

**GAUTENG 2009 RESULTS - BY DIVISION - BENCH PRESS**

M/W	Lot	Div Kg	Name	Competition	SQ Result	BP Result	DL Result	Tot. Result	Powerlifting Points	BP Badge	Powerliftin Badge	Bench Points
W	63	48	Liliana Coleman	SA Bench Nov		60.0		60.0	79.46	Bronze	Yellow	79.464
W	64	48	Liliana Coleman	SA Bench Feb		55.0		55.0	74.09	Black	Yellow	74.085
M	94	52	Thabo Thahlanohaka	SA Bench Feb		100.0		100.0	106.53	Bronze	Yellow	106.53
W	57	52	Kelly-Anne Grobler	SA Bench Nov		50.0		50.0	63.27	Blue	Yellow	63.27
W	58	52	Kelly-Anne Grobler	SA Raw Bench		47.5		47.5	60.38	Green		60.37725
W	62	52	Liliana Coleman	Gauteng Dev		47.5		47.5	61.39	Green	Yellow	61.39375
W	66	56	Lisa Basson	SA Bench Nov		75.0		75.0	89.50	Silver	Yellow	89.4975
W	67	56	Lisa Basson	InterProvincial	110.0	70.0	135.0	315.0	382.44	Bronze	Bronze	84.987
W	68	56	Lisa Basson	SA Powerlifting	110.0	65.0	130.0	305.0	371.92	Black	Black	79.261
W	69	56	Lisa Basson	SA Raw Bench		57.5		57.5	68.91	Blue		68.91375
W	70	56	Louise Steenkamp	SA Powerlifting	135.0	57.5	157.5	350.0	412.97	Blue	Silver	67.84425
W	65	56	Lisa Basson	Gauteng Champs	90.0	55.0	120.0	265.0	326.48	Blue	Brown	67.76
M	32	67.5	Harry Shomalistos	SA Bench Nov		165.0		165.0	127.22	Elite 3	Yellow	127.215
M	96	67.5	Tshepo Kgame	SA Bench Nov		145.0		145.0	111.80	Elite 1	Yellow	111.795
M	33	67.5	Harry Shomalistos	SA Raw Bench		140.0		140.0	108.58	Gold		108.584
M	97	67.5	Tshepo Kgame	InterProvincial	175.0	127.5	182.5	485.0	373.94	Bronze	Brown	98.3025
M	12	67.5	Damion Piquet	Gauteng Champs	92.5	55.0	120.0	267.5	215.52	Yellow	Yellow	44.3135
M	13	67.5	Damion Piquet	SA Powerlifting	100.0	55.0	150.0	305.0	258.55	Yellow	Yellow	46.6235
M	75	75	Marlon Daniels	Gauteng Champs	220.0	180.0	220.0	620.0	448.14	Elite 2	Silver	130.104
M	26	75	Eugene Popov	SA Bench Feb		177.5		177.5	129.58	Elite 2	Yellow	129.575
M	77	75	Marlon Daniels	SA Bench Feb		177.5		177.5	128.05	Elite 2	Yellow	128.0485
M	76	75	Marlon Daniels	SA Powerlifting	220.0	170.0	240.0	630.0	450.20	Elite 1	Silver	121.482
M	98	75	Tshepo Kgame	SA Powerlifting	190.0	125.0	165.0	480.0	360.10	Brown	Blue	93.775
M	14	75	Dan Oppenheim	SA Bench Nov		120.0		120.0	85.51	Brown	Yellow	85.512
M	99	75	Tshepo Kgame	SA Raw Bench		115.0		115.0	85.62	Blue		85.6175
M	23	75	Errol Gottlich	SA Bench Nov		102.5		102.5	73.04	Green	Yellow	73.0415
M	25	75	Errol Gottlich	SA Bench Feb		100.0		100.0	72.85	Green	Yellow	72.85
M	95	75	Tshepo Kgame	Gauteng Xmas	130.0	100.0	180.0	410.0	305.90	Green	Orange	74.61
M	54	75	Juan Louw	Gauteng Champs	155.0	90.0	165.0	410.0	295.20	Yellow	Orange	64.8
M	71	75	Mabuya Khati	SA Raw Bench		90.0		90.0	68.51	Yellow		68.508
M	79	75	Mathew Stevens	Gauteng Champs	120.0	85.0	180.0	385.0	281.90	Yellow	Yellow	62.237
M	20	75	Dean Rickelton	Gauteng Champs	95.0	65.0	147.5	307.5	221.40	Yellow	Yellow	46.8
M	17	82.5	Darryn Anthony	SA Powerlifting	280.0	172.5	260.0	712.5	477.30	Gold	Gold	115.55775
M	18	82.5	Darryn Anthony	SA Bench Feb		170.0		170.0	114.31	Gold	Yellow	114.308
M	80	82.5	Matthew Oluwatuyi	Gauteng Dev	220.0	150.0	220.0	590.0	400.32	Bronze	Black	101.775
