

| Place | M/W | Lot | Class | BW | Name | Nation Province | SQUAT | | | SQ | BENCH PRESS | | | BP | Sub. | DEADLIFT | | | DL | Tot. | Power Points | Power Place | SQ | BP | DL |
|-------|-----|-----|-------|--------|-------------------|--------------------|-------|----|----|--------|-------------|----|----|--------|------|----------|----|----|--------|--------|-----------------|----------------|----|----|----|
| | | | | | | | 1. | 2. | 3. | Result | 1. | 2. | 3. | Result | Tot. | 1. | 2. | 3. | Result | Result | 4. | 4. | 4. | | |
| 1. | W | 1 | 48 | 48.00 | Lani Coleman | WP | | | | | | | | | | | | | | | | 1. | | | |
| 1. | W | 2 | 56 | 56.00 | Lisa Basson | G | | | | | | | | | | | | | | | | 1. | | | |
| | W | 3 | 67.5 | 67.50 | Sanet Momberg | EP | | | | | | | | | | | | | | | | | | | |
| | W | 4 | 75 | 75.00 | Sue Glazier | KZN | | | | | | | | | | | | | | | | | | | |
| | W | 5 | 82.5 | 82.50 | Zelda Bates | KZN | | | | | | | | | | | | | | | | | | | |
| | W | 6 | 90 | 90.00 | Esmay Smith | NW | | | | | | | | | | | | | | | | | | | |
| | M | 7 | 60 | 60.00 | Jaco Strydom | EP | | | | | | | | | | | | | | | | | | | |
| | M | 8 | 60 | 60.00 | Stuart Murchie | GN | | | | | | | | | | | | | | | | | | | |
| | M | 9 | 60 | 60.00 | Jacues Fourie | EP | | | | | | | | | | | | | | | | | | | |
| | M | 10 | 67.5 | 67.50 | Kennedy Sekome | GN | | | | | | | | | | | | | | | | | | | |
| | M | 11 | 67.5 | 67.50 | Shaun Moller | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 12 | 67.5 | 67.50 | Christopher Bruce | WP | | | | | | | | | | | | | | | | | | | |
| | M | 13 | 67.5 | 67.50 | Dane Bax | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 14 | 67.5 | 67.50 | Harvey Redman | G | | | | | | | | | | | | | | | | | | | |
| | M | 15 | 100 | 100.00 | Johan Smith | NW | | | | | | | | | | | | | | | | | | | |

FLIGHT 1

SA Bench Press Championships 2010
27/11/2010

= SA Official Record

= SA Unofficial Record

Side Referee _____

Chief Referee _____

| Place | M/W | Lot | Class | BW | Name | Nation Province | SQUAT | | | SQ | BENCH PRESS | | | BP | Sub. | DEADLIFT | | | DL | Tot. | Power Points | Power Place | SQ | BP | DL |
|-------|-----|-----|-------|-------|---------------------|--------------------|-------|----|----|--------|-------------|----|----|--------|------|----------|----|----|--------|--------|-----------------|----------------|----|----|----|
| | | | | | | | 1. | 2. | 3. | Result | 1. | 2. | 3. | Result | Tot. | 1. | 2. | 3. | Result | Result | | | 4. | 4. | 4. |
| 1. | M | 1 | 75 | 75.00 | Freddie Senekal | EP | | | | | | | | | | | | | | | | 1. | | | |
| 1. | M | 2 | 75 | 75.00 | Jason Meyer | EP | | | | | | | | | | | | | | | | 1. | | | |
| | M | 3 | 75 | 75.00 | Rayner Bartsch | GN | | | | | | | | | | | | | | | | | | | |
| | M | 4 | 75 | 75.00 | Kobus du Plooy | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 5 | 75 | 75.00 | Albert de Bonat | G | | | | | | | | | | | | | | | | | | | |
| | M | 6 | 75 | 75.00 | Vinay Gosai | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 7 | 75 | 75.00 | Errol Gotlich | G | | | | | | | | | | | | | | | | | | | |
| | M | 8 | 75 | 75.00 | Jabulane Phantile | NW | | | | | | | | | | | | | | | | | | | |
| | M | 9 | 82.5 | 82.50 | Richard Battison | WP | | | | | | | | | | | | | | | | | | | |
| | M | 10 | 82.5 | 82.50 | Nersh Naidoo | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 11 | 82.5 | 82.50 | Glenn van der Linde | GN | | | | | | | | | | | | | | | | | | | |
| | M | 12 | 82.5 | 82.50 | Darryn Anthony | G | | | | | | | | | | | | | | | | | | | |
| | M | 13 | 82.5 | 82.50 | Neal Coleman | WP | | | | | | | | | | | | | | | | | | | |
| | | | 44 | | | | | | | | | | | | | | | | | | | | | | |

