

Bench Press

EC Disable Qualifier

06 FEBRUARY 2021

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS					TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE	
					1ST	2ND	3RD								
WOMEN BENCH PRESS															
Sub Junior		67	Alulutho Makapela	65,94	35,0	+	37,5	+	40,0	+	40,0	32,58	First	12	White
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		.													
MEN BENCH PRESS															
Senior		49	Siphosethu Seti	47,62	60,0	+	65,0	+	67,5	-	65,0	44,26	First	12	Yellow
Senior		80	Macgethandile (Max)Kulati	77,93	92,5	+	100,0	+	105,0	-	100,0	51,90	First	12	Yellow
Senior		88	Marshall Marsh	86,55	130,0	+	140,0	+	145,0	-	140,0	68,84	First	12	Blue
Senior		72	Xolani Ndatya	68,06	90,0	+	100,0	+	105,0	+	105,0	58,57	First	12	Orange
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Side Ref Ilze Mari Maritz	Main Ref Bronwyn Marshall	Side Ref Zander van Tonder
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EC Record

Bench Press

EC CHAMPS

06 FEBRUARY 2021

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS					TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE	
					1st	2nd	3rd								
WOMEN BENCH PRESS															
Senior	DEV	69	Mieke Stander	65,78	60,0	+	65,0	+	67,5	-	65,0	53,01	First	12	Blue
Master 3	DEV	57	Miriam Sinclair	56,09	45,0	+	50,0	+	52,5	+	52,5	47,24	First	12	Green
MEN BENCH PRESS															
Sub Junior	DEV	59	Jordan Lee	57,21	70,0	+	75,0	-	75,0	+	75,0	46,04	First	12	Orange
Sub Junior	DEV	74	Chris van Graan	72,11	75,0	+	80,0	+	90,0	-	80,0	43,26	First	12	White
Sub Junior	DEV	93	Bertram David Weyer-	85,17	130,0	+	135,0	+	140,0	-	135,0	66,92	First	12	Blue
Senior	DEV	66	Jacques Fourie	62,17	105,0	+	110,0	+	115,0	-	110,0	64,48	First	12	Brown
Senior	DEV	120+	Jared Leask	196,67	190,0	+	200,0	+	212,5	+	212,5	75,30	First	12	Elite 1
Master 1	DEV	74	Xolani Ndatya	68,06	90,0	-	100,0	+	105,0	+	105,0	58,57	First	12	Green

Side Ref
Ilze Mari Maritz

Main Ref
Bronwyn Marshall

Side Ref
Elisabeth Barry

EC able records

Bench Press

EC CHAMPS

06 FEBRUARY 2021

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS					TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE	
					1st	2nd	3rd								
WOMEN BENCH PRESS															
Sub Junior	ECC	63	Anika Ferreira	62,98	50,0	+	52,5	-	55,0	+	55,0	45,90	First	12	Green
Sub Junior	ECC	69	Heike Groenewald	66,76	52,5	+	55,0	-	55,0	-	52,5	42,51	First	12	Orange
Junior	ECC	84	Mbasa Qilingele	81,12	70,0	+	75,0	+	82,5	-	75,0	56,47	First	12	Blue
Senior	ECC	69	Vanessa Lessing	66,60	55,0	+	60,0	-	62,5	+	62,5	50,66	First	12	Green
Master 1	ECC	69	Vanessa Lessing	66,60	55,0	+	60,0	-	62,5	+	62,5	50,66	First	12	Green
MEN BENCH PRESS															
Junior	ECC	83	Ignatius Muller	81,04	120,0	+	125,0	+	130,0	+	130,0	66,11	First	12	Brown
Junior	ECC	93	Erich Human	85,05	100,0	+	110,0	+	112,5	+	112,5	55,81	First	12	Orange
Senior	ECC	83	Eugene Sadie	80,90	140,0	+	147,5	+	-		147,5	75,07	First	12	Bronze
Senior	ECC	120+	Brandon Jones	131,64	180,0	-	180,0	+	192,5	+	192,5	78,15	First	12	Silver
Master 2	ECC	120+	Mornay Human	147,76	150,0	+	162,5	+	170,0	+	170,0	66,01	First	12	Black
Master 3	ECC	105	André Ludik	100,21	90,0	+	100,0	+			100,0	45,77	First	12	White

