

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

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

The List of Teams

Belize {The Team in Total: 2}

Lifters: 1

- | | | | |
|-------------------|---|------------|-------|
| 1. Burgess Kaelie | F | Subjuniors | -52kg |
|-------------------|---|------------|-------|

Team Members: 1

- | | | |
|-------------------|---|-------|
| 1. Westby Leticia | ✓ | Coach |
|-------------------|---|-------|

Brazil {The Team in Total: 7}

Lifters: 4

- | | | | |
|-------------------------------------|---|-----------|--------|
| 1. Gomes Calisto da Costa Randesson | M | SOI | -105kg |
| 2. Filho Paulo | M | Masters 2 | -74kg |
| 3. Ribeiro Mateus | M | Open | -74kg |
| 4. Emidio Carlos Alexandre | M | Open | 120+kg |

Team Members: 3

- | | | |
|-------------------|---|-----------------|
| 1. Emidio Carlos | ✓ | Coach |
| 2. Filho Paulo | ✓ | Assistant Coach |
| 3. Ribeiro Mateus | ✓ | Assistant Coach |

Canada {The Team in Total: 16}

Lifters: 14

- | | | | |
|----------------------|---|------------|--------|
| 1. Ralf John Allan | M | Masters 3 | -105kg |
| 2. Gilman Teresa | F | Masters 2 | -76kg |
| 3. Tamaki Rikizo | M | Juniors | -66kg |
| 4. Veldhuis Lars | M | Juniors | -83kg |
| 5. Wong Chloe | F | Juniors | -43kg |
| 6. Andrews Natasha | F | Subjuniors | 84+kg |
| 7. Wharton Liam | M | Open | -93kg |
| 8. Farzam Khashayar | M | Open | -93kg |
| 9. Wong Anthony | M | Open | -105kg |
| 10. Wolf Isaiah | M | Open | -120kg |
| 11. Martin Shane | M | Open | 120+kg |
| 12. Goodfellow April | F | Open | 84+kg |
| 13. Vincent Coralie | F | Open | 84+kg |
| 14. Michelle Comber | F | Open | -69kg |

Team Members: 2

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|-------------------|---|------------|
| 1. Martin Shane | ✓ | Cat.I |
| 2. Arshadi Arshia | ✓ | Head Coach |

Chile {The Team in Total: 2}

Lifters: 2

- | | | | |
|------------------------------------|---|------|--------|
| 1. Figueroa Contreras Jose Matias | M | Open | -83kg |
| 2. Reyes Escalona Nicolas Patricio | M | Open | -120kg |

Costa Rica {The Team in Total: 57}

Lifters: 43

1. Castro Mena Dario	M	SOI	-83kg
2. Vargas Benavides Fredy	M	SOI	-93kg
3. Vargas Monge Edward	M	SOI	-93kg
4. Velasquez Hugo	M	Masters 3	120+kg
5. Morales Mora Ana Fressy	F	Masters 1	-63kg
6. Campos Herrera Oscar	M	Juniors	-83kg
7. Esteban Navarro Granados	M	Juniors	-83kg
8. Fallas Rojas Jefferson	M	Juniors	-93kg
9. Rojas Montero Carlos Daniel	M	Juniors	-93kg
10. Loria Chavarria Victor Manuel	M	Juniors	-105kg
11. Abrego Blanco Sebastian	M	Juniors	120+kg
12. Espinoza Torres Amy	F	Juniors	-52kg
13. Marin Monica	F	Juniors	-57kg
14. Barrantes Rodriguez Ana Paula	F	Juniors	-57kg
15. Carvajal Santiago	M	Subjuniors	-83kg
16. Flores Ulloa Bjorn	M	Subjuniors	-93kg
17. Ruiz Guillen Nathaly Sofia	F	Subjuniors	-63kg
18. Ugalde Isabel	F	Subjuniors	-69kg
19. Artavia Ortiz Fabian	M	Open	-66kg
20. Valverde Castro Moises Enoc	M	Open	-66kg
21. Murillo Garbanzo Elian Yoel Murillo Garbanzo	M	Open	-66kg
22. Valverde Madrigal Roger	M	Open	-74kg
23. Vasquez Foncseca Donkan	M	Open	-74kg
24. Madriz Arias Luis Geoffrey	M	Open	-74kg
25. Lopez Mata Jose Luis	M	Open	-83kg
26. Hernandez Calderon Josue	M	Open	-93kg
27. Quiros Lepiz Leonardo	M	Open	-93kg
28. Altamirano Javier Dimitry	M	Open	-93kg
29. Vargas Byron	M	Open	-105kg
30. Ugalde Guerrero Steven	M	Open	-105kg
31. Araya Murillo Alejandro	M	Open	-105kg
32. Fernandez Barrantes Michael	M	Open	-120kg
33. Aguilar Cascante Luis Adrian	M	Open	-120kg
34. Campos Murillo Carlos Manuel	M	Open	120+kg
35. Rojas Gonzalez Laura	F	Open	-63kg
36. Mendez Barboza Daniela	F	Open	84+kg
37. Vargas Saborio Adriana	F	Open	84+kg
38. Morera Hernandez Xiomara	F	Open	84+kg
39. Ortuno Lizano Amalia	F	Open	-69kg
40. Robles Maria Jose	F	Open	-69kg
41. Barrantes Melany	F	Open	-76kg

