

Gauteng Bench Press Championships 2022-23

2022/10/01

Hosted by Barbell 1610

Classic Bench Press - Women	IPF Wt Cls	Name	Bwt - kg		BP-1	BP-2	BP-3		Best BP	Place	IPF GL Points	Best Lifters	Qualified for SA Classic Bench	Qualified for SA Equipped Bench
Subjunior														
	76	Alexandra Coetzee	72,95		-50,0	50,0	52,5		52,5	1	40,92	Best Subjunior	Q	Q
Junior														
	57	Alexandra Mundell	56,75		75,0	-80,0	-80,0		75,0	1	66,91	Best Junior	Q	Q
	84+	Karin du Plessis	104,80		-75,0	75,0	80,0		80,0	1	57,44		Q	Q
Open														
	52	Farzana Botha	51,95		50,0	57,5	62,5		62,5	1	59,88		Q	Q
	57	Giulia Muto	54,40		65,0	70,0	75,0		75,0	1	69,11		Q	Q
	57	Alexandra Mundell	56,75		75,0	-80,0	-80,0		75,0	2	66,91		Q	Q
	63	Chevonne Roos	61,55		75,0	-80,0	-80,0		75,0	1	63,43		Q	Q
	63	Tania Steenkamp	62,25		50,0	52,5	-55,0		52,5	2	44,11		Q	
	63	Susan Farrell	62,20		45,0	47,5	50,0		50,0	3	42,03		Q	
	69	Megan Leighton	66,70		60,0	65,0	70,0		70,0	1	56,70		Q	Q
	76	Sofia Kavallieratos	72,65		70,0	75,0	77,5		77,5	1	60,50		Q	Q
	76	Chantelle Du Toit	74,75		70,0	77,5	-80,0		77,5	2	59,87		Q	Q
	76	Alexandra Coetzee	72,95		-50,0	50,0	52,5		52,5	3	40,92			
	76	Gail Mathewson	73,25		45,0	47,5	50,0		50,0	4	38,91			
	76	Heather Leighton	72,65		30,0	32,5	-35,0		32,5	5	25,37			
	84	Olivia Perotti	82,80		75,0	80,0	82,5		82,5	1	61,78		Q	Q
	84	Zanele Ngwenya	80,80		65,0	70,0	72,5		72,5	2	54,65		Q	
	84+	Lauren Norton	112,85		80,0	90,0	102,5		102,5	1	73,08	Best Open	Q	Q
	84+	Christi Rees	106,00		80,0	90,0	100,0		100,0	2	71,71		Q	Q
	84+	Karin du Plessis	104,80		-75,0	75,0	80,0		80,0	3	57,44		Q	Q
	84+	Danielle Aitchison	114,35		42,5	47,5	50,0		50,0	4	35,61			
Master 1														
	63	Tania Steenkamp	62,25		50,0	52,5	-55,0		52,5	1	44,11		Q	Q
	84	Zanele Ngwenya	80,80		65,0	70,0	72,5		72,5	1	54,65	Best Master 1	Q	Q
Master 2														
	76	Gail Mathewson	73,25		45,0	47,5	50,0		50,0	1	38,91	Best Master 2		
	76	Heather Leighton	72,65		30,0	32,5	-35,0		32,5	2	25,37			
Master 4														
	63	Susan Farrell	62,20		45,0	47,5	50,0		50,0	1	42,03	Best Master 4	Q	Q

