



**16th Annual NAPF North American Regional
Bench Press Championships**
Court yard by Marriott Aguadilla, Aguadilla, Puerto Rico
October 28-29, 2022



Championships Results

Classic Women

Division	Name	Nation	YOB	Body Wt. (kg)	Wt. Class	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age	Place
47 kg												
Open	Maribel Soto	Puerto Rico	1963	46.60	47	25	-27.5	-27.5	25	26.756	35.184	1
SOI	Elizabeth Parker	U.S.America	1998	36.65	47	50	55	60	60	93.667	93.667	1
52 kg												
Junior	Gerald Robles	Puerto Rico	2002	49.80	52	50	55	-60.5	55	54.831	56.476	1
57 kg												
Open	Jessica Reyes	Mexico	1983	55.85	57	65	70	75	75	67.706	67.706	1
Master III	Dora Justice	U.S.America	1957	55.90	57	70	75	80	80	72.171	106.814	1
SOI	Jesus Joyce de	Puerto Rico	1998	55.55	57	25	27.5	30	30	27.193	27.193	1
63 kg												
Master I	Faith Clough	U.S.America	1982	61.75	63	60	70	72.5	72.5	61.199	61.199	1
69 kg												
Open	Irma Aldana	Puerto Rico	1998	65.00	69	57.5	62.5	-67.5	62.5	51.283	51.283	1
Junior	Alissa Marrero	Puerto Rico	2001	66.75	69	40	45	47.5	47.5	38.461	39.230	1
Master I	Yaritza Rivera	Puerto Rico	1979	64.95	69	53	56.5	-60	56.5	46.378	47.816	1
Master II	Claudia Nagata	U.S.America	1968	64.50	69	45	55	57.5	57.5	47.371	57.034	1
76 kg												
Open	Taisha Ramos	Puerto Rico	1996	74.90	76	72.5	75	82.5	82.5	63.686	63.686	1
Master III	Janine Wheeler	Canada	1960	74.35	76	52.5	57.5	-60	57.5	44.503	61.993	1
84 kg												
Open	Kiriath Ortiz	Puerto Rico	1989	82.15	84	72.5	77.5	-82.5	77.5	58.152	58.152	1
Junior	Pamela Crespo	Puerto Rico	2000	77.00	84	57.5	60	65	65	49.710	50.208	1
Master II	Michal Harris	U.S.America	1970	83.20	84	47.5	55	57.5	57.5	43.002	50.097	1
SOI	Cristina Aybar	Puerto Rico	1997	81.09	84	-25	-25	-25	-	0.000	0.000	DNF
84+ kg												
Open	Sara Shelton	U.S.America	1997	93.20	84+	70	77.5	-82.5	77.5	56.575	56.575	1