Side Ref Ilze Mari Maritz	Main Ref Bronwyn Marshall	Side Ref Zander van Tonder / Elisabeth Barry
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EC able records

EQUIP Bench Press

EC Champs

6 Feb 2021

AGE GROUP	TEAM	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS			TOTAL (kg)	IPF GL Pts.	POSITION			
					1ST	2ND	3RD						
WOMEN BENCH PRESS													
		.											
Senior	EC Champs	69	Vanessa Lessing	66,03	67,5	+	72,5	+	75,0	+	75,0	43,99	First
		.											
Master 1	EC Champs	69	Vanessa Lessing	66,03	67,5	+	72,5	+	75,0	+	75,0	43,99	First
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		.											
MEN BENCH PRESS													
		.											
Senior	EC Champs	83	Eugene Sadie	80,90	150,0	+	157,5	+			157,5	57,11	First
		.											
Senior	EC Champs	105	André Ludik	100,21	105,0	+					105,0	33,35	First
		.											
Master 3	EC Champs	105	André Ludik	100,21	105,0	+					105,0	33,35	First
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Side Ref Ilze Mari Maritz	Main Ref Bronwyn Marshall	Side Ref Eliabeth Barry
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EC able records

Development Competition

Powerlifting

6 February 2021

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	SQUAT			BENCH PRESS			DEAD LIFT			TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE									
					1ST	2ND	3RD	1ST	2ND	3RD	1ST	2ND	3RD														
WOMEN POWERLIFTING																											
Master 3		69,0	Miriam Sinclair	65,78	65,0	+	75,0	+	85,0	-	45,0	+	50,0	+	52,5	+	90,0	+	100,0	+	110,0	+	237,5	50,58	First	12	Orange
Open		57,0	Mieke Stander	56,09	100,0	+	107,5	+	110,0	-	60,0	+	65,0	+	67,5	-	110,0	+	115,0	+	117,5	+	290,0	68,86	First	12	Black
MEN POWERLIFTING																											
Sub Junior		74,0	Chris van Graan	72,11	130,0	+	140,0	+	150,0	-	75,0	+	80,0	+	90,0	-	170,0	+	180,0	+	190,0	-	400,0	59,52	First	12	Orange
Sub Junior		93,0	Liam Delport	85,16	150,0	+	157,5	+	162,5	+	105,0	+	112,5	+	120,0	-	170,0	+	190,0	+	212,5	-	465,0	63,54	Second	9	Orange
Sub Junior		93,0	David Weyer-Henderson	85,17	150,0	+	160,0	-	165,0	+	130,0	+	135,0	+	140,0	-	170,0	+	180,0	+	195,0	+	495,0	67,64	First	12	Green
Senior		105,0	Ashley van der Nest	98,15	160,0	+	170,0	-	175,0	+	130,0	+	140,0	+	147,5	-	190,0	+	205,0	+	220,0	+	535,0	68,19	Second	9	Green
Senior		105,0	Kobus Hugo	102,01	180,0	+	190,0	+	202,5	+	140,0	+	150,0	+	155,0	+	230,0	+	240,0	+	-	-	597,5	74,77	First	12	Blue

Side Ref Bronwyn Marshall	Main Ref Werner Benadie	Side Ref Ilze Mari Maritz / Elisabeth Barry
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EC Records

