

Bench Press

EC Champs

27 Oct 2018

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	Anika Ferreira	57.09	57.09	1.1596	-	-	-		40.0	+	45.0	+	47.5	-	-	-	-	45.0	52.18	First	12	Yellow
Sub Junior	Develop	63	Zylmari du Preez	60.04	60.04	1.1149	-	-	-		32.5	+	37.5	+	42.5	-	-	-	-	37.5	41.81	Second	9	White
							-	-	-		-											#N/A	#N/A	
Sub Junior	Develop	72	Danielle Du Piesanie	68.57	68.57	1.0095	-	-	-		37.5	+	40.0	+	45.0	-	-	-	-	40.0	40.38	Second	9	White
Sub Junior	Develop	72	Michaela Eyre	70.63	70.63	0.9890	-	-	-		40.0	+	47.5	+	52.5	+	-	-	-	52.5	51.92	First	12	Yellow
							-	-	-		-											#N/A	#N/A	
Senior	Develop	47	Megan Minnaar	45.30	45.30	1.3804	-	-	-		35.0	+	37.5	+	40.0	-	-	-	-	37.5	51.77	First	12	Orange
							-	-	-		-											#N/A	#N/A	
Sub Junior	EC Champ	52	Patricia Harding	49.86	49.86	1.2876	-	-	-		37.5	+	40.0	+	42.5	-	-	-	-	40.0	51.50	First	12	Yellow
							-	-	-		-											#N/A	#N/A	
Master 1	EC Champ	52	Elisabeth barry	51.44	51.44	1.2578	-	-	-		37.5	-	40.0	+	42.5	-	-	-	-	40.0	50.31	First	12	Yellow
							-	-	-		-											#N/A	#N/A	
Master 1	EC Champ	52	Elisabeth barry	51.32	51.32	1.2597	-	-	-		47.5	+	50.0	+			-	-	-	50.0	62.99	First	12	Blue
							-	-	-		-											#N/A	#N/A	
Junior	EC Champ	72	Samantha Harding	66.05	66.05	1.0368	-	-	-		55.0	+	60.0	+	62.5	-	-	-	-	60.0	62.21	First	12	Orange
							-	-	-		-											#N/A	#N/A	
MEN BENCH PRESS																								
		-					-	-	-								-	-	-				#N/A	#N/A
Sub Junior	Develop	74	Erich Human	73.77	73.77	0.7211	-	-	-		75.0	+	80.0	-	82.5	-	-	-	-	75.0	54.08	First	12	White
Sub Junior	Develop	83	Lutho Tom	74.39	74.39	0.7170	-	-	-		85.0	+	90.0	+	97.5	-	-	-	-	90.0	64.53	First	12	Yellow
							-	-	-		-						-	-	-				#N/A	#N/A
Sub Junior	Develop	83	Simon Curtain	82.96	82.96	0.6678	-	-	-		75.0	+	80.0	+	85.0	+	-	-	-	85.0	56.76	First	12	White
							-	-	-		-						-	-	-				#N/A	#N/A
Sub Junior	Develop	120	Jarrood-Lee Barnard	117.72	117.72	0.5776	-	-	-		120.0	+	125.0	+	130.0	-	-	-	-	125.0	72.20	First	12	Orange
							-	-	-		-						-	-	-				#N/A	#N/A
Junior	Develop	83	Jaco Hanekom	79.95	79.95	0.6830	-	-	-		135.0	+	140.0	+	145.0	+	-	-	-	145.0	99.03	First	12	Black
							-	-	-		-						-	-	-				#N/A	#N/A
Senior	Develop	120	Duane De Lange	112.78	112.78	0.5842	-	-	-		160.0	+	165.0	+	170.0	+	-	-	-	170.0	99.31	First	12	Black
							-	-	-		-						-	-	-				#N/A	#N/A
Senior	Develop	120+	Nicky Erasmus	165.22	165.22		-	-	-		165.0	+	170.0	-	175.0	+	-	-	-	175.0		First	12	Black
							-	-	-		-						-	-	-				#N/A	#N/A
Master 1	EC Champ	66	David Jali	65.68	65.68	0.7886	-	-	-		75.0	+	80.0	-	80.0	-	-	-	-	75.0	59.15	First	12	Yellow
							-	-	-		-						-	-	-				#N/A	#N/A
Senior	EC Champ	83	Wonga Jola	74.73	74.73	0.7146	-	-	-		135.0	-	135.0	+	140.0	+	-	-	-	140.0	100.04	First	12	Black
Senior	EC Champ	74	Sibulele Ntlokwana	73.06	73.06	0.7260	-	-	-		110.0	+	115.0	-	115.0	-	-	-	-	110.0	79.86	First	12	Blue
							-	-	-		-						-	-	-					
Juniors	EC Champ	83	Ignatius Muller	79.90	79.90	0.6832	-	-	-		120.0	+	125.0	-	125.0	-	-	-	-	120.0	81.98	First	12	Blue
							-	-	-		-						-	-	-				#N/A	#N/A
Senior	EC Champ	93	Eben Booyens	92.80	92.80	0.6288	-	-	-		165.0	+	175.0	+	180.0	+	-	-	-	180.0	113.18	First	12	Gold
							-	-	-		-						-	-	-				#N/A	#N/A
Senior	EC Champ	120	André Ludik	108.89	108.89	0.5904	-	-	-		90.0	+	100.0	+			-	-	-	100.0	59.04	First	12	White
							-	-	-		-						-	-	-				#N/A	#N/A
Master 3	EC Champ	120	André Ludik	108.89	108.89	0.5904	-	-	-		90.0	+	100.0	+			-	-	-	100.0	59.04	First	12	White
							-	-	-		-						-	-	-				#N/A	#N/A
Senior	EC Champ	93	Eben Booyens	92.92	92.92	0.6285	-	-	-		215.0	-	220.0	-	220.0	+	-	-	-	220.0	138.27	First	12	Elite 4
Master 1	EC Champ	93	Steve Harding	91.96	91.96	0.6317	-	-	-		120.0	+	125.0	-	127.5	+	-	-	-	127.5	80.54	First	12	Blue
							-	-	-		-						-	-	-				#N/A	#N/A
Senior	EC Champ	120	André Ludik	109.61	109.61	0.5892	-	-	-		110.0	+					-	-	-	110.0	64.81	First	12	Yellow
							-	-	-		-						-	-	-				#N/A	#N/A
Master 3	EC Champ	120	André Ludik	109.61	109.61	0.5892	-	-	-		110.0	+					-	-	-	110.0	64.81	First	12	Yellow

Andre Ludik / Sibulele Ntlokwana

Werner Benadie

Samantha Harding / Elisabeth Barry