

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.							
	M	1	66S/J	61.15	Jan Moolman	EP				<del>85.0</del>	<b>85.0</b>	<del>87.5</del>	<b>85.0</b>	<b>85.0</b>					<b>85.0</b>	<b>71.21</b>					
	W	2	47M1	46.45	Liliana Coleman	WP				<del>66.0</del>	<b>65.0</b>	<b>70.0</b>	<b>70.0</b>	<b>70.0</b>					<b>70.0</b>	<b>94.87</b>					
	W	3	57J	56.95	Ilze-Mari Maritz	EP				<b>72.5</b>	<b>77.5</b>	<del>86.0</del>	<b>77.5</b>	<b>77.5</b>					<b>77.5</b>	<b>89.93</b>					
	M	5	59S	53.85	Sean Brokenshire	WP				<b>107.5</b>	<del>115.0</del>	<del>115.0</del>	<b>107.5</b>	<b>107.5</b>					<b>107.5</b>	<b>101.66</b>					
	M	6	66J	65.75	Dirk o Kennedy	EP				<del>110.0</del>	<b>110.0</b>	<b>115.0</b>	<b>115.0</b>	<b>115.0</b>					<b>115.0</b>	<b>90.53</b>					
	M	7	66J	65.50	Christopher Bruce	WP				<del>110.0</del>	<del>110.0</del>	<del>110.0</del>	-----	<b>Disq</b>					<b>Disq</b>						
	M	8	66M2	65.40	JC Bruce	WP				<b>87.5</b>	<del>95.0</del>	<del>95.0</del>	<b>87.5</b>	<b>87.5</b>					<b>87.5</b>	<b>69.22</b>					
	M	9	74S	68.65	Ricardo Fitzgerald	North Cape				<del>110.0</del>	<del>110.0</del>	<b>170.0</b>	<b>170.0</b>	<b>170.0</b>					<b>170.0</b>	<b>129.25</b>					
	W	10	84S	74.35	Sue Glazier	KZN				<del>110.0</del>	<del>110.0</del>	<b>110.0</b>	<b>110.0</b>	<b>110.0</b>					<b>110.0</b>	<b>105.11</b>					
	W	11	72S	71.05	Sanet Momberg	EP				<del>140.0</del>	<b>140.0</b>	<del>155.0</del>	<b>140.0</b>	<b>140.0</b>					<b>140.0</b>	<b>137.80</b>					
	W	12	84M1	83.35	Isabel Kruger	NW				<b>85.0</b>	<del>92.5</del>	<del>97.5</del>	<b>85.0</b>	<b>85.0</b>					<b>85.0</b>	<b>76.08</b>					

Lifter on the Platform

## OF GROUP

Flight 1  
SA Bench Press Championships 2011  
22/10/2011

 = 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.							
	M	13	74S	73.50	Vinay Gosai	KZN					<b>140.0</b>	<b>150.0</b>	<del>157.5</del>	150.0	150.0					150.0	108.42				
	M	14	74S/J	69.10	Christo van Eeden	EP					<b>95.0</b>	<b>102.5</b>	<b>105.0</b>	105.0	105.0					105.0	79.47				
	M	16	74S/J	72.00	Jeandre van Eck	EP					<b>95.0</b>	<b>105.0</b>	<b>107.5</b>	107.5	107.5					107.5	78.87				
	M	17	74S/J	73.55	Christo Gerber	EP					<b>122.5</b>	<b>137.5</b>	<b>145.0</b>	<b>145.0</b>	145.0					145.0	104.70				
	M	19	93M3	91.60	Ado Krige	G					<b>110.0</b>	<del>120.0</del>	<del>120.0</del>	110.0	110.0					110.0	69.61				
	M	20	93S	89.45	Clayton Opperman	G					<b>170.0</b>	<b>180.0</b>	<del>187.5</del>	180.0	180.0					180.0	115.24				
	M	21	93S	91.55	Etienne Potgieter	G					<del>210.0</del>	<b>210.0</b>	<b>215.0</b>	<b>215.0</b>	215.0					215.0	136.05				
	M	22	93S	90.85	Frikkie Veldman	G					<b>185.0</b>	<b>200.0</b>	<del>210.0</del>	<b>200.0</b>	200.0					200.0	127.04				
	M	23	105S	95.75	Liam Smithers	KZN					<b>160.0</b>	<b>170.0</b>	<del>180.0</del>	170.0	170.0					170.0	105.35				
	M	24	93S/J	84.25	Christian Venter	EP					<b>105.0</b>	<del>112.5</del>	<b>117.5</b>	117.5	117.5					117.5	77.73				
	M	25	93S/J	87.55	Ruben Fourie	EP					<b>95.0</b>	<del>99.5</del>	<del>99.5</del>	95.0	95.0					95.0	61.51				

