

Bench Press

EC Champs

22 October
2022

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS					TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE	BENCH PRESS	TOTAL (kg)	POSITION	TEAM POINTS	INCENTIVE BADGE	
					1st		2nd		3rd											
WOMEN BENCH PRESS																				
Sub Junior		43	Pearl Bucwa	42.90	27.5	+	30.0	+	32.5	+	32.5	38.65	First	12	Orange	32.5	32.5	First	12	Orange
		.																		
Sub Junior		63	Catinka Fourie	62.20	45.0	+	47.5	+	50.0	-	47.5	39.93	First	12	Yellow	47.5	47.5	First	12	Yellow
		.																		
Sub Junior		76	Anika Maree	75.40	50.0	+	52.5	+	55.0	-	52.5	40.43	First	12	Yellow	52.5	52.5	First	12	Yellow
		.																		
Junior		52	Nicole Loubser	51.30	37.5	+	40.0	+	42.5	-	40.0	38.76	First	12	Yellow	40.0	40.0	First	12	Yellow
		.																		
Junior		69	Heike Groenewald	68.50	55.0	+	57.5	+	60.0	-	57.5	46.00	Second	9	Green	57.5	57.5	Second	9	Green
Junior		69	Charleigh Kotze	67.80	72.5	+	77.5	+	82.5	-	77.5	62.29	First	12	Black	77.5	77.5	First	12	Black
		.																		
Junior		84+	Sunelle Putter	105.20	67.5	+	72.5	+	75.0	+	75.0	53.83	First	12	Green	75.0	75.0	First	12	Green
		.																		
Open		63	Janél Dafue	62.60	60.0	+	62.5	+			62.5	52.34	First	12	Blue	62.5	62.5	First	12	Blue
		.																		
		.																		
MEN BENCH PRESS																				
Sub Junior		53	Samuel Meshilinie	51.60	60.0	+	65.0	+	70.0	-	65.0	42.29	First	12	Yellow	65.0	65.0	First	12	Yellow
		.																		
Sub Junior		59	Ferdé Botha	56.80	60.0	+	65.0	+	67.5	+	67.5	41.60	First	12	Yellow	67.5	67.5	First	12	Yellow
		.																		
		.																		
Senior		120	Bongani Raymond Faku	112.20	120.0	+	130.0	+	140.0	+	140.0	60.83	First	12	Blue	140.0	140.0	First	12	Blue
		.																		
Master 1		74	Xolani Ndatya	67.20	105.0	+					105.0	58.97	First	12	Green	105.0	105.0	First	12	Green
		.																		
Master 2		105	Yegi Williams	104.30	125.0	-	125.0	-	125.0	+	125.0	56.14	First	12	Green	125.0	125.0	First	12	Green
		.																		
Master 2		120	Hermanus de Beer	117.10	140.0	-	145.0	+	150.0	+	150.0	63.95	Second	9	Blue	150.0	150.0	Second	9	Blue
Master 2		120	John Crain	119.90	150.0	+	160.0	+	170.0	-	160.0	67.53	First	12	Brown	160.0	160.0	First	12	Brown
		.																		
Master 3		105	André Ludik	102.40	70.0	+					70.0	31.71	First	12	White	70.0	70.0	First	12	White

Side Ref

Andre Ludik / Elisabeth Barry

Main Ref

Werner Benadie

Side Ref

Stian Landman

Scorer

Vanessa Lessing

Computer

Vanessa Lessing

Spotters

David Jali
Michael Zwart
Morney Human
Keenen

verall Women

Overall Men

EC Record