

SA Powerlifting Federation
GAUTENG BENCH PRESS QUALIFIER, SCHOOL OF STRENGTH, 30/10/2016

DETAILED SCORESHEET - RAW LADIES

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
					1	2	3			
Open										
57kg										
1.	Rouxchelle Roux	1998	G	55.70	50.00	55.00	-60.00	1	55.0	Q
63kg										
1.	Taryn Lipshitz		G	59.10	37.50	42.50	-45.00	1	42.5	
72kg										
1.	Aimee Joseph	1980	G	67.85	50.00	55.00	-57.50	1	55.0	Q

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DETAILED SCORESHEET - RAW MEN

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
					1	2	3			
Open										
74kg										
1.	Stephen Coleman	1979	G	71.15	100.00	107.50	117.50	1	117.5	Q
93kg										
1.	Adrian Smith	1995	G	91.30	140.00	150.00	155.00	1	155.0	Q
2.	Tim Thackwray	1967	G	85.10	90.00	x	x	2	90.0	Q - 83 M1
105kg										
1.	Mark Stravino	1974	G	94.30	120.00	130.00	140.00	1	140.0	Q
120kg										
1.	Warren Bakos	1972	G	112.65	110.00	117.50	122.50	1	122.5	Q M1
+ 120kg										
1.	Ebrahim Omar	1989	G	127.85	145.00	155.00	160.00	1	160.0	Q