

6th Annual IPF/NAPF Pan-American Regional Bench Press Championships
October 27-29, 2016 – San José, Costa Rica
Final Nominations – October 1, 2016

Pan-American Bench Press Championships Equipped Divisions

	Last, First Name / YOB	Nation	Bench press
Equipped Men's Open			
- 59 kg			
	1 García, Nil / 1973	Perú	170
	2 Felts, Sam / 1952	United States of America	135
- 66 kg			
	1 Búrbano, Dennis / 1990	Guatemala	160
	2 Clark, Xaviar / 1989	United States of America	120
- 74 kg			
	1 Martín Mejía, Enrique E. / 1988	Perú	192.5
	2 Canizalez, Eduardo / 1984	Mexico	190
	3 Mouzon, Jon / 1972	United States of America	182.5
	4 Arias, Ruddy / 1994	Costa Rica	140
- 83 kg			
	1 Kipp, Wesley / 1962	United States of America	212.5
	2 Rojas Pardo, Luis / 1961	Costa Rica	150
- 93 kg			
	1 Cencich, Tom / 1960	United States of America	215
	2 Manzano, Adir / 1978	Mexico	180
	3 Matarrita Montenegro, Cristian / 1984	Costa Rica	170
	4 Osorio, Christopher / 1993	Guatemala	162
	5 Villavicencio, Leonel / 1969	Costa Rica	150
- 105 kg			
	1 McCourt, Shaun Patrick / 1979	Costa Rica	230
	2 Wilson, Don / 1968	United States of America	220
	3 Fernández Barrantes, Michael / 1982	Costa Rica	215
- 120 kg			
	1 Gill, Ryan / 1976	United States of America	262.5
	2 Campos Murillo, Manuel / 1979	Costa Rica	250
	3 Ramírez, Luis / 1965	Mexico	210
	4 Alvarado, Alex / 1974	Puerto Rico	208
	5 Pérez, Javier / 1977	Puerto Rico	190
	6 Ramírez, Johnatan / 1979	Mexico	150
120+ kg			
	1 Zawilinski, Mike / 1980	United States of America	320
	2 Quiros, Marco Antonio / 1979	Costa Rica	200

There are 26 lifters nominated

Equipped Men's Sub-Junior

- 93 kg			
	1 Vindas, Sergio / 1999	Costa Rica	135

There is 1 lifter nominated

Equipped Men's Junior**- 74 kg**

1	Arias, Ruddy / 1994	Costa Rica	140
2	Martínez, Marcos / 1994	Mexico	102.5

- 93 kg

1	Osorio, Christopher / 1993	Guatemala	162
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There are 3 lifters nominated**Equipped Men's Masters I / 40+****- 74 kg**

1	Mouzon, Jon / 1972	United States of America	182.5
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- 93 kg

1	Villavicencio, Leonel / 1969	Costa Rica	150
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- 105 kg

1	Wilson, Don / 1968	United States of America	220
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- 120 kg

1	Alvarado, Alex / 1974	Puerto Rico	208
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There are 5 lifters nominated**Equipped Men's Masters II / 50+****- 83 kg**

1	Kipp, Wesley / 1962	United States of America	212.5
2	Rojas Pardo, Luis / 1961	Costa Rica	150

- 93 kg

1	Cencich, Tom / 1960	United States of America	215
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- 120 kg

1	Ramírez, Luis / 1965	Mexico	210
2	Keller, Robert / 1962	United States of America	95

There are 5 lifters nominated**Equipped Men's Masters III / 60+****- 59 kg**

1	Felts, Sam / 1952	United States of America	135
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There is 1 lifter nominated**Equipped Men's Masters IV / 70+****- 105 kg**

1	Moore, John / 1937	United States of America	120
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There is 1 lifter nominated

