

Classic Bench Press - Women SA BENCH PRESS CHAMPS

13 MARCH 2021

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS						TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE
					1st		2nd		3rd						
WOMEN BENCH PRESS															
Sub Junior	EC	63	Anika Ferreira	62,81	55,0	+	57,5	+	60,0	-	57,5	48,06	First	12	Green
		.													
Sub Junior	EC	69	Heike Groenewald	66,28	55,0	+	57,5	+	60,0	-	57,5	46,72	First	12	Green
		.													
Junior	Gauteng	69	Tyla Coetsee	68,7	60,0	+	65,0	+	67,5	-	65,0	51,93	First	12	Blue
		.													
Junior	EC	84	Mbasa Qilingele	80,04	75,0	+	80,0	-	82,5	-	75,0	56,68	First	12	Blue
		.													
Senior	EC	69	Vanessa Lessing	64,57	60,0	+	65,0	+	68,0	+	68,0	55,99	First	12	Blue
Senior	EC	69	Mieke Stander	66,67	60,0	+	65,0	+	67,5	+	67,5	54,69	second	9	Blue
		.													
Master 1	EC	69	Vanessa Lessing	64,57	60,0	+	65,0	+	68,0	+	68,0	55,99	First	12	Blue
		.													
Master 2	Gauteng	57	Zohra Crain	56,42	40,0	+	45,0	+	50,0	-	45,0	40,32	First	12	Orange
		.													
Master 3	EC	57	Miriam Sinclair	54,95	50,0	+	52,5	+	55,0	+	55,0	50,27	First	12	Blue
		.													
MEN BENCH PRESS															
		.												#N/A	#N/A

Side Ref
Elisabeth Barry

Main Ref
Vicki Botha

Side Ref
Samantha Harding

Jury: Hannie Smith, Johan Smith en Anita Barnard

Overall lifters

SA Records

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS					TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE	
					1st	2nd	3rd								
WOMEN BENCH PRESS															
MEN BENCH PRESS															
Sub Junior	EC	59	Jordan Lee	57,55	75,0	+	82,5	-	82,5	-	75,0	45,89	First	12	Orange
Sub Junior	EC	93	David Weyer-Henderson	86,24	135,0	+	140,0	+	142,5	-	140,0	68,96	First	12	Brown
Junior	EC	83	Ignatius Muller	80,97	130,0	+	135,0	+	137,5	-	135,0	68,68	First	12	Brown
Junior	EC	93	Erich Human	83,75	100,0	+	112,5	+	115,0	+	115,0	57,50	Second	9	Orange
Junior	WC	93	Fabio Yslie	92,07	155,0	+	162,5	+	167,5	+	167,5	79,86	First	12	Silver
Senior	EC	59	Jacques Fourie	58,86	105,0	+	112,5	+	115,0	+	115,0	69,48	First	12	Silver
Senior	Gauteng	74	Darius Sangari	73,02	145,0	+	152,5	+	155,0	-	152,5	81,91	First	12	Gold
Senior	NC	83	Tommie De Nysschen	81,98	125,0	+	134,0	+	137,5	+	137,5	69,51	First	12	Black
Senior	Gauteng	93	Kyle Burger	91,68	120,0	+	130,0	+	132,5	-	130,0	62,11	Third	8	Blue
Senior	Gauteng	93	Ryan Stopforth	92,31	145,0	+	152,5	+	157,5	-	152,5	72,62	Second	9	Black
Senior	Gauteng	93	Archie Ayekpa	90,14	145,0	+	155,0	+	162,5	+	162,5	78,29	First	12	Bronze
Master 1	EC	74	Xolani Ndatya	68,92	100,0	+	105,0	+	107,5	+	107,5	59,56	First	12	Blue
Master 1	Gauteng	83	Yaniv Lacob	77,91	100,0	+	107,5	+	120,0	-	107,5	55,79	First	12	Orange
Master 1	Gauteng	93	Tony Fernandes	85,75	90,0	+	102,5	-	102,5	-	90,0	44,46	First	12	White
Master 2	NC	83	Tommie De Nysschen	81,98	125,0	+	134,0	+	137,5	+	137,5	69,51	First	12	Black
Master 2	Gauteng	93	Johnny Dam	91,71	135,0	+	145,0	+	150,0	-	145,0	69,27	First	12	Brown
Master 3	WC	66	JC Bruce	65,70	72,5	+	80,0	+	87,5	-	80,0	45,49	First	12	Orange
Master 3	Gauteng	93	Glen Thomas	91,89	110,0	+	125,5	+	130,0	+	130,0	62,04	First	12	Blue

