



17th Annual NAPF North American Regional Bench Press Championships
 Sevilla Palace, México City, México.
 October 19-21, 2023



Championship Results

Women's Classic

Division	Name	Team	Body Wt. (kg)	YOB	Bench 1	Bench 2	Bench 3	Best Bench	IPF Points	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	10/21/2023
52 kg												
Open	Yusdara Mitre	Panama	50	1987	55	60	-62.5	60	59.5806	59.5806	1	10/21/2023
Sub Junior	Kaelie Burgess	Belize	50.48	2008	32.5	37.5	-40	37.5	36.8953	43.5365	1	10/21/2023
Junior	Wendy Aguilar	Mexico	50.6	2002	-62.5	62.5	-65	62.5	61.3531	62.5802	1	10/21/2023
57 kg												
Open	Sara Ramos	Mexico	56.82	1994	62.5	-65	-65	62.5	55.7094	55.7094	1	10/21/2023
Sub Junior	Hania Alvarado	Panama	55.3	2005	57.5	-65	65	65	59.1231	62.6705	1	10/21/2023
Master I	Jessica Reyes	Mexico	55.34	1983	72.5	77.5	81	81	73.6355	73.6355	1	10/21/2023
Master III	Dora Justice	United States of America	55.66	1957	70	-75	75	75	67.8810	102.5682	1	10/21/2023
63 kg												
Open	Cynthia Leighton	Canada	62.24	1980	80	87.5	-93	87.5	73.5204	75.7995	1	10/21/2023
Open	Amanda Wall	Canada	62.38	1996	70	75	80	80	67.1317	67.1317	2	10/21/2023
Open	Mariana Lopez	Mexico	62.02	1997	72.5	75	-77.5	75	63.1471	63.1471	3	10/21/2023
Sub Junior	Isabel Ugalde	Costa Rica	61.36	2007	75	80	-83	80	67.7841	76.5960	1	10/21/2023
Master I	Faith Clough	United States of America	61.9	1982	62.5	67.5	-70	67.5	56.8968	57.4658	1	10/21/2023
Master III	Socorro Perez	Mexico	61.06	1959	65	70	-75	70	59.4865	86.2554	1	10/21/2023
69 kg												
Open	Ericka Liliana Davila	Guatemala	68.82	1996	85	90	93	93	74.2435	74.2435	1	10/21/2023
Open	Yulissa Nunez	Mexico	67.52	1997	85	87.5	92.5	92.5	74.4899	74.4899	2	10/21/2023
Open	Larissa Velazquez	Mexico	69	1992	92.5	-95	-95	92.5	73.7589	73.7589	3	10/21/2023
Sub Junior	Aurayanna Shepherd	Belize	64	2008	42.5	-47.5	-47.5	42.5	35.1587	41.4872	1	10/21/2023
Junior	Haidee Lara	Mexico	66.82	2003	70	-75	-76	70	56.6503	58.3498	1	10/21/2023
76 kg												
Open	Ileana Mesta	Mexico	74.26	1993	102.5	105	108	108	83.6251	83.6251	1	10/21/2023
Open	Miltza Abrego	Panama	69.06	1986	65	-70	-70	65	51.8107	51.8107	2	10/21/2023
Junior	Jacqueline Moreno	Mexico	75.98	2001	65	-70	72.5	72.5	55.6911	56.2480	1	10/21/2023
Master III	Bertha Ayala	Mexico	73.6	1963	50	55	57.5	57.5	44.6678	59.8549	1	10/21/2023
84 kg												
Open	Kiriath Ortiz	Puerto Rico	82.18	1989	80	85	-92.5	85	63.7729	63.7729	1	10/21/2023
Open	Cristina Cotte	Puerto Rico	81.92	1990	60	65	70	70	52.5633	52.5633	2	10/21/2023
Open	Alfonsina Martinez	Mexico	83.24	1997	70	-80	-80	70	52.3440	52.3440	3	10/21/2023
Master I	Rachael Diehl	United States of America	83.6	1980	67.5	72.5	75	75	56.0216	57.7582	1	10/21/2023
84+ kg												
Open	Maytia Millan	Mexico	91	1989	112.5	117.5	-120	117.5	86.1484	86.1484	1	10/21/2023
Open	Joan Baez	Puerto Rico	110.24	1986	92.5	100	102.5	102.5	73.2239	73.2239	2	10/21/2023
Open	Sara Shelton	United States of America	93.38	1997	72.5	77.5	82.5	82.5	60.2050	60.2050	3	10/21/2023
Master I	Sarah Wages	United States of America	131.22	1981	102.5	107.5	110	110	77.7358	79.2906	1	10/21/2023
Master I	Yisa Ochoa	Mexico	101.04	1977	80	-85	85	85	61.2997	65.4681	2	10/21/2023
Master II	Wanda Leese	Canada	87.32	1971	45	50	-55	50	36.9683	43.0680	1	10/21/2023

