

5th IPF/NAPF North American Regional Bench Press Championships
RoadTown, Tortola, British Virgin Islands / October 7 - 9, 2010

| Bench Press Results Name | Team | Div | Bwt (kg) | WtCls (kg) | lot# | Wilks Coeff | YOB | Age Coeff | BP-1 | BP-2 | BP-3 | Best BP | (1) Best BP | (2) Wilks Pts | (3) Age Wilks | PI Code | PI-Div- WtCls-Evt | USAPL Number |
|--------------------------|------|------|----------|------------|------|-------------|------|-----------|------|------|--------|---------|-------------|---------------|---------------|---------|-------------------|--------------|
| Frances Baez | PUR | F-JN | 48 | 48 | 4 | 1.3244 | 1988 | 2.05 | 45 | -55 | -55 | 45 | 45 | 59.598 | 122.176 | 2 | 1-F-JN-BP | |
| Jen Maduro | IVB | F-JN | 97.2 | 90+ | 19 | 0.8399 | 1990 | 2.05 | 45 | 50 | -52.5 | 50 | 50 | 41.995 | 86.090 | 2 | 2-F-JN-BP | |
| Frances Baez | PUR | F-ON | 48 | 48 | 4 | 1.3244 | 1988 | 2.05 | 45 | -55 | -55 | 45 | 45 | 59.598 | 122.176 | 1 | 1-F-ON-48-BP | |
| Gladys Serrano | PUR | F-ON | 48.1 | 52 | 7 | 1.3224 | 1984 | 2.05 | 60 | 67.5 | 72.5 | 72.5 | 72.5 | 95.874 | 196.542 | 1 | 1-F-ON-52-BP | |
| Rebekah Lair | USA | F-ON | 85.1 | 90 | 18 | 0.8861 | 1976 | 2.05 | 100 | 110 | -127.5 | 110 | 110 | 97.471 | 199.816 | 1 | 1-F-ON-90-BP | |
| Jen Maduro | IVB | F-ON | 97.2 | 90+ | 19 | 0.8399 | 1990 | 2.05 | 45 | 50 | -52.5 | 50 | 50 | 41.995 | 86.090 | 1 | 1-F-ON-90+-BP | |

| Best Lifters | Wilks | Div |
|--------------|--------|--------|
| Frances Baez | 59.598 | Junior |
| Rebekah Lair | 97.471 | Open |

| Teams | | |
|-----------------------|-----|-----|
| Country | Pos | Pts |
| Puerto Rico | 1 | 24 |
| USA | 2 | 12 |
| British Virgin Island | 3 | 12 |