FLIGHT 2

SA Bench Press Championships 2010
27/11/2010

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

| Place | M/W | Lot | Class | BW | Name | Nation Province | SQUAT | | | SQ | BENCH PRESS | | | BP | Sub. | DEADLIFT | | | DL | Tot. | Power Points | Power Place | SQ | BP | DL |
|-------|-----|-----|-------|-------|--------------------|--------------------|-------|----|----|--------|-------------|----|----|--------|------|----------|----|----|--------|--------|-----------------|----------------|----|----|----|
| | | | | | | | 1. | 2. | 3. | Result | 1. | 2. | 3. | Result | Tot. | 1. | 2. | 3. | Result | Result | 4. | 4. | 4. | | |
| 1. | M | 32 | 90 | 90.00 | Marnus de Klerk | WP | | | | | | | | | | | | | | | | 1. | | | |
| 1. | M | 1 | 90 | 90.00 | Frikkie Veldman | GN | | | | | | | | | | | | | | | | 1. | | | |
| | M | 2 | 90 | 90.00 | Freddie Snyman | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 3 | 90 | 90.00 | Brett Johnson | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 4 | 90 | 90.00 | Liam Smithers | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 5 | 90 | 90.00 | Grant van der Haer | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 6 | 90 | 90.00 | Etienne Potgieter | GN | | | | | | | | | | | | | | | | | | | |
| | M | 7 | 90 | 90.00 | Jacques Knoesen | EP | | | | | | | | | | | | | | | | | | | |
| | M | 8 | 90 | 90.00 | Matt Battison | WP | | | | | | | | | | | | | | | | | | | |
| | M | 9 | 90 | 90.00 | Howard Snoyman | G | | | | | | | | | | | | | | | | | | | |
| | M | 10 | 90 | 90.00 | Kyle de Rose | G | | | | | | | | | | | | | | | | | | | |
| | M | 11 | 90 | 90.00 | Sampe Ludick | GN | | | | | | | | | | | | | | | | | | | |
| | M | 12 | 90 | 90.00 | Bill Kempen | G | | | | | | | | | | | | | | | | | | | |
| | | | 44 | | | | | | | | | | | | | | | | | | | | | | |
| | | | 44 | | | | | | | | | | | | | | | | | | | | | | |

FLIGHT 3

SA Bench Press Championships 2010
27/11/2010

= SA Official Record

= SA Unofficial Record

Side Referee _____

Chief Referee _____

| Place | M/W | Lot | Class | BW | Name | Nation Province | SQUAT | | | SQ | BENCH PRESS | | | BP | Sub. | DEADLIFT | | | DL | Tot. | Power Points | Power Place | SQ | BP | DL |
|-------|-----|-----|-------|--------|----------------------|--------------------|-------|----|----|--------|-------------|----|----|--------|------|----------|----|----|--------|--------|-----------------|----------------|----|----|----|
| | | | | | | | 1. | 2. | 3. | Result | 1. | 2. | 3. | Result | Tot. | 1. | 2. | 3. | Result | Result | 4. | 4. | 4. | | |
| 1. | M | 45 | 100 | 100.00 | Mark Phillips | G | | | | | | | | | | | | | | | | 1. | | | |
| 1. | M | 46 | 100 | 100.00 | Cameron Vinokur | WP | | | | | | | | | | | | | | | | 1. | | | |
| | M | 1 | 100 | 100.00 | Tyrone Delaney | WP | | | | | | | | | | | | | | | | | | | |
| | M | 2 | 100 | 100.00 | Sean Robinson | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 3 | 100 | 100.00 | Heinrich JV Rensburg | EP | | | | | | | | | | | | | | | | | | | |
| | M | 4 | 100 | 100.00 | Sam Fairfoot | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 5 | 110 | 110.00 | Edwin Govender | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 6 | 110 | 110.00 | Dave Edwards | GN | | | | | | | | | | | | | | | | | | | |
| | M | 7 | 110 | 110.00 | Clyde Keevy | G | | | | | | | | | | | | | | | | | | | |
| | M | 8 | 110 | 110.00 | Gary Katzen | G | | | | | | | | | | | | | | | | | | | |
| | M | 9 | 110 | 110.00 | Ian Buckle | NW | | | | | | | | | | | | | | | | | | | |
| | M | 10 | 110 | 110.00 | Liaan Booyesen | NW | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 44 | | | | | | | | | | | | | | | | | | | | | | |
| | | | 44 | | | | | | | | | | | | | | | | | | | | | | |

