
**17th Annual NAPF North American Regional Women's Equipped Bench Press
Championships**

Mexico / Mexico City, 19 – 21 October, 2023

The List of Teams

Belize {The Team in Total: 13}

Lifters: 8

1. Baki Joseph	M Juniors	-83kg
2. Ali Kyle	M Juniors	-93kg
3. Murillo William	M Juniors	-105kg
4. Burgess Kaelie	F Subjuniors	-52kg
5. Shepherd Aurayanna	F Subjuniors	-69kg
6. Matura Leo	M Open	-83kg
7. Brown Rayford	M Open	-93kg
8. Wright Kenyon	M Open	-105kg

Team Members: 5

1. Matura Leo	✓ Coach
2. Usher Khalid	✓ Coach
3. Alas Jacqueline	✓ Coach
4. Westby Leticia	✓ Assistant Coach
5. Shepherd Aurayanna	✓ Assistant Coach

Canada {The Team in Total: 15}

Lifters: 13

1. Ralf John Allan	M Masters 3	-105kg
2. Lacoursiere Gary	M Masters 2	-74kg
3. Colbourne Brian	M Masters 2	-83kg
4. Leese Wanda	F Masters 2	84+kg
5. Rivera Luca	M Juniors	-83kg
6. Gervalla Leunard	M Juniors	-120kg
7. Nguyen Loc	M Open	-74kg
8. Cognac Jonathan	M Open	-105kg
9. Phelps Jordan	M Open	120+kg
10. Wall Amanda	F Open	-63kg
11. Leighton Cynthia	F Open	-63kg

Team Members: 2

1. Robb Chris	✓ Cat.I
2. King Robert	✓ Head Coach

Costa Rica {The Team in Total: 21}

Lifters: 12

1. Velasquez Hugo	M Masters 3	120+kg
2. Valverde Madrigal Roger	M Masters 2	-74kg
3. Ugalde Isabel	F Subjuniors	-63kg
4. Comandini Camila	F Subjuniors	-69kg
5. Lopez Mata Jose Luis	M Open	-83kg
6. Esteban Navarro Granados	M Open	-83kg
7. Hernandez Umana Josue	M Open	-105kg
8. Andres Soto Rivera	M Open	-105kg

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9. Fernandez Barrantes Michael	M Open	-120kg
10. Campos Murillo Carlos Manuel	M Open	120+kg
11. Barquero Maria Jose	F Open	-52kg
12. Vargas Saborio Adriana	F Open	84+kg

Team Members: 9

1. Velazquez Hugo	✓ Cat.I	
2. Sandi Zelmira	✓ Cat.II	
3. Campos Manolo	✓ Cat.I Reg.	
4. Campos Murillo Manolo	✓ Head Coach	
5. Sandi Martinez Zelmira	✓ Official	
6. Campos Sandi Jose Manuel	✓ Official	
7. Fernandez Barrantes Michael	✓ Coach	
8. Campos Sandi Elena	✓ Assistant Coach	
9. Mora Murillo Freyzer	✓ Assistant Coach	

Guatemala {The Team in Total: 3}

Lifters: 2

1. Davila Ericka Liliana	F Open	-69kg
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Team Members: 1

1. Claudio Cardona Ramos	✓ Coach	
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Mexico {The Team in Total: 88}

Lifters: 55

1. Perez Socorro	F Masters 3	-63kg
2. Ayala Bertha	F Masters 3	-76kg
3. Moreno Adolfo	M Masters 2	-93kg
4. Dufour Edward	M Masters 2	-120kg
5. Ramirez Luis	M Masters 2	-120kg
6. Hernamndeiz Ruben	M Masters 2	120+kg
7. Guido Wilhem	M Masters 1	-59kg
8. Morales Alejandro	M Masters 1	-83kg
9. Pacheco Cesar	M Masters 1	-93kg
10. Aguilar Juventino	M Masters 1	-105kg
11. Velazquez Irazu	M Masters 1	-105kg
12. Cubas Bernabe	M Masters 1	-120kg
13. Porras Marco	M Masters 1	-120kg
14. Macias Jonathan	M Masters 1	-120kg
15. Ramirez Jhonatan	M Masters 1	-120kg
16. Reyes Jessica	F Masters 1	-57kg
17. Ochoa Yisa	F Masters 1	84+kg
18. Cruz Angel	M Juniors	-59kg
19. Ambriz Christian	M Juniors	-74kg
20. Zepeda Emmanuel	M Juniors	-83kg
21. Bernal Edson	M Juniors	-120kg
22. Aguilar Wendy	F Juniors	-52kg
23. Porras Malinalitzin	F Juniors	-84kg