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												
Sub Junior	Antonio Pena	Mexico	55.8	2006	80	-90	-92.5	80	49.8019	53.7861	1	10/21/2023
Junior	Angel Cruz	Mexico	59	2004	97.5	105	-107.5	105	63.3577	65.8920	1	10/21/2023
Master I	Wilhem Guido	Mexico	58.52	1974	100	105	-107.5	105	63.6469	70.8389	1	10/21/2023
66 kg												
Open	Fabrizio Medina	Mexico	66	1993	115	-117.5	117.5	117.5	66.6466	66.6466	1	10/21/2023
Open	Luis Onofre	Mexico	65.84	1998	105	-110	-110	105	59.6355	59.6355	2	10/21/2023
Master II	Steve Petrencak	United States of America	64.6	1968	130.5	136.5	140.5	140.5	80.6327	98.7751	1	10/21/2023
74 kg												
Open	Loc Nguyen	Canada	72.8	1989	152.5	160	165.5	165.5	89.0323	89.0323	1	10/21/2023
Open	Seth Howard	United States of America	73.08	1997	150	155	-162.5	155	83.2133	83.2133	2	10/21/2023
Open	Benjamin Sierra	Mexico	71.42	1987	110	115	-122.5	115	62.5016	62.5016	3	10/21/2023
Sub Junior	Lian Perez	Mexico	71.84	2006	117.5	120	-127.5	120	65.0146	70.2158	1	10/21/2023
Junior	Brady Graceffa	United States of America	73.24	2003	125	137.5	-145.5	137.5	73.7323	75.9443	1	10/21/2023
Master II	Gary Lacoursiere	Canada	73.5	1967	125	130.5	-138	130.5	69.8468	87.0291	1	10/21/2023
Master II	Roger Valverde	Costa Rica	73.04	1972	105	110	117.5	117.5	63.0995	72.3751	2	10/21/2023
Master III	Daniel Sides	United States of America	73.3	1956	100	122.5	-136.5	122.5	65.6602	101.3136	1	10/21/2023
83 kg												
Open	Esteban Navarro	Costa Rica	81.92	2004	165	170	-175	170	85.9659	89.4045	1	10/21/2023
Open	Demian Davila	Mexico	81.86	1994	155	157.5	165	165	83.4689	83.4689	2	10/21/2023
Open	Tomas Jimenez	Panama	81.12	1985	155	160	-162.5	160	81.3194	81.3194	3	10/21/2023
Open	Leo Matura	Belize	78.92	1990	155	-162.5	-162.5	155	79.9095	79.9095	4	10/21/2023
Open	Joshua Aboytes	Mexico	81	1992	137.5	145	147.5	147.5	75.0236	75.0236	5	10/21/2023
Open	Jose Luis Lopez	Costa Rica	81.93	1987	105	110	115	115	58.1497	58.1497	6	10/21/2023
Junior	Emmanuel Zepeda	Mexico	82	2000	132.5	137.5	140	140	70.7599	70.7599	1	10/21/2023
Junior	Luca Rivera	Canada	80	2003	-130	130	-140	130	66.5490	68.5455	2	10/21/2023
Master I	Alejandro Morales	Mexico	81.9	1978	125	-130	130	130	65.7469	69.3630	1	10/21/2023
Master II	Jason Ross	United States of America	82.26	1969	142.5	-152.5	-152.5	142.5	71.9063	86.5752	1	10/21/2023
Master II	Brian Colbourne	Canada	80.7	1971	130	137.5	-142.5	137.5	70.0715	81.6333	2	10/21/2023
Master IV	Isidro Cesar Torres	Puerto Rico	80.18	1951	110	-115	120	120	61.3583	105.4136	1	10/21/2023
93 kg												
Open	Jonathan Rivera	Puerto Rico	89	1999	162.5	-170	170	170	82.4280	82.4280	1	10/21/2023
Open	Rayford Brown	Belize	89.4	1987	167.5	-170	-170	167.5	81.0344	81.0344	2	10/21/2023
Open	Izhak Flores	Mexico	91.4	1997	-167.5	-167.5	167.5	167.5	80.1500	80.1500	3	10/21/2023
Open	Eduardo Garza	Mexico	92.68	1989	160	165	-172.5	165	78.4150	78.4150	4	10/21/2023
Open	Angel Dominguez	Panama	89.08	1996	-125	125	-137.5	125	60.5816	60.5816	5	10/21/2023
Junior	Kyle Ali	Belize	91.32	2002	137.5	142.5	-147.5	142.5	68.2168	69.5811	1	10/21/2023
Junior	Andres Guerra	Panama	89.2	2004	-132.5	132.5	135	135	65.3842	67.9996	2	10/21/2023
Master I	Jonathan Losa	United States of America	85.02	1982	170	180	192.5	192.5	95.5127	96.4678	1	10/21/2023
Master I	Cesar Pacheco	Mexico	89.9	1982	150	155	157.5	157.5	75.9853	76.7452	2	10/21/2023
105 kg												
Open	Jonathan Cognac	Canada	103.9	1990	197.5	200	205	205	92.2418	92.2418	1	10/21/2023
Open	Kenyon Wright	Belize	97.28	1990	145	147.5	165	165	76.5916	76.5916	2	10/21/2023
Open	Josue Fernandez	Costa Rica	102.91	1988	130	135	-145	135	61.0165	61.0165	3	10/21/2023
Master I	Iraza Velazquez	Mexico	98.8	1978	140	-145	-145	140	64.5062	68.0541	1	10/21/2023
Master I	Juventino Aguilar	Mexico	103.16	1977	95	102.5	-105	102.5	46.2748	49.4215	2	10/21/2023
Master III	John Ralf	Canada	101.7	1962	157.5	-165	-165	157.5	71.5818	97.7808	1	10/21/2023
120 kg												
Open	Addul James	Panama	105.3	1985	190	200	205	205	91.6711	91.6711	1	10/21/2023
Open	Jose Borrero	Puerto Rico	117.6	1993	155	160	-165	160	68.0916	68.0916	2	10/21/2023
Junior	Leunard Gervalla	Canada	116.02	2000	-240	-240	240	240	102.7410	102.7410	1	10/21/2023
Junior	Edson Bernal	Mexico	114.9	2003	112.5	117.5	120	120	51.5896	53.1373	2	10/21/2023
Master I	Kenneth Cameron	United States of America	119.56	1976	167.5	172.5	-177.5	172.5	72.8893	78.8662	1	10/21/2023
Master I	Jonathan Macias	Mexico	114.6	1982	147.5	160	162.5	162.5	69.9414	70.6408	2	10/21/2023
Master I	Bernabe Cubas	Mexico	117.38	1977	150	157.5	-162.5	157.5	67.0821	71.6437	3	10/21/2023
Master II	Chris Walter	United States of America	105.02	1971	195.5	203	211	211	94.4704	110.0580	1	10/21/2023
Master II	Luis Ramirez	Mexico	108.82	1965	100	115	125	125	55.0614	71.0843	2	10/21/2023
120+ kg												
Open	Alejandro Cedillo	Mexico	124	1984	210	215	-220	215	89.4526	89.4526	1	10/21/2023
Open	Jordan Phelps	Canada	176.5	1986	120	-175	-175	120	43.8783	43.8783	2	10/21/2023

