

## EQUIP Bench Press

## SA Bench Press Championships

12 March 2022

| AGE GROUP         | TEAM | DIV  | NAME & SURNAME     | BODY WEIGHT | BENCH PRESS |   |       |   |       | TOTAL (kg) | IPF GL Pts. | POSITION | INCENTIVE BADGE | BENCH PRESS | TOTAL (kg) | POSITION | TEAM POINTS | INCENTIVE BADGE |        |
|-------------------|------|------|--------------------|-------------|-------------|---|-------|---|-------|------------|-------------|----------|-----------------|-------------|------------|----------|-------------|-----------------|--------|
|                   |      |      |                    |             | 1ST         |   | 2ND   |   | 3RD   |            |             |          |                 |             |            |          |             |                 |        |
| WOMEN BENCH PRESS |      |      |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          | #N/A        |                 |        |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          | #N/A        |                 |        |
| MEN BENCH PRESS   |      |      |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
| Open              | FS   | 83   | Tommie De Nysschen | 82.33       | 145.0       | + | 153.0 | + | 157.5 | +          | 157.5       | 56.39    | First           | Silver      | 157.5      | 157.5    | First       | 12              | Silver |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
| Open              | G    | 105  | Johnny Dam         | 96.75       | 165.0       | + | 180.0 | + | 190.5 | +          | 190.5       | 61.63    | First           | Gold        | 190.5      | 190.5    | First       | 12              | Gold   |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
| Master 1          | G    | 83   | Carel Jansen       | 81.65       | 120.0       | + | 130.0 | + | 140.0 | -          | 130.0       | 46.82    | First           | Brown       | 130.0      | 130.0    | First       | 12              | Brown  |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
| Master 2          | FS   | 83   | Tommie De Nysschen | 82.33       | 145.0       |   | 153.0 | + | 157.5 | +          | 157.5       | 56.39    | First           | Silver      | 157.5      | 157.5    | First       | 12              | Silver |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
| Master 2          | G    | 105  | Johnny Dam         | 96.75       | 165.0       |   | 180.0 | + | 190.5 | +          | 190.5       | 61.63    | First           | Gold        | 190.5      | 190.5    | First       | 12              | Gold   |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
| Master 2          | NC   | 120+ | Gys Smith          | 137.19      | 180.0       | + | 190.0 | + | 205.0 | -          | 190.0       | 53.69    | First           | Bronze      | 190.0      | 190.0    | First       | 12              | Bronze |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
| Master 3          | EC   | 120  | André Ludik        | 105.26      | 80.0        | + | 90.0  | + | 100.0 | +          | 100.0       | 31.02    | First           | White       | 100.0      | 100.0    | First       | 12              | White  |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |
|                   |      | .    |                    |             |             |   |       |   |       |            |             |          |                 |             |            |          |             |                 |        |

Side Ref  
Nic IngelMain Ref  
Hannie SmithSide Ref  
Anita BarnardAnouncer  
Vanessa Lessing  
Scorer  
MellisaComputer  
Megan MinnaarSpotters  
Simon Curtin  
Michael Zwart  
Erich Human

Overall Lifters

SA Equipped records