexico	57 kg	75.5561	-
Men's Sub-Junior Equipped	Alonso Gutierrez	Mexico	83 kg	46.9807	-
Men's Master Equipped	Thomas Cencich	United States of America	105 kg	-	96.7876
Men's Open Equipped	Carlos Campos	Costa Rica	120+ kg	85.7443	-

TEAM AWARDS					
Women's Open Classic					
Team	Points	Total Points	Total IPF Points	Team Place	
Mexico	=12+12+12+12+9	57	380.32	1	
Puerto Rico	=12+9+9	30	189.56	2	
Canada	=12+9	21	140.65	3	
Panama	=12+9	21	111.39	4	
Guatemala	=12	12	74.24	5	
United States of America	=8	8	60.20	6	
Men's Open Classic					
Team	Points	Total Points	Total IPF Points	Team Place	
Mexico	=12+0+9+9+8	38	289.90	1	
Canada	=12+12+12	36	225.15	2	
Panama	=12+8+6	26	233.57	3	
Costa Rica	=12+8+5	25	205.13	4	
Belize	=9+9+7	25	237.54	5	
Puerto Rico	=12+9	21	150.52	6	
United States of America	=9	9	83.21	7	
Women's Open Equipped					
Team	Points	Total Points	Total IPF Points	Team Place	
Mexico	=12+12+12	36	159.34	1	
Costa Rica	=12+0	12	71.91	2	
Guatemala	=12	12	67.51	3	
Panama	=9	9	42.01	4	
Men's Open Equipped					
Team	Points	Total Points	Total IPF Points	Team Place	
Mexico	=12+12+9+9+8	50	258.21	1	
Costa Rica	=12+12+12	36	220.84	2	
United States of America	=9	9	54.82	3	
Canada	=9	9	20.24	4	