Team Members: 14

1. Soto Andres	✓ Cat.II	
2. Fernandez Barrantes Michael	✓ Cat.II	✓ Assistant Coach - Athlete [NFR]
3. Vargas Adriana	✓ Cat.II	✓ Assistant Coach - Athlete [NFR]
4. Quiros Leonardo	✓ Cat.II	✓ Assistant Coach - Athlete [NFR]
5. Campos Murillo Carlos Manuel	✓ Cat.I Reg.	✓ Official
6. Valverde Madrigal Roger		✓ Assistant Coach - Athlete [NFR]
7. Vargas Adriana		✓ Assistant Coach - Athlete [NFR]
8. Altamirano Javier Dimitry		✓ Assistant Coach - Athlete [NFR]
9. Jaramillo Jose Miguel		✓ Head Coach
10. Sandi Martinez Zelmira		✓ Official
11. Campos Coto Manuel Antonio		✓ Official
12. Vargas Saborio William		✓ Coach
13. Calvo Kevin		✓ Assistant Coach
14. Chaves Amanda		✓ Assistant Coach

Luxembourg {The Team in Total: 1}

Team Members: 1

1. Parage Gaston	✓ Cat.I
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Mexico {The Team in Total: 9}

Lifters: 7

1. Ramos Sonia	F Masters 2	-84kg
2. Pena Antonio	M Subjuniors	-59kg
3. Sanchez Ayrton	M Open	120+kg
4. Reyes Jessica	F Open	-57kg
5. Brander Ada	F Open	-76kg

Team Members: 2

1. Pena Helio	✓ Coach
2. Serrano Carlos	✓ Coach

Nicaragua {The Team in Total: 12}

Lifters: 10

1. Cuadra Vargas Lester Horacio	M Masters 1	-120kg
2. Guzman Rueda Fernanda Lucia	F Juniors	-69kg
3. Landero Alvarez Nestor Jefferson	M Open	-74kg
4. Manzanarez Garcia Luis Alfredo	M Open	-83kg
5. Valladarez Montenegro Jose Antonio	M Open	-93kg
6. Cuarezma Zapata Diego	M Open	-105kg
7. Hueck Chamorro Reysil Jose	M Open	120+kg
8. Arteaga Laguna Ingrid Valeria	F Open	-47kg

Team Members: 2

- | | |
|---------------------------------------|-------------------|
| 1. Matute Barrios Oscar Danilo | ✓ Official |
| 2. Matute Mendoza Rodrigo
Fernando | ✓ Assistant Coach |
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Panama {The Team in Total: 14}