Lifter on the Platform

## OF GROUP

Flight 2  
SA Bench Press Championships 2011  
22/10/2011

 = 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.							
	M	26	83J	82.20	Marcus Sapire	G					<b>140.0</b>	<b>147.5</b>	<del>157.5</del>	147.5	147.5					147.5	99.03				
	M	27	83S/J	77.12	Carlo Buchner						<b>95.0</b>	<del>102.5</del>	<del>102.5</del>	95.0	95.0					95.0	66.38				
	M	28	83J	78.15	Pieter Snyman	WP					<b>150.0</b>	<b>157.5</b>	<b>162.5</b>	162.5	162.5					162.5	112.56				
	M	29	83J	80.95	Nathan Valentine	WP					<del>155.0</del>	<b>155.0</b>	<b>162.5</b>	162.5	162.5					162.5	110.08				
	M	30	83J	81.45	Benjamin Coetsee	WP					<del>152.5</del>	<del>152.5</del>	<del>152.5</del>	-----	Disq				<b>Disq</b>						
	M	31	83M1	81.65	Jacques Knoesen	EP					<b>157.5</b>	<b>162.5</b>	<b>165.0</b>	<b>165.0</b>	165.0					165.0	111.19				
	M	32	83M2	83.00	Lawrence Arendse	WP					<b>130.0</b>	<del>137.5</del>	<del>142.5</del>	130.0	130.0					130.0	86.78				
1.	M	33	83M3	81.80	Neal Coleman	WP					<del>140.0</del>	<b>140.0</b>	<del>147.5</del>	140.0	140.0					140.0	94.28	1.			
	M	34	83M3	81.40	Peter Vermaak	WP					<del>145.0</del>	<del>145.0</del>	<del>145.0</del>	-----	Disq				<b>Disq</b>						
	M	36	83S	82.45	Naresh Naidoo	KZN					<del>170.0</del>	<b>175.0</b>	<del>180.0</del>	175.0	175.0					175.0	117.23				
	M	35	83S	81.30	Albert De Bondt	G					<b>140.0</b>	<b>150.0</b>	<del>157.5</del>	150.0	150.0					150.0	101.39				
1.	M	38	83S/J	83.00	Henmar Ebersohn	G					<b>115.0</b>	<del>120.0</del>	<del>120.0</del>	115.0	115.0					115.0	76.76	1.			
	M	37	83S/J	75.25	Franko Holder	NW					<b>120.0</b>	<del>130.0</del>	<del>135.0</del>	120.0	120.0					120.0	85.27				

Lifter on the Platform

## OF GROUP

Flight 3  
SA Bench Press Championships 2011  
22/10/2011

 = 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.							
	M	39	105M1	94.35	Mark Phillips	G					165.0	170.0	<del>177.5</del>	170.0	170.0					170.0	106.05				
	M	40	105M1	103.90	Cornel Welgemoed	G					155.0	165.0	<del>177.5</del>	165.0	165.0					165.0	98.97				
	M	41	105M1	103.50	Yegi Williams	EP					<del>210.0</del>	210.0	215.0	215.0	215.0					215.0	129.13				
	M	43	105M1	104.10	Willie van Rensburg	NW					<del>177.5</del>	177.5	182.0	180.0	180.0					180.0	107.89				
	M	44	105M2	100.00	Ian Buckle	NW					187.5	<del>190.0</del>	<del>185.0</del>	187.5	187.5					187.5	114.11				
	M	45	105S	97.25	Grant van der Haer	KZN					<del>170.0</del>	180.0	<del>185.0</del>	180.0	180.0					180.0	110.79				
	M	46	105S	105.00	Dave Edwards	G					210.0	<del>215.0</del>	<del>215.0</del>	210.0	210.0					210.0	125.50				
	M	47	105S	103.10	Davon Smith	WP					170.0	180.0	<del>190.0</del>	180.0	180.0					180.0	108.27				
	M	60	105J	103.00	Martin Grobler	G					200.0	<del>212.5</del>	<del>212.5</del>	200.0	200.0					200.0	120.34				

