

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Power			
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place			
	W	1	72	68.50	Havannah Hunt	Gauteng					50-	55-	55-	-----	Disq					Disq					
	W	2	72	69.25	Angelique Basson	Gauteng					60.0	62.5	62.5	60.0	60.0					60.0	60.11				
	W	4	84	74.70	Esther Caddy	Gauteng					47.5	52.5	52.5	47.5	47.5					47.5	45.27				
	M	3	59	56.50	Shaun Furman	Gauteng					35.0	40.0	40.0	40.0	40.0					40.0	36.10				
	M	5	66	61.10	Stuart Hughes	Gauteng					85-	85.0	85-	85.0	85.0					85.0	71.32				
	M	6	66	62.00	Jonathan Wolberg	Gauteng					60.0	65.0	62.5	65.0	65.0					65.0	53.83				
	M	7	66	64.45	Ian Jordaan	Gauteng					80.0	90.0	90.0	90.0	90.0					90.0	72.04				
	M	8	74	70.20	Tyler Bakos	Gauteng					55-	60.0	60-	60.0	60.0					60.0	44.87				
	M	9	74	72.25	Ari Gork	Gauteng					100.0	110.0	117.5	110.0	110.0					110.0	80.47				
	M	10	74	72.90	Martin Nel	Gauteng					117.5	122.5	125-	122.5	122.5					122.5	89.07				
	M	11	74	73.40	Alferd Maartens	Gauteng					42.5	47.5	52.5	52.5	52.5					52.5	37.98				
		12	43																						
		13	43																						
		14	43																						
		15	43																						

Lifter on the Platform

OF GROUP

Flight 1 Raw
Gauteng Bench Press Championships 2011
07/08/2011

 = 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.	Wilks	Power			
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place			
	M	5	83	78.90	Quentin Trent	Gauteng					<u>72.5</u>	77.5	77.5	72.5	72.5					72.5	49.94				
	M	4	83	75.50	Chad De Rose	Gauteng					<u>50.0</u>	<u>57.5</u>	<u>62.5</u>	62.5	62.5					62.5	44.33				
	M	1	83	75.10	Errol Gottlich	Gauteng					<u>100.0</u>	<u>105.0</u>	107.5	105.0	105.0					105.0	74.75				
	M	2	83	75.40	Marlon Daniels	Gauteng					<u>140.0</u>	<u>147.5</u>	<u>152.5</u>	152.5	152.5					152.5	108.26				
	M	3	83	78.40	Kobus Bester	Gauteng					130.0	<u>130.0</u>	<u>140.0</u>	140.0	140.0					140.0	96.82				
	M	6	83	80.80	Gareth McIver	Gauteng					<u>70.0</u>	<u>77.5</u>	85.0	77.5	77.5					77.5	52.58				
	M	7	83	80.90	Devan Mc Dermid	Gauteng					115.0	<u>115.0</u>	<u>117.5</u>	117.5	117.5					117.5	79.65				
1.	M	9	105	94.65	Stuart Penaluna	Gauteng					<u>55.0</u>	60.0	60.0	55.0	55.0					55.0	34.26	1.			
1.	M	8	105	94.55	Johny Hall	Gauteng					130.0	<u>130.0</u>	<u>145.0</u>	145.0	145.0					145.0	90.36	1.			
	M	10	105	95.40	Mark Phillips	Gauteng					<u>120.0</u>	<u>130.0</u>	137.5	130.0	130.0					130.0	80.72				
	M	13	105	101.05	Clyde Keevy	Gauteng					<u>115.0</u>	<u>130.0</u>	<u>147.5</u>	147.5	147.5					147.5	89.39				
	M	12	105	99.20	Liam Schultz	Gauteng					<u>60.0</u>	<u>65.0</u>	<u>70.0</u>	70.0	70.0					70.0	42.74				
	M	11	105	98.25	Jason Danker	Gauteng					<u>125.0</u>	<u>135.0</u>	<u>145.0</u>	145.0	145.0					145.0	88.87				
		14	43																						
		15	43																						