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	50.9	1997	-103.5	-103.5	-103.5		0.0000	0.0000	dnf	10/20/2023
57 kg												
Open	Jessica Reyes	Mexico	55.66	1983	102.5	110	115	115	75.5561	75.5561	1	10/20/2023
Master III	Dora Justice	United States of America	55.64	1957	-80	80	85	85	55.8608	84.4057	1	10/20/2023
63 kg												
Open	Yessica Ruiz	Mexico	62.72	1988	-75	75	-77.5	75	45.3880	45.3880	1	10/20/2023
Open	Magdaleis Caballero	Panama	60.08	1995	60	67.5	-75	67.5	42.0089	42.0089	2	10/20/2023
Master III	Socorro Perez	Mexico	60.56	1959	85	90	95.5	95.5	59.1199	85.7239	1	10/20/2023
69 kg												
Open	Ericka Liliana Davila	Guatemala	68.48	1996	112.5	117.5	-120	117.5	67.5102	67.5102	1	10/20/2023
Sub Junior	Camila Comandini	Costa Rica	65.5	2005	75	-80	-80	75	44.2014	46.8535	1	10/20/2023
Master II	Claudia Nagata	United States of America	64.64	1968	-78	78	81	81	48.1157	58.9418	1	10/20/2023
76 kg												
Open	Ada Brander	Mexico	74.94	1993	70	-95	-97.5	70	38.3974	38.3974	1	10/20/2023
84 kg												
Junior	Malinaltizin Porras	Mexico	83.22	2002	-125.5	125.5	-128	125.5	65.7637	67.0789	1	10/20/2023
84+ kg												
Open	Adriana Vargas	Costa Rica	97.82	1989	145	-160	-160	145	71.9102	71.9102	1	10/20/2023

