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

Panama City / Panama, 23 – 25 October, 2025

The List of Teams

Belize {The Team in Total: 6}

Lifters: 2

- | | | | |
|-------------------|---|-----------|--------|
| 1. Flores Sara | F | Masters 1 | 84+kg |
| 2. Myvett Ezekiel | M | Open | -105kg |

Team Members: 4

- | | | | | |
|--------------------|---|--------|---|-----------------------|
| 1. Alas Jacqueline | ✓ | Cat.II | ✓ | Coach - Referee [NFR] |
| 2. Usher Khalid | | | ✓ | Coach - Athlete [NFR] |
| 3. Usher. Khalid | | | ✓ | Official |
| 4. Baki Joseph | | | ✓ | Coach |
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Canada {The Team in Total: 29}

Lifters: 26

- | | | | |
|-----------------------------|---|-----------|--------|
| 1. Dear Dusty | M | Masters 4 | -93kg |
| 2. Eliassaint Jean-Philippe | M | Masters 3 | -105kg |
| 3. Magnuson Mark | M | Masters 3 | -120kg |
| 4. Sproul Jillian | F | Masters 2 | -76kg |
| 5. Anderson Mark | M | Masters 1 | -83kg |
| 6. Primrose George | M | Masters 1 | -105kg |
| 7. Macdonald John | M | Masters 1 | 120+kg |
| 8. Hart Nicole | F | Masters 1 | -69kg |
| 9. Vernon-Jarvis Kimberly | F | Masters 1 | -69kg |
| 10. Seung Won Lee | M | Juniors | -66kg |
| 11. Bougadis Joshua | M | Juniors | -74kg |
| 12. Wojick Brandon | M | Juniors | -74kg |
| 13. Yang Glay | M | Juniors | -93kg |
| 14. Barcelos Vince | M | Juniors | -93kg |
| 15. Planet Camille | F | Juniors | -63kg |
| 16. Sivec Selena | F | Juniors | -69kg |
| 17. Carter-Hughes Isaac | M | Open | -59kg |
| 18. Miranda Jonathan | M | Open | -66kg |
| 19. Klaus Jeremy | M | Open | -74kg |
| 20. Nguyen Jonathan | M | Open | -74kg |
| 21. McLellan Ryan | M | Open | -83kg |
| 22. Hrichishen Daniel | M | Open | -93kg |
| 23. Farzam Khashayar | M | Open | -93kg |
| 24. Sheridan Sigstad | M | Open | -120kg |
| 25. Southwood Hannah | F | Open | -57kg |

Team Members: 3

- | | | | | |
|-------------------|---|--------|---|---------------------------------|
| 1. Walsh Larry | ✓ | Cat.II | | |
| 2. Sproul Jillian | | | ✓ | Assistant Coach - Athlete [NFR] |
| 3. Smith Justin | | | ✓ | Head Coach |
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Costa Rica {The Team in Total: 15}

Lifters: 14

- | | | | |
|-------------------|---|-----------|--------|
| 1. Velasquez Hugo | M | Masters 3 | -120kg |
|-------------------|---|-----------|--------|
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2.	Giron Galindo Blanca Elba	F	Masters 3	-52kg
3.	Barrantes Rodriguez Ana	F	Juniors	-57kg
4.	Flores Ulloa Bjorn	M	Subjuniors	-105kg
5.	Ugalde Isabel	F	Subjuniors	-63kg
6.	Hernandez Aguilar Jorge	M	Open	-93kg
7.	Altamirano Javier Dimitry	M	Open	-93kg
8.	Ugalde Guerrero Steven	M	Open	-105kg
9.	Aguilar Cascante Luis	M	Open	-120kg
10.	Chavez Benavides Adrian	M	Open	120+kg
11.	Campos Murillo Carlos	M	Open	120+kg
12.	Espinoza Torres Amy	F	Open	-52kg
13.	Vargas Saborio Adriana	F	Open	-84kg

Team Members: 1

1. Velasquez Hugo ✓ Cat.I

Guatemala {The Team in Total: 6}

Lifters: 5

1.	Merida Zaldana Jorge Manuel	M	Open	-74kg
2.	Us Chavez Jorge Luis	M	Open	-83kg
3.	Hernandez Mario Moises	M	Open	-93kg
4.	Chen Garcia Jose Antonio	M	Open	-105kg
5.	Guerra Ajvatz Jonathan Alexander	M	Open	120+kg

