



# 18th Annual NAPF North American Regional Bench Press Championships

Barcelo San Jose: San Jose, Costa Rica.  
October 30 – November 02, 2024



## Championship 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
<b>43 kg</b>												
Junior	Chloe Wong	Canada	42.50	2004	57.5	63.0	-69.0	63.0	75.9275	78.2053	1	11/01/24
<b>47 kg</b>												
Open	Ingrid Valeria Arteaga Laguna	Nicaragua	46.51	2003	50.0	57.5	-62.5	57.5	61.6756	62.9091	1	11/01/24
<b>52 kg</b>												
Open	Yusdara Mitre	Panama	50.35	1987	60.0	62.5	-65.0	62.5	61.6445	61.6445	1	11/01/24
Junior	Amy Espinoza Torres	Costa Rica	51.33	2001	65.0	70.0	-73.0	70.0	67.8010	67.8010	1	11/01/24
Sub-Junior	Kaelie Burgess	Belize	51.22	2008	27.5	32.5	35.0	35.0	33.9676	38.3834	1	11/01/24
<b>57 kg</b>												
Open	Jessica Reyes	Mexico	55.01	1983	75.0	80.0	-82.5	80.0	73.0645	73.7952	1	11/01/24
Junior	Monica Marin	Costa Rica	54.33	2001	67.5	72.5	76.5	76.5	70.5603	70.5603	1	11/01/24
Junior	Ana Paula Berrantes Rodriguez	Costa Rica	55.75	2003	73.0	76.0	-77.0	76.0	68.7019	70.0759	2	11/01/24
<b>63 kg</b>												
Open	Magdaleis Caballero	Panama	61.23	1995	60.0	65.0	-67.5	65.0	55.1448	55.1448	1	11/01/24
Junior	Hania Alvarado	Panama	58.15	2005	75.0	80.0	-83.0	80.0	70.1574	72.9637	1	11/01/24
Sub-Junior	Nathaly Sofia Ruiz Guillen	Costa Rica	62.68	2008	40.0	45.0	50.0	50.0	41.8425	47.2820	1	11/01/24
Master I	Faith Clough	United States of America	60.19	1982	62.5	70.0	-80.0	70.0	60.0157	61.2160	1	10/31/24
Master I	Nimisha Mitha	United States of America	60.29	1979	47.5	50.0	52.5	52.5	44.9649	47.4380	2	10/31/24
Master I	Ana Fressy Morales Mora	Costa Rica	59.68	1977	42.5	47.5	50.0	50.0	43.1005	46.6348	3	10/31/24
Master II	Michelle Carlascio	United States of America	59.31	1971	52.5	-57.5	57.5	57.5	49.7653	58.9221	1	10/31/24
<b>69 kg</b>												
Open	Michelle Comber	Canada	68.68	1993	85.0	90.0	-93.5	90.0	71.9139	71.9139	1	11/01/24
Junior	Fernanda Lucia Guzman Rueda	Nicaragua	67.70	2001	75.0	-80.0	-80.0	75.0	60.3223	60.3223	1	11/01/24
Sub-Junior	Isabel Ugalde	Costa Rica	63.69	2007	90.0	-93.0	93.0	93.0	77.1381	83.3091	1	11/01/24
Sub-Junior	Erika Segura	Panama	66.87	2007	-65.0	-65.0	65.0	65.0	52.5849	56.7917	2	11/01/24
Master III	Donna Marts	United States of America	66.18	1960	70.0	73.0	-76.0	73.0	59.3560	86.0661	1	10/31/24
<b>76 kg</b>												
Open	Michelle Robbins	United States of America	74.85	1997	120.0	131.0	-138.0	131.0	101.1487	101.1487	1	11/01/24
Open	Ada Brander	Mexico	74.82	1993	82.5	-85.0	-85.0	82.5	63.7095	63.7095	2	11/01/24
Master II	Teresa Gilman	Canada	75.13	1973	65.5	71.0	-75.5	71.0	54.7495	62.7976	1	10/31/24
Master IV	Lenore Gelb	United States of America	72.67	1950	45.0	48.0	51.0	51.0	39.8083	71.4560	1	10/31/24
<b>84 kg</b>												
Open	Kiriath Ortiz	Puerto Rico	82.23	1989	87.5	92.5	-97.5	92.5	69.3888	69.3888	1	11/01/24
Master I	Stephanie Tracy	United States of America	81.84	1979	75.0	-77.5	-77.5	75.0	56.3326	59.4309	1	10/31/24
Master I	Rachael Diehl	United States of America	83.22	1980	70.0	75.0	-80.0	75.0	56.0863	58.4980	2	10/31/24
Master II	Sonia Ramos	Mexico	78.19	1970	67.5	70.0	-75.0	70.0	53.2749	64.1430	1	10/31/24
Master II	Michal Harris	United States of America	83.03	1970	47.5	52.5	-55.0	52.5	39.2834	47.2972	2	10/31/24
<b>84+ kg</b>												
Open	April Goodfellow	Canada	105.19	1992	105.0	112.5	-117.5	112.5	80.7442	80.7442	1	11/01/24
Open	Coralie Vincent	Canada	118.14	1996	97.5	102.5	105.0	105.0	74.6077	74.6077	2	11/01/24
Open	Sara Roden	United States of America	88.95	2000	82.5	87.5	-92.5	87.5	64.4419	64.4419	3	11/01/24
Sub-Junior	Natasha Andrews	Canada	139.00	2006	55.0	60.0	-61.0	60.0	42.3187	44.8578	1	11/01/24
Master I	Sarah Wages	United States of America	132.35	1981	105.0	115.0	-125.0	115.0	81.2425	83.7610	1	10/31/24

