

Bench Press

SA BENCH PRESS CHAMPS

12 March
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	EC	63	Anika Ferreira	60.27	50.0	+	55.0	+	57.5	-	55.0	47.12	First	12	Green	55.0	55.0	First	12	Green
Sub Junior	EC	69	Heike Groenewald	67.96	57.5	+	60.0	+	62.5	+	62.5	50.18	First	12	Green	62.5	62.5	First	12	Green
Junior	EC	84+	Colleen Brown	94.47	60.0	+	65.0	+	67.5	+	67.5	49.16	First	12	Orange	67.5	67.5	First	12	Orange
Open	EC	69	Vanessa Lessing	67.24	62.5	+	67.5	+	70.0	+	70.0	56.48	First	12	Blue	70.0	70.0	First	12	Blue
Master 1	G	63	Tania Steenkamp	61.84	57.5	-	57.5	-	57.5	-			DNQ	#N/A	White			DNQ	#N/A	White
Master 1	EC	69	Vanessa Lessing	67.24	62.5	+	67.5	+	70.0	+	70.0	56.48	First	12	Blue	70.0	70.0	First	12	Blue
Master 2	G	63	Zohra Crain	60.10	40.0	+	45.0	+	47.5	-	45.0	38.62	First	12	Yellow	45.0	45.0	First	12	Yellow
MEN BENCH PRESS																				
Sub Junior	G	66	Joshua John Crain	66.00	50.0	+	57.5	+	60.0	+	60.0	34.03	First	12	White	60.0	60.0	First	12	White
Sub Junior	G	83	Izak Johannes Kriel	76.85	125.0	-	135.0	+	140.0	-	135.0	70.57	First	12	Brown	135.0	135.0	First	12	Brown
Junior	G	105	Josh Caleb Sass	104.75	105.0	+	110.0	-	110.0	+	110.0	49.31	First	12	Yellow	110.0	110.0	First	12	Yellow
Open	FS	83	Tommie De Nysschen	82.00	132.5	+	137.5	+	140.5	+	140.5	71.01	First	12	Black	140.5	140.5	First	12	Black
Open	G	93	Archie Ayekpa	90.72	150.0	+	160.0	+	165.0	+	165.0	79.25	First	12	Bronze	165.0	165.0	First	12	Bronze
Open	FS	93	Marius Vlooh	91.84	147.5	+	155.0	+	162.5	-	155.0	73.99	Second	9	Black	155.0	155.0	Second	9	Black
Open	G	105	Dean McLeary	98.10	145.0	+	155.0	+	160.0	+	160.0	73.97	First	12	Black	160.0	160.0	First	12	Black
Open	G	105	Johnny Dam	95.70	145.0	+	152.5	+	160.0	-	152.5	71.35	Second	9	Brown	152.5	152.5	Second	9	Brown
Open	G	120+	Stefan Martin Schröder	140.11	197.5	+	212.5	+	218.0	-	212.5	84.18	First	12	Elite 1	212.5	212.5	First	12	Elite 1
Master 1	EC	74	Xolani Ndatya	68.09	100.0	+	105.0	+	110.0	+	110.0	61.34	First	12	Blue	110.0	110.0	First	12	Blue
Master 1	G	83	Yaniv Jacob	79.96	105.0	+	115.0	-	115.0	+	115.0	58.89	First	12	Green	115.0	115.0	First	12	Green
Master 1	G	93	Tony Fernandes	87.54	97.5	+	102.5	+	105.0	-	102.5	50.11	First	12	Yellow	102.5	102.5	First	12	Yellow
Master 1	G	105	Dale Abrams	104.37	105.0	+	110.0	+	115.0	+	115.0	51.64	First	12	Orange	115.0	115.0	First	12	Orange
Master 1	G	120+	Werner Koekemoer	187.37	150.0	+	165.0	+	175.0	-	165.0	59.26	First	12	Brown	165.0	165.0	First	12	Brown
Master 2	GS	83	Tommie De Nysschen	82.00	132.5	+	137.5	+	140.5	+	140.5	71.01	First	12	Black	140.5	140.5	First	12	Black
Master 2	G	105	Johnny Dam	95.70	145.0	+	152.5	+	160.0	-	152.5	71.35	First	12	Brown	152.5	152.5	First	12	Brown
Master 2	G	120	John David Crain	117.50	160.0	+	165.0	+	170.0	+	170.0	72.37	First	12	Black	170.0	170.0	First	12	Black
Master 2	G	120	Hermanus de Beer	113.80	140.0	+	150.0	+	160.0	-	150.0	64.76	Second	9	Blue	150.0	150.0	Second	9	Blue
Master 2	G	120+	Hercules van den Berg	183.80	175.0	+	185.0	+	200.0	+	200.0	72.24	First	12	Silver	200.0	200.0	First	12	Silver
Master 2	EC	120+	Mornay Human	143.88	160.0	+	170.0	+	175.0	+	175.0	68.63	Second	9	Black	175.0	175.0	Second	9	Black
Master 3	WC	66	J.C. Bruce	65.46	72.5	+	80.0	+	82.5	-	80.0	45.58	First	12	Orange	80.0	80.0	First	12	Orange
Master 3	G	93	Glen Thomas	92.89	120.0	+	125.0	+	130.5	-	125.0	59.34	First	12	Green	125.0	125.0	First	12	Green

Side Ref Elisabeth Barry	Main Ref Hannie Smith	Side Ref Anita Barnard
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Anouncer
Andre Ludik
Scorer
Mellisa

Computer
Megan Minnaar

Spotters
Simon Curtin
Michael Zwart
Erich Human

Overall Lifters

SA Classic Records