M	89	82.5	Sean Anthony	SA Bench Feb		142.5		142.5	98.88	Black	Yellow	98.88075
M	84	82.5	Neal Coleman	SA Bench Nov		130.0		130.0	87.09	Brown	Yellow	87.087
M	16	82.5	Dan Oppenheim	SA Bench Feb		127.5		127.5	90.27	Blue	Yellow	90.27
M	93	82.5	Solomon Liebenberg	SA Bench Feb		125.0		125.0	85.89	Blue	Yellow	85.8875
M	15	82.5	Dan Oppenheim	SA Powerlifting	175.0	122.5	217.5	515.0	366.63	Blue	Blue	87.20775

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M	8	82.5	Brian Coleman	SA Bench Nov		120.0		120.0	80.69	Blue	Yellow	80.688
M	85	82.5	Neal Coleman	SA Bench Feb		120.0		120.0	80.99	Blue	Yellow	80.988
M	24	82.5	Errol Gottlich	SA Raw Bench		105.0		105.0	74.40	Orange	Yellow	74.403
M	72	82.5	Maiki Thapelo	SA Raw Bench		105.0		105.0	72.80	Orange	Yellow	72.7965
M	60	82.5	Kurt Nolting	Gauteng Champs	130.0	102.5	-----	Disq		Orange	#N/A	68.8185
M	9	82.5	Brian Coleman	SA Raw Bench		100.0		100.0	67.24	Orange	Yellow	67.24
M	83	82.5	Neal Coleman	Gauteng Dev		100.0		100.0	67.79	Orange	Yellow	67.79
M	22	82.5	Dylan Van Houten	Gauteng Xmas	150.0	95.0	190.0	435.0	301.11	Yellow	Orange	65.759
M	3	82.5	Anthony Paladin	Gauteng Dev	130.0	85.0	170.0	385.0	269.46	Yellow	Yellow	59.4915
M	21	82.5	Dillon Bakos	Gauteng Champs	112.5	65.0	152.5	330.0	226.18	Yellow	Yellow	44.551
M	59	90	Kobus Engelbrecht	SA Bench Feb		185.0		185.0	118.44	Elite 1	Yellow	118.437
M	56	90	Katlego Kgame	SA Bench Nov		145.0		145.0	92.57	Black	Yellow	92.568
M	42	90	Irvine Dekeya	SA Powerlifting	215.0	132.5	235.0	582.5	372.10	Blue	Brown	84.641
M	40	90	Irvine Dekeya	Gauteng Champs	190.0	130.0	220.0	540.0	346.14	Blue	Blue	83.33
M	41	90	Irvine Dekeya	SA Bench Nov		125.0		125.0	79.80	Blue	Yellow	79.8
M	102	90	William Kempen	SA Bench Nov		125.0		125.0	79.80	Blue	Yellow	79.8
M	103	90	William Kempen	SA Bench Feb		125.0		125.0	82.58	Blue	Yellow	82.575
M	43	90	Irvine Dekeya	SA Raw Bench		120.0		120.0	77.94	Green		77.94
M	45	90	John Mackechnie	Gauteng Champs	145.0	120.0	200.0	465.0	300.90	Green	Orange	77.652
M	51	90	Joshua Capazio	Gauteng Dev	190.0	120.0	215.0	525.0	336.53	Green	Blue	76.92
M	55	90	Katlego Kgame	Gauteng Dev	190.0	120.0	230.0	540.0	352.51	Green	Blue	78.336
M	81	90	Michael Motaung	SA Bench Feb		120.0		120.0	78.90	Green	Yellow	78.9
M	46	90	John Mackechnie	InterProvincial		117.5	260.0	377.5	243.68	Green	Yellow	75.84625
M	47	90	John Mackechnie	SA Bench Feb		115.0		115.0	74.65	Green	Yellow	74.6465
M	44	90	John Mackechnie	Gauteng Xmas	140.0	105.0	200.0	445.0	293.74	Orange	Orange	69.3105
M	90	90	Shane Clark	Gauteng Xmas	110.0	90.0	205.0	405.0	267.34	Yellow	Yellow	59.409
M	4	90	Barrie-Jon Mulder	Gauteng Xmas	135.0	85.0	175.0	395.0	256.39	Yellow	Yellow	55.1735
M	52	90	Joshua Capazio	SA Bench Feb						Yellow	Yellow	
M	87	90	Robert Huff	Gauteng Champs	-----			Disq		Yellow	#N/A	
W	110	90	Yvette Coetzee	SA Raw Bench		72.5		72.5	59.79	Yellow	Yellow	59.79075
W	2	90	Allyssa Dosramos	SA Bench Nov		65.0		65.0	56.17	Orange	Yellow	56.1665
M	35	100	Henk De Wet	SA Powerlifting	245.0	177.5	282.5	705.0	439.14	Silver	Bronze	110.56475
M	37	100	Henk De Wet	SA Bench Feb		175.0		175.0	109.45	Silver	Yellow	109.445