Side Referee

Chief Referee

Side Referee

5th IPF/NAPF North American Regional Bench Press Championships
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| Bench Press Results Name | Team | Div | Bwt (kg) | WtCls (kg) | lot# | Wilks Coeff | YOB | Age Coeff | BP-1 | BP-2 | BP-3 | Best BP | (1) Best BP | (2) Wilks Pts | (3) Wilks | Age-Code | PI Div- WtCls-Evt | USAPL Number |
|--------------------------|------|-------|----------|------------|------|-------------|------|-----------|--------|--------|--------|---------|-------------|---------------|-----------|----------|-------------------|--------------|
| Omotosho Yearwood | IVB | M-ONR | 89.7 | 90 | 25 | 0.6395 | 1977 | 2.05 | 142.5 | 147.5 | 155 | 155 | 155 | 99.123 | 203.201 | 1 | 1-M-ONR-90-BP | |
| Dimari Thomas | IVB | M-SJN | 66.7 | 67.5 | 32 | 0.7785 | 1993 | 2.05 | 60 | 85 | 90 | 90 | 90 | 70.065 | 143.633 | 2 | 1-M-SJN-BP | |
| James Bardley | USA | M-JN | 79 | 82.5 | 40 | 0.6882 | 1988 | 2.05 | 150 | 155 | 162.5 | 162.5 | 162.5 | 111.832 | 229.257 | 2 | 1-M-JN-BP | |
| Mark Kendall | IVB | M-JN | 79.6 | 82.5 | 37 | 0.6849 | 1987 | 2.05 | 125 | 135 | -142.5 | 135 | 135 | 92.461 | 189.546 | 2 | 2-M-JN-BP | |
| Rico Penn | IVB | M-JN | 130.7 | 125+ | 52 | 0.5651 | 1989 | 2.05 | 135 | -145 | 147.5 | 147.5 | 147.5 | 83.352 | 170.872 | 2 | 3-M-JN-BP | |
| Aaron Guishard | IVB | M-JN | 84 | 90 | 34 | 0.6628 | 1989 | 2.05 | 102.5 | 117.5 | -132.5 | 117.5 | 117.5 | 77.879 | 159.652 | 2 | 4-M-JN-BP | |
| James Ragnauth | IVB | M-JN | 88.2 | 90 | 23 | 0.6451 | 1988 | 2.05 | 95 | -110 | 110 | 110 | 110 | 70.961 | 145.470 | 2 | 5-M-JN-BP | |
| Chris Calvano | USA | M-M1N | 107.9 | 110 | 46 | 0.5921 | 1969 | 2.05 | 240 | -250 | -250 | 240 | 240 | 142.104 | 291.313 | 2 | 1-M-M1N-BP | |
| Orlando Blas | PUR | M-M1N | 99 | 100 | 30 | 0.6111 | 1969 | 2.05 | -200 | -200 | 200 | 200 | 200 | 122.220 | 250.551 | 2 | 2-M-M1N-BP | |
| Naval Richards | IVB | M-M1N | 74.4 | 75 | 27 | 0.7166 | 1967 | 2.05 | -125 | 132.5 | 145 | 145 | 145 | 103.907 | 213.009 | 2 | 3-M-M1N-BP | |
| Jonathan Joseph | ISV | M-M1N | 67.6 | 75 | 22 | 0.7701 | 1963 | 2.05 | 97.5 | 105 | -107.5 | 105 | 105 | 80.860 | 165.764 | 2 | 4-M-M1N-BP | |
| Demetrius Maoury | USA | M-M1N | 74.2 | 75 | 33 | 0.7179 | 1966 | 2.05 | -195 | -195 | -195 | 0 | 0 | 0.000 | 0.000 | 2 | | |
| Doug Currence | USA | M-M2N | 108.1 | 110 | 40 | 0.5917 | 1959 | 2.05 | 205 | 217.5 | 222.5 | 222.5 | 222.5 | 131.653 | 269.889 | 2 | 1-M-M2N-BP | |
| Hugo Velazquez | CRC | M-M2N | 124.7 | 125 | 56 | 0.5701 | 1959 | 2.05 | 175 | 195 | -205 | 195 | 195 | 111.170 | 227.897 | 2 | 2-M-M2N-BP | |
| Miroslav Koprnicky | CAN | M-M2N | 98 | 100 | 32 | 0.6136 | 1951 | 2.05 | -175 | 175 | -180 | 175 | 175 | 107.380 | 220.129 | 2 | 3-M-M2N-BP | |
| Jim Bardsley | USA | M-M2N | 85.3 | 90 | 26 | 0.657 | 1959 | 2.05 | 150 | 155 | 160 | 160 | 160 | 105.120 | 215.496 | 2 | 4-M-M2N-BP | |
| Winston Spooner | IVB | M-M2N | 70.5 | 75 | 31 | 0.7453 | 1952 | 2.05 | -100 | 70 | 80 | 80 | 80 | 59.624 | 122.229 | 2 | 5-M-M2N-BP | |
| Raghunauth Boodram | IVB | M-ON | 54.8 | 56 | 25 | 0.93 | 1984 | 2.05 | -62.5 | 67.5 | -72.5 | 67.5 | 67.5 | 62.775 | 128.689 | 1 | 1-M-ON-56-BP | |
| Carlo Melendez | PUR | M-ON | 73.1 | 75 | 30 | 0.7256 | 1983 | 2.05 | -172.5 | -172.5 | 172.5 | 172.5 | 172.5 | 125.166 | 256.590 | 1 | 1-M-ON-75-BP | |
| Naval Richards | IVB | M-ON | 74.4 | 75 | 27 | 0.7166 | 1967 | 2.05 | -125 | 132.5 | 145 | 145 | 145 | 103.907 | 213.009 | 1 | 2-M-ON-75-BP | |
| Jonathan Joseph | ISV | M-ON | 67.6 | 75 | 22 | 0.7701 | 1963 | 2.05 | 97.5 | 105 | -107.5 | 105 | 105 | 80.860 | 165.764 | 1 | 3-M-ON-75-BP | |
| Demetrius Maoury | USA | M-ON | 74.2 | 75 | 33 | 0.7179 | 1966 | 2.05 | -195 | -195 | -195 | 0 | 0 | 0.000 | 0.000 | 1 | | |
| James Bardley | USA | M-ON | 79 | 82.5 | 40 | 0.6882 | 1988 | 2.05 | 150 | 155 | 162.5 | 162.5 | 162.5 | 111.832 | 229.257 | 1 | 1-M-ON-82.5-BP | |
| Mark Kendall | IVB | M-ON | 79.6 | 82.5 | 37 | 0.6849 | 1987 | 2.05 | 125 | 135 | -142.5 | 135 | 135 | 92.461 | 189.546 | 1 | 2-M-ON-82.5-BP | |
| Vernon Benons | IVB | M-ON | 76.9 | 82.5 | 39 | 0.7005 | 1975 | 2.05 | 90 | 107.5 | 115 | 115 | 115 | 80.558 | 165.143 | 1 | 3-M-ON-82.5-BP | |