Lifters: 9

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|------------------------|--------------|--------|
| 1. Alvarado Hania | F Juniors | -63kg |
| 2. Segura Erika | F Subjuniors | -69kg |
| 3. Meza Efrain | M Open | -83kg |
| 4. Jimenez Tomas | M Open | -93kg |
| 5. Abuzzid Hasan | M Open | -93kg |
| 6. Dominguez Angel | M Open | -93kg |
| 7. James Addul | M Open | -105kg |
| 8. Mitre Yusdara | F Open | -52kg |
| 9. Caballero Magdaleis | F Open | -63kg |

Team Members: 5

- | | | |
|---------------------|----------|-------------------|
| 1. Palma Melva | ✓ Cat.II | |
| 2. Cigaran Gabriela | ✓ Cat.I | ✓ Head Coach |
| 3. Jimenez Tomas | | ✓ Coach |
| 4. Mitre Yusdara | | ✓ Coach |
| 5. James Addul | | ✓ Assistant Coach |
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Puerto Rico {The Team in Total: 8}

Lifters: 5

- | | | |
|--------------------|-------------|--------|
| 1. Crane Steven | M Masters 3 | -105kg |
| 2. Alvarado Alex | M Masters 2 | -120kg |
| 3. Rivera Jonathan | M Open | -93kg |
| 4. Bernardi Neslie | F Open | -63kg |
| 5. Ortiz Kiriath | F Open | -84kg |

Team Members: 3

- | | |
|--------------------|----------|
| 1. Alvarado Alex | ✓ Cat.I |
| 2. Jannitzzi Tapia | ✓ Cat.II |
| 3. Crane Steven | ✓ Cat.II |
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Suriname {The Team in Total: 5}

Lifters: 3

- | | | |
|-------------------------|--------|-------|
| 1. Kariodimedjo Randall | M Open | -74kg |
| 2. Damion Djarkasi | M Open | -74kg |

Team Members: 2

- | | |
|-------------------------|--------------|
| 1. Kariodimedjo Randall | ✓ Head Coach |
| 2. Isselt Donovan | ✓ Official |
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U.S.America {The Team in Total: 79}

Lifters: 57

- | | | |
|-------------------|-------------|-------|
| 1. Reale Gary | M Masters 4 | -74kg |
| 2. Levine Kenneth | M Masters 4 | -83kg |
| 3. Welcome Claude | M Masters 4 | -93kg |
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4.	Hodges Mack	M	Masters 4	-120kg
5.	Gelb Lenore	F	Masters 4	-76kg
6.	Sides Daniel	M	Masters 3	-74kg
7.	Sturman Howard	M	Masters 3	-83kg
8.	Falcone Ron	M	Masters 3	-93kg
9.	Cencich Thomas	M	Masters 3	-93kg
10.	Kathios Jim	M	Masters 3	-105kg
11.	Falcone Ron	M	Masters 3	-105kg
12.	Felix Chris	M	Masters 3	-120kg
13.	Keller Robert	M	Masters 3	-120kg
14.	Marts Donna	F	Masters 3	-69kg
15.	Petrencak Steve	M	Masters 2	-66kg
16.	Keenan Patrick	M	Masters 2	-74kg
17.	Williams Sean	M	Masters 2	-74kg
18.	Ross Jason	M	Masters 2	-93kg
19.	McQueen Michael	M	Masters 2	-105kg
20.	Walter Chris	M	Masters 2	-120kg
21.	Carlascio Michelle	F	Masters 2	-63kg
22.	Harris Michal	F	Masters 2	-84kg
23.	Nursahatov Merdan	M	Masters 1	-74kg
24.	Losa Jonathan	M	Masters 1	-83kg
25.	Austin Llando	M	Masters 1	-93kg
26.	Losa Jonathan	M	Masters 1	-93kg
27.	Cruz Jeremiah	M	Masters 1	-105kg
28.	Cameron Kenneth	M	Masters 1	-120kg
29.	Clough Faith	F	Masters 1	-63kg
30.	Mitha Nimisha	F	Masters 1	-63kg
31.	Diehl Rachael	F	Masters 1	-84kg
32.	Tracy Stephanie	F	Masters 1	-84kg
33.	Wages Sarah	F	Masters 1	84+kg
34.	Gomez Amber	F	Masters 1	-76kg
35.	Holloway William	M	Juniors	-93kg
36.	Terry Nathan	M	Juniors	-93kg
37.	Hashempour Daniel	M	Juniors	-105kg
38.	Le Derrick	M	Subjuniors	-59kg
39.	Haroon Daniel	M	Subjuniors	120+kg
40.	Howard Seth	M	Open	-74kg
41.	Khamesi Arian	M	Open	-83kg
42.	Glover Mitchell	M	Open	-83kg
43.	Krueger Cameron	M	Open	-93kg
44.	Mamola Adam	M	Open	-105kg
45.	Morelos Allan	M	Open	-105kg
46.	Cronin Matthew	M	Open	-120kg
47.	Agoes Martin	M	Open	120+kg
48.	Shelton Sara	F	Open	84+kg
49.	Roden Sara	F	Open	84+kg
50.	Salter Rebecca	F	Open	84+kg
51.	Robbins Michelle	F	Open	-76kg