## 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
<b>59 kg</b>												
Sub-Junior	Derrick Le	United States of America	56.75	2006	87.5	93.0	95.0	95.0	58.5825	62.0975	1	11/01/24
Sub-Junior	Antonio Pena	Mexico	55.21	2006	80.0	87.5	94.5	94.5	59.1809	62.7318	2	11/01/24
<b>66 kg</b>												
Open	Elian Yoel Murillo Garbanzo	Costa Rica	65.57	2005	-85.0	85.0	-95.0	85.0	48.3849	50.3203	1	11/01/24
Junior	Rikizo Tamaki	Canada	65.31	2005	112.5	120.0	130.0	130.0	74.1614	77.1279	1	11/01/24
Master II	Steve Petrencak	United States of America	65.64	1968	126.5	136.5	-139.0	136.5	77.6552	96.7584	1	10/31/24
<b>74 kg</b>												
Open	Seth Howard	United States of America	73.21	1997	157.5	164.0	167.0	167.0	89.5708	89.5708	1	11/01/24
Open	Nestor Jefferson Landero Alvarez	Nicaragua	71.47	1996	147.5	155.0	-160.0	155.0	84.2097	84.2097	2	11/01/24
Open	Donkan Vasquez Fonseca	Costa Rica	71.44	1999	-110.0	115.0	-120.0	115.0	62.4922	62.4922	3	11/01/24
Master I	Merdan Nursahatov	United States of America	73.86	1976	160.0	165.0	-170.0	165.0	88.0830	96.6271	1	10/31/24
Master II	Sean Williams	United States of America	73.64	1971	137.5	-142.5	145.5	145.5	77.7964	92.1110	1	10/31/24
Master II	Patrick Keenan	United States of America	71.83	1966	110.0	117.5	125.0	125.0	67.7286	87.4376	2	10/31/24
Master III	Daniel Sides	United States of America	73.54	1956	62.5	85.0	100.0	100.0	53.5070	84.3270	1	10/31/24
Master IV	Gary Reale	United States of America	73.10	1953	92.5	97.5	-102.5	97.5	52.3362	87.9772	1	10/31/24
<b>83 kg</b>												
Open	Mitchell Glover	United States of America	80.53	2000	160.0	165.0	-175.0	165.0	84.1776	84.1776	1	11/01/24
Open	Efrain Meza	Panama	82.14	1988	135.0	142.5	150.0	150.0	75.7477	75.7477	2	11/01/24
Junior	Esteban Navarro	Costa Rica	82.81	2004	170.0	175.0	-177.5	175.0	88.0045	90.6447	1	11/01/24
Junior	Lars Veldhuis	Canada	80.24	2004	137.5	140.0	-142.5	140.0	71.5570	73.7037	2	11/01/24
Junior	Oscar Campos Herrera	Costa Rica	80.56	2004	-130.0	-130.0	-130.0	-	0.0000	0.0000	DNF	11/01/24
Sub-Junior	Santiago Carvajal	Costa Rica	81.33	2008	110.0	117.5	-122.5	117.5	59.6393	67.3924	1	11/01/24
Master III	Howard Sturman	United States of America	82.37	1958	157.5	-166.5	166.5	166.5	83.9592	126.8624	1	10/31/24
Master IV	Kenneth Levine	United States of America	81.39	1953	-120.0	125.0	-128.0	125.0	63.4219	106.6122	1	10/31/24
<b>93 kg</b>												
Open	Khashayar Farzam	Canada	90.34	1993	197.5	205.0	-207.5	205.0	98.6620	98.6620	1	11/01/24
