

## Western Cape Provincial Champs 2024

### Bench Press Only Raw & Equipped

| LADIES - OPEN - RAW      |        |          |            |                  |                  |                  |         |               |           |
|--------------------------|--------|----------|------------|------------------|------------------|------------------|---------|---------------|-----------|
| Name                     | Div    | Bwt - kg | IPF Wt Cls | BP-1             | BP-2             | BP-3             | Best BP | IPF GL Points | Qualified |
| S. Adams                 | F-O-U  | 47.00    | 47         | 37.5             | 40.0             | <del>42.5</del>  | 40.0    | 42.39         | Q         |
| MEN - SUB-JUNIOR - RAW   |        |          |            |                  |                  |                  |         |               |           |
| Name                     | Div    | Bwt - kg | IPF Wt Cls | BP-1             | BP-2             | BP-3             | Best BP | IPF GL Points | Qualified |
| Blaine Coleman           | M-SJ-U | 74.00    | 74         | <del>110.0</del> | 120.0            | <del>122.5</del> | 120.0   | 64.00         | Q         |
| Peter Bester (SJ)        | M-SJ-U | 81.30    | 83         | 90.0             | 100.0            | 110.0            | 110.0   | 55.84         | Q         |
| MEN - JUNIOR - RAW       |        |          |            |                  |                  |                  |         |               |           |
| Name                     | Div    | Bwt - kg | IPF Wt Cls | BP-1             | BP-2             | BP-3             | Best BP | IPF GL Points | Qualified |
| Ruben Bays               | M-J-U  | 71.70    | 74         | 125.0            | 130.0            | <del>135.0</del> | 130.0   | 70.51         | Q         |
| Maahir Martin            | M-J-U  | 90.80    | 93         | 170.0            | 180.0            | <del>187.5</del> | 180.0   | 86.41         | Q         |
| MEN - OPEN - RAW         |        |          |            |                  |                  |                  |         |               |           |
| Name                     | Div    | Bwt - kg | IPF Wt Cls | BP-1             | BP-2             | BP-3             | Best BP | IPF GL Points | Qualified |
| Fabio Yslie              | M-O-U  | 97.50    | 105        | 167.5            | <del>175.0</del> |                  | 167.5   | 77.67         | Q         |
| Peter Bester             | M-O-U  | 128.90   | 120+       | 190.0            | 205.0            | 215.0            | 215.0   | 88.03         | Q         |
| MEN - MASTERS - RAW      |        |          |            |                  |                  |                  |         |               |           |
| Name                     | Div    | Bwt - kg | IPF Wt Cls | BP-1             | BP-2             | BP-3             | Best BP | IPF GL Points | Qualified |
| Shazly Savahl            | M-M2-U | 71.50    | 74         | 82.5             | <del>90.0</del>  | 90.0             | 90.0    | 48.88         | Q         |
| Johny Charles Johnson    | M-M2-U | 102.80   | 105        | 165.0            | 170.0            | <del>177.5</del> | 170.0   | 76.87         | Q         |
| JC Bruce                 | M-M3-U | 65.80    | 66         | <del>72.5</del>  | 72.5             |                  | 72.5    | 41.19         | Q         |
| MEN - MASTERS - EQUIPPED |        |          |            |                  |                  |                  |         |               |           |
| Name                     | Div    | Bwt - kg | IPF Wt Cls | BP-1             | BP-2             | BP-3             | Best BP | IPF GL Points | Qualified |
| JC Bruce                 | M-M3   | 65.80    | 66         |                  |                  | 80.0             | 80.0    | 34.82         | Q         |