Lifter on the Platform

## OF GROUP

Flight 4  
SA Bench Press Championships 2011  
22/10/2011

 = 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.							
	M	48	120+J	141.00	Eugene Nolan	EP					<b>222.5</b>	<b>232.5</b>	<del>237.5</del>	<b>232.5</b>	232.5					232.5	129.78				
	M	49	120M1	120.00	Ian Furman	G					<b>230.0</b>	<del>240-</del>	<del>252.5</del>	230.0	230.0					230.0	132.23				
	M	50	120M1	116.10	Mathew Cosmo	G					<b>250.0</b>	<del>255-</del>		<b>250.0</b>	250.0					250.0	144.90				
	M	51	120+M1	131.00	Martinus van Rooyen	EP					<del>180-</del>	<del>180-</del>	<del>180-</del>	-----	Disq					Disq					
	M	52	120+M1	150.00	Arno Lambrechts	G					<b>210.0</b>			210.0	210.0					210.0	116.19				
	M	53	120M2	110.35	Andre Ludik	EP					<b>170.0</b>	<b>175.0</b>		<b>175.0</b>	175.0					175.0	102.87				
	M	54	120+M2	123.35	Willy Johnston-Robertson	G					<b>210.0</b>			210.0	210.0					210.0	119.99				
	M	55	120S	116.40	Eddie Govender	KZN					<b>180.0</b>	<b>190.0</b>	<del>198-</del>	190.0	190.0					190.0	110.05				
	M	56	120S	109.95	Andre Cloete	North Cape					<b>215.0</b>	<del>225-</del>	<del>235-</del>	215.0	215.0					215.0	126.53				
	M	57	120+S	126.95	Christen Ashcroft	G					<b>170.0</b>	<del>188-</del>	<del>188-</del>	170.0	170.0					170.0	96.58				

Lifter on the Platform

## OF GROUP

Flight 5  
SA Bench Press Championships 2011  
22/10/2011

 = SA Official Record

 = SA Unofficial Record

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

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

M/W	Class	BW	Name	Nation Province	Tot. Result	Wilks Points	Badge	Category	Date of Birth	Age Category	Bench Result	PL Power Place	Team Points	Bench Place	Bench Points	Bench Badge
W	47M1	46.45	Liliana Coleman	WP	70	94.871	Yellow	47	19/08/1963	M1	70	1.	12	1.	12	Gold
W	57J	56.95	Ilze-Mari Maritz	EP	77.5	89.931	Yellow	57	21/05/1988	S	77.5	1.	12	1.	12	Silver
W	57J	56.95	Ilze-Mari Maritz	EP	77.5	89.931	Yellow	57	21/05/1988	J	77.5	1.	12	1.	12	Silver
W	72S	71.05	Sanet Momberg	EP	140	137.802	Yellow	72	04/02/1972	S	140	1.	12	1.	12	Elite 4
W	84S	74.35	Sue Glazier	KZN	110	105.105	Yellow	84	03/01/1979	S	110	1.	12	1.	12	Silver
W	84M1	83.35	Isabel Kruger	NW	85	76.075	Yellow	84	05/06/1964	S	85	2.	9	2.	9	Brown
W	84M1	83.35	Isabel Kruger	NW	85	76.075	Yellow	84	05/06/1964	M1	85	1.	12	1.	12	Brown

