

Bench Press (Disabled)

Development

01 Feb 2020

| AGE GROUP         | TEAM        | DIV | NAME                     | LOT NO | BODY MASS | WILKS FORMULA | SQUAT |     |     |     | BENCH PRESS |     |       |     | DEAD LIFT |     |     |     | TOTAL (kg) | POINTS (WILKS) |  | POSITION | TEAM POINTS | INCENTIVE BADGE |  |
|-------------------|-------------|-----|--------------------------|--------|-----------|---------------|-------|-----|-----|-----|-------------|-----|-------|-----|-----------|-----|-----|-----|------------|----------------|--|----------|-------------|-----------------|--|
|                   |             |     |                          |        |           |               | 1ST   | 2ND | 3RD | 4TH | 1ST         | 2ND | 3RD   | 4TH | 1ST       | 2ND | 3RD | 4TH |            |                |  |          |             |                 |  |
| WOMEN BENCH PRESS |             |     |                          |        |           |               |       |     |     |     |             |     |       |     |           |     |     |     |            |                |  |          |             |                 |  |
|                   |             |     |                          |        |           |               | -     | -   | -   |     |             |     |       |     | -         | -   | -   |     |            |                |  |          |             |                 |  |
| Sub Junior        | Cape Recife | 61  | Alulutho Makapela        | 60.56  | 60.56     | 1.1071        | -     | -   | -   |     | 40.0        | +   |       |     | -         | -   | -   |     | 40.0       | 44.28          |  | First    | 12          | White           |  |
|                   |             |     |                          |        |           |               | -     | -   | -   |     |             |     |       |     | -         | -   | -   |     |            |                |  |          |             |                 |  |
| MEN BENCH PRESS   |             |     |                          |        |           |               |       |     |     |     |             |     |       |     |           |     |     |     |            |                |  |          |             |                 |  |
|                   |             | .   |                          |        |           |               | -     | -   | -   |     |             |     |       |     | -         | -   | -   |     |            |                |  |          |             |                 |  |
| Senior            |             | 49  | Siphosethu Seti          | 44.79  | 44.79     | 1.1608        | -     | -   | -   |     | 70.0        | +   | 75.0  | -   | 75.0      | -   |     |     | 70.0       | 81.25          |  | First    | 12          | Orange          |  |
|                   |             | .   |                          |        |           |               | -     | -   | -   |     |             |     |       |     | -         | -   | -   |     |            |                |  |          |             |                 |  |
| Senior            |             | 88  | Meli Ntengeto            | 84.11  | 84.11     | 0.6624        | -     | -   | -   |     | 100.0       | +   | 110.0 | +   | 112.5     | +   |     |     | 112.5      | 74.52          |  | First    | 12          | Yellow          |  |
| Senior            |             | 80  | Macethandile(Max) Kulati | 73.64  | 73.64     | 0.7221        | -     | -   | -   |     | 90.0        | +   | 95.0  | +   | 97.5      | -   |     |     | 95.0       | 68.60          |  | First    | 12          | White           |  |
| Senior            |             | 80  | Haldane Adams            | 75.36  | 75.36     | 0.7103        | -     | -   | -   |     | 70.0        | -   | 70.0  | +   | 75.0      | -   |     |     | 70.0       | 49.72          |  | Second   | 9           | White           |  |
|                   |             | .   |                          |        |           |               | -     | -   | -   |     |             |     |       |     | -         | -   | -   |     |            |                |  |          |             |                 |  |
|                   |             | .   |                          |        |           |               | -     | -   | -   |     |             |     |       |     | -         | -   | -   |     |            |                |  |          |             |                 |  |
| Master 1          |             | 72  | Xolanie Ndatya           | 68.27  | 68.27     | 0.7643        | -     | -   | -   |     | 80.0        | +   | 90.0  | +   | 100.0     | -   |     |     | 90.0       | 68.78          |  | First    | 12          | Yellow          |  |
|                   |             | .   |                          |        |           |               | -     | -   | -   |     |             |     |       |     | -         | -   | -   |     |            |                |  |          |             |                 |  |