Lifter on the Platform

OF GROUP

Flight 2 Raw
Gauteng Bench Press Championships 2011
07/08/2011

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Power Place
							1.	2.	3.		1.	2.	3.			1.	2.	3.				
1.	M	3	93	91.25	Ryan Williamson	Gauteng				85.0	55.0	65.0	65.0	65.0					65.0	41.20	1.	
	M	1	93	86.70	Karel Venter	Gauteng				80.0	100.0	100.0	80.0	80.0					80.0	52.09		
	M	2	93	90.50	Kyle De Rose	Gauteng				100.0	107.5	107.5	107.5	107.5					107.5	68.43		
	M	4	93	90.80	Frikkie Veldman	Gauteng				135.0	145.0	150.0	150.0	150.0					150.0	95.34		
	M	5	93	91.25	Clayton Opperman	Gauteng				110.0	135.0	150.0	150.0	150.0					150.0	95.07		
	M	6	93	91.40	Justin Vorster	Gauteng				95.0	105.0	110.0	105.0	105.0					105.0	66.52		
	M	7	93	92.15	Marcus Warriner	Gauteng				85.0	90.0	95.0	90.0	90.0					90.0	56.77		
	M	8	93	92.30	Tyron Sussman	Gauteng				100.0	110.0	110.0	100.0	100.0					100.0	63.05		
	M	9	93	92.40	Stuart McIver	Gauteng				95.0	105.0	105.0	105.0	105.0					105.0	66.16		
	M	10	120	111.95	Mathew Cosmo	Gauteng				170.0	180.0	190.0	180.0	180.0					180.0	105.35		
	M	11	120	116.60	Warren Bakos	Gauteng				105.0	115.0	120.0	120.0	120.0					120.0	69.48		
1.	M	12	120+	124.80	Ian Furman	Gauteng				170.0	185.0	200.0	200.0	200.0					200.0	114.00	1.	
	M	14	120+	131.60	Christian Ashcroft	Gauteng				140.0	150.0	155.0	150.0	150.0					150.0	84.66		
	M	13	120+			Gauteng																
		15	43																			

Lifter on the Platform

D OF GROUP

ress Championships 2011

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Power Place
							1.	2.	3.		1.	2.	3.			1.	2.	3.				
	W	1	72	68.50	Havannah Hunt	Gauteng				<u>60.0</u>	67.5	<u>67.5</u>	67.5	67.5					67.5	68.18		
	W	2	84	74.70	Esther Caddy	Gauteng				<u>55.0</u>	<u>60.0</u>	62.5	60.0	60.0					60.0	57.18		
1.	M	4	74	68.60	Jaco Brits	Gauteng				<u>80.0</u>	100.0	100.0	80.0	80.0					80.0	60.90	1.	
	M	3	74	74.00	Dan Oppenheim	Gauteng				<u>110.0</u>	<u>120.0</u>	<u>125.0</u>	125.0	125.0					125.0	89.91		
	M	5	83	75.40	Marlon Daniels	Gauteng				<u>190.0</u>	190.0	190.0	<u>190.0</u>	190.0					190.0	134.88		
1.	M	8	93	91.25	Clayton Opperman	Gauteng				<u>140.0</u>	<u>160.0</u>	170.0	<u>160.0</u>	160.0					160.0	101.41	1.	
	M	6	93	87.05	Howard Snoyman	Gauteng				<u>140.0</u>	150.0	<u>150.0</u>	150.0	150.0					150.0	97.43		
	M	7	93	90.80	Frikkie Veldman	Gauteng				<u>160.0</u>	<u>170.0</u>	<u>172.5</u>	172.5	172.5					172.5	109.64		
1.	M	11	105	101.05	Clyde Keevy	Gauteng				185.0	185.0	185.0	-----	Disq					Disq		1.	
	M	9	105	94.55	Johny Hall	Gauteng				<u>160.0</u>	160.0	160.0	160.0	160.0					160.0	99.71		
	M	10	105	95.40	Mark Phillips	Gauteng				<u>160.0</u>	160.0	160.0	160.0	160.0					160.0	99.34		
	M	12	120	111.95	Mathew Cosmo	Gauteng				<u>225.0</u>	235.0	235.0	225.0	225.0					225.0	131.69		
	M	13	120	116.60	Warren Bakos	Gauteng				<u>132.5</u>	142.5	<u>142.5</u>	142.5	142.5					142.5	82.51		
1.	M	15	120+	129.50	Jaco Van Heerden	Gauteng				140.0	<u>140.0</u>	<u>150.0</u>	150.0	150.0					150.0	84.90	1.	
	M	14	120+	124.80	Ian Furman	Gauteng				<u>230.0</u>	<u>240.0</u>	250.0	<u>240.0</u>	240.0					240.0	136.80		