M/W	Class	BW	Name	Nation Province	Tot. Result	Wilks Points	Badge	Category	Date of Birth	Age Category	Bench Result	Power Place	Team Points	Bench Place	Bench Points	Bench Badge
M	59S	53.85	Sean Brokenshire	WP	107.5	101.66	Yellow	59	12/08/1987	S	107.5	1.	12	1.	12	Black
M	66S/J	61.15	Jan Moolman	EP	85	71.21	Yellow	66	16/09/1993	0 S/J	85	1.	12	1.	12	Orange
M	66M2	65.4	JC Bruce	WP	87.5	69.22	Yellow	66	09/05/1961	0 M2	87.5	1.	12	1.	12	Green
M	66J	65.5	Christopher Bruce	WP	Disq		#N/A	66	09/02/1991	0 J	0	0.	0	0.	0	#N/A
M	66J	65.75	Dirk o Kennedy	EP	115	90.53	Yellow	66	04/10/1988	0 J	115	1.	12	1.	12	Black
M	74S/J	73.55	Christo Gerber	EP	145	104.70	Yellow	74	20/01/1994	0 S/J	145	1.	12	1.	12	Silver
M	74S/J	72	Jeandre van Eck	EP	107.5	78.87	Yellow	74	21/05/1993	0 S/J	107.5	2.	9	2.	9	Blue
M	74S/J	69.1	Christo van Eeden	EP	105	79.47	Yellow	74	04/01/1994	0 S/J	105	3.	8	3.	8	Green
M	74S	68.65	Ricardo Fitzgerald	North Cap	170	129.25	Yellow	74	30/11/1980	S	170	1.	12	1.	12	Elite 2
M	74S	73.5	Vinay Gosai	KZN	150	108.42	Yellow	74	18/04/1980	S	150	2.	9	2.	9	Gold
M	83S/J	75.25	Franco Holder	NW	120	85.27	Yellow	83	31/03/1993	0 S/J	120	1.	12	1.	12	Blue
M	83S/J	83	Henmar Ebersohn	G	115	76.76	Yellow	83	16/04/1993	0 S/J	115	2.	9	2.	9	Green
M	83S	82.45	Naresh Naidoo	KZN	175	117.23	Yellow	83	16/06/1981	S	175	1.	12	1.	12	Gold
M	83M1	81.65	Jacques Knoesen	EP	165	111.19	Yellow	83	26/12/1971	M1	165	2.	9	2.	9	Silver
M	83S	81.3	Albert De Bondt	G	150	101.39	Yellow	83	08/06/1987	S	150	3.	8	3.	8	Bronze
M	83M3	81.4	Peter Vermaak	WP	Disq		#N/A	83	21/03/1948	0 M3	0	0.	0	0.	0	#N/A
M	83M3	81.8	Neal Coleman	WP	140	94.28	Yellow	83	24/07/1950	0 M3	140	1.	12	1.	12	Black
M	83M2	83	Lawrence Arendse	WP	130	86.78	Yellow	83	19/09/1954	0 M2	130	1.	12	1.	12	Brown
M	83M1	81.65	Jacques Knoesen	EP	165	111.19	Yellow	83	26/12/1971	S	165	1.	12	1.	12	Silver
M	83J	81.45	Benjamin Coetsee	WP	Disq		#N/A	83	25/07/1989	0 J	0	0.	0	0.	0	#N/A
M	83J	78.15	Pieter Snyman	WP	162.5	112.56	Yellow	83	10/03/1989	0 J	162.5	1.	12	1.	12	Silver
M	83J	80.95	Nathan Valentine	WP	162.5	110.08	Yellow	83	02/07/1989	0 J	162.5	2.	9	2.	9	Silver
M	83J	82.2	Marcus Sapire	G	147.5	99.03	Yellow	83	06/02/1989	0 J	147.5	3.	8	3.	8	Bronze
M	83S/J	77.12	Carlo Buchner	EP	95	66.38	Yellow	83	21/12/1988	0 J	95	4.	7	4.	7	Yellow
M	93S/J	84.25	Christian Venter	EP	117.5	77.73	Yellow	93	17/01/1994	0 S/J	117.5	1.	12	1.	12	Green
M	93S/J	87.55	Ruben Fourie	EP	95	61.51	Yellow	93	24/05/1994	0 S/J	95	2.	9	2.	9	Yellow
M	93S	91.55	Etienne Potgieter	G	215	136.05	Yellow	93	21/01/1986	S	215	1.	12	1.	12	Elite 3
