

MENS OVERALL RESULTS SA BENCH PRESS CHAMPIONSHIPS - 20/10/2012

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M/W	BW	Name	Nation Province	Tot. Result	Wilks Points	Badge	Category	Date of Birth	Age Category	Place	Team Points
M	46.9	Jan Van Wyk	NC	72.5	79.66	Orange	53	26/03/1996	S/J	1.	
M	57.55	Luxolo Nozamela	EP	-----	#VALUE!	#N/A	59	21/12/1995	S/J	0.	WP
M	57.3	Johannes Matthysen	NC	135	120.20	Elite 1	59	05/01/1988	S	1.	
M	58.1	Jacques Fourie	EP	122.5	107.64	Gold	59	01/01/1989	J	1.	
M	63	Marcel Vorster	Gauteng	117.5	95.95	Black	66	20/12/1994	S/J	1.	EC
M	60.1	Bonolo Lizwe	NC	80	68.13	Orange	66	07/08/1995	S/J	2.	Gauteng
M	65.1	JC Bruce	WP	87.5	69.49	Green	66	09/05/1961	M2	1.	NW
M	63.15	Ephraim Khandanise	NW	65	52.94	Yellow	66	21/05/1961	M2	2.	KZN
M	71.45	Ricardo Fitzpatrick	NC	190	140.13	Elite 4	74	30/11/1980	S	1.	FS
M	70.9	Cliff Hayim	Gauteng	130	96.49	Black	74	16/04/1968	S	2.	
M	68.95	Dirk O Kennedy	EP	125	94.73	Black	74	10/04/1988	S	3.	
M	73.25	Dan Oppenheim	Gauteng	115	83.28	Blue	74	30/06/1945	S	4.	
M	73.25	Dan Oppenheim	Gauteng	115	83.28	Blue	74	30/06/1945	M3	1.	
M	71.55	David Quatse	NW	100	73.67	Green	74	08/07/1962	M2	1.	Men S/J Marcel Vorster
M	70.9	Cliff Hayim	Gauteng	130	96.49	Black	74	16/04/1968	M1	1.	J Juan Booyse
M	72.95	Tshepo Rapoo	NW	142.5	103.51	Silver	74	16/03/1993	J	1.	S Andre Cloete
M	72.6	Johan de Beer	FS	135	98.46	Bronze	74	04/03/1990	J	2.	M1 Mathew Cosmo
M	75.95	Willem Parker	Gauteng	135	95.32	Brown	83	17/04/1994	S/J	1.	M2 Willy Johnstone - Robertson
M	81.7	Masibulele Simayi	EP	120	80.87	Blue	83	04/10/1995	S/J	2.	M3 Neal Coleman
M	81.4	Zola Msizi	Gauteng	115	77.67	Green	83	17/12/1994	S/J	3.	
M	83	Neresh Naidoo	KZN	180	120.15	Elite 1	83	16/06/1981	S	1.	
M	80.45	Jabulani Phantile	NW	155	105.40	Bronze	83	14/01/1991	S	2.	
M	82.35	Michael Egan	Gauteng	155	103.91	Bronze	83	03/10/1990	S	3.	
M	76.65	Kobus Bester	Gauteng	145	101.75	Black	83	28/03/1978	S	4.	
M	81.55	William Kempen	Gauteng	-----	#VALUE!	#N/A	83	31/08/1945	M3	0.	
M	82.5	Neal Coleman	WP	135	90.44	Brown	83	24/07/1950	M3	1.	
M	80.45	Jabulani Phantile	NW	155	105.40	Bronze	83	14/01/1991	J	1.	
M	82.35	Michael Egan	Gauteng	155	103.91	Bronze	83	03/10/1990	J	2.	
M	92.05	Ettiene Potgieter	Gauteng	212.5	134.11	Elite 3	93	21/01/1986	S	1.	
M	89.8	David Hatton-Jones	Gauteng	175	111.84	Silver	93	20/04/1988	S	2.	
M	92.55	Heinrich Janse Van Renst	FS	175	110.16	Silver	93	27/05/1986	S	3.	
M	88.3	Jarrod Firmani	WP	160	103.15	Bronze	93	16/10/1990	J	1.	
M	103.35	Schalk Wolfaard	NC	140	84.13	Blue	105	19/12/1994	S/J	1.	
M	104.6	Johan Smith	NW	220	131.65	Elite 3	105	02/12/1991	S	1.	
M	95	Mark Phillips	Gauteng	170	105.74	Bronze	105	04/05/1968	S	2.	
M	101.55	Ian Buckle	NW	190	114.91	Gold	105	28/11/1958	M2	1.	
M	104.65	Johan Vorster	NC	140	83.75	Blue	105	16/10/1960	M2	2.	
M	104.65	Willie van Rensburg	NW	-----	#VALUE!	#N/A	105	18/05/1963	M1	0.	
M	99.1	Jorncy Page	Gauteng	190	116.05	Gold	105	25/09/1972	M1	1.	