Open	Liam Wharton	Canada	88.90	1998	-200.0	200.0	-207.5	200.0	97.0285	97.0285	2	11/01/24
Open	Cameron Krueger	United States of America	89.68	1995	-182.5	182.5	-205.0	182.5	88.1538	88.1538	3	11/01/24
Open	Hasan Abuzid	Panama	89.48	1987	167.5	172.5	-180.0	172.5	83.4161	83.4161	4	11/01/24
Open	Jonathan Rivera	Puerto Rico	87.45	1999	162.5	170.0	-180.0	170.0	83.1565	83.1565	5	11/01/24
Open	Josue Hernandez Calderon	Costa Rica	91.09	1997	155.0	162.5	-167.5	162.5	77.8881	77.8881	6	11/01/24
Open	Angel Dominguez	Panama	85.92	1996	140.0	145.0	-150.0	145.0	71.5616	71.5616	7	11/01/24
Open	Dimitry Altamirano	Costa Rica	91.48	1998	120.0	125.0	-127.5	125.0	59.7876	59.7876	8	11/01/24
Junior	William Holloway	United States of America	92.07	2002	165.0	167.5	172.5	172.5	82.2459	83.0683	1	11/01/24
Junior	Carlos Rojas Montero	Costa Rica	92.34	2002	-162.5	162.5	170.0	170.0	80.9372	81.7466	2	11/01/24
Junior	Nathan Terry	United States of America	83.39	2005	110.0	115.0	-122.5	115.0	57.6252	59.9303	3	11/01/24
Junior	Jefferson Fallas Rojas	Costa Rica	92.47	2004	107.5	-112.5	-112.5	107.5	51.1455	52.6799	4	11/01/24
Master I	Llalando Austin	United States of America	85.17	1979	165.0	187.5	200.0	200.0	99.1452	104.5982	1	10/31/24
Master II	Jason Ross	United States of America	89.01	1969	-145.0	145.0	-160.0	145.0	70.3023	86.1203	1	10/31/24
Master III	Ron Falcone	United States of America	92.36	1961	85.0	95.0	105.0	105.0	49.9853	71.0291	1	10/31/24
Master IV	Claude Welcome	United States of America	92.18	1951	125.0	132.5	137.5	137.5	65.5198	115.0527	1	10/31/24
<b>105 kg</b>												
Open	Addul James	Panama	103.68	1985	190.0	200.0	210.0	210.0	94.5849	94.5849	1	11/01/24
Open	Allan Morelos	United States of America	99.29	1998	175.0	177.5	182.5	182.5	83.8905	83.8905	2	11/01/24
Open	Anthony Wong	Canada	97.59	1999	165.0	175.0	180.0	180.0	83.4269	83.4269	3	11/01/24
Open	Steven Ugalde Guerrero	Costa Rica	102.11	1994	160.0	170.0	177.5	177.5	80.5192	80.5192	4	11/01/24
Junior	Daniel Hashempour	United States of America	93.46	2005	140.0	145.0	-150.0	145.0	68.6278	71.3729	1	11/01/24
Junior	Victor Manuel Loria Chavarria	Costa Rica	104.40	2004	140.0	145.0	-147.5	145.0	65.0988	67.0518	2	11/01/24
Master I	Jeremiah Cruz	United States of America	94.81	1977	110.0	117.5	122.5	122.5	57.5746	62.2957	1	10/31/24
Master II	Michael McQueen	United States of America	103.62	1971	167.5	172.5	-180.0	172.5	77.7157	92.0154	1	10/31/24
Master III	Jim Kathios	United States of America	102.75	1961	142.5	-156.0	-156.0	142.5	64.4532	91.5880	1	10/31/24