M	28	100	Gary Katzen	SA Bench Nov		172.5		172.5	105.41	Bronze	Yellow	105.41475
M	34	100	Henk De Wet	Gauteng Champs	240.0	172.5	255.0	667.5	414.58	Bronze	Black	107.13975
M	73	100	Mark Phillips	Gauteng Xmas	250.0	170.0	250.0	670.0	421.10	Bronze	Black	106.845
M	36	100	Henk De Wet	SA Raw Bench		130.0		130.0	81.54	Green		81.536
M	104	100	Willie White	Gauteng Xmas	200.0	130.0	250.0	580.0	353.97	Green	Blue	79.339
M	19	100	De villiers Venter	Pirates	180.0	122.5	222.5	525.0	320.41	Green	Green	74.76175
M	53	100	Joshua Capazorio	SA Powerlifting	220.0	120.0	220.0	560.0	349.33	Orange	Blue	74.856
M	82	100	Michael Snyman	Gauteng Xmas	195.0	120.0	200.0	515.0	326.61	Orange	Green	76.104

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M	105	100	Yusyf Ishola Ogumdire	Gauteng Xmas	190.0	120.0	230.0	540.0	328.64	Orange	Green	73.032
M	6	100	Brad Hall	Pirates	130.0	115.0	190.0	435.0	273.70	Orange	Yellow	72.358
M	74	100	Mark Phillips	SA Bench Feb						Yellow	Yellow	
M	48	110	Jonathan Featherston	SA Bench Nov		207.5		207.5	122.11	Elite 1	Yellow	122.11375
M	31	110	Gary Katzen	SA Bench Feb		187.5		187.5	111.24	Silver	Yellow	111.24375
M	29	110	Gary Katzen	InterProvincial		185.0		185.0	110.37	Silver	Yellow	110.371
M	50	110	Jonathan Featherston	SA Bench Feb		185.0		185.0	110.45	Silver	Yellow	110.445
M	86	110	Nick Tatalias	SA Bench Feb		177.5		177.5	104.46	Bronze	Yellow	104.45875
M	78	110	Mathew Cosmo	InterProvincial	200.0	175.0		375.0	225.56	Bronze	Yellow	105.2625
M	10	110	Clyde Keevy	SA Bench Nov		165.0		165.0	97.10	Black	Yellow	97.1025
M	27	110	Gary Katzen	Gauteng Champs		165.0		165.0	97.81	Black	Yellow	97.812
M	7	110	Brett Parker	Gauteng Xmas		160.0		160.0	97.18	Black	Yellow	97.184
M	49	110	Jonathan Featherston	SA Raw Bench		157.5		157.5	93.29	Brown	Yellow	93.28725
M	30	110	Gary Katzen	SA Raw Bench		150.0		150.0	89.58	Brown		89.58
M	11	110	Clyde Keevy	SA Raw Bench		140.0		140.0	83.23	Blue		83.23
M	92	110	Shane Meyer	Pirates	200.0	140.0	220.0	560.0	338.18	Blue	Green	84.546
M	91	110	Shane Meyer	Gauteng Xmas	195.0	130.0	225.0	550.0	332.15	Green	Green	78.507
M	39	125	Ian Furman	SA Bench Feb		255.0		255.0	145.43	Elite 4	Yellow	145.4265
M	100	125	Uchenna Okalome	Gauteng Xmas	280.0	210.0	270.0	760.0	437.91	Gold	Bronze	121.002
M	38	125	Ian Furman	SA Raw Bench		200.0		200.0	113.96	Gold		113.96
M	61	125	Lawrence Ross Njoku	Gauteng Xmas	240.0	200.0	270.0	710.0	409.95	Gold	Black	115.48
M	1	125	Alan Chapman	Gauteng Xmas	285.0	170.0	320.0	775.0	449.73	Black	Bronze	98.651
M	5	125	Barry Lombard	Pirates	165.0	155.0	210.0	530.0	306.87	Brown	Orange	89.745
M	101	125+	Wayne Newby	Gauteng Xmas	280.0	200.0	225.0	705.0	394.02	Silver	Brown	111.78
M	88	125+	Ruwan Kleinsmit	SA Bench Feb						Yellow	Yellow	
W	107	90+	Yvette Coetzee	SA Bench Nov		95.0		95.0	80.41	Yellow	Yellow	80.408
W	108	90+	Yvette Coetzee	InterProvincial	135.0	77.5	152.5	365.0	302.37	Yellow	Yellow	64.201
W	109	90+	Yvette Coetzee	SA Powerlifting	140.0	65.0	145.0	350.0	288.79	Yellow	Yellow	53.6315
W	106	90+	Yvette Coetzee	Gauteng Champs	65.0	57.5	135.0	257.5	212.05	Yellow	Yellow	47.35125