

## EQUIP Bench Press

## EC Championships

22 October 2022

| AGE GROUP         | TEAM | DIV | NAME & SURNAME   | BODY WEIGHT | BENCH PRESS |   |       |   |       |   | TOTAL (kg) | IPF GL Pts. | POSITION | TEAM POINTS | INCENTIVE BADGE | BENCH PRESS | TOTAL (kg) | POSITION | TEAM POINTS |
|-------------------|------|-----|------------------|-------------|-------------|---|-------|---|-------|---|------------|-------------|----------|-------------|-----------------|-------------|------------|----------|-------------|
|                   |      |     |                  |             | 1ST         |   | 2ND   |   | 3RD   |   |            |             |          |             |                 |             |            |          |             |
| WOMEN BENCH PRESS |      |     |                  |             |             |   |       |   |       |   |            |             |          |             |                 |             |            |          |             |
| Sub Junior        |      | 76  | Anika Maree      | 75.40       | 60.0        | + | 65.0  | + | 70.0  | + | 70.0       | 38.29       | First    | 12          | Blue            | 70.0        | 70.0       | First    | 12          |
|                   |      | .   |                  |             |             |   |       |   |       |   |            |             |          |             |                 |             |            |          |             |
| Junior            |      | 69  | Heike Groenewald | 68.50       | 60.0        | + | 65.0  | + | 70.0  | + | 70.0       | 40.21       | First    | 12          | Blue            | 70.0        | 70.0       | First    | 12          |
|                   |      | .   |                  |             |             |   |       |   |       |   |            |             |          |             |                 |             |            |          |             |
| Open              |      | 63  | Janel Dafue      | 62.60       | 70.0        | + | 72.5  | + | 75.0  | + | 75.0       | 45.44       | First    | 12          | Black           | 75.0        | 75.0       | First    | 12          |
|                   |      | .   |                  |             |             |   |       |   |       |   |            |             |          |             |                 |             |            |          |             |
| Open              |      | 69  | Vanessa Lessing  | 67.80       | 80.0        | + |       |   |       |   | 80.0       | 46.22       | First    | 12          | Black           | 80.0        | 80.0       | First    | 12          |
|                   |      | .   |                  |             |             |   |       |   |       |   |            |             |          |             |                 |             |            |          |             |
| Master 1          |      | 69  | Vanessa Lessing  | 67.80       | 80.0        | + |       |   |       |   | 80.0       | 46.22       | First    | 12          | Black           | 80.0        | 80.0       | First    | 12          |
|                   |      | .   |                  |             |             |   |       |   |       |   |            |             |          |             |                 |             |            |          |             |
| Master 2          |      | 52  | Elisabeth Barry  | 49.80       | 42.5        | + | 45.0  | + |       |   | 45.0       | 32.34       | First    | 12          | Orange          | 45.0        | 45.0       | First    | 12          |
| MEN BENCH PRESS   |      |     |                  |             |             |   |       |   |       |   |            |             |          |             |                 |             |            |          |             |
| Sub Junior        |      | 59  | Ferdé Botha      | 57.00       | 70.0        | + | 75.0  | + | 80.0  | + | 80.0       | 41.20       | First    | 12          | Orange          | 80.0        | 80.0       | First    | 12          |
|                   |      | .   |                  |             |             |   |       |   |       |   |            |             |          |             |                 |             |            |          |             |
| Master 2          |      | 105 | Yegi Williams    | 104.30      | 125.0       |   | 125.0 | - | 125.0 | + | 125.0      | 38.93       | First    | 12          | Green           | 125.0       | 125.0      | First    | 12          |
|                   |      |     |                  |             |             |   |       |   |       |   |            |             |          |             |                 |             |            |          |             |
| Master 2          |      | 120 | Hermanus de Beer | 117.10      | 140.0       | + | 145.0 | + | 150.0 | + | 150.0      | 44.52       | Second   | 9           | Blue            | 150.0       | 150.0      | Second   | 9           |
| Master 2          |      | 120 | John Crain       | 119.90      | 155.0       | + | 165.0 | + | 175.0 | - | 165.0      | 48.55       | First    | 12          | Black           | 165.0       | 165.0      | First    | 12          |

|  |                             |                            |                           |
|--|-----------------------------|----------------------------|---------------------------|
|  | Side Ref<br>Elisabeth Barry | Main Ref<br>Werner Benadie | Side Ref<br>Stian Landman |
|--|-----------------------------|----------------------------|---------------------------|

EC able records

Scorer  
Vanessa LessingComputer  
Vanessa LessingSpotters  
David Jali  
Michael Zwart  
Morney Humar  
Keenen