<b>120 kg</b>												
Open	Matthew Cronin	United States of America	118.83	1990	220.0	228.0	233.0	233.0	98.7131	98.7131	1	11/01/24
Open	Isaiah Wolf	Canada	119.21	1996	160.0	170.0	-175.0	170.0	71.9235	71.9235	2	11/01/24
Master I	Kenneth Cameron	United States of America	118.04	1976	165.0	172.5	-182.5	172.5	73.2925	80.4019	1	10/31/24
Master I	Lester Horacio Cuadra Vargas	Nicaragua	116.33	1980	155.0	170.0	-180.0	170.0	72.6901	75.8157	2	10/31/24
Master II	Chris Walter	United States of America	105.85	1971	211.5	221.0	225.5	225.5	100.5961	119.1057	1	10/31/24
Master III	Chris Felix	United States of America	117.99	1964	-125.0	125.0	-135.0	125.0	53.1202	71.1811	1	10/31/24
Master IV	Mack Hodges	United States of America	107.54	1947	120.0	126.0	131.0	131.0	58.0162	111.2750	1	10/31/24
<b>120+ kg</b>												
Open	Shane Martin	Canada	132.78	1988	235.0	245.0	256.0	256.0	103.5682	103.5682	1	11/01/24
Open	Martin Agoes	United States of America	126.24	1987	205.0	215.0	-222.5	215.0	88.7876	88.7876	2	11/01/24
Open	Reysil Jose Hueck Chamorro	Nicaragua	161.25	1986	175.0	187.5	-190.0	187.5	70.5972	70.5972	3	11/01/24
Open	Ayrton Sanchez	Mexico	125.34	1994	150.0	160.0	-165.0	160.0	66.2711	66.2711	4	11/01/24
Sub-Junior	Daniel Haroon	United States of America	122.04	2007	160.0	-170.0	-170.0	160.0	67.0180	72.3794	1	11/01/24
Master III	Hugo Velasquez	Costa Rica	120.75	1959	110.0	120.0	125.0	125.0	52.5949	77.8405	1	10/31/24
<b>WOMEN'S EQUIPPED</b>												
Division	Name	Team	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age Points	Place	Date
<b>57 kg</b>												
Open	Jessica Reyes	Mexico	53.81	1983	105.0	-110.0	110.0	110.0	74.1652	74.9068	1	11/02/24
<b>63 kg</b>												
Open	Laura Rojas Gonzalez	Costa Rica	58.33	1998	-105.0	-105.0	-105.0	-	0.0000	0.0000	DNF	11/02/24
Master II	Michelle Carlascio	United States of America	59.57	1971	45.0	65.0	-72.5	65.0	40.6867	48.1730	1	11/02/24
<b>69 kg</b>												
Sub-Junior	Isabel Ugalde	Costa Rica	63.63	2007	85.0	-100.0	100.0	100.0	59.9758	64.7738	1	11/02/24
Master III	Donna Marts	United States of America	64.55	1960	92.5	96.0	-101.0	96.0	57.0740	82.7573	1	11/02/24
<b>76 kg</b>												
Open	Ada Brander	Mexico	74.51	1993	-100.0	100.0	-115.0	100.0	55.0050	55.0050	1	11/02/24
Master I	Amber Gomez	United States of America	75.13	1978	100.0	107.5	-112.5	107.5	58.8964	62.9013	1	11/02/24
<b>84 kg</b>												
Master II	Michal Harris	United States of America	83.14	1970	47.5	-70.0	-75.0	47.5	24.9001	29.9798	1	11/02/24
<b>84+ kg</b>												
Open	Adriana Vargas Saborio	Costa Rica	106.73	1989	-170.0	175.0	-182.5	175.0	84.8332	84.8332	1	11/02/24
Open	Sara Shelton	United States of America	94.67	1997	102.5	110.0	-120.0	110.0	55.0870	55.0870	2	11/02/24
Open	Rebecca Salter	United States of America	107.26	1989	-105.0	105.0	-117.5	105.0	50.8408	50.8408	3	11/02/24
Master I	Sarah Wages	United States of America	132.30	1981	140.0	147.5	-152.5	147.5	68.7674	70.8992	1	11/02/24
<b>MEN'S EQUIPPED</b>												
Division	Name	Team	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age Points	Place	Date
<b>66 kg</b>												
Open	Fabian Artavia Ortiz	Costa Rica	61.11	2002	115.0	122.5	130.0	130.0	61.3995	62.0135	1	11/02/24
<b>74 kg</b>												
Master III	Daniel Sides	United States of America	72.96	1956	135.0	145.0	150.5	150.5	59.3330	93.5088	1	11/02/24
<b>83 kg</b>												
Open	Luis Alfredo Manzanarez Garcia	Nicaragua	82.14	1994	190.0	200.0	-205.0	200.0	71.7208	71.7208	1	11/02/24
Open	Arian Khamesi	United States of America	80.35	1988	75.0	-115.0	-120.0	75.0	27.3354	27.3354	2	11/02/24
<b>93 kg</b>												
Open	Leonardo Quiros Lepiz	Costa Rica	91.74	1984	190.0	195.0	-200.0	195.0	65.0199	65.0199	1	11/02/24
Open	Tomas Jimenez	Panama	89.28	1985	187.5	192.5	-200.0	192.5	65.2615	65.2615	2	11/02/24
Open	Jose Antonio Valladarez Montenegro	Nicaragua	90.28	1990	185.0	-195.0	-197.5	185.0	62.2873	62.2873	3	11/02/24
Sub-Junior	Bjorn Flores Ulloa	Costa Rica	84.42	2007	-87.5	87.5	-95.0	87.5	30.7767	33.2389	1	11/02/24
Master I	Jonathan Losa	United States of America	85.34	1982	145.0	175.0	185.0	185.0	64.5904	65.8822	1	11/02/24
Master III	Thomas Cencich	United States of America	91.15	1960	193.0	-205.5	-205.5	193.0	64.6026	93.6738	1	11/02/24
<b>105 kg</b>												
Open	Diego Cuarezma Zapata	Nicaragua	104.08	1995	130.0	140.0	-155.0	140.0	43.6496	43.6496	1	11/02/24
Open	Adam Mamola	United States of America	100.08	1977	-310.0	-316.0	-328.0	-	0.0000	0.0000	DNF	11/02/24
Master III	Steven Crane	Puerto Rico	100.24	1962	145.0	-167.5	170.0	170.0	53.9851	75.2012	1	11/02/24
Master III	Ron Falcone	United States of America	93.68	1961	125.0	-135.0	145.0	145.0	47.7596	67.8663	2	11/02/24

