



**8th NAPF / FESUPO Pan-American Regional Bench Press Championships and
15th Annual NAPF North American Regional Bench Press Championships**
MC Gym Training Center, San Jose, Costa Rica
October 15-16, 2021



Classic Divisions

Women Classic

Division	Name	Nation	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF + Age Points	Place
52 kg											
Open	Aurora Arias	Costa Rica	51.93	1997	70	-75	75	75	71.882	71.882	1
57 kg											
Open	Jessica Reyes	Mexico	55.67	1983	-70.5	72.5	73.5	73.5	66.514	66.514	1
Junior	Gabriela Rojas	Costa Rica	56.19	2002	55	57.5	60	60	53.920	56.076	1
Master I	Adriana Moreno	Costa Rica	55.86	1976	68.5	71	-73	71	64.087	66.842	1
63 kg											
Open	Jannin Soberanis	Mexico	61.93	1987	-65	65	-70	65	54.774	54.774	1
Open	Michelle Rosa	Costa Rica	58.59	1996	-62.5	-62.5	-62.5	0	0.000	0.000	-
Sub Junior	Abigail Cordoba	Costa Rica	62.48	2003	-62.5	-67.5	70	70	58.686	62.207	1
76 kg											
Junior	Modesta Varillas	Mexico	73.96	1998	95	105	-107.5	105	81.421	81.421	1
Master II	Sonia Ramos	Mexico	72.51	1970	60	62.5	-65	62.5	48.826	56.003	1
84 kg											
Master III	Janine Wheeler	Canada	81.47	2060	55	60	-65	60	0.000	0.000	1
Men Classic											
Division	Name	Nation	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF + Age Points	Place
66 kg											
Open	Diego Lopez	Mexico	65.01	1996	120	-125	-125	120	68.629	68.629	1
83 kg											
Open	Jonathan Losa	US Virgin Islands	82.45	1982	185	-195	195	195	98.282	98.282	1
Open	Michel J. Vasquez	Guatemala	80.89	1987	155	160	-165	160	81.439	81.439	2
Open	Esteban Navarro	Costa Rica	77.58	2004	145	152.5	-157.5	152.5	79.327	85.673	3
Open	Byron Vargas	Costa Rica	82.33	2000	140	-145	145	145	73.136	74.599	4
93 kg											
Open	Sumeet Sharma	Canada	91.23	1986	150	157.5	-165	157.5	75.434	75.434	1
Open	Leonardo Quiros	Costa Rica	88.98	1984	122.5	127.5	132.5	132.5	64.253	64.253	2
105 kg											
Open	David Bolanos	Costa Rica	98.07	1992	180	-185	185	185	85.543	85.543	1
Open	Esteban Rodriguez	Costa Rica	103.39	1993	177.5	-185	-185	177.5	80.051	80.051	2
Sub Junior	Aldo Valverde	Costa Rica	102.53	2004	125	132.5	-136	132.5	59.990	64.790	1
Master I	Luis A. Carranza	Peru	103.24	1978	160	175	-182.5	175	78.977	81.426	1
120 kg											
Open	Luciano Delorenzi	Costa Rica	119.76	1991	192.5	203	206	206	86.982	86.982	1
Master I	Felix Mendez	Puerto Rico	115.11	1972	-160	160	162.5	162.5	69.805	77.693	1
120+ kg											
Master I	Javier M. Garcia	Peru	147.27	1977	155	172.5	180	180	69.982	72.991	1

Equipped Divisions

Women Equipped											
Division	Name	Nation	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF + Age Points	Place
52 kg											
Open	Maria J. Barquero	Costa Rica	50.00	1998	-85	85	-97.5	85	60.882	60.882	1
57 kg											
Open	Jessica Reyes	Mexico	56.25	1983	102.5	-110	-110	102.5	66.818	66.818	1
Junior	Laura Rojas	Costa Rica	54.33	1998	-65	65	72.5	72.5	48.517	48.517	1
63 kg											
Open	Allison Duffett	Canada	61.60	1984	87.5	92.5	-95	92.5	56.627	56.627	1
69 kg											
Master I	Amy Suzan	US Virgin Islands	67.67	1976	90	95	-97.5	95	54.946	57.308	1
Master II	Kim Wilson	US Virgin Islands	66.64	1968	-75	75	77.5	77.5	45.217	53.537	1
Men Equipped											
Division	Name	Nation	Body Weight (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	IPF + Age Points	Place
83 kg											
Open	Michel J. Vasquez	Guatemala	81.47	1987	175	180	-187.5	180	64.935	64.935	1
93 kg											
Junior	Andres Soto	Costa Rica	90.70	1999	-172.5	172.5	185	185	62.111	62.732	1
Master II	Leonel Villavicencio	Costa Rica	87.17	1969	150	157.5	167.5	167.5	57.661	67.175	1
105 kg											
Open	Luis C. Carballo	Costa Rica	99.25	1993	175	180	-195	180	57.451	57.451	1
Open	Jorge Acuna	Costa Rica	103.66	1983	-140	140	-150	140	43.733	43.733	2
120 kg											
Open	Michael Fernandez	Costa Rica	119.89	1982	240	255	265	265	77.982	77.982	1
Open	Luis Mejia	Costa Rica	118.36	1995	-160	160	-180	160	47.299	47.299	2
120+ kg											
Open	Carlos M. Campos	Costa Rica	140.30	1979	305	-351	-351	305	85.712	87.426	1
Master II	Ruben Hernandez	Mexico	123.11	1969	150	160	170	170	49.577	57.758	1

Best Lifter Awards	Name	Nation	IPF Points
Classic Women's Best Lifter	Modesta Varillas	Mexico	81.421
Classic Men's Best Lifter	Jonathan Losa	US Virgin Islands	98.282
Equipped Women's Best Lifter	Jessica Reyes	Mexico	66.818
Equipped Men's Best Lifter	Carlos M. Campos	Costa Rica	85.712

Team Awards	Nation	Points	Place
Women's Classic Champion	Costa Rica	24 = 12+12	1
Men's Classic Champion	Mexico	49 = 12+12+9+9+7	1
Women's Equipped Champion	Mexico	12 = 12	1
Men's Equipped Team Champion	Costa Rica	54 = 12+12+12+9+9	1