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	10/20/2023
74 kg												
Master II	Gary Lacoursiere	Canada	73.5	1967	-145	145	152.5	152.5	59.7350	74.4298	1	10/20/2023
Master II	Steve Petrencak	United States of America	66.6	1968	147.5	-150	-155	147.5	63.4040	77.6699	2	10/20/2023
Master III	Daniel Sides	United States of America	72.9	1956	122.5	142.5	145	145	57.2061	88.2691	1	10/20/2023
83 kg												
Open	Jovani Vazquez	Mexico	81.7	1994	130	142.5	-147.5	142.5	51.3008	51.3008	1	10/20/2023
Open	Neri Vazquez	Mexico	80.26	1992	107.5	117.5	-120	117.5	42.8615	42.8615	2	10/20/2023
Sub Junior	Alonso Gutierrez	Mexico	81.7	2006	115	123	130.5	130.5	46.9807	50.7392	1	10/20/2023
93 kg												
Open	Gerardo Santos	Mexico	92.52	1987	200	210	-220	210	69.6714	69.6714	1	10/20/2023
Open	Jordan Kummer	United States of America	92.3	1989	155	165	-172.5	165	54.8186	54.8186	2	10/20/2023
Master II	Adolfo Moreno	Mexico	88.4	1967	135	145	150	150	51.1723	63.7607	1	10/20/2023
Master III	Dana Rosenzweig	United States of America	92.2	1957	122.5	132.5	137.5	137.5	45.7114	69.0700	1	10/20/2023
105 kg												
Open	Andres Soto	Costa Rica	97.16	1998	180	187.5	195	195	62.9401	62.9401	1	10/20/2023
Open	Heimdall Ceja	Mexico	102.98	1994	140	175	-190	175	54.8384	54.8384	2	10/20/2023
Open	David Soriano	Mexico	97.18	1995	117.5	122.5	-127.5	122.5	39.5349	39.5349	3	10/20/2023
Master II	William Thacker	United States of America	104.24	1972	237.5	250.5	251.5	251.5	78.3568	89.8752	1	10/20/2023
Master III	Thomas Cencich	United States of America	93.06	1960	190	201	206	206	68.1123	96.7876	1	10/20/2023
120 kg												
Open	Michael Fernandez	Costa Rica	119.6	1982	-245	245	-257.5	245	72.1581	72.8796	1	10/20/2023
Master I	Marco Porras	Mexico	118.3	1982	230	237.5	242.5	242.5	71.7005	72.4175	1	10/20/2023
Master I	Alex Alvarado	Puerto Rico	117.06	1974	210	220	-225	220	65.2985	72.6772	2	10/20/2023
Master I	Jhonatan Ramirez	Mexico	117.68	1979	100	110	0	110	32.5860	33.9872	3	10/20/2023
Master II	Edward Dufour	Mexico	108	1973	227.5	-235.5	-235.5	227.5	69.7505	78.8180	1	10/20/2023
Master II	Luis Ramirez	Mexico	107.5	1965	140	157.5	170	170	52.2276	67.4258	2	10/20/2023
Master III	Robert Keller	United States of America	119.14	1962	120	-160	-165	120	35.3909	48.3440	1	10/20/2023
120+ kg												
Open	Carlos Campos	Costa Rica	150.9	1979	310	-330	0	310	85.7443	89.4314	1	10/20/2023
Open	Jordan Phelps	Canada	176.5	1986	75	-290	-290	75	20.2392	20.2392	2	10/20/2023
Master II	Ruben Hernandez	Mexico	125.06	1969	150	-160	160	160	46.4241	55.8946	1	10/20/2023
Master III	Hugo Velasquez	Costa Rica	120.68	1959	115	140	150	150	44.0402	63.8582	1	10/20/2023

