

**RESULTS BENCHPRESS  
FLIGHT 1**

**Gauteng Xmas**

04/12/2010

| LOT | CATEGORY<br>S/J J | S | M1 | M2 | M3 | DIVISION | WEIGHT | M/W   | LIFTER | NATION<br>PROVINCE   | PL Total | BADGE  | PLACE  | MEDAL | POINTS |        |                      |
|-----|-------------------|---|----|----|----|----------|--------|-------|--------|----------------------|----------|--------|--------|-------|--------|--------|----------------------|
| 1   |                   | S |    |    |    |          | 56.00  | 55.95 | M      | Tyron Basson         | G        | 250.00 | Yellow | 1     | Gold   | 227.58 | Tyron Basson         |
| 2   |                   | S |    |    |    |          | 75.00  | 72.15 | M      | Shaun Moller         | G        | 475.00 | Blue   | 1     | Gold   | 347.80 | Shaun Moller         |
| 3   |                   | S |    |    |    |          | 75.00  | 73.55 | M      | Martin Nel           | G        | 452.50 | Green  | 2     | Silver | 326.75 | Martin Nel           |
| 4   |                   | S |    |    |    |          | 75.00  | 71.60 | M      | Ruan Venter          | G        | 240.00 | Yellow | 3     | Bronze | 176.81 | Ruan Venter          |
| 5   |                   | S |    |    |    |          | 82.50  | 77.10 | M      | Kobus Bester         | G        | 477.50 | Green  | 1     | Gold   | 333.92 | Kobus Bester         |
| 6   |                   | S |    |    |    |          | 82.50  | 78.75 | M      | Richard Crossman     | G        | 410.00 | Yellow | 2     | Silver | 282.61 | Richard Crossman     |
| 7   |                   | S |    |    |    |          | 82.50  | 81.10 | M      | Gareth Mclver        | G        | 390.00 | Yellow | 3     | Bronze | 263.99 | Gareth Mclver        |
| 8   |                   | S |    |    |    |          | 82.50  | 75.30 | M      | Jacques Van Rensburg | G        | 320.00 | Yellow | 4     |        | 227.39 | Jacques Van Rensburg |
| 9   |                   | S |    |    |    |          | 90.00  | 88.15 | M      | Kyle Haskins         | G        | 530.00 | Blue   | 1     | Gold   | 341.90 | Kyle Haskins         |
| 10  |                   | S |    |    |    |          | 90.00  | 84.00 | M      | Ramon Saffy          | G        | 495.00 | Green  | 2     | Silver | 328.09 | Ramon Saffy          |
| 11  |                   | S |    |    |    |          | 90.00  | 86.00 | M      | Stuart Mclver        | G        | 405.00 | Yellow | 3     | Bronze | 264.87 | Stuart Mclver        |
| 12  |                   | S |    |    |    |          | 67.50  | 64.85 | W      | Jeraine Hunt         | G        | 225.00 | Yellow | 1     | Gold   | 236.32 | Jeraine Hunt         |
| 13  |                   | S |    |    |    |          | 67.50  | 67.50 | W      | Havannah Hunt        | G        | 170.00 | Yellow | 2     | Silver | 173.50 | Havannah Hunt        |
| 14  |                   | S |    |    |    |          | 75.00  | 69.15 | W      | Angelique Basson     | G        | 205.00 | Yellow | 1     | Gold   | 205.57 | Angelique Basson     |
| 15  |                   | S |    |    |    |          |        |       |        |                      |          |        |        |       |        |        |                      |