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24.	Lara Haidee	F Juniors	-69kg
25.	Moreno Jacqueline	F Juniors	-76kg
26.	Pena Antonio	M Subjuniors	-59kg
27.	Perez Lian	M Subjuniors	-74kg
28.	Gutierrez Alonso	M Subjuniors	-83kg
29.	Onofre Luis	M Open	-66kg
30.	Medina Fabrizio	M Open	-66kg
31.	Sierra Benjamin	M Open	-74kg
32.	Aboytes Joshua	M Open	-83kg
33.	Davila Demian	M Open	-83kg
34.	Vazquez Neri	M Open	-83kg
35.	Vazquez Jovani	M Open	-83kg
36.	Flores Izhak	M Open	-93kg
37.	Garza Eduardo	M Open	-93kg
38.	Santos Gerardo	M Open	-93kg
39.	Ceja Heimdall	M Open	-105kg
40.	Soriano David	M Open	-105kg
41.	Cedillo Alejandro	M Open	120+kg
42.	Chavez Carina	F Open	-47kg
43.	Ramos Sara	F Open	-57kg
44.	Reyes Jessica	F Open	-57kg
45.	Lopez Mariana	F Open	-63kg
46.	Ruiz Yessica	F Open	-63kg
47.	Martinez Alfonsina	F Open	-84kg
48.	Millan Maytia	F Open	84+kg
49.	Nunez Yulissa	F Open	-69kg
50.	Velazquez Larissa	F Open	-69kg
51.	Brander Ada	F Open	-76kg
52.	Mesta Ileana	F Open	-76kg

Team Members: 33

1.	Garcia Gabriel	✓ Cat.II	
2.	Ramirez Diego	✓ Cat.II	
3.	Porras Marco	✓ Nat.	
4.	Velazquez Irazu	✓ Nat.	
5.	Porras Xilonen	✓ Nat.	
6.	Macias Jonathan	✓ Nat.	
7.	Morales Alejandro	✓ Nat.	
8.	Porras Malinalitzin	✓ Nat.	
9.	Alvarado Luna		✓ Coach
10.	Gamez Saul		✓ Coach
11.	Escobar Adan		✓ Coach
12.	Lopez Diego		✓ Coach
13.	Durant Efrain		✓ Coach
14.	Lara Carlos		✓ Coach
15.	Ayala Bertha		✓ Coach
16.	Gutierrez Armando		✓ Coach
17.	Gonzalez Lourdes		✓ Coach
18.	Fafutis Harilaos		✓ Coach

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19. Briones Fernando	✓ Coach
20. Coss Y Leon Guillermo	✓ Coach
21. Martinez Luis	✓ Coach
22. Pena Helio	✓ Coach
23. Salgado David	✓ Coach
24. Torres Javier	✓ Coach
25. Moreno Adolfo	✓ Coach
26. Serrano Carlos	✓ Coach
27. Toro Carlos	✓ Coach
28. Rojas Ernesto	✓ Coach
29. Trujillo William	✓ Coach
30. Parra Gilberto	✓ Coach
31. Rodriguez Mauricio	✓ Coach
32. Ramos Alejandra	✓ Coach
33. Ramirez Alexander	✓ Coach