Classic Men

Division	Name	Nation	YOB	Body Wt. (kg)	Wt. Class	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age	Place
59 kg												
Junior	Diego Matias	Puerto Rico	1999	58.55	59	50	60	-65	60	36.359	36.359	1
66 kg												
Junior	Jack Michael Solomon	U.S.America	2000	63.60	66	110	125	-135	125	72.355	73.078	1
Junior	Cristian Feliciano	Puerto Rico	2001	60.30	66	65	70	-72.5	70	41.730	42.564	2
Master II	Steve Petrencak	U.S.America	1968	65.80	66	126	-141	-141	126	71.586	86.190	1
Master II	Brian Mott	U.S.America	1970	65.35	66	90	95	-100	95	54.177	63.116	2
Master III	Alberto Ruiz	Puerto Rico	1955	62.70	66	95	100	-105	100	58.340	90.018	1
SOI	Omar Romero	Puerto Rico	1987	63.45	66	-60	60	-65	60	34.775	34.775	1
74 kg												
Open	Andrew Sardis	U.S.America	1991	72.75	74	115	125	130	130	69.960	69.960	1
Junior	Carlos Pedrogo	Puerto Rico	2003	73.00	74	115	122.5	130.5	130.5	70.101	72.905	1
Master II	Todd Solomon	U.S.America	1970	67.60	74	107.5	115	-120	115	64.383	75.007	1
Master III	Gary Reale	U.S.America	1953	72.90	74	92.5	97.5	-100	97.5	52.413	84.384	1
Master III	George Kern	U.S.America	1960	69.40	74	90	95	-97.5	95	52.435	73.042	2
83 kg												
Open	Jonathan Losa	U.S.America	1982	82.65	83	182.5	192.5	200.5	200.5	100.928	100.928	1
Junior	Colton Patrick	U.S.America	2000	81.90	83	137.5	-150	-150	137.5	69.540	70.235	1
Master II	Damian Fronzaglia	U.S.America	1965	79.95	83	167.5	-186	-186	167.5	85.774	108.761	1
Master III	Howard Sturman	US Virgin Islands	1958	80.60	83	155	-162.5	-162.5	155	79.040	114.609	1
Master IV	John Alderman	U.S.America	1948	82.10	83	97.5	105	110	110	55.562	99.734	1
93 kg												
Open	Carlos Rojas	Costa Rica	2002	86.50	93	155	160	-162.5	160	78.697	81.057	1
Junior	Jonathan Rivera	Puerto Rico	1999	89.45	93	168	178	185.5	185.5	89.718	89.718	1
Master I	Jose Manuel Baez	Puerto Rico	1975	83.30	93	80	90	-100	90	45.123	48.823	1
Master II	Jason Ross	U.S.America	1969	87.85	93	145	152.5	160	160	78.086	92.454	1
Master III	Thomas Cencich	U.S.America	1960	91.85	93	100			100	47.735	66.495	1
Master IV	Claude Welcome	U.S.America	1951	91.75	93	135	140.5	-142	140.5	67.104	112.801	1
Sub-Junior	Melvin Alvarado	Puerto Rico	2004	91.20	93	95.5	100.5	-105.5	100.5	48.142	51.031	1
105 kg												
Master I	Phillip Wilkins	US Virgin Islands	1980	101.85	105	225	232.5	238	238	108.093	110.255	1
Master II	Chris Walter	U.S.America	1971	102.75	105	137.5	150	160	160	72.368	83.007	1
Master III	Steven Crane	Puerto Rico	1962	97.90	105	127.5	146	155.5	155.5	71.962	96.429	1
Master III	Kenneth Bennett	U.S.America	1959	100.35	105	125	130	-146.5	130	59.457	84.489	2
SOI	Jorge Lopez	Puerto Rico	1997	100.65	105	90	100	-110	100	45.672	45.672	1
120 kg												
Junior	Christian Matthews	Puerto Rico	2000	119.70	120	90.5	96	100	100	42.233	42.656	1
Master II	Patrick Barger	US Virgin Islands	1969	108.45	120	190	-200	200	200	88.235	104.470	1
Master II	Felix Mendez	Puerto Rico	1972	116.10	120	150	-160	-160	150	64.194	72.539	2
Master III	James Ray	U.S.America	1957	117.65	120	160	163	163.5	163.5	69.568	102.961	1
120+ kg												
Junior	Alex Marriott	Canada	2000	128.40	120+	165	172.5	-183	172.5	70.741	71.448	1
Master III	William Campbell	U.S.America	1957	148.10	120+	200	-205.5	-205.5	200	77.597	114.844	1

Best lifters	Name	Nation	IPF Points	IPF Age Points
Classic Open Women	Jessica Reyes	Mexico	67.706	-
Classic Junior Women	Gerald Robles	Puerto Rico	54.831	-
Classic Master Women	Dora Justice	U.S.America	-	106.814
Classic Open Men	Jonathan Losa	U.S.America	100.928	-
Classic Sub junior Men	Melvin Alvarado	Puerto Rico	48.142	-
Classic Junior Men	Jonathan Rivera	Puerto Rico	89.718	-
Classic Master Men	William Campbell	U.S.America	-	114.844