Ilze Mari Maritz

Werner Benadie

Samantha Harding

## Development Competition

## Classic Powerlifting

DATE 1 February 2020

| AGE GROUP          | DEV | DIV  | NAME                  | LOT NO | BODY MASS | WILKS FORMULA | SQUAT |   |       |   |       |   | BENCH PRESS |  |       |   | DEAD LIFT |   |       |   | TOTAL (kg) | POINTS (WILKS) | POSITION | TEAM POINTS | INCENTIVE BADGE |   |       |   |       |        |        |       |       |
|--------------------|-----|------|-----------------------|--------|-----------|---------------|-------|---|-------|---|-------|---|-------------|--|-------|---|-----------|---|-------|---|------------|----------------|----------|-------------|-----------------|---|-------|---|-------|--------|--------|-------|-------|
| WOMEN POWERLIFTING |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
| Sub Junior         | DEV | 52.0 | Trish Zvenyika        | 48.78  | 48.78     | 1.3093        | 50.0  | + | 55.0  | + | 60.0  | + |             |  | 32.5  | + | 35.0      | - | 35.0  | + |            |                | 75.0     | -           | 75.0            | - | 75.0  | - | 95.0  | 124.38 | Disq   | #N/A  | White |
|                    |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
| Sub Junior         | DEV | 63.0 | Charnleigh Kotze      | 62.68  | 62.68     | 1.0786        | 87.5  | + | 97.5  | - | 97.5  | - |             |  | 45.0  | + | 50.0      | + | 52.5  | - |            |                | 110.0    | +           | 120.0           | - | 125.0 | - | 247.5 | 266.94 | #REF!  | #REF! | Green |
|                    |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
| Sub Junior         | DEV | 84+  | Sinazo Nxele          | 84.72  | 84.72     | 0.8881        | 55.0  | - | 55.0  | + | 62.5  | + |             |  | 37.5  | - | 37.5      | + | 42.5  | + |            |                | 80.0     | +           | 90.0            | + | 95.0  | - | 195.0 | 173.18 | #REF!  | #REF! | White |
|                    |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
| Senior             | DEV | 63.0 | Jastelle Hugo         | 61.83  | 61.83     | 1.0898        | 60.0  | + | 65.0  | + | 70.0  | + |             |  | 32.5  | + | 35.0      | + | 37.5  | - |            |                | 75.0     | +           | 80.0            | - | 80.0  | + | 185.0 | 201.61 | #REF!  | #REF! | White |
|                    |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
|                    |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
|                    |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
| MEN POWERLIFTING   |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
| Sub Junior         | DEV | 66.0 | Loyiso Sphambo        | 62.82  | 62.82     | 0.8189        | 65.0  | + | 70.0  | + | 75.0  | + |             |  | 45.0  | + | 47.5      | + | 52.5  | - |            |                | 100.0    | +           | 112.5           | + | 120.0 | + | 242.5 | 198.58 | Second | 9     | White |
| Sub Junior         | DEV | 66.0 | Zane Hamman           | 60.99  | 60.99     | 0.8409        | 75.0  | + | 80.0  | + | 85.0  | - |             |  | 40.0  | + | 42.5      | + | 45.0  | - |            |                | 120.0    | +           | 130.0           | + | 140.0 | + | 262.5 | 220.72 | #REF!  | #REF! | White |
|                    |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
| Sub Junior         | DEV | 74.0 | Christoffel van Graan | 69.55  | 69.55     | 0.7531        | 85.0  | + | 95.0  | + | 102.5 | - |             |  | 55.0  | + | 60.0      | + | 65.0  | - |            |                | 120.0    | +           | 135.0           | + | 150.0 | + | 305.0 | 229.70 | #REF!  | #REF! | White |
|                    |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
|                    |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
| Junior             | DEV | 74.0 | Sakhe Sinde           | 73.19  | 73.19     | 0.7253        | 140.0 | + | 160.0 | + | 170.0 | + |             |  | 100.0 | + | 110.0     | + | 120.0 | + |            |                | 190.0    | +           | 210.0           | - | 210.0 | - | 480.0 | 348.12 | #REF!  | #REF! | Blue  |
|                    |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |
|                    |     |      |                       |        |           |               |       |   |       |   |       |   |             |  |       |   |           |   |       |   |            |                |          |             |                 |   |       |   |       |        |        |       |       |