FLIGHT 4

SA Bench Press Championships 2010
27/11/2010

= SA Official Record

= SA Unofficial Record

Side Referee _____

Chief Referee _____

| Place | M/W | Lot | Class | BW | Name | Nation Province | SQUAT | | | SQ | BENCH PRESS | | | BP | Sub. | DEADLIFT | | | DL | Tot. | Power Points | Power Place | SQ | BP | DL |
|-------|-----|-----|-------|--------|----------------------|--------------------|-------|----|----|--------|-------------|----|----|--------|------|----------|----|----|--------|--------|-----------------|----------------|----|----|----|
| | | | | | | | 1. | 2. | 3. | Result | 1. | 2. | 3. | Result | Tot. | 1. | 2. | 3. | Result | Result | 4. | 4. | 4. | | |
| 1. | M | 1 | 75 | 75.00 | Christo Gerber | EP | | | | | | | | | | | | | | | | 1. | | | |
| 1. | M | 2 | 75 | 75.00 | Dan Oppenheim | G | | | | | | | | | | | | | | | | 1. | | | |
| | M | 3 | 75 | 75.00 | Tshepo Rapoo | NW | | | | | | | | | | | | | | | | | | | |
| | M | 4 | 125 | 124.00 | Johan Geysler | EP | | | | | | | | | | | | | | | | | | | |
| | M | 5 | 125 | 124.00 | Frank J van Rensburg | KZN | | | | | | | | | | | | | | | | | | | |
| | M | 6 | 125 | 124.00 | Jaco Claassen | FS | | | | | | | | | | | | | | | | | | | |
| | M | 7 | 125 | 124.00 | Johan Graham | NW | | | | | | | | | | | | | | | | | | | |
| | M | 8 | 125 | 124.00 | Ian Furman | G | | | | | | | | | | | | | | | | | | | |
| | M | 9 | 125 | 124.00 | Andre Ludik | EP | | | | | | | | | | | | | | | | | | | |
| | M | 10 | 125 | 124.00 | Willie J Robertson | GN | | | | | | | | | | | | | | | | | | | |
| | M | 11 | 125+ | 126.00 | Collin Lubbe | FS | | | | | | | | | | | | | | | | | | | |
| | M | 12 | 125+ | 126.00 | Alan van Heerden | WP | | | | | | | | | | | | | | | | | | | |
| | M | | 52 | | | | | | | | | | | | | | | | | | | | | | |
| | | | 44 | | | | | | | | | | | | | | | | | | | | | | |