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Subjunior														
	59	Ashton Coetzee	58,95		60,0	70,0	75,0		75,0	1	45,28		Q	Q
	66	Faraz Hamayun	63,60		95,0	100,0	105,0		105,0	1	60,78	Best Subjunior	Q	Q
	83	Ethan Nel	79,50		100,0	105,0	107,5		107,5	1	55,21		Q	Q
	83	Jake Finch	80,50		67,5	72,5	-75,0		72,5	2	36,99			
	93	Robert Broodryk	89,65		120,0	-125,0	-125,0		120,0	1	57,97		Q	Q
Junior														
	66	Matthias Venayagamoorthy	64,80		-95,0	100,0	-105,0		100,0	1	57,29		Q	Q
	93	Ross O'Donoghue	91,85		117,5	-122,5	-122,5		117,5	1	56,09		Q	Q
	105	Jeandre Terblanche	96,60		135,0	-145,0	-145,0		135,0	1	62,88	Best Junior	Q	Q
	105	Munashe Machinjike	93,80		120,0	125,0	130,0		130,0	2	61,42		Q	Q
Open														
	59	Ashton Coetzee	58,95		60,0	70,0	75,0		75,0	1	45,28			
	66	Steven Coleman	64,30		102,5	107,5	110,0		110,0	1	63,29		Q	
	66	Faraz Hamayun	63,60		95,0	100,0	105,0		105,0	2	60,78		Q	
	66	Matthias Venayagamoorthy	64,80		-95,0	100,0	-105,0		100,0	3	57,29		Q	
	74	Ruben van der Linde	72,25		115,0	125,0	-135,0		125,0	1	67,52		Q	Q
	74	Sulaiman Motala	73,30		115,0	122,5	-125,0		122,5	2	65,66		Q	
	74	Glen van der Linde	68,50		100,0	107,5	112,5		112,5	3	62,53		Q	
	83	Chad Govington	75,55		152,5	162,5	165,0		165,0	1	87,03		Q	Q
	83	Darius Sangari	77,40		155,0	160,0	165,0		165,0	2	85,93		Q	Q
	83	Jason Knowles	82,10		130,0	137,5	142,5		142,5	3	71,98		Q	Q
	83	Jonathan Kariv	77,05		132,5	140,0	-152,5		140,0	4	73,09		Q	Q
	83	Yaniv Lacob	79,35		110,0	115,0	120,0		120,0	5	61,69		Q	
	83	Ethan Nel	79,50		100,0	105,0	107,5		107,5	6	55,21			
	83	Jake Finch	80,50		67,5	72,5	-75,0		72,5	7	36,99			
	93	Archie Ayekpa	90,90		152,5	-160,0	165,0		165,0	1	79,17		Q	Q
	93	Sibusiso Sishi	92,00		140,0	150,0	165,0		165,0	2	78,70		Q	Q
	93	David Jacobsz	91,50		135,0	145,0	150,0		150,0	3	71,74		Q	Q
	93	Ryan Stopforth	92,60		145,0	-150,0	150,0		150,0	4	71,32		Q	Q
	93	Deon Smedley	92,95		137,5	142,5	147,5		147,5	5	70,00		Q	Q
	93	Darryn Anthony	92,35		137,5	0,0	0,0		137,5	6	65,46		Q	
	93	Johann Meyer	84,65		110,0	120,0	127,5		127,5	7	63,40		Q	
	93	Ben White	90,30		117,5	125,0	127,5		127,5	8	61,38		Q	
	93	Robert Broodryk	89,65		120,0	-125,0	-125,0		120,0	9	57,97			
	93	Ross O'Donoghue	91,85		117,5	-122,5	-122,5		117,5	10	56,09			
	93	Alan Ridgard	89,45		97,5	105,0	107,5		107,5	11	51,99			
	93	Simon Curtis	91,60		100,0	105,0	107,5		107,5	12	51,38			
	93	Eric Kobal	90,75		80,0	90,0	-97,5		90,0	13	43,22			
	105	Tom Wewege	103,35		155,0	175,0	190,0		190,0	1	85,70		Q	Q
	105	Gerhard Fourie	97,60		150,0	160,0	170,0		170,0	2	78,79		Q	Q
	105	Hennie Janse van Rensburg	104,35		125,0	135,0	142,5		142,5	3	63,99		Q	

	105	Jeandre Terblanche	96,60	135,0	-145,0	-145,0	135,0	4	62,88			
	105	Jerry Botha	97,90	120,0	130,0	135,0	135,0	5	62,48			
	105	Glen Thomas	99,00	120,0	130,0	135,0	135,0	6	62,14			
	105	Munashe Machinjike	93,80	120,0	125,0	130,0	130,0	7	61,42			
	105	Christo Schoonraad	103,70	120,0	125,0	-132,5	125,0	8	56,30			
	120	Francois Maritz	119,00	200,0	210,0	220,0	220,0	1	93,15	Best Open	Q	Q
	120	Brandon Bezuidenhout	116,30	165,0	180,0	190,0	190,0	2	81,25		Q	Q
	120	Craig Masson	115,95	165,0	175,0	0,0	175,0	3	74,94		Q	Q
	120	Tony Mudau	119,85	160,0	172,5	-177,5	172,5	4	72,81		Q	Q
	120	Hermanus de Beer	114,70	130,0	140,0	142,5	142,5	5	61,31		Q	
	120	Denis Bensch	118,85	125,0	135,0	142,5	142,5	6	60,37		Q	
	120+	Stefan Schroder	147,80	212,5	222,5	-227,5	222,5	1	86,39		Q	Q
	120+	Simon Breetzke	136,85	182,5	-190,0	190,0	190,0	2	75,96		Q	Q
	120+	Jared Leask	176,40	170,0	180,0	185,0	185,0	3	67,66		Q	Q
	120+	Ian Furman	126,55	165,0	175,0	182,5	182,5	4	75,29		Q	Q
	120+	Werner Koekemoer	190,15	157,5	165,0	-172,5	165,0	5	59,02		Q	
	120+	David Kerr	157,30	145,0	155,0	-165,0	155,0	6	58,86		Q	
	120+	Renier Botes	160,15	120,0	125,0	130,0	130,0	7	49,06			
Master 1												
	66	Steven Coleman	64,30	102,5	107,5	110,0	110,0	1	63,29		Q	Q
	83	Yaniv Lacob	79,35	110,0	115,0	120,0	120,0	1	61,69		Q	Q
	93	David Jacobsz	91,50	135,0	145,0	150,0	150,0	1	71,74		Q	Q
	93	Johann Meyer	84,65	110,0	120,0	127,5	127,5	2	63,40		Q	Q
	105	Hennie Janse van Rensburg	104,35	125,0	135,0	142,5	142,5	1	63,99		Q	Q
	105	Jerry Botha	97,90	120,0	130,0	135,0	135,0	2	62,48		Q	Q
	120	Craig Masson	115,95	165,0	175,0	0,0	175,0	1	74,94		Q	Q
	120	Tony Mudau	119,85	160,0	172,5	-177,5	172,5	2	72,81		Q	Q
	120+	Simon Breetzke	136,85	182,5	-190,0	190,0	190,0	1	75,96	Best Master 1	Q	Q
	120+	Werner Koekemoer	190,15	157,5	165,0	-172,5	165,0	2	59,02		Q	Q
	120+	David Kerr	157,30	145,0	155,0	-165,0	155,0	3	58,86		Q	Q
	120+	Renier Botes	160,15	120,0	125,0	130,0	130,0	4	49,06		Q	
Master 2												
	74	Glen van der Linde	68,50	100,0	107,5	112,5	112,5	1	62,53		Q	Q
	93	Alan Ridgard	89,45	97,5	105,0	107,5	107,5	1	51,99		Q	Q
	120	Hermanus de Beer	114,70	130,0	140,0	142,5	142,5	1	61,31		Q	Q
	120	Denis Bensch	118,85	125,0	135,0	142,5	142,5	2	60,37		Q	Q
	120+	Ian Furman	126,55	165,0	175,0	182,5	182,5	1	75,29	Best Master 2	Q	Q
Master 3												
	93	Eric Kobal	90,75	80,0	90,0	-97,5	90,0	1	43,22			
	105	Glen Thomas	99,00	120,0	130,0	135,0	135,0	1	62,14	Best Master 3	Q	Q
	105	Christo Schoonraad	103,70	120,0	125,0	-132,5	125,0	2	56,30		Q	Q