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	SQUAT			BENCH PRESS			DEAD LIFT			TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE									
					1ST	2ND	3RD	1ST	2ND	3RD	1ST	2ND	3RD														
WOMEN POWERLIFTING																											
Sub Junior	EC Champs	63	Ance Vermaak	58,56	87,5	+	95,0	+	97,5	+	40,0	+	45,0	+	47,5	+	95,0	+	105,0	+	115,0	+	260,0	59,79	Second	9	Green
Sub Junior	EC Champs	63	Anika Ferreira	62,98	90,0	+	95,0	-	95,0	+	50,0	+	52,5	-	55,0	+	100,0	+	110,0	+	120,0	+	270,0	59,08	First	12	Blue
Sub Junior	EC Champs	69	Heike Groenewald	66,76	75,0	+	80,0	+	85,0	+	52,5	+	55,0	-	55,0	-	95,0	+	105,0	+	115,0	+	252,5	53,31	First	12	Orange
Sub Junior	EC Champs	84+	Colleen Brown	109,99	95,0	+	102,5	+	107,5	+	50,0	+	55,0	+	60,0	+	125,0	+	135,0	-	135,0	+	302,5	52,72	First	12	Orange
Senior	EC Champs	69	Vanessa Lessing	66,60	90,0	+	97,5	+	102,5	+	55,0	+	60,0	-	62,5	+	125,0	+	135,0	+	140,0	+	305,0	64,48	First	12	Blue
Master 1	EC Champs	69	Vanessa Lessing	66,60	90,0	+	97,5	+	102,5	+	55,0	+	60,0	-	62,5	+	125,0	+	135,0	+	140,0	+	305,0	64,48	First	12	Blue
MEN POWERLIFTING																											
Sub Junior	EC Champs	120+	Rutgar Leibach	124,15	190,0	-	190,0	-	190,0	-	110,0	-	-	-	-	-	215,0	+	227,5	+	230,0	-	227,5	26,06	First	12	White
Junior	EC Champs	74	Sakhe Sinde	73,02	145,0	+	155,0	+	-	+	115,0	+	125,0	+	-	+	195,0	+	215,0	+	225,0	+	505,0	74,65	First	12	Brown
Junior	EC Champs	93	Erich Human	85,05	150,0	+	160,0	+	170,0	-	100,0	+	110,0	+	112,5	+	200,0	+	215,0	+	220,0	+	492,5	67,34	First	12	Green
Senior	EC Champs	74	Sakhe Sinde	73,02	145,0	+	155,0	+	-	+	115,0	+	125,0	+	-	+	195,0	+	215,0	+	225,0	+	505,0	74,65	First	12	Brown
Senior	EC Champs	83	Eugene Sadie	80,90	180,0	+	190,0	+	200,0	+	140,0	+	147,5	+	-	+	230,0	+	255,0	+	-	+	602,5	84,49	First	12	Black
Senior	EC Champs	105	André Ludik	100,25	85,0	+	-	-	-	90,0	+	100,0	+	-	-	-	160,0	+	170,0	+	-	+	355,0	44,79	First	12	White
Master 3	EC Champs	105	André Ludik	100,25	85,0	+	-	-	-	90,0	+	100,0	+	-	-	-	160,0	+	170,0	+	-	+	355,0	44,79	First	12	White

Side Ref Bronwyn Marshall	Main Ref Werner Benadie	Side Ref Ilze Mari Maritz / Elisabeth Barry
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EC able records

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	SQUAT			BENCH PRESS			DEAD LIFT			TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE									
					1ST	2ND	3RD	1ST	2ND	3RD	1ST	2ND	3RD														
WOMEN POWERLIFTING																											
Sub Junior	.	69	Charnleigh Kotze	67,56	120,0	-	125,0	+	130,0	-	60,0	+	70,0	-	70,0	-	140,0	+	145,0	+	150,0	-	330,0	57,35	First	12	Brown
Senior	.	69	Vanessa Lessing	66,60	90,0	+	97,5	+	102,5	+	55,0	+	60,0	-	62,5	+	125,0	+	135,0	+	140,0	+	305,0	53,41	First	12	Blue
Master 1	.	69	Vanessa Lessing	66,60	90,0	+	97,5	+	102,5	+	55,0	+	60,0	-	62,5	+	125,0	+	135,0	+	140,0	+	305,0	53,41	First	12	Blue
MEN POWERLIFTING																											
Senior	.	83	Eugene Sadie	80,90	200,0	+	220,0	+	-	150,0	+	157,5	+	-	250,0	+	260,0	+	-	-	-	-	637,5	74,74	First	12	Bronze

Side Ref Bronwyn Marshall	Main Ref Werner Benadie	Side Ref Ilze Mari Maritz / Elisabeth Barry
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EC able records