Panama {The Team in Total: 12}

Lifters: 9

1. Guerra Andres	M Juniors	-93kg
2. Alvarado Hania	F Subjuniors	-57kg
3. Jimenez Tomas	M Open	-83kg
4. Dominguez Angel	M Open	-93kg
5. Meza Efrain	M Open	-93kg
6. James Addul	M Open	-120kg
7. Mitre Yusdara	F Open	-52kg
8. Caballero Magdaleis	F Open	-63kg
9. Abrego Militza	F Open	-76kg

Team Members: 3

1. Blanco Mario	✓ Cat.II	✓ Head Coach
2. Jimenez Tomas		✓ Coach
3. Mitre Yusdara		✓ Coach

Puerto Rico {The Team in Total: 14}

Lifters: 7

1. Torres Isidro Cesar	M Masters 4	-83kg
2. Alvarado Alex	M Masters 1	-120kg
3. Rivera Jonathan	M Open	-93kg
4. Borrero Jose	M Open	-120kg
5. Ortiz Kiriath	F Open	-84kg
6. Cotte Cristina	F Open	-84kg
7. Baez Joan	F Open	84+kg

Team Members: 7

1. Alvarado Alex	✓ Cat.I	
2. Tapia Jannitzzi	✓ Cat.II	
3. Rivera Onix	✓ Cat.I	
4. Baez Joan	✓ Cat.II	
5. Alvarado Alex		✓ Head Coach
6. Baez Joan		✓ Assistant Coach

7. Rivera Jonathan

✓ Assistant Coach

U.S.America {The Team in Total: 38}

Lifters: 22

1. Sides Daniel	M Masters 3	-74kg
2. Rosenzweig Dana	M Masters 3	-93kg
3. Cencich Thomas	M Masters 3	-105kg
4. Keller Robert	M Masters 3	-120kg
5. Justice Dora	F Masters 3	-57kg
6. Petrencak Steve	M Masters 2	-66kg
7. Petrencak Steve	M Masters 2	-74kg
8. Ross Jason	M Masters 2	-83kg
9. Thacker William	M Masters 2	-105kg
10. Walter Chris	M Masters 2	-120kg
11. Nagata Claudia	F Masters 2	-69kg
12. Losa Jonathan	M Masters 1	-93kg
13. Cameron Kenneth	M Masters 1	-120kg
14. Clough Faith	F Masters 1	-63kg
15. Diehl Rachael	F Masters 1	-84kg
16. Wages Sarah	F Masters 1	84+kg
17. Graceffa Brady	M Juniors	-74kg
18. Howard Seth	M Open	-74kg
19. Kummer Jordan	M Open	-93kg
20. Shelton Sara	F Open	84+kg

Team Members: 16

1. Clayton William	✓ Cat.I	
2. Keller Nora	✓ Cat.I	
3. Keller Robert H	✓ Cat.I	
4. Nagata Claudia A	✓ Cat.I	
5. Cencich Thomas		✓ Coach
6. Petrencak Steve		✓ Head Coach
7. Justice Dale		✓ Coach
8. Miner Yoli		✓ Coach
9. Walter Chris		✓ Coach
10. Ross Jason		✓ Coach
11. Kummer Jordan		✓ Coach
12. Sides Daniel		✓ Coach
13. Thacker William		✓ Coach
14. Nagata Claudia		✓ Coach
15. Losa Jonathan		✓ Coach
16. Rosenzweig Dana		✓ Assistant Coach

US Virgin Islands {The Team in Total: 1}

Team Members: 1

1. Massey Robert	✓ Cat.I	✓ Official
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Summary Table

**17th Annual NAPF North American Regional Women's
Equipped Bench Press Championships**

Number of Lifters	17th Annual NAPF North American Regional Women's Classic Bench Press Championships	33
	17th Annual NAPF North American Regional Men's Classic Bench Press Championships	55
	17th Annual NAPF North American Regional Women's Equipped Bench Press Championships	12
	17th Annual NAPF North American Regional Men's Equipped Bench Press Championships	28
Persons as ...	Referee	20
	Representative	55
	Referee & Representative	2
All Together		205