

**North American Powerlifting Federation
10th Annual NAPF North American Regional Bench Press Championships,
Puerto Rico, Ponce, 19-22.11.2015
Nominations on 06th of October 2015**

Name/Firstname/B.Year	Nation	Benchpress
- 47 kg		
1 Vasquez Sique Maria Luisa /83	Puerto Rico	100.0
- 52 kg		
1 Moreno Adriana /76	Costa Rica	60.0
2 Rodriguez Norma /49	Puerto Rico	45.0
- 57 kg		
1 Chaparro Mariselys /89	Puerto Rico	85.0
- 63 kg		
1 Montilla Nora /77	Costa Rica	75.0
- 72 kg		
1 Cespedes Marozzi Ericka /84	Costa Rica	80.0
2 Nieves Kristzia /96	Puerto Rico	82.5
- 84 kg		
1 Nieves Norma /70	Puerto Rico	132.5
2 Mesen Porras Marjorie /86	Costa Rica	80.0
84+ kg		
1 Baez Joan /86	Puerto Rico	120.0

In the Competitions were participating 10 lifters

Juniors

1 Nieves Kristzia /96	Puerto Rico	82.5
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In the Competitions were participating 1 lifters

Masters

1 Nieves Norma /70	Puerto Rico	132.5
2 White Helen /45	United States of America	72.5
3 Rodriguez Norma /49	Puerto Rico	45.0

In the Competitions were participating 3 lifters

**North American Powerlifting Federation
10th Annual NAPF North American Regional Bench Press Classic Championships,
Puerto Rico, Ponce, 19-22.11.2015
Nominations on 06th of October 2015**

Name/Firstname/B.Year	Nation	Benchpress
- 52 kg		
1 Moreno Adriana /76	Costa Rica	60.0
2 Navarro Kattya /83	Costa Rica	30.0
- 57 kg		
1 Muñiz Kimberly /79	United States of America	77.5
2 Backenstose Karen /76	United States of America	65.0

- 63 kg

1 Campos Murillo Karina /78	Costa Rica	75.0
2 Pacheco Valeria /97	Puerto Rico	60.0
3 Flores Andrea /99	Puerto Rico	45.0

- 72 kg

1 Cespedes Marozzi Ericka /84	Costa Rica	80.0
2 Hind Allison /81	United States of America	72.0

- 84 kg

1 Mesen Porras Marjorie /86	Costa Rica	80.0
2 Mercado Mariel /80	Puerto Rico	70.0
3 Taveras Rosa /61	Puerto Rico	52.5

In the Competitions were participating 12 lifters

Subjuniors

1 Flores Andrea /99	Puerto Rico	45.0
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In the Competitions were participating 1 lifters

Juniors

1 Pacheco Valeria /94	Puerto Rico	60.0
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In the Competitions were participating 1 lifters

Masters

1 Bondurant Elizabeth /58	United States of America	92.5
2 Renshaw Lynne /56	United States of America	77.5
3 Weaver Sherry /64	United States of America	75.0
4 Taveras Rosa /61	Puerto Rico	52.5

In the Competitions were participating 4 lifters

Referees

I Robert Keller	United States of America	All Except women 63kg
I Bill Clayton	United States of America	All (Jury)
I Elliot Feldman	United States of America	All
I Onix Rivera	Puerto Rico	All (Jury)
I Joan Baez	Puerto Rico	All
II Alex Alvarado	Puerto Rico	All
II Robert Massey	US Virgin Islands	All