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Equipped Bench Press - Women	IPF Wt Cls	Name	Bwt - kg		BP-1	BP-2	BP-3		Best BP	Place	IPF GL Points	Best Lifters		Qualified for SA Equipped Bench
Open														
	52	Alexa Pentopoulos	51,50		50,0	70,0	75,0		75,0	1	52,39			Q
	76	Jodi Poxon	75,95		70,0	75,0	-77,5		75,0	1	40,88			Q
	84	Jacqui Rees	83,95		102,5	107,5	112,5		112,5	1	58,75	Best Open		Q
Master 1														
	76	Jodi Poxon	75,95		70,0	75,0	-77,5		75,0	1	40,88			Q
	84	Jacqui Rees	83,95		102,5	107,5	112,5		112,5	1	58,75	Best Master 1		Q

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Equipped Bench Press - Men	IPF Wt Cls	Name	Bwt - kg		BP-1	BP-2	BP-3		Best BP	Place	IPF GL Points	Best Lifters		Qualified for SA Equipped Bench
Open														
	74	Ruben van der Linde	72,35		150,0	-160,0	160,0		160,0	1	63,55			Q
	74	Marcel Vorster	70,55		120,0	127,5	135,0		135,0	2	54,86			Q
	74	Glen van der Linde	70,35		125,0	130,0	-135,0		130,0	3	52,97			Q
	83	Carel Jansen	82,05		115,0	125,0	-132,5		125,0	1	44,86			
	93	Deon Smedley	92,45		160,0	170,0	175,0		175,0	1	58,09			Q
	93	Gerhard Rabie	92,45		150,0	160,0	-167,5		160,0	2	53,11			Q
	105	Christo Schoonraad	104,00		175,0	185,0	192,5		192,5	1	60,04			Q
	120	Derik van Wyk	111,70		175,0	190,0	200,0		200,0	1	60,45			Q
	120	Hermanus de Beer	114,35		130,0	135,0	140,0		140,0	2	41,92			
	120+	Simon Breetzke	136,70		225,0	235,0	245,0		245,0	1	69,30	Best Open		Q
Master 1														
	83	Carel Jansen	82,05		115,0	125,0	-132,5		125,0	1	44,86			Q
	120+	Simon Breetzke	136,70		225,0	235,0	245,0		245,0	1	69,30	Best Master 1		Q
Master 2														
	74	Glen van der Linde	70,35		125,0	130,0	-135,0		130,0	1	52,97	Best Master 2		Q
	120	Hermanus de Beer	114,35		130,0	135,0	140,0		140,0	1	41,92			Q
Master 3														
	105	Christo Schoonraad	104,00		175,0	185,0	192,5		192,5	1	60,04	Best Master 3		Q

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Para Bench - Men	IPF Wt Cls	Name	Bwt - kg		BP-1	BP-2	BP-3		Best BP	Place	IPF GL Points	Best Lifters		
Open		Tony Joel Adebayo Adesanya	59,70		75,0	80,0	-85,0		80,0	1	38,85			
		Janco McDuling	87,00		137,5	140,0	-142,5		140,0	1	48,26	Best Para Lifter		