# Bench Press (Classic)

# Development

1 feb 2020

| AGE GROUP         | TEAM     | DIV   | NAME             | LOT NO | BODY MASS | WILKS FORMULA | SQUAT |     |     |     | BENCH PRESS |     |       |     | DEAD LIFT |     |     |     | TOTAL (kg) | POINTS (WILKS) | POSITION | TEAM POINTS | INCENTIVE BADGE |        |
|-------------------|----------|-------|------------------|--------|-----------|---------------|-------|-----|-----|-----|-------------|-----|-------|-----|-----------|-----|-----|-----|------------|----------------|----------|-------------|-----------------|--------|
|                   |          |       |                  |        |           |               | 1ST   | 2ND | 3RD | 4TH | 1ST         | 2ND | 3RD   | 4TH | 1ST       | 2ND | 3RD | 4TH |            |                |          |             |                 |        |
| WOMEN BENCH PRESS |          |       |                  |        |           |               |       |     |     |     |             |     |       |     |           |     |     |     |            |                |          |             |                 |        |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
| Sub Junior        | Develop  | 63    | Ance Vermaak     | 57.33  | 57.33     | 1.1556        | -     | -   | -   |     | 42.5        | +   | 47.5  | +   | 52.5      | -   | -   | -   | -          | 47.5           | 54.89    | First       | 12              | Yellow |
|                   |          | #REF! |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
| Sub Junior        | Develop  | 72    | Heike Groenewald | 70.85  | 70.85     | 0.9867        | -     | -   | -   |     | 50.0        | +   | 52.5  | +   | 55.0      | -   | -   | -   | -          | 52.5           | 51.80    | First       | 12              | Yellow |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
| Sub Junior        | Develop  | 84+   | Colleen Brown    | 107.20 | 107.20    | 0.8177        | -     | -   | -   |     | 60.0        | +   | 65.0  | +   | 67.5      | -   | -   | -   | -          | 65.0           | 53.15    | First       | 12              | Orange |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
| Junior            | EC Champ | 57    | Nicola Maritz    | 56.47  | 56.47     | 1.1693        | -     | -   | -   |     | 45.0        | +   | 47.5  | +   | 50.0      | +   | -   | -   | -          | 50.0           | 58.46    | First       | 12              | Green  |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
| Senior            | EC Champ | 84    | Ilze-Mari Maritz | 82.54  | 82.54     | 0.9000        | -     | -   | -   |     | 62.5        | +   | 70.0  | +   | 75.0      | +   | -   | -   | -          | 75.0           | 67.50    | First       | 12              | Blue   |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
| MEN BENCH PRESS   |          |       |                  |        |           |               |       |     |     |     |             |     |       |     |           |     |     |     |            |                |          |             |                 |        |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
| Junior            | Develop  | 83    | Erich Human      | 81.56  | 81.56     | 0.6747        | -     | -   | -   |     | 90.0        | +   | 100.0 | +   | 105.0     | -   | -   | -   | -          | 100.0          | 67.47    | First       | 12              | Orange |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
| Senior            | Develop  | 120+  | Brandon Jones    | 134.78 | 134.78    | 0.5622        | -     | -   | -   |     | 170.0       | +   | 180.0 | +   | 190.0     | +   | -   | -   | -          | 190.0          | 106.82   | First       | 12              | Bronze |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
| Junior            | EC Champ | 83    | Ignatius Muller  | 81.39  | 81.39     | 0.6757        | -     | -   | -   |     | 120.0       | +   | 130.0 | -   | 130.0     | -   | -   | -   | -          | 120.0          | 81.08    | First       | 12              | Blue   |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
| Senior            | EC Champ | 83    | Eugene Sadie     | 82.06  | 82.06     | 0.6722        | -     | -   | -   |     | 130.0       | +   | 147.5 | +   | 150.0     | +   | -   | -   | -          | 150.0          | 100.82   | First       | 12              | Bronze |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
| Master 2          | EC Champ | 120+  | Mornay Human     | 139.70 | 139.70    | 0.5590        | -     | -   | -   |     | 150.0       | -   | 155.0 | +   | 160.0     | +   | -   | -   | -          | 160.0          | 89.44    | First       | 12              | Brown  |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |
|                   |          | -     |                  |        |           |               | -     | -   | -   |     |             |     |       |     |           | -   | -   | -   |            |                |          |             |                 |        |