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**Highest Points**

|       |              |        |
|-------|--------------|--------|
| MEN   | Shaun Moller | 347.80 |
| WOMEN | Jeraine Hunt | 236.32 |

| Place | M/W | Lot | Class | BW    | Name                 | Nation<br>Province | SQUAT |    |       | SQ     | BENCH PRESS |    |       | BP     | Sub.  | DEADLIFT |    |       | DL     | Tot.   | Wilks  | Power | SQ | BP | DL |
|-------|-----|-----|-------|-------|----------------------|--------------------|-------|----|-------|--------|-------------|----|-------|--------|-------|----------|----|-------|--------|--------|--------|-------|----|----|----|
|       |     |     |       |       |                      |                    | 1.    | 2. | 3.    | Result | 1.          | 2. | 3.    | Result | Tot.  | 1.       | 2. | 3.    | Result | Result | Points | Place | 4. | 4. | 4. |
|       | W   | 1   | 44    |       |                      |                    |       |    |       |        |             |    |       |        |       |          |    |       |        |        |        |       |    |    |    |
| 1.    | M   | 4   | 56    | 55.95 | Tyron Basson         | G                  |       |    | 70.0  | 70.0   |             |    | 65.0  | 65.0   | 135.0 |          |    | 115.0 | 115.0  | 250.0  | 227.58 | 1.    |    |    |    |
| 4.    | W   | 2   | 75    | 69.15 | Angelique Basson     | G                  |       |    | 50.0  | 50.0   |             |    | 55.0  | 55.0   | 105.0 |          |    | 100.0 | 100.0  | 205.0  | 205.57 | 4.    |    |    |    |
| 2.    | M   | 3   | 90    | 84.00 | Ramon Saffy          | G                  |       |    | 170.0 | 170.0  |             |    | 115.0 | 115.0  | 285.0 |          |    | 210.0 | 210.0  | 495.0  | 328.09 | 2.    |    |    |    |
| 1.    | M   | 5   | 75    | 72.15 | Shaun Moller         | G                  |       |    | 175.0 | 175.0  |             |    | 100.0 | 100.0  | 275.0 |          |    | 200.0 | 200.0  | 475.0  | 347.80 | 1.    |    |    |    |
| 3.    | M   | 6   | 90    | 86.00 | Stuart Mclver        | G                  |       |    | 120.0 | 120.0  |             |    | 105.0 | 105.0  | 225.0 |          |    | 180.0 | 180.0  | 405.0  | 264.87 | 3.    |    |    |    |
| 1.    | M   | 7   | 82.5  | 77.10 | Kobus Bester         | G                  |       |    | 160.0 | 160.0  |             |    | 132.5 | 132.5  | 292.5 |          |    | 185.0 | 185.0  | 477.5  | 333.92 | 1.    |    |    |    |
| 3.    | M   | 10  | 82.5  | 81.10 | Gareth Mclver        | G                  |       |    | 140.0 | 140.0  |             |    | 80.0  | 80.0   | 220.0 |          |    | 170.0 | 170.0  | 390.0  | 263.99 | 3.    |    |    |    |
| 2.    | M   | 8   | 75    | 73.55 | Martin Nel           | G                  |       |    | 145.0 | 145.0  |             |    | 127.5 | 127.5  | 272.5 |          |    | 180.0 | 180.0  | 452.5  | 326.75 | 2.    |    |    |    |
| 2.    | M   | 9   | 82.5  | 78.75 | Richard Crossman     | G                  |       |    | 150.0 | 150.0  |             |    | 95.0  | 95.0   | 245.0 |          |    | 165.0 | 165.0  | 410.0  | 282.61 | 2.    |    |    |    |
| 4.    | M   | 11  | 82.5  | 75.30 | Jacques Van Rensburg | G                  |       |    | 100.0 | 100.0  |             |    | 70.0  | 70.0   | 170.0 |          |    | 150.0 | 150.0  | 320.0  | 227.39 | 4.    |    |    |    |
| 3.    | M   | 12  | 75    | 71.60 | Ruan Venter          | G                  |       |    | 80.0  | 80.0   |             |    | 60.0  | 60.0   | 140.0 |          |    | 100.0 | 100.0  | 240.0  | 176.81 | 3.    |    |    |    |
| 1.    | W   | 13  | 67.5  | 64.85 | Jeraine Hunt         | G                  |       |    | 70.0  | 70.0   |             |    | 40.0  | 40.0   | 110.0 |          |    | 115.0 | 115.0  | 225.0  | 236.32 | 1.    |    |    |    |
| 1.    | M   | 14  | 90    | 88.15 | Kyle Haskins         | G                  |       |    | 160.0 | 160.0  |             |    | 130.0 | 130.0  | 290.0 |          |    | 240.0 | 240.0  | 530.0  | 341.90 | 1.    |    |    |    |
| 2.    | W   | 15  | 67.5  | 67.50 | Havannah Hunt        | G                  |       |    | 50.0  | 50.0   |             |    | 40.0  | 40.0   | 90.0  |          |    | 80.0  | 80.0   | 170.0  | 173.50 | 2.    |    |    |    |