WOMENS OVERALL RESULTS SA BENCH PRESS CHAMPIONSHIPS - 20/10/2012											62			
M/W	BW	Name	Nation Province	Tot. Result	Wilks Points	Badge	Category	Date of Birth	Age Category	Power Place	Team Points		Total	
												Team Points		
W	50	Alushka September	EP	50	64.23	Blue	52	01/01/1996	S/J	1.	12			
W	51.5	Elisabeth Barry	EP	42.5	53.38	Orange	52	28/03/1973	S	1.	12	WP	21	
W	56.45	Chantelle Stierman	NC	82.5	96.393	Gold	57	24/04/1986	S	1.	12	EC	0	
W	63.85	Ilze-Mari Maritz	EP	95	100.9375	Silver	72	21/05/1988	S	1.	12	Gauteng	12	
W	65.2	Hesterki Range	WP	55	57.5685	Orange	72	24/07/1967	S	2.	9	NW	0	
W	65.2	Hesterki Range	WP	55	57.5685	Orange	72	24/07/1967	M1	1.	12	KZN	0	
W	77.3	Michelle Dolphin	Gauteng	70	65.331	Green	84	18/12/1984	S	1.	12	FS	0	
										0.	0			
										0.	0	BEST LIFTERS		
										0.	0	Women		
										0.	0	S/J	Alushka September	
										0.	0	J		
										0.	0	S	Ilze-Mari Maritz	
										0.	0	M1	Hesterki Range	
										0.	0	M2		
										0.	0	M3		
										0.	0			

Badge	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Place			
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points				
Elite 1	M	38	59--S	57.30	Johannes Matthysen	NC					135.0			135.0	135.0					135.0	120.20				
Gold	M	39	59-0-J	58.10	Jacques Fourie	EP					122.5			122.5	122.5					122.5	107.64				
Yellow	M	40	53-0-S/J-	46.90	Jan Van Wyk	NC					72.5														
Green	W	41	84--S	77.30	Michelle Dolphin	Gauteng					70.0			70.0	70.0					70.0	65.33				
Silver	W	42	72--S	63.85	Ilze-Mari Maritz	EP					95.0			95.0	95.0					95.0	100.94				
Gold	W	43	57--S	56.45	Chantelle Stierman	NC					82.5			82.5	82.5					82.5	96.39				
Orange	W	44	52--S	51.50	Elisabeth Barry	EP					42.5			42.5	42.5					42.5	53.38				
Orange	W	45	72-0-M1	65.20	Hesterki Range	WP					55.0			55.0	55.0					55.0	57.57				
Blue	W	46	52-0-S/J-	50.00	Alushka September	EP					50.0			50.0	50.0					50.0	64.23				
Black	M	47	66-0-S/J-	63.00	Marcel Vorster	Gauteng					117.5			117.5	117.5					117.5	95.95				
Green	M	48	66-0-M2	65.10	JC Bruce	WP					87.5			87.5	87.5					87.5	69.49				
Yellow	M	49	66-0-M2	63.15	Ephraim Khandanise	NW					65.0			65.0	65.0					65.0	52.94				
Orange	M	50	66-0-S/J-	60.10	Bonolo Lizwe	NC					80.0			80.0	80.0					80.0	68.13				
#N/A	M	51	59-0-S/J-	57.55	Luxolo Nozamela	EP								-----	Disq					Disq					
Yellow	W	15																							

Lifter on the Platform

Flight 1
SA Bench Press Championships 2012
21/10/2012

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Side Referee _____

Chief Referee _____

Badge	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Place			
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points				
Elite 1	M	1	83--S	83.00	Neresh Naidoo	KZN														180.0	120.15				
Green	M	2	83-0-S/J-	81.40	Zola Msizi	Gauteng														115.0	77.67				
Blue	M	3	83-0-S/J-	81.70	Masibulele Simayi	EP														120.0	80.87				
Brown	M	4	83-0-S/J-	75.95	Willem Parker	Gauteng														135.0	95.32				
Black	M	5	83--S	76.65	Kobus Bester	Gauteng														145.0	101.75				
Bronze	M	6	83-S-J	80.45	Jabulani Phantile	NW														155.0	105.40				
Bronze	M	7	83-S-J	82.35	Michael Egan	Gauteng														155.0	103.91				
#N/A	M	8	83-0-M3	81.55	William Kempen	Gauteng																			
Brown	M	9	83-0-M3	82.50	Neal Coleman	WP														135.0	90.44				
Yellow	W	10																							
Yellow	W	11																							
Yellow	W	12																							
Yellow	W	13																							
Yellow	W	14																							
Yellow	W	15																							