Pan-American Bench Press Championships

Raw/Classic Divisions

	Last, First Name / YOB	Nation	Bench press
Classic Men's Open			
- 59 kg			
	1 Andino, Bryan Josué / 1995	Nicaragua	100
- 66 kg			
	1 Búrbano, Dennis / 1990	Guatemala	140
- 74 kg			
	1 Nguyen, Loc / 1989	Canada	152.5
	2 Rubio, Jack / 1964	United States of America	145
	3 Flores Portillo, Celin Arnoldo / 1992	El Salvador	125
	4 Castro Arias, Esteban / 1987	Costa Rica	120
- 83 kg			
	1 Boutsomsky, David / 1981	United States of America	180
	2 Ward Granados, Danilo / 1986	Costa Rica	160
	3 Hernández Campos, Rigoberto Antonio / 1993	El Salvador	140
- 93 kg			
	1 McClain, LS / 1978	United States of America	220
	2 Vieira, Rudi / 1983	Brazil	200
	3 Ramírez, Kevin / 1990	Costa Rica	180
	4 Álvarez, Alfonso / 1978	Costa Rica	150
	5 Truchon, Rob / 1968	Canada	142.5
- 105 kg			
	1 Stelet, Leonardo / 1982	Brazil	205
	2 Cuadra Vargas, Lester Horacio / 1980	Nicaragua	200
	3 McCourt, Shaun Patrick / 1979	Costa Rica	180
	4 Clavelli, Timothy / 1960	United States of America	170
	5 Gehrt, Roger / 1964	United States of America	167.5
- 120 kg			
	1 Poore, Clint / 1973	United States of America	205
	2 Gill, Ryan / 1976	United States of America	197.5
	3 Campos Murillo, Manuel / 1979	Costa Rica	195
	4 Quiros, Marco Antonio / 1979	Costa Rica	190
	5 Pérez, Javier / 1977	Puerto Rico	190
	6 Emidio, Alexandre / 1983	Brazil	182.5
120+ kg			
	1 Zawilinski, Mike / 1980	United States of America	200
	2 Armstrong, Mike / 1955	Canada	188
	3 Velásquez, Hugo / 1959	Costa Rica	160

There are 28 lifters nominated

Classic Men's Sub-Junior

- 66 kg			
	1 Friel, Ben / 2000	United States of America	67.5
	2 Alvarado, Aramis / 2000	Costa Rica	60
- 74 kg			
	1 Espinoza Obregón, Pablo / 1998	Costa Rica	100
	2 Sibaja, Jeison Daniel / 1998	Costa Rica	70

- 83 kg	1 Chavez Daniel's, Austin / 1998	Costa Rica	80
- 93 kg	1 Velásquez Zuñiga, Daniel / 2002	Costa Rica	70

There are 6 lifters nominated

Classic Men's Junior

- 59 kg	1 Andino, Bryan Josué / 1995	Nicaragua	100
	2 Devine, Matthew / 1997	United States of America	95
- 66 kg	1 Devine, Ryan / 1994	United States of America	115
	2 Mora Moreno, Sergio / 1996	Costa Rica	90
- 74 kg	1 Hunt Vargas, Jean Carlo / 1994	Costa Rica	122.5
	2 Cabrera, Alejandro / 1997	Costa Rica	85
- 83 kg	1 Villalobos, José David / 1994	Costa Rica	120
	2 Vargas, Alex / 1995	Costa Rica	85

There are 8 lifters nominated

Classic Men's Masters I / 40+

- 74 kg	1 You, Bill / 1969	Canada	150
- 93 kg	1 Truchon, Rob / 1968	Canada	142.5
- 120 kg	1 Poore, Clint / 1973	United States of America	205
	2 Gill, Ryan / 1976	United States of America	197.5

There are 4 lifters nominated

Classic Men's Masters II / 50+

- 74 kg	1 Rubio, Jack / 1964	United States of America	145
- 105 kg	1 Gehrt, Roger / 1964	United States of America	167.5
120+ kg	1 Velásquez, Hugo / 1959	Costa Rica	160

There are 3 lifters nominated

Classic Men's Masters III / 60+

- 59 kg	1 Felts, Sam / 1952	United States of America	105
	2 Tatsumi, Mel / 1948	United States of America	71
- 93 kg	1 Welcome, Claude / 1952	United States of America	145
- 105 kg	1 Campos Coto, Manuel / 1956	Costa Rica	120
- 120 kg	1 Hutchinson, Kevin / 1954	United States of America	160

120+ kg

1 Armstrong, Mike / 1955

Canada

188

There are 6 lifters nominated**Classic Men's Masters IV / 70+****- 105 kg**

1 Moore, John / 1937

United States of America

120

There is 1 lifter nominated**Referees**

	Name	Nation	Cat	Availability
1	Zelmira Sandí Martínez	Costa Rica	IPF Cat II	TBD
2	Nora Montilla	Costa Rica	IPF Cat II	TBD
3	Hugo Velásquez Ormeño	Costa Rica	IPF Cat I	TBD
4	Alex Alvarado	Puerto Rico	IPF Cat II	28.OCT.16
5	Mike Zawilinski	United States of America	IPF Cat II	TBD
6	Don McElravy	United States of America	IPF Cat II	All
7	Robert Keller	United States of America	IPF Cat I	28.OCT.16
8	Dan Gaudreau	United States of America	IPF Cat I	All (Jury)
9	Mike Armstrong	Canada	IPF Cat I	29.OCT.16
10	Robert Massey	US Virgin Islands	IPF Cat I	All (Jury)
11	Claudia Nagata Cencich	United States of America	IPF Cat I	All (Jury)