

**7th NAPF / FESUPO Pan-American Regional Bench Press Championships and
13th Annual NAPF North American Regional Bench Press Championships
Holiday Inn - Escazu: San Jose, Costa Rica
October 25-27, 2018
Final Nominations – September 25, 2018**

NAPF/FESUPO Pan-American Bench Press Championships

Equipped Divisions

Position	Last, First / YOB	Nation	Bench Press (kg)
Men's Equipped Open			
-59 kg			
1	DELGADILLO, ARNOLD / 1997	UNITED STATES OF AMERICA	167.5
-74 kg			
1	HOLLOWAY, DAMARIO / 1980	UNITED STATES OF AMERICA	197.5
2	RUBIO, JACK / 1964	UNITED STATES OF AMERICA	140
-83 kg			
1	CENCICH, TOM / 1960	UNITED STATES OF AMERICA	182.5
2	KING, ROBERT / 1974	CANADA	155
3	CASTRO, ESTEBAN / 1987	COSTA RICA	135
-93 kg			
1	VIERA, NELSON I. / 1991	PUERTO RICO	197.5
2	MOVIEL, THOMAS / 1977	UNITED STATES OF AMERICA	165
3	SOTO, ANDRES / 1998	COSTA RICA	140
-105 kg			
1	FERNANDEZ, MICHAEL / 1982	COSTA RICA	215
2	VINDAS, SERGIO / 1999	COSTA RICA	160
-120 kg			
1	GILL, RYAN / 1976	UNITED STATES OF AMERICA	287.5
2	CAMPOS, CARLOS MANUEL / 1979	COSTA RICA	265
3	RAMIREZ, LUIS / 1965	MEXICO	215
4	ALVARADO, ALEX / 1974	PUERTO RICO	202.5
5	SHADYUN, SERGEY / 1957	UNITED STATES OF AMERICA	175
120+ kg			
1	EARLE, RANDY / 1962	UNITED STATES OF AMERICA	220
2	BRENES, JONATHAN / 1978	COSTA RICA	215

There are 18 lifters nominated

Men's Equipped Junior

-59 kg			
1	DELGADILLO, ARNOLD / 1997	UNITED STATES OF AMERICA	167.5
-93 kg			
1	LAMBERTH, CALEB / 1996	UNITED STATES OF AMERICA	192.5
2	SOTO, ANDRES / 1998	COSTA RICA	140
-105 kg			
1	VINDAS, SERGIO / 1999	COSTA RICA	160

There are 4 lifters nominated

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Men's Equipped Masters I

-83 kg				
1	KING, ROBERT / 1974	CANADA		155
-93 kg				
1	MOVIEL, THOMAS / 1977	UNITED STATES OF AMERICA		165
-120 kg				
1	GILL, RYAN / 1976	UNITED STATES OF AMERICA		287.5
2	ALVARADO, ALEX / 1974	PUERTO RICO		202.5

There are 4 lifters nominated

Men's Equipped Masters II

-74 kg				
1	RUBIO, JACK / 1964	UNITED STATES OF AMERICA		140
-83 kg				
1	CENCICH, TOM / 1960	UNITED STATES OF AMERICA		182.5
-93 kg				
1	BURNS, MIKE / 1966	UNITED STATES OF AMERICA		177.5
-120 kg				
1	RAMIREZ, LUIS / 1965	MEXICO		215
120+ kg				
1	EARLE, RANDY / 1962	UNITED STATES OF AMERICA		220

There are 5 lifters nominated

Men's Equipped Masters III

-120 kg				
1	SHADYUN, SERGEY / 1957	UNITED STATES OF AMERICA		175

There is 1 lifter nominated

Men's Equipped Masters IV

-83 kg				
1	SETTLES, MIKE / 1944	UNITED STATES OF AMERICA		145

There is 1 lifter nominated

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Classic Divisions

Position	Last, First / YOB	Nation	Bench Press (kg)
Men's Classic Open			
-66 kg			
1	AVIADO, CHRIS / 1975	CANADA	167.5
2	CORTES BENITEZ, DIEGO / 1996	COLOMBIA	122.5
3	SALGUERO RAMIREZ, HENRY BRANDON / 1997	GUATEMALA	106
-74 kg			
1	NGUYEN, LOC / 1989	CANADA	157.5
2	RUBIO, JACK / 1964	UNITED STATES OF AMERICA	142.5
3	BRENES GUEVARA, LUIS ANGEL / 1987	COSTA RICA	125
4	CARRILLO, EDWARD / 1981	COSTA RICA	125
-83 kg			
1	WARD, DANILO / 1986	COSTA RICA	160
2	STURMAN, HOWARD / 1958	UNITED STATES OF AMERICA	157.5
3	DYKE, ROB / 1972	CANADA	140
4	CASTRO, ESTEBAN / 1987	COSTA RICA	125
-93 kg			
1	CIERI, DENNIS / 1968	UNITED STATES OF AMERICA	233.5
2	CRANE, STEVEN / 1962	PUERTO RICO	152.5
-105 kg			
1	SUCCAROTTI, TONY / 1964	UNITED STATES OF AMERICA	192.5
2	POORE, CLINT / 1973	UNITED STATES OF AMERICA	175
3	GONZALEZ, JOEL / 1987	PUERTO RICO	170
-120 kg			
1	GREER, ROBERT / 1981	UNITED STATES OF AMERICA	202.5
2	GILL, RYAN / 1976	UNITED STATES OF AMERICA	197.5
120+ kg			
1	QUIROS, MARCO / 1979	COSTA RICA	200
2	BERMUDEZ, HUGO / 2001	COSTA RICA	102.5