Lifter on the Platform

Flight 4
Gauteng Bench Press Championships 2011
07/08/2011

OF GROUP

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

RESULTS

Flight 1 Raw Senior Division

Gauteng Bench Press Championships 2011

07/08/2011

LOT	CATEGORY						DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP TOTAL	BADGE	PLACE	MEDAL	WILKS POINTS
	S/J	J	S	M1	M2	M3										
1	12	#N/A	#N/A	#N/A	#N/A	#N/A	43					Yellow				#VALUE!
2	13	#N/A	#N/A	#N/A	#N/A	#N/A	43					Yellow				#VALUE!
3	14	#N/A	#N/A	#N/A	#N/A	#N/A	43					Yellow				#VALUE!
4	15	#N/A	#N/A	#N/A	#N/A	#N/A	43					Yellow				#VALUE!
5	3		S				59.00	56.50	M	Shaun Furman	Gauteng	40.00	Yellow	1	Gold	36.10 Shaun Furman
6	7		S				66.00	64.45	M	Ian Jordaan	Gauteng	90.00	Green	1	Gold	72.04 Ian Jordaan
7	5		S				66.00	61.10	M	Stuart Hughes	Gauteng	85.00	Orange	2	Silver	71.32 Stuart Hughes
8	6		S				66.00	62.00	M	Jonathan Wolberg	Gauteng	65.00	Yellow	3	Bronze	53.83 Jonathan Wolberg
9	10		S				74.00	72.90	M	Martin Nel	Gauteng	122.50	Brown	1	Gold	89.07 Martin Nel
10	9		S				74.00	72.25	M	Ari Gork	Gauteng	110.00	Blue	2	Silver	80.47 Ari Gork
11	8		S				74.00	70.20	M	Tyler Bakos	Gauteng	60.00	Yellow	3	Bronze	44.87 Tyler Bakos
12	11		S				74.00	73.40	M	Alferd Maartens	Gauteng	52.50	Yellow	4		37.98 Alferd Maartens
13	1		S				72.00	68.50	W	Havannah Hunt	Gauteng	-----	#N/A			#VALUE! Havannah Hunt
14	2		S				72.00	69.25	W	Angelique Basson	Gauteng	60.00	Orange	1	Gold	60.11 Angelique Basson
15	4		S				84.00	74.70	W	Esther Caddy	Gauteng	47.50	Yellow	1	Gold	45.27 Esther Caddy

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Highest Points

MEN	#REF!	#REF!
WOMEN	#REF!	#REF!
S/J MEN	#REF!	#REF!
J MEN	#REF!	#REF!
S MEN	#REF!	#REF!
M1 MEN	#REF!	#REF!
M2 MEN	#REF!	#REF!
M3 MEN	#REF!	#REF!
S/J WOMEN	#REF!	#REF!
J WOMEN	#REF!	#REF!
S WOMEN	#REF!	#REF!
M1 WOMEN	#REF!	#REF!
M2 WOMEN	#REF!	#REF!
M3 WOMEN	#REF!	#REF!