FLIGHT 5

SA Bench Press Championships 2010
27/11/2010

= SA Official Record

= SA Unofficial Record

Side Referee _____

Chief Referee _____

SA BENCH PRESS 2010

| NAME | DIVISION | PROV |
|---------------------------|----------|------|
| WOMEN - SUB JUNIOR | | |
| Esmay Smith | 90 | NW |
| | | |
| WOMEN - JUNIOR | | |
| Zelda Bates | 82,5 | KZN |
| Esmay Smith | 90 | NW |
| | | |
| WOMEN - SENIOR | | |
| Lisa Basson | 56 | G |
| Sanet Momberg | 67,5 | EP |
| Sue Glazier | 75 | KZN |
| Zelda Bates | 82,5 | KZN |
| Esmay Smith | 90 | NW |
| | | |
| WOMEN - MASTER 1 | | |
| Lani Coleman | 48 | WP |
| | | |
| MEN - SUB JUNIOR | | |
| Jaco Strydom | 60 | EP |
| Kennedy Sekome | 67,5 | GN |
| Christo Gerber | 75 | EP |
| Tshepo Rapoo | 75 | NW |
| Marnus de Klerk | 90 | WP |
| Cameron Vinokur | 100 | WP |
| | | |
| MEN - JUNIOR | | |
| Stuart Murchie | 60 | GN |
| Jacques Fourie | 60 | EP |
| Shaun Moller | 67,5 | KZN |
| Christopher Bruce | 67,5 | WP |
| Freddie Senekal | 75 | EP |
| Jason Meyer | 75 | EP |
| Rayner Bartsch | 75 | GN |
| Kobus du Plooy | 75 | KZN |
| Freek Jonck | 75 | NW |

WITHDREW

| | | |
|----------------------|------|-----|
| Albert de Bonat | 75 | G |
| Jabulane Phantile | 75 | NW |
| Richard Battison | 82,5 | WP |
| Frikkie Veldman | 90 | GN |
| Freddie Snyman | 90 | KZN |
| Johan Smith | 100 | NW |
| Tyrone Delaney | 100 | WP |
| Clyde Keevy | 110 | G |
| Liaan Booysen | 110 | NW |
| Johan Geysers | 125 | EP |
| | | |
| MEN - SENIOR | | |
| Stuart Murchie | 60 | GN |
| Shaun Moller | 67,5 | KZN |
| Dane Bax | 67,5 | KZN |
| Vinay Gosai | 75 | KZN |
| Errol Gotlich | 75 | G |
| Albert de Bonat | 75 | G |
| Nersh Naidoo | 82,5 | KZN |
| Glenn van der Linde | 82,5 | GN |
| Darryn Anthony | 82,5 | G |
| Brett Johnson | 90 | KZN |
| Liam Smithers | 90 | KZN |
| Grant van der Haer | 90 | KZN |
| Freddie Snyman | 90 | KZN |
| Frikkie Veldman | 90 | GN |
| Etienne Potgieter | 90 | GN |
| Jacques Knoesen | 90 | EP |
| Matt Battison | 90 | WP |
| Howard Snoyman | 90 | G |
| Kyle de Rose | 90 | G |
| Mark Phillips | 100 | G |
| Sam Fairfoot | 100 | KZN |
| Sean Robinson | 100 | KZN |
| Heinrich JV Rensburg | 100 | EP |
| Johan Smith | 100 | NW |
| Edwin Govender | 110 | KZN |
| Dave Edwards | 110 | GN |
| Ian Buckle | 110 | NW |
| Clyde Keevy | 110 | G |
| Gary Katzen | 110 | G |
| Frank J van Rensburg | 125 | KZN |
| Willie J Robertson | 125 | GN |
| Andre Ludik | 125 | EP |
| Jaco Claassen | 125 | FS |
| Johan Graham | 125 | NW |
| Ian Furman | 125 | G |

| | | |
|-----------------------|------|-----|
| Colin Lubbe | 125+ | FS |
| Alan van Heerden | 125+ | WP |
| | | |
| MEN - MASTER 1 | | |
| Mark Phillips | 100 | G |
| Sam Fairfoot | 100 | KZN |
| Gary Katzen | 110 | G |
| Ian Furman | 125 | G |
| | | |
| MEN - MASTER 2 | | |
| Sampie Ludick | 90 | GN |
| Ian Buckle | 110 | NW |
| Andre Ludik | 125 | EP |
| Willie J Robertson | 125 | GN |
| | | |
| MEN - MASTER 3 | | |
| Harvey Redman | 67 | G |
| Dan Oppenheim | 75 | G |
| Neal Coleman | 82 | WP |
| Bill Kempen | 90 | G |
| | | |

WEIGH IN WILL BE 8H00 - 9H30

LIFTING START AT 10H00