

19th North American Regional Women's Classic Bench Press Championships

Panama City / Panama, 23 – 25 October, 2025

Division «Open»

#	Name	Born	Team	BP
-47kg				
1.	Garcia Karla	1995	Mexico	70.0
-52kg				
1.	Espinoza Torres Amy	2001	Costa Rica	75.0
2.	Mitre Yusdara	1987	Panama	65.0
-57kg				
1.	Southwood Hannah	1992	Canada	90.0
-63kg				
1.	Gagnon Taylor	1999	U.S.America	92.5
2.	Bennett Cherie	1991	U.S.America	70.0
3.	Castillo Maria	1996	Panama	67.5
4.	Ruiz Maria	2000	Panama	55.0
-84kg				
1.	Alleyne Deresay	1993	Trinidad and Tobago	120.0
2.	Thomas Divya	1999	U.S.America	95.0
3.	Rodriguez Sara	2000	Mexico	77.5
84+kg				
1.	Millan Maytia	1989	Mexico	115.0
-69kg				
^R 1.	Smith Joylynn	1989	Belize	87.5
2.	Calderon Carina	1986	Panama	65.0
3.	Sanjur Flor	1993	Panama	25.0
-76kg				
1.	Hunte Kezia	1998	Trinidad and Tobago	110.0

In Division there are 16 Lifters (In Teams:15 In Reserve:1)

Division «Subjuniors»

#	Name	Born	Team	BP
-57kg				
1.	Jackson Olivia	2007	U.S.America	72.5
2.	Valle Ximena	2007	Mexico	65.0
-69kg				
1.	Segura Erika	2007	Panama	70.0
-76kg				
1.	Eaton Ximena	2008	Mexico	90.5
2.	Spears Jae Anna	2008	U.S.America	50.0

In Division there are 5 Lifters

Division «Juniors»

#	Name	Born	Team	BP
-57kg				
1.	Barrantes Rodriguez Ana	2003	Costa Rica	77.5
2.	Lorenzo Lady	2002	Panama	55.0
3.	Guardia Kariliz	2002	Panama	25.0
-63kg				
1.	Planet Camille	2005	Canada	92.5

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2.	Alvarado Hania	2005	Panama	80.0
-84kg				
1.	Madoo Kiersten	2002	U.S.America	90.0
2.	Flores Pamela	2006	Mexico	77.5
84+kg				
1.	Aparicio Adriana	2004	Panama	82.5
-69kg				
1.	Escobedo Fernanda	2005	Mexico	102.5
2.	Sivec Selena	2004	Canada	70.0
-76kg				
1.	Esquivel Maria	2003	Mexico	100.0
In Division there are 11 Lifters				

Division «Masters I»

#	Name	Born	Team	BP
-57kg				
1.	Reyes Jessica	1983	Mexico	82.5
-63kg				
1.	Varela Sonia	1985	Mexico	78.5
2.	Leighton Cynthia	1980	Canada	77.5
3.	Clough Faith	1982	U.S.America	75.0
4.	Mitha Nimisha	1979	U.S.America	57.5
-84kg				
1.	Diehl Rachael	1980	U.S.America	82.5
2.	Tracy Stephanie	1979	U.S.America	75.0
84+kg				
1.	Flores Sara	1983	Belize	52.5
-69kg				
1.	Vernon-Jarvis Kimberly	1984	Canada	70.0
2.	Olmos Eva	1979	Mexico	70.0
3.	Hart Nicole	1979	Canada	65.0
In Division there are 11 Lifters				

Division «Masters II»

#	Name	Born	Team	BP
-63kg				
1.	Carlascio Michelle	1971	U.S.America	60.0
-84kg				
1.	Line Cynthia	1968	U.S.America	72.5
2.	Ramos Sonia	1970	Mexico	70.0
3.	Spears Anna	1972	U.S.America	57.5
84+kg				
1.	Harris Michal	1970	U.S.America	55.0
In Division there are 5 Lifters				

Division «Masters III»

#	Name	Born	Team	BP
-52kg				
1.	Giron Galindo Blanca Elba	1959	Costa Rica	55.0
-57kg				

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1.	Justice Dora	1957	U.S.America	77.5
-63kg				
1.	Perez Socorro	1959	Mexico	75.0
2.	Homan Lynne	1962	U.S.America	60.0
3.	Diaz Sara	1958	Panama	32.0
-69kg				
1.	Levasseur Carol	1958	U.S.America	67.5

In Division there are 6 Lifters

Division «Masters IV»

#	Name	Born	Team	BP
-57kg				
1.	Garcia Ana	1955	Puerto Rico	30.0
-69kg				
1.	Gelb Lenore	1950	U.S.America	52.5

In Total there are 56 Lifters (In Teams:55 In Reserve:1)