RESULTS

Flight 2 Raw Senior Division

Gauteng Bench Press Championships 2011

07/08/2011

LOT	CATEGORY						DIVISION	WEIGHT	M/W	LIFTER	NATION	BP TOTAL	BADGE	PLACE	MEDAL	WILKS	POINTS
	S/J	J	S	M1	M2	M3					PROVINCE						
1	14	#N/A	#N/A	#N/A	#N/A	#N/A	43					Yellow			#VALUE!		
2	15	#N/A	#N/A	#N/A	#N/A	#N/A	43					Yellow			#VALUE!		
3	2			S			83.00	75.40	M	Marlon Daniels	Gauteng	152.50	Bronze	1	Gold	108.26	Marlon Daniels
4	3			S			83.00	78.40	M	Kobus Bester	Gauteng	140.00	Black	2	Silver	96.82	Kobus Bester
5	7			S			83.00	80.90	M	Devan Mc Dermid	Gauteng	117.50	Green	3	Bronze	79.65	Devan Mc Dermid
6	1			S			83.00	75.10	M	Errol Gottlich	Gauteng	105.00	Orange	4		74.75	Errol Gottlich
7	6			S			83.00	80.80	M	Gareth Mclver	Gauteng	77.50	Yellow	5		52.58	Gareth Mclver
8	5			S			83.00	78.90	M	Quentin Trent	Gauteng	72.50	Yellow	6		49.94	Quentin Trent
9	4			S			83.00	75.50	M	Chad De Rose	Gauteng	62.50	Yellow	7		44.33	Chad De Rose
10	13			S			105.00	101.05	M	Clyde Keevy	Gauteng	147.50	Brown	1	Gold	89.39	Clyde Keevy
11	8			S			105.00	94.55	M	Johny Hall	Gauteng	145.00	Blue	2	Silver	90.36	Johny Hall
12	11			S			105.00	98.25	M	Jason Danker	Gauteng	145.00	Blue	3	Bronze	88.87	Jason Danker
13	10			S			105.00	95.40	M	Mark Phillips	Gauteng	130.00	Green	4		80.72	Mark Phillips
14	12			S			105.00	99.20	M	Liam Schultz	Gauteng	70.00	Yellow	5		42.74	Liam Schultz
15	9			S			105.00	94.65	M	Stuart Penaluna	Gauteng	55.00	Yellow	6		34.26	Stuart Penaluna

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Highest Points

MEN	#REF!	#REF!
WOMEN	#REF!	#REF!
S/J MEN	#REF!	#REF!
J MEN	#REF!	#REF!
S MEN	#REF!	#REF!
M1 MEN	#REF!	#REF!
M2 MEN	#REF!	#REF!
M3 MEN	#REF!	#REF!
S/J WOMEN	#REF!	#REF!
J WOMEN	#REF!	#REF!
S WOMEN	#REF!	#REF!
M1 WOMEN	#REF!	#REF!
M2 WOMEN	#REF!	#REF!
M3 WOMEN	#REF!	#REF!

RESULTS

Flight 3 Raw Senior Division

Gauteng Bench Press Championships 2011

07/08/2011

LOT	CATEGORY			M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP TOTAL	BADGE	PLACE	MEDAL	WILKS POINTS	
	S/J	J	S														
	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A										#VALUE!	
1	15						43						Yellow				
2	4		S				93.00	90.80	M	Frikkie Veldman	Gauteng	150.00	Black	1	Gold	95.34	Frikkie Veldman
3	5		S				93.00	91.25	M	Clayton Opperman	Gauteng	150.00	Black	2	Silver	95.07	Clayton Opperman
4	2		S				93.00	90.50	M	Kyle De Rose	Gauteng	107.50	Orange	3	Bronze	68.43	Kyle De Rose
5	6		S				93.00	91.40	M	Justin Vorster	Gauteng	105.00	Yellow	4		66.52	Justin Vorster
6	9		S				93.00	92.40	M	Stuart Mclver	Gauteng	105.00	Yellow	5		66.16	Stuart Mclver
7	8		S				93.00	92.30	M	Tyron Sussman	Gauteng	100.00	Yellow	6		63.05	Tyron Sussman
8	7		S				93.00	92.15	M	Marcus Warriner	Gauteng	90.00	Yellow	7		56.77	Marcus Warriner
9	1		S				93.00	86.70	M	Karel Venter	Gauteng	80.00	Yellow	8		52.09	Karel Venter
10	3		S				93.00	91.25	M	Ryan Williamson	Gauteng	65.00	Yellow	9		41.20	Ryan Williamson
11	10		S				120.00	111.95	M	Mathew Cosmo	Gauteng	180.00	Bronze	1	Gold	105.35	Mathew Cosmo
12	11		S				120.00	116.60	M	Warren Bakos	Gauteng	120.00	Orange	2	Silver	69.48	Warren Bakos
13	12		S				120+	124.80	M	Ian Furman	Gauteng	200.00	Silver	1	Gold	114.00	Ian Furman
14	14		S				120+	131.60	M	Christian Ashcroft	Gauteng	150.00	Blue	2	Silver	84.66	Christian Ashcroft
15	13	#N/A	#N/A	#N/A	#N/A	#N/A	120+		M		Gauteng		Yellow				#VALUE!