Lifter on the Platform

Flight 2
SA Bench Press Championships 2012
21/10/2012

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Chief Referee _____

Badge	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Place			
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points				
Elite 4	M	10	74--S	71.45	Ricardo Fitzpatrick	NC				190.0				190.0	190.0					190.0	140.13				
Black	M	11	74-S-M1	70.90	Cliff Hayim	Gauteng				130.0				130.0	130.0					130.0	96.49				
Black	M	12	74--S	68.95	Dirk O Kennedy	EP				125.0				125.0	125.0					125.0	94.73				
Green	M	13	74-S-M2	71.55	David Quatse	NW				100.0				100.0	100.0					100.0	73.67				
Blue	M	14	74-S-M3	73.25	Dan Oppenheim	Gauteng				115.0				115.0	115.0					115.0	83.28				
Silver	M	15	74-0-J	72.95	Tshepo Rapoo	NW				142.5				142.5	142.5					142.5	103.51				
Bronze	M	16	74-0-J	72.60	Johan de Beer	FS				135.0				135.0	135.0					135.0	98.46				
Yellow	W	8																							
Yellow	W	9																							
Yellow	W	10																							
Yellow	W	11																							
Yellow	W	12																							
Yellow	W	13																							
Yellow	W	14																							
Yellow	W	15																							

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Badge	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Place			
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points				
Silver	M	18	93--S	92.55	Heinrich Janse Van Rensburg	FS					175.0			175.0	175.0					175.0	110.16				
Silver	M	19	93--S	89.80	David Hatton-Jones	Gauteng					175.0			175.0	175.0					175.0	111.84				
Elite 3	M	20	93--S	92.05	Ettiene Potgieter	Gauteng					212.5			212.5	212.5					212.5	134.11				
Bronze	M	21	93-0-J	88.30	Jarrod Firmani	WP					160.0			160.0	160.0					160.0	103.15				
Blue	M	22	105-0-M2	104.65	Johan Vorster	NC					140.0			140.0	140.0					140.0	83.75				
Blue	M	23	105-0-S/J-	103.35	Schalk Wolfaard	NC					140.0			140.0	140.0					140.0	84.13				
#N/A	M	24	105-0-M1	104.65	Willie van Rensburg	NW								-----	Disq					Disq					
Elite 3	M	25	105-S-J	104.60	Johan Smith	NW					220.0			220.0	220.0					220.0	131.65				
Gold	M	26	105-0-M2	101.55	Ian Buckle	NW					190.0			190.0	190.0					190.0	114.91				
Bronze	M	27	105-S-M1	95.00	Mark Phillips	Gauteng					170.0			170.0	170.0					170.0	105.74				
Gold	M	28	105-0-M1	99.10	Jorncy Page	Gauteng					190.0			190.0	190.0					190.0	116.05				
Yellow	W	12																							
Yellow	W	13																							
Yellow	W	14																							
Yellow	W	15																							

Lifter on the Platform

Flight 3
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Chief Referee _____

Badge	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Place
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	
Elite 3	M	29	120-0-M1	113.95	Mathew Cosmo	Gauteng					240.0			240.0	240.0				240.0	139.78		
Elite 4	M	30	120--S	115.35	Andre Cloete	NC					255.0			255.0	255.0				255.0	148.03		
Bronze	M	31	120--S	112.05	Katlego Absalon	NC					175.0			175.0	175.0				175.0	102.41		
Gold	M	32	120--S	119.75	Andries Gie	WP					200.0			200.0	200.0				200.0	115.02		
Elite 3	M	33	120-0-J	120.00	Juan Booyse	Gauteng					235.0			235.0	235.0				235.0	135.10		
#N/A	M	34	120+-S-M1	121.55	Ian Furman	Gauteng								Disq					Disq			
Elite 1	M	35	120+-0-M2	124.25	Willy Johnstone - Robertson	Gauteng					212.5			212.5	212.5				212.5	121.23		
Bronze	M	36	120+--S	146.50	Riaan Hansen	NC					180.0			180.0	180.0				180.0	99.92		
Yellow	W	9																				
Yellow	W	10																				
Yellow	W	11																				
Yellow	W	12																				
Yellow	W	13																				
Yellow	W	14																				
Yellow	W	15																				

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