

Bench Press

EC Champs

5 February
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	ECC	69	Heike Groenewald	67.59	55.0	+	57.5	+	60.0	-	57.5	46.28	First	12	Green	57.5	57.5	First	12	Green
		.																		
Junior	ECC	84	Mbasa Qilingele	81.34	75.0	-	75.0	+	80.0	-	75.0	56.43	First	12	Blue	75.0	75.0	First	12	Blue
Junior	ECC	84+	Colleen Brown	96.55	60.0	+	65.0	-	65.0	+	65.0	47.18	First	12	Orange	65.0	65.0	First	12	Orange
		.																		
MEN BENCH PRESS																				
Master 2	ECC	120+	Mornay Human	144.89	140.0	+	160.0	+	165.0	+	165.0	64.54	First	12	Brown	165.0	165.0	First	12	Brown
		.																		
Master 3	ECC	105	André Ludik	103.55	92.5	+	97.5	+	105.0	-	97.5	43.94	First	12	White	97.5	97.5	First	12	White
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Side Ref	Main Ref	Side Ref
Elisabeth Barry	Werner Benadie	Ilze Mari Maritz

Scorer
Megan Minnaar

Computer
Megan Minnaar

Spotters
Simon Curtin
David Jali
Mornay

verall Women Mbasa Qilingele
Overall Men Mornay Human

EC Record