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Highest Points

MEN	#REF!	#REF!
WOMEN	#REF!	#REF!
S/J MEN	#REF!	#REF!
J MEN	#REF!	#REF!
S MEN	#REF!	#REF!
M1 MEN	#REF!	#REF!
M2 MEN	#REF!	#REF!
M3 MEN	#REF!	#REF!
S/J WOMEN	#REF!	#REF!
J WOMEN	#REF!	#REF!
S WOMEN	#REF!	#REF!
M1 WOMEN	#REF!	#REF!
M2 WOMEN	#REF!	#REF!
M3 WOMEN	#REF!	#REF!

RESULTS

Flight 4 Senior Division

Gauteng Bench Press Championships 2011

07/08/2011

LOT	CATEGORY		S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP TOTAL	BADGE	PLACE	MEDAL	WILKS	POINTS
	S/J	J									PROVINCE						
1	3		S				74.00	74.00	M	Dan Oppenheim	Gauteng	125.00	Black	1	Gold	89.91	Dan Oppenheim
2	4		S				74.00	68.60	M	Jaco Brits	Gauteng	80.00	Yellow	2	Silver	60.90	Jaco Brits
3	5		S				83.00	75.40	M	Marlon Daniels	Gauteng	190.00	Elite 2	1	Gold	134.88	Marlon Daniels
4	7		S				93.00	90.80	M	Frikkie Veldman	Gauteng	172.50	Silver	1	Gold	109.64	Frikkie Veldman
5	8		S				93.00	91.25	M	Clayton Opperman	Gauteng	160.00	Bronze	2	Silver	101.41	Clayton Opperman
6	6		S				93.00	87.05	M	Howard Snoyman	Gauteng	150.00	Black	3	Bronze	97.43	Howard Snoyman
7	11		S				105.00	101.05	M	Clyde Keevy	Gauteng	----	#N/A		#VALUE!		Clyde Keevy
8	9		S				105.00	94.55	M	Johny Hall	Gauteng	160.00	Black	1	Gold	99.71	Johny Hall
9	10		S				105.00	95.40	M	Mark Phillips	Gauteng	160.00	Black	2	Silver	99.34	Mark Phillips
10	12		S				120.00	111.95	M	Mathew Cosmo	Gauteng	225.00	Elite 2	1	Gold	131.69	Mathew Cosmo
11	13		S				120.00	116.60	M	Warren Bakos	Gauteng	142.50	Blue	2	Silver	82.51	Warren Bakos
12	14		S				120+	124.80	M	Ian Furman	Gauteng	240.00	Elite 3	1	Gold	136.80	Ian Furman
13	15		S				120+	129.50	M	Jaco Van Heerden	Gauteng	150.00	Blue	2	Silver	84.90	Jaco Van Heerden
14	1		S				72.00	68.50	W	Havannah Hunt	Gauteng	67.50	Blue	1	Gold	68.18	Havannah Hunt
15	2		S				84.00	74.70	W	Esther Caddy	Gauteng	60.00	Yellow	1	Gold	57.18	Esther Caddy

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Highest Points

MEN	#REF!	#REF!
WOMEN	#REF!	#REF!
S/J MEN	#REF!	#REF!
J MEN	#REF!	#REF!
S MEN	#REF!	#REF!
M1 MEN	#REF!	#REF!
M2 MEN	#REF!	#REF!
M3 MEN	#REF!	#REF!
S/J WOMEN	#REF!	#REF!
J WOMEN	#REF!	#REF!
S WOMEN	#REF!	#REF!
M1 WOMEN	#REF!	#REF!
M2 WOMEN	#REF!	#REF!
M3 WOMEN	#REF!	#REF!