

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power	Power	SQ	BP	DL
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place	4.	4.	4.
			44																						
	W	2	56	55.90	Lisa Basson	G				65.0	70.0	80.0	70.0	70.0						70.0	82.48				
	M	3	67.5	67.30	Freddy Senekal	GN				100.0	107.5	112.5	107.5	107.5						107.5	83.09				
	W	4	75	71.50	Sue Glazer	KZN				115.0	115.0	122.5	115.0	115.0						115.0	112.77				
	W	5	82.5	81.70	Zelda Bates	KZN				60.0	85.0	95.0	85.0	85.0						85.0	76.89				
	W	6	90	87.70	Esmay Smith	NW				65.0	75.0	80.0	75.0	75.0						75.0	65.53				
	M	7	60	59.00	Jaco Strydom	EP				97.5	107.5	107.5	107.5	107.5						107.5	93.12				
	M	8	67.5	61.60	Stuart Murchie	GN				130.0	130.0	130.0	-----	Disq						Disq					
	M	9	60	58.20	Jacques Fourie	EP				100.0	110.0	115.0	115.0	115.0						115.0	100.89				
	M	10	67.5	64.70	Kennedy Sekome	GN				90.0	107.5	107.5	90.0	90.0						90.0	71.85				
			44																						
	M	13	67.5	65.50	Dane Bax	KZN				120.0	120.0	125.0	125.0	125.0						125.0	98.76				
	M	14	67.5	67.00	Harvey Redman	G				100.0	110.0	110.0	110.0	110.0						110.0	85.32				
	M	12	67.5	66.60	Christopher Bruce	WP				100.0	105.0	107.5	107.5	107.5						107.5	83.79				
	M	15	100	93.30	Johan Smith	NW				190.0	200.0	207.5	200.0	200.0						200.0	125.44				

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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power	Power	SQ	BP	DL
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place	4.	4.	4.
			44			EP																			
	M	2	75	73.20	Jason Meyer	EP				160.0	172.5	180.0	180.0	180.0						180.0	130.48				
	M	3	75	72.80	Rayner Bartsch	GN				115.0	122.5	127.5	122.5	122.5						122.5	89.16				
	M	4	82.5	80.30	Kobus du Plooy	KZN				110.0	110.0	117.5	117.5	117.5						117.5	80.03				
	M	5	75	74.80	Albert de Bondt	G				125.0	135.0	142.5	135.0	135.0						135.0	96.38				
			44			KZN																			
	M	8	75	72.10	Jabulane Phantle	NW				137.5	142.5	142.5	137.5	137.5						137.5	100.79				
	M	9	75	75.00	Richard Battison	WP				120.0	120.0	125.0	125.0	125.0						125.0	89.08				
	M	7	75	74.00	Errol Gottlich	G				102.5	107.5	107.5	102.5	102.5						102.5	73.73				
	M	10	82.5	80.40	Neresh Naidoo	KZN				160.0	165.0	175.0	165.0	165.0						165.0	112.30				
			44			GN																			
			44			G																			
	M	13	82.5	82.50	Neal Coleman	WP				137.5	142.5	142.5	142.5	142.5						142.5	95.46				
	M	15	75	70.10	Shaun Moller	KZN				120.0	130.0	140.0	140.0	140.0						140.0	104.80				
	M	14	75	73.90	Glen van der Linde	GN				130.0	137.5	142.5	137.5	137.5						137.5	99.00				

