

**10th NAPF/FESUPO Pan-American Regional Women's Classic Bench Press  
Championships**

San Jose / Costa Rica, 31 October – 2 November, 2024

**Division «Open»**

#	Name	Born	Team	BP
<b>-47kg</b>				
1.	Arteaga Laguna Ingrid Valeria	2003	Nicaragua	65.0
<b>-52kg</b>				
1.	Mitre Yusdara	1987	Panama	62.5
<b>-57kg</b>				
1.	Reyes Jessica	1983	Mexico	82.5
<b>-63kg</b>				
1.	Caballero Magdaleis	1995	Panama	65.0
<b>-84kg</b>				
1.	Ortiz Kiriath	1989	Puerto Rico	95.0
<b>84+kg</b>				
1.	Goodfellow April	1992	Canada	102.5
2.	Vincent Coralie	1996	Canada	97.5
3.	Roden Sara	2000	U.S.America	62.5
<b>-69kg</b>				
1.	Michelle Comber	1993	Canada	85.0
<b>-76kg</b>				
1.	Robbins Michelle	1997	U.S.America	122.5
2.	Brander Ada	1993	Mexico	90.0

**In Division there are 11 Lifters**

**Division «Subjuniors»**

#	Name	Born	Team	BP
<b>-52kg</b>				
1.	Burgess Kaelie	2008	Belize	37.5
<b>-63kg</b>				
1.	Ruiz Guillen Nathaly Sofia	2008	Costa Rica	25.0
<b>84+kg</b>				
1.	Andrews Natasha	2006	Canada	67.5
<b>-69kg</b>				
1.	Segura Erika	2007	Panama	55.0
2.	Ugalde Isabel	2007	Costa Rica	25.0

**In Division there are 5 Lifters**

**Division «Juniors»**

#	Name	Born	Team	BP
<b>-43kg</b>				
1.	Wong Chloe	2004	Canada	60.0
<b>-52kg</b>				
1.	Espinoza Torres Amy	2001	Costa Rica	66.0
<b>-57kg</b>				
1.	Barrantes Rodriguez Ana Paula	2003	Costa Rica	72.5
2.	Marin Monica	2001	Costa Rica	67.5

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**-63kg**

1. Alvarado Hania 2005 Panama 75.0

**-69kg**

1. Guzman Rueda Fernanda Lucia 2001 Nicaragua 75.0

**In Division there are 6 Lifters**

**Division «Masters I»**

#	Name	Born	Team	BP
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**-63kg**

1.	Clough Faith	1982	U.S.America	67.5
2.	Mitha Nimisha	1979	U.S.America	52.5
3.	Morales Mora Ana Fressy	1977	Costa Rica	25.0

**-84kg**

1.	Tracy Stephanie	1979	U.S.America	80.0
2.	Diehl Rachael	1980	U.S.America	72.5

**84+kg**

1.	Wages Sarah	1981	U.S.America	122.5
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**In Division there are 6 Lifters**

**Division «Masters II»**

#	Name	Born	Team	BP
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**-63kg**

1.	Carlascio Michelle	1971	U.S.America	50.0
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**-84kg**

1.	Ramos Sonia	1970	Mexico	70.0
2.	Harris Michal	1970	U.S.America	57.5

**-76kg**

1.	Gilman Teresa	1973	Canada	72.5
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**In Division there are 4 Lifters**

**Division «Masters III»**

#	Name	Born	Team	BP
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**-69kg**

1.	Marts Donna	1960	U.S.America	80.0
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**In Division there is 1 Lifter**

**Division «Masters IV»**

#	Name	Born	Team	BP
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**-76kg**

1.	Gelb Lenore	1950	U.S.America	50.0
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**In Total there are 34 Lifters**