Elisabeth Barry

Andre Ludik

Samantha Harding

## EC Champs

## Equipped Powerlifting

DATE 1 Feb 2020

| AGE GROUP          | DEV   | DIV | NAME             | LOT NO | BODY MASS | WILKS FORMULA | SQUAT |     |       |     | BENCH PRESS |     |     |     | DEAD LIFT |     |       |     | TOTAL (kg) | POINTS (WILKS) | POSITION | TEAM POINTS | INCENTIVE BADGE |   |       |   |       |   |       |        |       |    |        |      |      |
|--------------------|-------|-----|------------------|--------|-----------|---------------|-------|-----|-------|-----|-------------|-----|-----|-----|-----------|-----|-------|-----|------------|----------------|----------|-------------|-----------------|---|-------|---|-------|---|-------|--------|-------|----|--------|------|------|
|                    |       |     |                  |        |           |               | 1ST   | 2ND | 3RD   | 4TH | 1ST         | 2ND | 3RD | 4TH | 1ST       | 2ND | 3RD   | 4TH |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
| WOMEN POWERLIFTING |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
| Junior             | Equip | 57  | Nicola Maritz    | 56.47  | 56.47     | 1.1693        | 90.0  | +   | 95.0  | +   | 100.0       | -   |     |     | 50.0      | +   | 55.0  | +   | 57.5       | -              |          |             | 90.0            | + | 95.0  | + | -     | - | 245.0 | 286.47 | First | 12 | #N/A   | #N/A | Blue |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
| Senior             | Equip | 57  | Nicola Maritz    | 56.47  | 56.47     | 1.1693        | 90.0  | +   | 95.0  | +   | 100.0       | -   |     |     | 50.0      | +   | 55.0  | +   | 57.5       | -              |          |             | 90.0            | + | 95.0  | + | -     | - | 245.0 | 286.47 | First | 12 | Blue   |      |      |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
| MEN POWERLIFTING   |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
| Junior             | Equip | 83  | Erich Human      | 81.56  | 81.56     | 0.6747        | 140.0 | +   | 150.0 | +   | 160.0       | +   |     |     | 90.0      | +   | 100.0 | +   | 105.0      | -              |          |             | 190.0           | + | 200.0 | + | 205.0 | - | 460.0 | 310.34 | First | 12 | Green  |      |      |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
| Senior             | Equip | 83  | Eugene Sadie     | 82.06  | 82.06     | 0.6722        | 180.0 | +   | 200.0 | +   | 210.0       | -   |     |     | 130.0     | -   | 140.0 | +   | 152.5      | +              |          |             | 230.0           | + | 250.0 | + | 272.5 | - | 602.5 | 404.97 | First | 12 | Black  |      |      |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
| Senior             | Equip | 105 | Denzel Vermeulen | 104.20 | 104.20    | 0.5992        | 140.0 | +   | 160.0 | +   | 175.0       | +   |     |     | 80.0      | +   | -     | -   | -          | -              |          |             | 180.0           | + | 200.0 | + | 210.0 | + | 465.0 | 278.63 | First | 12 | Yellow |      |      |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
| Senior             | Equip | 120 | André Ludik      | 120.00 | 120.00    | 0.5749        | 160.0 | +   | 170.0 | +   | -           | -   |     |     | 105.0     | +   | 110.0 | +   | -          | -              |          |             | 190.0           | + | -     | - | -     | - | 470.0 | 270.20 | First | 12 | Yellow |      |      |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
| Master 2           | Equip | 105 | Denzel Vermeulen | 104.20 | 104.20    | 0.5992        | 140.0 | +   | 160.0 | +   | 175.0       | +   |     |     | 80.0      | +   | -     | -   | -          | -              |          |             | 180.0           | + | 200.0 | + | 210.0 | + | 465.0 | 278.63 | First | 12 | Yellow |      |      |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
| Master 3           | Equip | 120 | André Ludik      | 120.00 | 120.00    | 0.5749        | 160.0 | +   | 170.0 | +   | -           | -   |     |     | 105.0     | +   | 110.0 | +   | -          | -              |          |             | 190.0           | + | -     | - | -     | - | 470.0 | 270.20 | First | 12 | Yellow |      |      |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |
|                    |       |     |                  |        |           |               |       |     |       |     |             |     |     |     |           |     |       |     |            |                |          |             |                 |   |       |   |       |   |       |        |       |    |        |      |      |