FLIGHT 1

Gauteng Xmas  
04/12/2010

= SA Official Record

= SA Unofficial Record

Side Referee \_\_\_\_\_

Chief Referee \_\_\_\_\_

**RESULTS BENCHPRESS  
FLIGHT 2**

**Gauteng Xmas**

04/12/2010

| LOT | CATEGORY |    | S | M1 | M2 | M3 | DIVISION | WEIGHT | M/W | LIFTER             | NATION<br>PROVINCE | PL Total | BADGE  | PLACE | MEDAL  | POINTS |                    |
|-----|----------|----|---|----|----|----|----------|--------|-----|--------------------|--------------------|----------|--------|-------|--------|--------|--------------------|
|     | S/J      | J  |   |    |    |    |          |        |     |                    |                    |          |        |       |        |        |                    |
| 1   |          |    |   |    |    |    |          |        |     |                    |                    |          |        |       |        |        |                    |
| 2   |          |    |   |    |    |    |          |        |     |                    |                    |          |        |       |        |        |                    |
| 3   |          |    |   |    |    |    |          |        |     |                    |                    |          |        |       |        |        |                    |
| 4   |          |    |   |    |    |    |          |        |     |                    |                    |          |        |       |        |        |                    |
| 5   |          |    |   |    |    |    |          |        |     |                    |                    |          |        |       |        |        |                    |
| 6   |          |    | S |    |    |    | 100.00   | 99.10  | M   | Mathew Cosmo       | G                  | 620.00   | Brown  | 1     | Gold   | 378.70 | Mathew Cosmo       |
| 7   |          |    | S |    |    |    | 100.00   | 92.60  | M   | Sarel Gadney       | G                  | 525.00   | Green  | 2     | Silver | 330.49 | Sarel Gadney       |
| 8   |          |    | S |    |    |    | 100.00   | 92.85  | M   | Jason Danker       | G                  | 495.00   | Orange | 3     | Bronze | 311.11 | Jason Danker       |
| 9   |          | BP |   |    |    |    | 110.00   | 109.60 | M   | Jason McGin        | G                  | 180.00   |        | 1     | Gold   | 106.06 | Jason McGin        |
| 10  |          |    | S |    |    |    | 125.00   | 110.60 | M   | Ruwan Kleinsmit    | G                  | 690.00   | Brown  | 1     | Gold   | 405.38 | Ruwan Kleinsmit    |
| 11  |          |    | S |    |    |    | 125.00   | 114.10 | M   | Warren Bakos       | G                  | 480.00   | Yellow | 2     | Silver | 279.50 | Warren Bakos       |
| 12  |          |    | S |    |    |    | 125+     | 129.40 | M   | Christian Ashcroft | G                  | 500.00   | Yellow | 1     | Gold   | 283.05 | Christian Ashcroft |
| 13  |          |    |   |    |    |    |          |        |     |                    |                    |          |        |       |        |        |                    |
| 14  |          |    |   |    |    |    |          |        |     |                    |                    |          |        |       |        |        |                    |
| 15  |          |    |   |    |    |    |          |        |     |                    |                    |          |        |       |        |        |                    |

