

12/10/22 NorthWest Bench Press Championships Dec 2022

Classic Bench - Women	Name	Team	Div	Bwt - kg	IPF Wt CIs	Birth Year		BP-1	BP-2	BP-3	Best BP	Place	IPF GL Points	Qual for SABP
Subjunior	Jordyn Carreira	Gau	F-SJ-U	42,85	43	2008		27,5	30,0	-32,5	30,0	1	35,74	Q
Open	Laura Brewer	Gau	F-O-U	63,95	69	1988		65,0	70,0	75,0	75,0	1	62,07	Q
	Jodi Poxon	Gau	F-O-U	75,40	76	1975		-60,0	60,0	-67,5	60,0	1	46,21	Q
Master 1	Kerri Carreira	Gau	F-M1-U	50,95	52	1977		50,0	-55,0	55,0	55,0	1	53,64	Q
Master 2	Zohra Crain	Gau	F-M2-U	62,65	63	1969		40,0	45,0	47,5	47,5	1	39,76	Q
	Gail Mathewson	Gau	F-M2-U	74,65	76	1969		50,0	52,5	55,0	55,0	1	42,51	Q
Classic Bench - Men	Name	Team	Div	Bwt - kg	IPF Wt CIs	Birth Year		BP-1	BP-2	BP-3	Best BP	Place	IPF GL Points	Qual for SABP
Subjunior	Tao Volkwyn	Gau	M-SJ-U	73,40	74	2006		-75,0	75,0	80,0	80,0	1	42,85	
	Joshua Crain	Gau	M-SJ-U	70,70	74	2005		65,0	70,0	75,0	75,0	2	40,98	
	Richard Steenekamp	Gau	M-SJ-U	96,60	105	2006		105,0	115,0	120,0	120,0	1	55,89	Q
Junior	Matthew Blunden	WC	M-J-U	71,90	74	1999		120,0	130,0	-140,0	130,0	1	70,40	Q
	Gian Havemann	Gau	M-J-U	89,70	93	2000		145,0	165,0	-170,0	165,0	1	79,69	Q
	Bryce Sillitoe	Gau	M-J-U	139,20	120+	2001		55,0	65,0	70,0	70,0	1	27,80	SO
Open	Elfranco Holder	NW	M-O-U	88,30	93	1993		157,5	165,0	170,0	170,0	1	82,75	Q
	Simbayi Bvumburai	Gau	M-O-U	100,15	105	1994		-120,0	120,0	135,0	135,0	1	61,80	Q
	John Moffat	Gau	M-O-U	102,20	105	1988		110,0	115,0	120,0	120,0	2	54,41	
	Johan Smith	NW	M-O-U	118,80	120	1990		165,0	0,0		165,0	1	69,91	Q
Master 1	Chris Carreira	Gau	M-M1-U	73,75	74	1977		77,5	82,5	85,0	85,0	1	45,41	Q
	Herman Oosthuizen	Gau	M-M1-U	89,60	93	1973		100,0	110,0	-120,0	110,0	1	53,16	Q
	Dale Abrams	Gau	M-M1-U	104,30	105	1979		110,0	115,0	-117,5	115,0	1	51,65	Q
	Michael Poxon	Gau	M-M1-U	109,40	120	1975		105,0	110,0	115,0	115,0	1	50,53	Q
Master 2	Tony Fernandes	Gau	M-M2-U	87,90	93	1973		100,0	105,0	-110,0	105,0	1	51,23	Q
	Hermanus de Beer	Gau	M-M2-U	116,00	120	1970		140,0	145,0	150,0	150,0	1	64,22	Q
	John Crain	Gau	M-M2-U	122,70	120+	1969		145,0	0,0		145,0	1	60,60	Q
Master 3	Dries Lourens	NW	M-M3-U	80,10	83	1954		70,0	80,0	90,0	90,0	1	46,04	Q

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