

Open	Caneous Mdluli		62,75	66	2000	110,0	120,0	125,0	125,0	1		72,89	Q
	Chad Govington		81,90	83	1985	135,0	142,5	150,0	150,0	1		75,86	Q
	Josef de Beer		82,00	83	1996	105,0	-120,0	-120,0	105,0	2		53,07	
	Leon Mwandiringa		90,50	93	1993	150,0	160,0	170,0	170,0	1		81,75	Q
	Johnny Dam		92,60	93	1969	150,0	157,5	-162,5	157,5	2		74,88	Q
	Dylan Jacobsen		87,90	93	1990	130,0	-140,0	0,0	130,0	3		63,43	Q
	Del Piero Poonsamy		89,00	93	2001	75,0	82,5	92,5	92,5	4		44,85	
	Daniel Duke		105,00	105	2000	195,0	200,0	205,0	205,0	1	Best Open	91,79	Q
	Judah de Beer		97,50	105	1998	120,0	135,0	-140,0	135,0	2		62,60	Q
	Stefan Schroder		155,40	120+	1992	200,0	0,0		200,0	1		76,27	Q
	Tony Mudau	1610	126,80	120+	1981	150,0	160,0	170,0	170,0	2		70,08	Q
	Stanford Thompson		167,70	120+	2002	160,0	-180,0	-180,0	160,0	3		59,46	Q
Master 1	Chad Govington		81,90	83	1985	135,0	142,5	150,0	150,0	1	Best Master 1	75,86	Q
	Tony Mudau	1610	126,80	120+	1981	150,0	160,0	170,0	170,0	1		70,08	Q
	Steven le Roux		147,50	120+	1981	150,0	160,0	170,0	170,0	2		66,06	Q
	Werner Koekemoer		186,50	120+	1976	150,0	-155,0	-155,0	150,0	3		53,95	Q
Master 2	Glen van der Linde		72,85	74	1971	100,0	107,5	115,0	115,0	1		61,84	Q
	Richard Boys		81,15	83	1969	80,0	85,0	90,0	90,0	1		45,73	Q
	Johnny Dam		92,60	93	1969	150,0	157,5	-162,5	157,5	1		74,88	Q
	Hermanus de Beer		116,40	120	1970	130,0	140,0	150,0	150,0	1		64,12	Q
	Ian Furman		126,60	120+	1967	180,0	185,0	0,0	185,0	1	Best Master 2	76,31	Q
	David Kerr		141,00	120+	1975	125,0	-132,5	0,0	125,0	2		49,40	Q
Master 3	Eric Kobal		92,45	93	1958	90,0	97,5	100,0	100,0	1	Best Master 3	47,58	Q
	Patrick Mundell		101,70	105	1959	85,0	90,0	-95,0	90,0	1		40,90	

02/01/25 Gauteng Bench Press Championships 2025

Women - Equipped Bench Press	Name	Team	Bwt - kg	IPF Wt Cls	Birth Year	BP-1	BP-2	BP-3	Best BP	Place	Best Lifters	IPF GL Points	Qualified for SA Bench
Subjunior	Simone van der Merwe		91,45	84+	2007	65,0	70,0	75,0	75,0	1	Best Subjunior	37,98	Q
Open	Meg Leighton	1610	60,75	63	1996	60,0	62,5	-65,0	62,5	1		38,61	Q
	Lize-Mari de Beer		78,75	84	2000	70,0	75,0	-77,5	75,0	1	Best Open	40,22	Q
Master 1	Chantelle du Toit	1610	76,00	76	1985	57,5	62,5	67,5	67,5	1	Best Master 1	36,78	Q

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Men - Equipped Bench Press	Name	Team	Bwt - kg	IPF Wt Cls	Birth Year	BP-1	BP-2	BP-3	Best BP	Place	Best Lifters	IPF GL Points	Qualified for SA Bench
Open	Johnny Dam		92,30	93	1969	160,0	-170,0	170,0	170,0	1	Best Open	56,48	Q
Master 1	Carel Jansen		81,95	83	1976	120,0	125,0	130,0	130,0	1	Best Master 1	46,70	Q
Master 2	Johnny Dam		92,30	93	1969	160,0	-170,0	170,0	170,0	1		56,48	Q
	Hermanus de Beer		115,75	120	1970	150,0	160,0	170,0	170,0	1		50,67	Q
	Ian Furman		127,85	120+	1967	225,0	-235,0	0,0	225,0	1	Best Master 2	64,84	Q