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|-----------------------|-----------------|--------|
| <b>Highest Points</b> |                 |        |
| MEN                   | Ruwan Kleinsmit | 405.38 |

| Place | M/W | Lot | Class | BW     | Name               | Nation<br>Province | SQUAT |    |       | SQ     | BENCH PRESS |       |       | BP     | Sub. | DEADLIFT |    |       | DL     | Tot.   | Wilks<br>Points | Power<br>Place | SQ | BP | DL |
|-------|-----|-----|-------|--------|--------------------|--------------------|-------|----|-------|--------|-------------|-------|-------|--------|------|----------|----|-------|--------|--------|-----------------|----------------|----|----|----|
|       |     |     |       |        |                    |                    | 1.    | 2. | 3.    | Result | 1.          | 2.    | 3.    | Result | Tot. | 1.       | 2. | 3.    | Result | Result |                 |                | 4. | 4. | 4. |
|       | W   | 1   | 44    |        |                    |                    |       |    |       |        |             |       |       |        |      |          |    |       |        |        |                 |                |    |    |    |
|       | W   | 4   | 44    |        |                    |                    |       |    |       |        |             |       |       |        |      |          |    |       |        |        |                 |                |    |    |    |
|       | W   | 2   | 44    |        |                    |                    |       |    |       |        |             |       |       |        |      |          |    |       |        |        |                 |                |    |    |    |
| 1.    | M   | 3   | 110   | 109.60 | Jason McGin        | G                  |       |    |       |        | 180.0       | 180.0 | 180.0 |        |      |          |    |       | 180.0  | 180.0  | 106.06          | 1.             |    |    |    |
| 3.    | M   | 5   | 100   | 92.85  | Jason Danker       | G                  |       |    | 140.0 | 140.0  |             | 120.0 | 120.0 | 260.0  |      |          |    | 235.0 | 235.0  | 495.0  | 311.11          | 3.             |    |    |    |
| 1.    | M   | 6   | 125+  | 129.40 | Christian Ashcroft | G                  |       |    | 150.0 | 150.0  |             | 115.0 | 115.0 | 265.0  |      |          |    | 235.0 | 235.0  | 500.0  | 283.05          | 1.             |    |    |    |
| 1.    | M   | 10  | 100   | 99.10  | Mathew Cosmo       | G                  |       |    | 220.0 | 220.0  |             | 180.0 | 180.0 | 400.0  |      |          |    | 220.0 | 220.0  | 620.0  | 378.70          | 1.             |    |    |    |
| 2.    | M   | 7   | 100   | 92.60  | Sarel Gadney       | G                  |       |    | 195.0 | 195.0  |             | 125.0 | 125.0 | 320.0  |      |          |    | 205.0 | 205.0  | 525.0  | 330.49          | 2.             |    |    |    |
| 1.    | M   | 9   | 125   | 110.60 | Ruwan Kleinsmit    | G                  |       |    | 250.0 | 250.0  |             | 180.0 | 180.0 | 430.0  |      |          |    | 260.0 | 260.0  | 690.0  | 405.38          | 1.             |    |    |    |
| 2.    | M   | 8   | 125   | 114.10 | Warren Bakos       | G                  |       |    | 180.0 | 180.0  |             | 100.0 | 100.0 | 280.0  |      |          |    | 200.0 | 200.0  | 480.0  | 279.50          | 2.             |    |    |    |
|       | M   | 11  | 52    |        |                    |                    |       |    |       |        |             |       |       |        |      |          |    |       |        |        |                 |                |    |    |    |
|       | M   | 12  | 52    |        |                    |                    |       |    |       |        |             |       |       |        |      |          |    |       |        |        |                 |                |    |    |    |
|       | M   | 13  | 52    |        |                    |                    |       |    |       |        |             |       |       |        |      |          |    |       |        |        |                 |                |    |    |    |
|       | M   | 14  | 52    |        |                    |                    |       |    |       |        |             |       |       |        |      |          |    |       |        |        |                 |                |    |    |    |
|       |     |     | 44    |        |                    |                    |       |    |       |        |             |       |       |        |      |          |    |       |        |        |                 |                |    |    |    |

FLIGHT 2

Gauteng Xmas  
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Side Referee \_\_\_\_\_

Chief Referee \_\_\_\_\_