<b>120 kg</b>												
Open	Luis Adrian Aguilar Cascante	Costa Rica	116.68	1992	155.0	165.0	-175.0	165.0	49.0329	49.0329	1	11/02/24
Open	Michael Fernandez Barrantes	Costa Rica	119.69	1982	-210.0	-210.0	-210.0	-	0.0000	0.0000	DNF	11/02/24
Master I	Lester Horacio Cuadra Vargas	Nicaragua	115.93	1980	160.0	195.0	-205.0	195.0	58.0880	60.5858	1	11/02/24
Master II	Alex Alvarado	Puerto Rico	119.90	1974	200.0	210.0	-223.0	210.0	61.7954	69.8288	1	11/02/24
Master III	Robert Keller	United States of America	119.46	1962	145.0	150.0	155.0	155.0	45.6699	63.6181	1	11/02/24
<b>120+ kg</b>												
Open	Martin Agoes	United States of America	126.70	1987	270.0	-280.0	-280.0	270.0	78.0214	78.0214	1	11/02/24
Open	Reysil Jose Hueck Chamorro	Nicaragua	160.48	1986	170.0	220.0	230.0	230.0	62.9138	62.9138	2	11/02/24
Open	Carlos Campos Murillo	Costa Rica	147.02	1979	-275.0	-	-	-	0.0000	0.0000	DNF	11/02/24
Junior	Sebastian Abrego Blanco	Costa Rica	146.10	2002	140.0	142.5	-150.0	142.5	39.6782	40.0750	1	11/02/24
Master III	Hugo Velasquez	Costa Rica	122.00	1959	125.0	147.5	157.5	157.5	46.0710	68.1850	1	11/02/24