There are 20 lifters nominated

Men's Classic Sub Junior

-74 kg			
1	SARAVIA, PHILIPPE / 2000	COSTA RICA	120
-83 kg			
1	ROJAS MONTERO, CARLOS DANIEL / 2002	COSTA RICA	107.5
-93 kg			
1	VELASQUEZ ZUÑIGA, DANIEL / 2002	COSTA RICA	90

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120+ kg

1	BERMUDEZ, HUGO / 2001	COSTA RICA	102.5
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There are 4 lifters nominated

Men's Classic Junior

-66 kg

1	CORTES BENITEZ, DIEGO / 1996	COLOMBIA	122.5
2	SALGUERO RAMIREZ, HENRY BRANDON / 1997	GUATEMALA	106

-74 kg

1	CAMACHO, JOSUE / 1998	COSTA RICA	100
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-83 kg

1	DANG, NELSON / 1995	CANADA	147.5
2	CESPEDES MORALES, BRANDON / 1998	COSTA RICA	125

-93 kg

1	SOLANO ALFARO, MATTHEW / 1999	COSTA RICA	115
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There are 6 lifters nominated

Men's Classic Masters I

-66 kg

1	AVIADO, CHRIS / 1975	CANADA	167.5
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-83 kg

1	KING, ROBERT / 1974	CANADA	155
2	DYKE, ROB / 1972	CANADA	140

-93 kg

1	MOVIEL, THOMAS / 1977	UNITED STATES OF AMERICA	165
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-105 kg

1	WALTER, CHRIS / 1971	UNITED STATES OF AMERICA	202.5
2	POORE, CLINT / 1973	UNITED STATES OF AMERICA	175

-120 kg

1	GILL, RYAN / 1976	UNITED STATES OF AMERICA	197.5
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There are 7 lifters nominated

Men's Classic Masters II

-74 kg

1	RUBIO, JACK / 1964	UNITED STATES OF AMERICA	142.5
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-93 kg

1	CIERI, DENNIS / 1968	UNITED STATES OF AMERICA	233.5
2	CRANE, STEVEN / 1962	PUERTO RICO	152.5

-105 kg

1	SUCCAROTTI, TONY / 1964	UNITED STATES OF AMERICA	192.5
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120+ kg

1	VELASQUEZ, HUGO / 1959	COSTA RICA	160
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There are 5 lifters nominated

Men's Classic Masters III

-83 kg

1	STURMAN, HOWARD / 1958	UNITED STATES OF AMERICA	157.5
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There is 1 lifter nominated

Men's Classic Masters IV

-59 kg

1	TATSUMI, MEL / 1948	UNITED STATES OF AMERICA	70
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-66 kg

1	GALANT, ALEX / 1947	UNITED STATES OF AMERICA	50
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-83 kg

1	SETTLES, MIKE / 1944	UNITED STATES OF AMERICA	125
2	PENNER, SAM / 1930	UNITED STATES OF AMERICA	62.5

There are 4 lifters nominated

Referees

	Name	Nation	Cat	Availability
1	CLAUDIA NAGATA	BRA	IPF CAT I	ALL
2	MIKE ARMSTRONG	CAN	IPF CAT I	ALL
3	BILL YOU	CAN	IPF CAT II	ALL
4	LARITZA ZEMANATE	COL	IPF CAT II	26.OCT (AFTERNOON)
5	ZELMIRA SANDÍ	CRC	IPF CAT II	26.OCT (AFTERNOON)
6	HUGO VELASQUEZ	CRC	IPF CAT I	27.OCT
7	JOSE MIGUEL JARAMILLO	CRC	IPF CAT II	27.OCT
8	MANUEL CAMPOS	CRC	IPF CAT II	26.OCT (MORNING)
9	ALEX ALVARADO	PUR	IPF CAT II	26.OCT
10	STEVEN CRANE	PUR	IPF CAT II	27.OCT
11	JOAN BAEZ	PUR	IPF CAT II	26.OCT (MORNING)
12	DON MCELRAVY	USA	IPF CAT I	ALL
13	ROBERT KELLER	USA	IPF CAT I	ALL
14	JOHNNY GRAHAM	USA	IPF CAT I	ALL
15	ROBERT MASSEY	USV	IPF CAT II	ALL