Side Referee

Chief Referee

Side Referee

| | | | | | | | | | | | | | | | | | |
|--------------------|-----|------|-------|------|----|--------|------|------|-------|--------|--------|-------|--------------|---------|---------|---|----------------|
| Jim Bardsley | USA | M-ON | 85.3 | 90 | 26 | 0.657 | 1959 | 2.05 | 150 | 155 | 160 | 160 | 160 | 105.120 | 215.496 | 1 | 1-M-ON-90-BP |
| Danley Anderson | IVB | M-ON | 88.3 | 90 | 45 | 0.6447 | 1980 | 2.05 | 142.5 | 147.5 | -155 | 147.5 | 147.5 | 95.093 | 194.941 | 1 | 2-M-ON-90-BP |
| Kevin Gibson | IVB | M-ON | 87.2 | 90 | 27 | 0.6491 | 1978 | 2.05 | 140 | 145 | -155 | 145 | 145 | 94.120 | 192.945 | 1 | 3-M-ON-90-BP |
| Clint Poore | USA | M-ON | 98.2 | 100 | 37 | 0.6131 | 1973 | 2.05 | 182.5 | 222.5 | 230 | 230 | 230 | 141.013 | 289.077 | 1 | 1-M-ON-100-BP |
| Orlando Blas | PUR | M-ON | 99 | 100 | 30 | 0.6111 | 1969 | 2.05 | -200 | -200 | 200 | 200 | 200 | 122.220 | 250.551 | 1 | 2-M-ON-100-BP |
| Miroslav Koprnicky | CAN | M-ON | 98 | 100 | 32 | 0.6136 | 1951 | 2.05 | -175 | 175 | -480 | 175 | 175 | 107.380 | 220.129 | 1 | 3-M-ON-100-BP |
| Sydney James | IVB | M-ON | 93.4 | 100 | 31 | 0.6269 | 1971 | 2.05 | 142.5 | -147.5 | -147.5 | 142.5 | 142.5 | 89.333 | 183.133 | 1 | 4-M-ON-100-BP |
| Ortega Santana | IVB | M-ON | 93.8 | 100 | 36 | 0.6257 | 1979 | 2.05 | 95 | 102.5 | 115 | 115 | 115 | 71.955 | 147.509 | 1 | 5-M-ON-100-BP |
| Chris Calvano | USA | M-ON | 107.9 | 110 | 46 | 0.5921 | 1969 | 2.05 | 240 | -250 | -250 | 240 | 240 | 142.104 | 291.313 | 1 | 1-M-ON-110-BP |
| Doug Currence | USA | M-ON | 108.1 | 110 | 40 | 0.5917 | 1959 | 2.05 | 205 | 217.5 | 222.5 | 222.5 | 222.5 | 131.653 | 269.889 | 1 | 2-M-ON-110-BP |
| Harold Millan | PUR | M-ON | 108 | 110 | 41 | 0.5919 | 1973 | 2.05 | 190 | 202.5 | 0 | 202.5 | 202.5 | 119.860 | 245.712 | 1 | 3-M-ON-110-BP |
| Shaun Bales | USA | M-ON | 123.5 | 125 | 50 | 0.5713 | 1979 | 2.05 | 240 | 245 | -260 | 245 | 245 | 139.969 | 286.935 | 1 | 1-M-ON-125-BP |
| Antonio Gonzalez | PUR | M-ON | 110.1 | 125 | 44 | 0.5883 | 1971 | 2.05 | 200 | 202.5 | -245 | 202.5 | 202.5 | 119.131 | 244.218 | 1 | 2-M-ON-125-BP |
| Hugo Velazquez | CRC | M-ON | 124.7 | 125 | 56 | 0.5701 | 1959 | 2.05 | 175 | 195 | -205 | 195 | 195 | 111.170 | 227.897 | 1 | 3-M-ON-125-BP |
| John Bogart | USA | M-ON | 131.2 | 125+ | 57 | 0.5647 | 1971 | 2.05 | 315 | -360.5 | -360.5 | 315 | 315 | 177.881 | 364.655 | 1 | 1-M-ON-125+-BP |
| Lazaro Nieves | PUR | M-ON | 126.2 | 125+ | 53 | 0.5688 | 1977 | 2.05 | 200 | 215 | 230 | 230 | 230 | 130.824 | 268.189 | 1 | 2-M-ON-125+-BP |
| Cliff Williams | IVB | M-ON | 130.4 | 125+ | 49 | 0.5653 | 1973 | 2.05 | 175 | 185 | 190 | 190 | 190 | 107.407 | 220.184 | 1 | 3-M-ON-125+-BP |
| Rico Penn | IVB | M-ON | 130.7 | 125+ | 52 | 0.5651 | 1989 | 2.05 | 135 | -145 | 147.5 | 147.5 | 147.5 | 83.352 | 170.872 | 1 | 4-M-ON-125+-BP |

| Best Lifters | Wilks | Div |
|----------------|---------|--------|
| James Bardsley | 111.832 | Junior |
| Chris Calvano | 142.104 | Master |
| John Bogart | 177.881 | Open |

| Teams | | |
|------------------------|-----|-----|
| Country | Pos | Pts |
| USA | 1 | 60 |
| British Virgin Islands | 2 | 55 |
| Puerto Rico | 3 | 47 |
| Costa Rica | 4 | 8 |
| Canada | 5 | 8 |
| US Virgin Islands | 6 | 8 |

Side Referee

Chief Referee

Side Referee