FLIGHT 2

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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power	Power	SQ	BP	DL
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place	4.	4.	4.
	M	13	90	86.10	Marnus de Klerk	WP					90.0	100.0	110.0	110.0	110.0					110.0	71.90				
		44																							
	M	6	90	88.10	Etienne Potgieter	GN					195.0	205.0	210.0	210.0	210.0					210.0	135.56				
	M	7	90	87.50	Jacques Knoesen	EP					160.0	167.5	170.0	170.0	170.0					170.0	110.14				
	M	5	90	87.50	Grant van der Haer	KZN					155.0	165.0	165.0	155.0	155.0					155.0	100.42				
	M	3	90	84.10	Brett Johnson	KZN					145.0	145.0	150.0	145.0	145.0					145.0	96.05				
	M	9	90	87.70	Howard Snoyman	G					145.0	145.0	160.0	145.0	145.0					145.0	93.83				
	M	4	90	87.80	Liam Smithers	KZN					135.0	145.0	145.0	145.0	145.0					145.0	93.77				
	M	8	90	87.90	Mark Battison	WP					145.0	150.0	150.0	145.0	145.0					145.0	93.71				
	M	11	90	87.70	Sampie Ludick	GN					120.0	130.0	140.0	140.0	140.0					140.0	90.59				
	M	12	90	85.20	Bill Kempen	G					125.0	132.5	132.5	125.0	125.0					125.0	82.19				
	M	10	90	88.20	Kyle de Rose	G					125.0	135.0	135.0	125.0	125.0					125.0	80.64				
	M	2	90	87.90	Freddie Snyman	KZN					205.0	205.0	205.0	-----	Disq					Disq					
		44																							
		44																							

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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power	Power	SQ	BP	DL
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place	4.	4.	4.
	M	4	100	98.60	Sam Fairfoot	KZN				195.0	210.0	220.0	220.0	220.0					220.0	134.66					
	M	1	100	99.50	Tyrone Delaney	WP				197.5	207.5	207.5	207.5	207.5					207.5	126.53					
	M	3	100	92.20	Heinrich J v Rensburg	EP				175.0	185.0	195.0	185.0	185.0					185.0	116.70					
	M	11	100	95.60	Mark Phillips	G				165.0	175.0	180.0	175.0	175.0					175.0	108.55					
	M	12	100	96.70	Cameron Vinokur	WP				150.0	155.0	155.0	-----	Disq					Disq						
		2				KZN																			
	M	6	110	107.10	Dave Edwards	GN				205.0	215.0	220.0	220.0	220.0					220.0	130.57					
	M	5	110	107.60	Edwin Govender	KZN				160.0	160.0	160.0	160.0	160.0					160.0	94.82					
	M		52			G																			
	M	8	110	108.00	Gary Katzen	G				172.5	187.5	205.0	172.5	172.5					172.5	102.10					
	M	9	100	100.00	Ian Buckle	NW				190.0	190.0	195.0	195.0	195.0					195.0	118.68					
	M		52			NW																			
	M	13	100	97.20	Frikkie Veldman	GN				205.0	205.0	205.0	-----	Disq					Disq						
			44																						
			44																						

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SA Bench Press Championships 2010
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= SA Official Record

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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power	Power	SQ	BP	DL
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place	4.	4.	4.
	M	2	75	73.80	Dan Oppenheim	G					<u>110.0</u>	<u>120.0</u>	125.0	120.0	120.0					120.0	86.48				
	M	1	75	71.70	Christo Gerber	EP					<u>105.0</u>	112.5	<u>115.0</u>	115.0	115.0					115.0	84.64				
	M	3	75	70.70	Tshepo Rapoo	NW					<u>110.0</u>	120.0	120.0	110.0	110.0					110.0	81.81				
			44			EP																			
	M	6	125+	128.60	Jaco Claassen	FS					<u>230.0</u>	250.0	<u>250.0</u>	250.0	250.0					250.0	141.68				
	M	5	125+	136.70	Frank J van Rensburg	KZN					250.0	260.0	260.0	-----	Disq					Disq					
	M	8	125	124.20	Ian Furman	G					<u>235.0</u>	<u>245.0</u>	<u>250.0</u>	250.0	250.0					250.0	142.65				
	M	10	125	122.60	Willie J Robertson	GN					210.0	<u>210.0</u>	220.0	210.0	210.0					210.0	120.16				
	M	9	125	111.80	Andre Ludik	EP					<u>180.0</u>	<u>187.5</u>	<u>190.0</u>	190.0	190.0					190.0	111.26				
	M	7	125	121.00	Johan Graham	NW					160.0	<u>100.0</u>	115.0	100.0	100.0					100.0	57.38				
	M	12	125+	135.30	Alan van Heerden	WP					<u>195.0</u>	<u>205.0</u>	<u>215.0</u>	215.0	215.0					215.0	120.79				
	M	11	125+	127.50	Collin Lubbe	FS					<u>160.0</u>	<u>172.5</u>	180.0	172.5	172.5					172.5	97.91				
			44																						

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Side Referee _____

Chief Referee _____