### WOMEN'S SPECIAL OLYMPICS

Division	Name	Team	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age Points	Place	Date
<b>69 kg</b>												
SOI	Maria Jose Robles	Costa Rica	67.47	1997	35.0	37.5	-42.5	37.5	30.2091	30.2091	1	10/31/24
<b>76 kg</b>												
SOI	Melany Barrantes	Costa Rica	72.37	1997	37.5	40.0	42.5	42.5	33.2265	33.2265	1	10/31/24
<b>84+ kg</b>												
SOI	Daniela Mendez Barboza	Costa Rica	90.07	1992	40.0	47.5	-55.0	47.5	34.8950	34.8950	1	10/31/24

### MEN'S SPECIAL OLYMPICS

Division	Name	Team	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF & Age Points	Place	Date
<b>83 kg</b>												
SOI	Dario Castro Mena	Costa Rica	80.87	1997	110.0	120.0	122.5	122.5	62.3595	62.3595	1	10/31/24
<b>93 kg</b>												
SOI	Fredy Vargas Benavides	Costa Rica	84.20	1966	95.0	100.0	105.0	105.0	52.3553	67.5907	1	10/31/24
SOI	Edward Vargas Monge	Costa Rica	83.45	1991	80.0	85.0	-87.5	85.0	42.5769	42.5769	2	10/31/24

### BEST LIFTERS AWARDS

Division	Name	Nation	IPF Points	Age points
Women's Sub Junior Classic	Ugalde Isabel	Costa Rica	77.1380	-
Men's Sub Junior Classic	Haroon Daniel	United States of America	67.0179	-
Women's Junior Classic	Wong Chloe	Canada	75.9275	-
Men's Junior Classic	Esteban Navarro Granados	Costa Rica	88.0045	-
Women's Master Classic	Donna Marts	United States of America	-	86.0661
Men's Master Classic	Howard Sturman	United States of America	-	126.8624
Women's Open Classic	Robbins Michelle	United States of America	101.1488	-
Men's Open Classic	Martin Shane	Canada	103.5681	-
Division	Name	Nation	IPF Points	Age points
Women's Master Equipped	Donna Marts	United States of America	-	82.7573
Men's Master Equipped	Thomas Cencich	United States of America	-	93.6738
Women's Open Equipped	Vargas Saborio Adriana	Costa Rica	84.8332	-
Men's Open Equipped	Agoes Martin	United States of America	78.0214	-

### TEAM AWARDS

Women's Open Classic			
PLACE	TEAM	POINTS	IPF GL POINTS
1	Canada	33 [12+12+9]	227.27
2	Panama	24 [12+12]	116.79
3	Mexico	21 [12+9]	136.77
Men's Open Classic			
PLACE	TEAM	POINTS	IPF GL POINTS
1	United States of America	54 [12+12+12+9+9]	445.12
2	Canada	50 [12+12+9+9+8]	454.61
3	Costa Rica	35 [12+8+7+5+3]	329.07
Women's Open Equipped			
PLACE	TEAM	POINTS	IPF GL POINTS
1	Mexico	24 [12+12]	129.17
2	United States of America	17 [9+8]	105.93
3	Costa Rica	12 [12]	84.83
Men's Open Equipped			
PLACE	TEAM	POINTS	IPF GL POINTS
1	Nicaragua	41 [12+12+9+8]	240.57
2	Costa Rica	36 [12+12+12]	175.45
3	United States of America	21 [12+9]	105.36

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