

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

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

**The List of Teams**

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**Belize {The Team in Total: 2}**

*Lifters: 1*

1. Burgess Kaelie F Subjuniors -52kg

*Team Members: 1*

1. Westby Leticia ✓ Coach

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**Brazil {The Team in Total: 7}**

*Lifters: 4*

1. Gomes Calisto da Costa M SOI -105kg  
Randesson

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

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**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*

1. Martin Shane ✓ Cat.1

2. Arshadi Arshia ✓ Head Coach

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**Chile {The Team in Total: 2}**

*Lifters: 2*

1. Figueroa Contreras Jose M Open -83kg  
Matias

2. Reyes Escalona Nicolas M Open -120kg  
Patricio

**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

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

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*Team Members: 14*

1. Soto Andres	✓ Cat.2	
2. Fernandez Barrantes Michael	✓ Cat.2	✓ Assistant Coach-Athlete [NFR]
3. Vargas Adriana	✓ Cat.2	✓ Assistant Coach-Athlete [NFR]
4. Quiros Leonardo	✓ Cat.2	✓ Assistant Coach-Athlete [NFR]
5. Campos Murillo Carlos Manuel	✓	✓ 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

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**Luxembourg {The Team in Total: 1}**

*Team Members: 1*

1. Parage Gaston	✓ Cat.1
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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

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**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

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*Team Members: 2*

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|---------------------------------------|-------------------|
| 1. Matute Barrios Oscar Danilo        | ✓ Official        |
| 2. Matute Mendoza Rodrigo<br>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*

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|---------------------|---------|-------------------|
| 1. Palma Melva      | ✓ Cat.2 |                   |
| 2. Cigaran Gabriela | ✓ Cat.1 | ✓ 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*

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|--------------------|-------------|--------|
| 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*

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

*Lifters: 3*

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

*Team Members: 2*

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

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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 Llalando	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 Equipped Bench Press Championships**

*Team Members: 22*

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|------------------------|---------|---------------------------------|
| 1. Clayton Bill        | ✓ Cat.1 |                                 |
| 2. Keller Robert       | ✓ Cat.1 |                                 |
| 3. Harris Michal       | ✓ Cat.2 | ✓ 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*

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|------------------|---------|------------|
| 1. Elwyn Susan   | ✓ Cat.1 |            |
| 2. Massey Robert | ✓ Cat.1 | ✓ 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
Persons as ...	NAPF/FESUPO Pan-American Women's Bench Press Para Powerlifting Event	3
	Referee	10
	Representative	42
	Referee & Representative	7