BEST LIFTERS AWARDS					
Awards Division	Name	Team	Weight Class	IPF Points	Age Points
Women's Sub-Junior Classic	Isabel Ugalde	Costa Rica	63	67.7841	76.5960
Women's Junior Classic	Wendy Aguilar	Mexico	52	61.3531	62.5802
Women's Master Classic	Dora Justice	United States of America	57	67.8810	102.5682
Women's Open Classic	Maytia Millan	Mexico	84+	86.1484	86.1484
Men's Sub-Junior Classic	Lian Perez	Mexico	74	65.0146	70.2158
Men's Junior Classic	Leonard Gervalla	Canada	120	102.7410	102.7410
Men's Master Classic	Chris Walter	United States of America	120	94.4704	110.0580
Men's Open Classic	Jonathan Cognac	Canada	105	92.2418	92.2418
Awards Division	Name	Team	Weight Class	IPF Points	Age Points
Women's Sub-Junior Equipped	Camila Comandini	Costa Rica	69	44.2014	46.8535
Women's Junior Equipped	Malinalitzin Porras	Mexico	84	65.7637	67.0789
Women's Master Equipped	Socorro Perez	Mexico	63	59.1199	85.7239
Women's Open Equipped	Jessica Reyes	Mexico	57	75.5561	75.5561
Men's Sub-Junior Equipped	Alonso Gutierrez	Mexico	83	46.9807	50.7392
Men's Master Equipped	Thomas Cencich	United States of America	105	68.1123	96.7876
Men's Open Equipped	Carlos Campos	Costa Rica	120+	85.7443	89.4314

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+12+9+9+8	50	379.35	1
Canada	= 12+12+9	33	225.15	2
Panama	= 12+8+6	26	233.57	3
Belize	= 9+9+7	25	237.54	4
Costa Rica	= 12+8+5	25	205.13	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