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referee:

Bench Press  
(Equipped)

EC Competition

1 Feb 2020

| AGE GROUP         | TEAM     | DIV | NAME             | LOT NO | BODY MASS | WILKS FORMULA | SQUAT |     |     |     | BENCH PRESS |     |      |     | DEAD LIFT |     |     |     | TOTAL (kg) | POINTS (WILKS) | POSITION | TEAM POINTS | INCENTIVE BADGE |       |    |       |
|-------------------|----------|-----|------------------|--------|-----------|---------------|-------|-----|-----|-----|-------------|-----|------|-----|-----------|-----|-----|-----|------------|----------------|----------|-------------|-----------------|-------|----|-------|
|                   |          |     |                  |        |           |               | 1ST   | 2ND | 3RD | 4TH | 1ST         | 2ND | 3RD  | 4TH | 1ST       | 2ND | 3RD | 4TH |            |                |          |             |                 |       |    |       |
| WOMEN BENCH PRESS |          |     |                  |        |           |               |       |     |     |     |             |     |      |     |           |     |     |     |            |                |          |             |                 |       |    |       |
| Junior            | EC Champ | 57  | Nicola Maritz    | 56.47  | 56.47     | 1.1693        | -     | -   | -   |     | 50.0        | +   | 55.0 | +   | 57.5      | -   |     | -   | -          | -              |          | 55.0        | 64.31           | First | 12 | Blue  |
|                   |          | -   |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
| Senior            | EC Champ | 84  | Ilze-Mari Maritz | 82.54  | 82.54     | 0.9000        | -     | -   | -   |     | 90.0        | +   | 95.0 | +   | 102.5     | -   |     | -   | -          | -              |          | 95.0        | 85.50           | First | 12 | Black |
|                   |          | -   |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          | -   |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          | -   |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          | -   |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
| MEN BENCH PRESS   |          |     |                  |        |           |               |       |     |     |     |             |     |      |     |           |     |     |     |            |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |
|                   |          |     |                  |        |           |               | -     | -   | -   |     |             |     |      |     |           |     | -   | -   | -          |                |          |             |                 |       |    |       |

Elisabeth Barry

Werner Benadie

Samantha Harding