Team Awards	Team	Points
1st Place Open Women	Puerto Rico	48 = 12+12+12+12
2nd Place Open Women	Mexico	12 = 12
1st Place Open Men	U.S. America	24 = 12+12
2nd Place Open Men	Costa Rica	12 = 12

Equipped Women

Division	Name	Nation	YOB	Body Wt. (kg)	Wt. Class	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age	Place
52 kg												
Open	Maria Luisa Vasquez	Puerto Rico	1983	48.25	52	97.5	105.5	108.5	108.5	80.205	80.205	1
57 kg												
Open	Jessica Reyes	Mexico	1983	55.30	57	-97.5	97.5	103	103	68.003	68.003	1
69 kg												
Master II	Claudia Nagata	U.S.America	1968	63.50	69	60	65	70	70	42.036	50.612	1
84+ kg												
Open	Adriana Vargas	Costa Rica	1989	95.90	84+	137.5	-142.5	145	145	72.330	72.330	1
Open	Joan Baez	Puerto Rico	1986	103.55	84+	145	-152.5	-152.5	145	70.812	70.812	2

Equipped Men

Division	Name	Nation	YOB	Body Wt. (kg)	Wt. Class	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age	Place
74 kg												
Open	Doel Cotte	Puerto Rico	1981	72.80	74	140	-147.5	-147.5	140	55.300	55.853	1
Master II	Brian Albert	U.S.America	1972	73.55	74	-210	-210	-214.5	-	0.000	0.000	DNF
Master III	Michael Rodriguez	U.S.America	1961	73.60	74	140.5	145.5	150	150	58.686	80.166	1
83 kg												
Master III	Wesley Kipp	U.S.America	1962	82.85	83	-185	185	-216	185	65.933	88.350	1
93 kg												
Junior	Jonathan Rivera	Puerto Rico	1999	89.70	93	195	205.5	208	208	70.310	70.310	1
Master II	Hector Santiago	Puerto Rico	1972	89.50	93	145	152.5	160	160	54.160	61.201	1
Master III	Thomas Cencich	U.S.America	1960	92.05	93	190.5	-223	-223	190.5	63.392	88.305	1
Master IV	Jose Miranda	Puerto Rico	1940	87.20	93	72.5	82.5	90	90	30.975	66.380	1
105 kg												
Master II	Mike Ferrantelli	U.S.America	1966	103.95	105	102.5	-242.5	-250.5	102.5	31.977	39.843	1
Master III	Dana Rosenzweig	U.S.America	1957	94.00	105	140	150	160.5	160.5	52.762	78.087	1
120 kg												
Open	Alex Alvarado	Puerto Rico	1974	116.90	120	212.5	222.5	-230	222.5	66.074	72.483	1
Master III	Robert Keller	U.S.America	1962	119.50	120	115	120	-185.5	120	35.353	47.373	1
120+ kg												
Master II	Antonio Pedro Rodriguez	Puerto Rico	1968	139.00	120+	195	207.5	-212.5	207.5	58.444	70.367	1
Master II	Joe Dibert	U.S.America	1969	140.40	120+	-323	-323	-323	-	0.000	0.000	DNF
Master III	William Campbell	U.S.America	1957	148.05	120+	240	255.5	-272.5	255.5	70.943	104.996	1

Best lifters	Name	Nation	IPF Points	IPF Age Points
Equipped Open Women	Maria Luisa Vasquez	Puerto Rico	80.205	-
Equipped Master Women	Claudia Nagata	U.S.America	-	50.612
Equipped Open Men	Alex Alvarado	Puerto Rico	66.074	-
Equipped Junior Men	Jonathan Rivera	Puerto Rico	70.310	-
Equipped Master Men	William Campbell	U.S.America	-	104.996

Team Awards	Team	Points
1st Place Open Women	Puerto Rico	12 = 12 (80.205)
2nd Place Open Women	Costa Rica	12 = 12 (72.330)
3rd Place Open Women	Mexico	12 = 12 (68.003)
1st Place Open Men	Puerto Rico	24 = 12+12