**10th NAPF/FESUPO Pan-American Regional Women's Classic
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Team Members: 22

1. Clayton Bill	✓ Cat.I	
2. Keller Robert	✓ Cat.I	
3. Harris Michal	✓ Cat.II	✓ Assistant Coach - Athlete [NFR]
4. Cencich Tom		✓ Assistant Coach - Athlete [NFR]
5. Falcone Ron		✓ Assistant Coach - Athlete [NFR]
6. Howard Seth		✓ Assistant Coach - Athlete [NFR]
7. Khamesi Arian		✓ Assistant Coach - Athlete [NFR]
8. Clough Faith		✓ Assistant Coach - Athlete [NFR]
9. Gelb Lenore		✓ Assistant Coach - Athlete [NFR]
10. Agoes Martin		✓ Assistant Coach - Athlete [NFR]
11. Carlascio Michelle		✓ Assistant Coach - Athlete [NFR]
12. Reale Gary		✓ Assistant Coach - Athlete [NFR]
13. Marts Donna		✓ Assistant Coach - Athlete [NFR]
14. Sides Daniel		✓ Assistant Coach - Athlete [NFR]
15. Miner Yolanda		✓ Assistant Coach - Athlete [NFR]
16. Salter Rebecca		✓ Assistant Coach - Athlete [NFR]
17. Losa Jonathan		✓ Assistant Coach - Athlete [NFR]
18. Petrencak Steve		✓ Head Coach
19. Salter Brad		✓ Coach
20. Rosenzweig Dana		✓ Assistant Coach
21. Walter Chris		✓ Assistant Coach
22. Ross Jason		✓ Assistant Coach

US Virgin Islands {The Team in Total: 2}

Team Members: 2

1. Elwyn Susan	✓ Cat.I	
2. Massey Robert	✓ Cat.I	✓ Official

Summary Table

Number of Lifters	10th NAPF/FESUPO Pan-American Regional Women's Classic Bench Press Championships	34
	10th NAPF/FESUPO Pan-American Regional Men's Classic Bench Press Championships	69
	10th NAPF/FESUPO Pan-American Regional Women's Equipped Bench Press Championships	12
	10th NAPF/FESUPO Pan-American Regional Men's Equipped Bench Press Championships	25
	18th Annual NAPF North American Regional Men's Classic Bench Press Championships	0
	18th Annual NAPF North American Regional Women's Equipped Bench Press Championships	0
	18th Annual NAPF North American Regional Men's Equipped Bench Press Championships	0
	18th Annual NAPF North American Regional Women's Classic Bench Press Championships	0
	NAPF/FESUPO Pan-American Regional Men's Classic Bench Press Special Olympics Event	4
	NAPF/FESUPO Pan-American Regional Women's Classic Bench Press Special Olympics Event	3
	NAPF/FESUPO Pan-American Men's Bench Press Para Powerlifting Event	5
	NAPF/FESUPO Pan-American Women's Bench Press Para Powerlifting Event	3
Persons as ...	Referee	10
	Representative	42
	Referee & Representative	7

	All Together	214
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