M	93S	90.85	Frikkie Veldman	G	200	127.04	Yellow	93	29/05/1987	S	200	2.	9	2.	9	Elite 2
M	93S	89.45	Clayton Opperman	G	180	115.24	Yellow	93	31/08/1982	S	180	3.	8	3.	8	Gold
M	93M3	91.6	Ado Krige	G	110	69.61	Yellow	93	14/03/1947	0 M3	110	1.	12	1.	12	Orange
M	105M1	103.5	Yegi Williams	EP	215	129.13	Yellow	105	10/04/1965	M1	215	1.	12	1.	12	Elite 2
M	105S	105	Dave Edwards	G	210	125.50	Yellow	105	18/03/1985	S	210	2.	9	2.	9	Elite 2
M	105S	103.1	Davon Smith	WP	180	108.27	Yellow	105	08/08/1986	S	180	4.	7	3.	8	Silver
M	105S	97.25	Grant van der Haer	KZN	180	110.79	Yellow	105	10/01/1982	S	180	3.	8	4.	7	Silver
M	105S	95.75	Liam Smithers	KZN	170	105.35	Yellow	105	10/11/1987	S	170	5.	6	5.	6	Bronze
M	105M1	94.35	Mark Phillips	G	170	106.05	Yellow	105	04/05/1968	M1	170	6.	5	6.	5	Bronze
M	105M2	100	Ian Buckle	NW	187.5	114.11	Yellow	105	28/11/1958	0 M2	187.5	1.	12	1.	12	Silver
M	105M1	103.5	Yegi Williams	EP	215	129.13	Yellow	105	10/04/1965	S	215	1.	12	1.	12	Elite 2
M	105M1	104.1	Willie van Rensburg	NW	180	107.89	Yellow	105	18/05/1963	0 M1	180	2.	9	2.	9	Silver
M	105M1	94.35	Mark Phillips	G	170	106.05	Yellow	105	04/05/1968	S	170	3.	8	3.	8	Bronze
M	105M1	103.9	Cornel Welgemoed	G	165	98.97	Yellow	105	08/06/1970	0 M1	165	4.	7	4.	7	Black
M	105J	103	Martin Grobler	G	200	120.34	Yellow	105	10/03/1989	J	200	1.	12	1.	12	Elite 1
M	120M1	120	Ian Furman	G	230	132.23	Yellow	120	11/06/1967	M1	230	1.	12	1.	12	Elite 2
M	120S	109.95	Andre Cloete	North Cap	215	126.53	Yellow	120	17/11/1979	S	215	2.	9	2.	9	Elite 1
M	120S	116.4	Eddie Govender	KZN	190	110.05	Yellow	120	13/01/1980	S	190	3.	8	3.	8	Silver
M	120M2	110.35	Andre Ludik	EP	175	102.87	Yellow	120	30/06/1957	M2	175	4.	7	4.	7	Bronze
M	120M2	110.35	Andre Ludik	EP	175	102.87	Yellow	120	30/06/1957	S	175	1.	12	1.	12	Bronze
M	120M1	116.1	Mathew Cosmo	G	250	144.90	Yellow	120	31/03/1971	0 M1	250	1.	12	1.	12	Elite 4
M	120M1	120	Ian Furman	G	230	132.23	Yellow	120	11/06/1967	S	230	2.	9	2.	9	Elite 2
M	120+J	141	Eugene Nolan	EP	232.5	129.78	Yellow	120+	06/09/1989	J	232.5	1.	12	1.	12	Elite 2
M	120+S	126.95	Christen Ashcroft	G	170	96.58	Yellow	120+	05/07/1980	S	170	2.	9	2.	9	Black
M	120+M2	123.35	Willy Johnston-Robert	G	210	119.99	Yellow	120+	19/11/1957	0 M2	210	1.	12	1.	12	Gold
M	120+M1	131	Martinus van Rooyen	EP	Disq		#N/A	120+	03/04/1965	0 M1	0	0.	0	0.	0	#N/A
M	120+M1	150	Arno Lambrechts	G	210	116.19	Yellow	120+	18/10/1970	0 M1	210	1.	12	1.	12	Gold
M	120+J	141	Eugene Nolan	EP	232.5	129.78	Yellow	120+	06/09/1989	S	232.5	1.	12	1.	12	Elite 2