Team Members: 1

1. Acabal Colindres Hugo ✓ Coach
Leonel

Mexico {The Team in Total: 35}

Lifters: 35

1.	Ramirez Luis	M	Masters 3	-120kg
2.	Perez Socorro	F	Masters 3	-63kg
3.	Ramos Sonia	F	Masters 2	-84kg
4.	Herrera Victor	M	Masters 1	-74kg
5.	Pacheco Cesar	M	Masters 1	-93kg
6.	Contreras Gabino	M	Masters 1	-93kg
7.	Campos Porfirio	M	Masters 1	-105kg
8.	Aguilar Juventino	M	Masters 1	-105kg
9.	Reyes Jessica	F	Masters 1	-57kg
10.	Varela Sonia	F	Masters 1	-63kg
11.	Olmos Eva	F	Masters 1	-69kg
12.	Santiago Alexis	M	Juniors	-59kg
13.	Ontiveros Alejandro	M	Juniors	-66kg
14.	Bolanos Jose	M	Juniors	-93kg
15.	Lopez Gerardo	M	Juniors	-120kg
16.	Valenzuela Alberto	M	Juniors	120+kg
17.	Flores Pamela	F	Juniors	-84kg
18.	Escobedo Fernanda	F	Juniors	-69kg
19.	Esquivel Maria	F	Juniors	-76kg

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20.	Soto Samuel	M	Subjuniors	-59kg
21.	Salazar Nicolas	M	Subjuniors	-66kg
22.	Ambrocio Armando	M	Subjuniors	-93kg
23.	Romero Axel	M	Subjuniors	-105kg
24.	Luna Xander	M	Subjuniors	-105kg
25.	Diaz Jorge	M	Subjuniors	-120kg
26.	Valle Ximena	F	Subjuniors	-57kg
27.	Eaton Ximena	F	Subjuniors	-76kg
28.	Serrano Ivan	M	Open	-83kg
29.	Veytia Diego	M	Open	120+kg
30.	Garcia Karla	F	Open	-47kg
31.	Rodriguez Sara	F	Open	-84kg
32.	Millan Maytia	F	Open	84+kg
33.	Ruiz Yessica	F	Open	-69kg

Panama {The Team in Total: 35}

Lifters: 33

1.	Diaz Sara	F	Masters 3	-63kg
2.	Avila Jaime	M	Masters 2	-93kg
3.	Aguilar Nelson	M	Masters 2	-105kg
4.	Jimenez Tomas	M	Masters 1	-93kg
5.	Rivera Ricardo Ramon	M	Masters 1	-105kg
6.	James Addul	M	Masters 1	-120kg
7.	Antiocho Arturo	M	Masters 1	120+kg
8.	Lorenzo Lady	F	Juniors	-57kg
9.	Guardia Kariliz	F	Juniors	-57kg
10.	Alvarado Hania	F	Juniors	-63kg
11.	Aparicio Adriana	F	Juniors	84+kg
12.	Rivera Ricardo	M	Subjuniors	-53kg
13.	Galves Derek	M	Subjuniors	-66kg
14.	Segura Erika	F	Subjuniors	-69kg
15.	Herrera Roberto	M	Open	-59kg
16.	Delgado Ruben	M	Open	-66kg
17.	Batista Javier	M	Open	-74kg
18.	Abuzzid Hasan	M	Open	-93kg
19.	Dominguez Angel	M	Open	-93kg
20.	Saldana Jose	M	Open	-105kg
21.	Mendoza Leonardo	M	Open	-105kg
22.	Centella German	M	Open	120+kg
23.	Mitre Yusdara	F	Open	-52kg
24.	Castillo Maria	F	Open	-63kg
25.	Ruiz Maria	F	Open	-63kg
26.	Caballero Magdaleis	F	Open	-63kg
27.	Sanjur Flor	F	Open	-69kg
28.	Calderon Carina	F	Open	-69kg
29.	Montenegro Vanessa	F	Open	-69kg
30.	Cigaran Gabriela	F	Open	-76kg

Team Members: 2

1.	Cigaran Gabriela	✓	Cat.I
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Puerto Rico {The Team in Total: 10}

1. Garcia Ana	F	Masters 4	-57kg
2. Alvarado Alex	M	Masters 2	-120kg
3. Cotte Doel	M	Masters 1	-74kg
4. Antosanti Leonardo	M	Juniors	-74kg
5. Baez Joan	F	Open	84+kg

1. Rivera Onix	✓ Cat.I	
2. Tapia Jannitzzi	✓ Cat.I	
3. Baez Joan	✓ Cat.I	✓ Coach - Referee [NFR]
4. Alvarado Alex	✓ Cat.I	✓ Coach - Referee [NFR]
5. Cotte Doel		✓ Assistant Coach - Athlete [NFR]

1.	Hosten Dale	M	Masters 1	-93kg
2.	Williams Orion	M	Masters 1	-105kg
3.	Maharaj Keshav	M	Juniors	-83kg
4.	Grant Shay	M	Open	-59kg
5.	Mason Crelan	M	Open	-74kg
6.	Abdul Malick Sabir	M	Open	-83kg
7.	Nelson Shaquille	M	Open	-105kg
8.	Hunte Rondel	M	Open	-120kg
9.	Alleyne Deresay	F	Open	-84kg
10.	Hunte Kezia	F	Open	-76kg

