

Bench Press

EC Classic Champs

14 October
2023

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS					TOTAL (kg)	IPF GL Pts.	POSITION	INCENTIVE BADGE	BENCH PRESS	
					1st		2nd		3rd						
WOMEN BENCH PRESS															
Sub Junior		63	Jana Fox	61.50	42.5	+	45.0	+	47.5	+	47.5	40.19	First	Yellow	47.5
Sub Junior		76	Anika Maree	74.80	55.0	+	57.5	+	60.0	-	57.5	44.41	First	Orange	57.5
Junior		69	Heike Groenewald	67.50	52.5	+	55.0	+	57.5	+	57.5	46.31	First	Green	57.5
Junior		76	Anika Maree	74.80	55.0	+	57.5	+	60.0	-	57.5	44.41	First	Orange	57.5
Junior		84+	Sunelle Putter	104.20	70.0	+	75.0	+	80.0	+	80.0	57.48	First	Blue	80.0
Open		63	Janél Daffue	62.20	70.0	+	72.5	+	75.0	+	75.0	63.04	First	Black	75.0
Master 2		52	Elisabeth Barry	51.80	35.0	+	37.5	+	40.0	-	37.5	36.02	First	Yellow	37.5
MEN BENCH PRESS															
Sub Junior		53	Samuel Meshilinie	52.70	75.0	+	80.0	+	82.5	+	82.5	53.04	First	Blue	82.5
Sub Junior		66	Ferdé Botha	64.50	80.0	+	85.0	+	90.0	+	90.0	51.69	First	Green	90.0
Sub Junior		66	Brandon Look	65.20	75.0	+	80.0	+	82.5	+	82.5	47.11	Second	Orange	82.5
Sub Junior		66	Henre van der Berg	65.00	67.5	+	70.0	+	72.5	+	72.5	41.47	Third	Yellow	72.5
Sub Junior		74	Micah Naidoo	69.60	75.0	+	80.0	+	82.5	+	82.5	45.46	First	Yellow	82.5
Sub Junior		74	Leon Naidoo	67.30	65.0	+	70.0	+	75.0	-	70.0	39.28	Second	White	70.0
Junior		74	Scott Pornss	72.80	135.0	+	145.0	-	145.0	-	135.0	72.62	First	Bronze	135.0
Junior		74	Juan Bezuidenhout	72.90	75.0	+	82.5	+	87.5	+	87.5	47.04	Second	Yellow	87.5
Junior		83	Steven Vosloo	81.60	100.0	+	105.0	-	105.0	-	100.0	50.67	First	Orange	100.0
Junior		120	Simon Curtain	110.60	125.0	+	130.0	+	135.0	-	130.0	56.85	First	Green	130.0
Junior		120+	Sechaba Sigonyela	120.40	105.0	+	110.0	-	110.0	-	105.0	44.23	First	White	105.0
Open		120	Bongani Raymond Faku	114.20	130.0	+	140.0	+	150.0	-	140.0	60.35	First	Blue	140.0
Open		120+	Brandon Jones	143.60	180.0	+	200.0	-	205.0	+	205.0	80.45	First	Gold	205.0
Master 3		83	Clive Geldenhuys	81.10	25.0	+	40.0	+	60.0	-	40.0	20.33	First	White	40.0
Master 3		120	André Ludik	105.40	55.0	+	60.0	+	65.0	+	65.0	29.05	First	White	65.0
Sub Junio	WC	83	Peter Bester	81.50	80.0	+	90.0	+	100.0	+	100.0	50.70	First	Orange	100.0
Open	WC	120+	Peter Bester	130.10	170.0	+	190.0	+	200.0	+	200.0	81.58	First	Silver	200.0