Side Ref
Samantha Harding

Main Ref
Anita Barnard

Side Ref
Elisabeth Barry

Jury: Vicki Botha, Hannie Smith, Samantha Harding

Overall lifters

SA Records

Classic Bench Press - Men, Session 2 SA BENCH PRESS CHAMPS

13 MARCH 2021

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS					TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE	
					1st		2nd		3rd						
WOMEN BENCH PRESS															
		.											#N/A	#N/A	
		.													
MEN BENCH PRESS															
Open	WC	105	Johnny Johnson	103,15	170,0	-	180,0	+		-	180,0	81,27	First	12	Silver
Open	NW	105	Johan Lazenby	102,72	160,0	+	170,0	+	180,0	-			DQ	#N/A	White
Open	WC	105	Stefanus Botha	100,69	150,0	+	160,0	+	165,0	-	160,0	73,06	Second	9	Black
		.													
Open	NW	120	Johan Smith	118,83	225,0	+	235,0	+	240,0	+			DQ	#N/A	White
Open	Gauteng	120	John Crain	110,71	160,0	+	167,5	-	170,0	-	160,0	69,93	First	12	Brown
		.													
Open	NW	120+	Roelof Smith	122,74	185,0	+	192,5	+	200,0	-			DQ	#N/A	White
Open	EC	120+	Brandon Jones	134,92	192,5	+	200,0	+	205,0	+	205,0	82,41	Second	9	Gold
Open	EC	120+	Jared Leask	195,57	205,0	+	212,5	+	217,5	+	217,5	77,19	First	12	Elite 1
Open	NC	120+	Hein van Zyl	121,2	150,0	+	155,0	+	160,0	+			DQ	#N/A	White
		.											#N/A	#N/A	
		.													
Master 1	Gauteng	105	Dale Abrams	99,44	90,0	+	105,0	+	110,0	-	105,0	48,23	First	12	Yellow
		.													
Master 1	NC	120+	Gys Smith	137,48	155,0	+	160,0	+	170,0	+	170,0	67,84	First	12	Black
Master 1	Gauteng	120+	Dave Kerr	145,83	137,5	+	145,0	+	152,5	-	145,0	56,58	Second	9	Blue
		.													
Master 2	WC	105	Johnny Johnson	103,15	170,0	-	180,0	+		-	180,0	81,27	First	12	Silver
		.													
Master 2	Gauteng	120	John Crain	110,71	160,0	+	167,5	-	170,0	-	160,0	69,93	First	12	Brown
		.													
Master 2	EC	120+	Mornay Human	147,03	167,5	+	175,0	+	180,0	-	175,0	68,08	First	12	Black
		.													
Master 3	WC	105	Colin Young	104,95	150,0	+	170,0	-			150,0	67,18	First	12	Brown
		.													
Master 3	EC	120	André Ludik	105,9	85,0	+					85,0	37,91	First	12	White

Side Ref
Anita Barnard

Main Ref
Vicky Botha

Side Ref
Ilze Maritz

Jury: Hannie Smith, Andre Ludik, Samantha Harding

Overall lifters

SA Records

Equipped Bench Press

SA BENCH PRESS CHAMPS

13 MARCH 2021

AGE GROUP	TEAM	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS						TOTAL (kg)	IPF GL Pts.	POSITION	INCENTIVE BADGE
					1ST		2ND		3RD					
WOMEN BENCH PRESS														
Master 1	EC	52	Elisabeth Barry	51,45	42,5	+	47,5	+	50,0	-	47,5	33,21	First	Green
		.												
Senior	EC	69	Vanessa Lessing	64,96	72,5	+	77,5	-	77,5	-	72,5	42,94	First	Brown
		.												
Master 1	EC	69	Vannesa Lessing	64,96	72,5	+	77,5	-	77,5	-	72,5	42,94	First	Brown
		.												
MEN BENCH PRESS														
		.												
		.												
		.												
Open	NW	105	Johan Lazenby	101,92	180,0	+	190,0	-	190,0	-			DQ	White
		.												
Open	NW	120	Johan Smith	118,57	275,0	+	290,0	+	300,0	+			DQ	White
		.												
Open	NW	120+	Roelof Smith	122,45	225,0	+	235,0	-	245,0	-			DQ	White
Open	NC	120+	Hein van Zyl	122,50	170,0	+	175,0	+	180,0	-			DQ	White
		.												
Master 1	Gauteng	83	Yaniv Lacob	77,75	110,0	-	110,0	-	110,0	+	110,0	41,12	First	Green
		.												
Master 1	NC	120+	Gys Smith	137,22	180,0	+	185,0	+	190,0	+	190,0	53,69	First	Bronze
		.												
Master 2	NC	83	Tommie de Nysschen	82,79	137,5	+	145,0	+	150,5	-	145,0	51,70	First	Black
		.												
Master 2	Gauteng	93	Johnny Dam	92,44	155,0	+	165,0	-	165,0	+	165,0	54,77	First	Bronze
		.												
Master 3	EC	120	André Ludik	105,96	85,0	+	90,0	-	90,0	-	85,0	26,28	First	White
		.												
		.												

Side Ref
Anita Barnard

Main Ref
Vicky Botha

Side Ref
Samantha Harding

Jury: Hannie Smith, Andre Ludik, Ilze Mari Maritz

Overall lifters

SA Records