1. Mc Tair Gabre	✓ Cat.I	
2. Hunte Rondel		✓ Coach - Athlete [NFR]
3. Hosten Dale		✓ Assistant Coach - Athlete [NFR]
4. Grant Shay		✓ Assistant Coach - Athlete [NFR]
5. Alleyne Deresay		✓ Assistant Coach - Athlete [NFR]
6. Nelson Shaquille		✓ Assistant Coach - Athlete [NFR]
7. Belfon Lawrence Marlon		✓ Head Coach
8. Ramnath Ow Buland Kellie		✓ Assistant Coach

1.	Levine Kenneth	M	Masters 4	-83kg
2.	Loniakan Shahriar	M	Masters 4	-93kg
3.	Gelb Lenore	F	Masters 4	-69kg
4.	Fronzaglia Damian	M	Masters 3	-74kg
5.	Sides Daniel	M	Masters 3	-74kg
6.	Rodriguez Michael	M	Masters 3	-74kg
7.	Sturman Howard	M	Masters 3	-83kg
8.	Sides Daniel	M	Masters 3	-83kg
9.	Chasin Scott	M	Masters 3	-93kg

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10.	Cencich Thomas	M	Masters 3	-93kg
11.	Rosenzweig Dana	M	Masters 3	-93kg
12.	Falcone Ron	M	Masters 3	-105kg
13.	Wetter John	M	Masters 3	-105kg
14.	Keller Robert	M	Masters 3	-120kg
15.	Campbell William	M	Masters 3	120+kg
16.	Justice Dora	F	Masters 3	-57kg
17.	Homan Lynne	F	Masters 3	-63kg
18.	Levasseur Carol	F	Masters 3	-69kg
19.	Solomon Todd	M	Masters 2	-66kg
20.	Petrencak Steve	M	Masters 2	-66kg
21.	Williams Sean	M	Masters 2	-74kg
22.	Keenan Patrick	M	Masters 2	-74kg
23.	Akpan Mfon	M	Masters 2	-83kg
24.	Ross Jason	M	Masters 2	-83kg
25.	Walter Chris	M	Masters 2	-105kg
26.	Wilson Kim	F	Masters 2	-57kg
27.	Carlascio Michelle	F	Masters 2	-63kg
28.	Spears Anna	F	Masters 2	-84kg
29.	Harris Michal	F	Masters 2	-84kg
30.	Line Cynthia	F	Masters 2	-84kg
31.	Harris Michal	F	Masters 2	84+kg
32.	Losa Jonathan	M	Masters 1	-83kg
33.	Austin Llando	M	Masters 1	-93kg
34.	Losa Jonathan	M	Masters 1	-93kg
35.	Cruz Jeremiah	M	Masters 1	-105kg
36.	Cameron Kenneth	M	Masters 1	120+kg
37.	Clough Faith	F	Masters 1	-63kg
38.	Mitha Nimisha	F	Masters 1	-63kg
39.	Diehl Rachael	F	Masters 1	-84kg
40.	Tracy Stephanie	F	Masters 1	-84kg
41.	Wages Sarah	F	Masters 1	84+kg
42.	Herzog Hugh	M	Juniors	-59kg
43.	Chanaba Marcelo	M	Juniors	-66kg
44.	Aaron Dawson	M	Juniors	-83kg
45.	Perry Billy	M	Juniors	-83kg
46.	Miranda Alan	M	Juniors	-93kg
47.	Hashempour Daniel	M	Juniors	-93kg
48.	Smith Ashton	M	Juniors	-105kg
49.	Evitch Broc	M	Juniors	-120kg
50.	Madoo Kiersten	F	Juniors	-84kg
51.	Wang Nathan	M	Subjuniors	-53kg
52.	Gentle Masato	M	Subjuniors	-59kg
53.	Canova Marcus	M	Subjuniors	-74kg
54.	Bell Chloe	F	Subjuniors	-47kg
55.	Jackson Olivia	F	Subjuniors	-57kg
56.	Spears Jae Anna	F	Subjuniors	-76kg
57.	Solomon Jack	M	Open	-66kg
58.	Howard Seth	M	Open	-74kg

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59. Logrande Derek	M	Open	-74kg
60. Mamola Adam	M	Open	-93kg
61. Wright Jeremy	M	Open	120+kg
62. Bennett Cherie	F	Open	-63kg
63. Shuttleworth Maura	F	Open	-63kg
64. Gagnon Taylor	F	Open	-63kg
65. Thomas Divya	F	Open	-84kg
66. Drew Samantha	F	Open	84+kg

Team Members: 7

1. Clayton Bill	✓	Cat.I	
2. Keller Nora	✓	Cat.I	
3. Homan Lynne	✓	Cat.I	
4. Harris Michal	✓	Cat.II	
5. Keller Robert	✓	Cat.I	✓ IPF Official
6. Petrencak Steve			✓ Head Coach
7. Rosenzweig Dana			✓ Coach

Summary Table

Number of Lifters	19th North American Regional Women's Classic Bench Press Championships	54
	19th North American Regional Men's Classic Bench Press Championships	101
	19th North American Regional Women's Equipped Bench Press Championships	17
	19th North American Regional Men's Equipped Bench Press Championships	27
Persons as ...	Referee	11
	Representative	16
	Referee & Representative	4
All Together		230