

**10th NAPF/FESUPO Pan-American Regional Men's Equipped 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 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

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

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 Men's Equipped
Bench Press Championships

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

Luxembourg {The Team in Total: 1}

Team Members: 1

1. Parage Gaston	✓ Cat.1
------------------	---------

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

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

Team Members: 2

1. Matute Barrios Oscar Danilo ✓ Official
 2. Matute Mendoza Rodrigo ✓ Assistant Coach
Fernando
-

Panama {The Team in Total: 14}

Lifters: 9

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.2
 2. Cigaran Gabriela ✓ Cat.1 ✓ Head Coach
 3. Jimenez Tomas ✓ Coach
 4. Mitre Yusdara ✓ Coach
 5. James Addul ✓ Assistant Coach
-

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.1
 2. Jannitzzi Tapia ✓ Cat.2
 3. Crane Steven ✓ Cat.2
-

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
-

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
-

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

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 Men's Equipped Bench Press Championships

Team Members: 22

- | | | |
|------------------------|---------|---------------------------------|
| 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

- | | | |
|------------------|---------|------------|
| 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 ...	Referee	10
	Representative	42
	Referee & Representative	7

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

All Together

214