

Best Lifters**Women**

Overall

Sue Glazer

Points

112.77

Men

S/J MEN

Jaco Strydom

93.12

J MEN

Jason Meyer

130.48

S MEN

Ian Furman

142.65

M1 MEN

Ian Furman

142.65

M2 MEN

Willie Robertson

120.16

M3 MEN

Neal Coleman

95.46

RESULTS BENCHPRESS
FLIGHT 2 Sub Junior Division 75kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY		S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP Total	BADGE	PLACE	MEDAL	POINTS	
1	2	S/J J					75.00	73.20	M	Jason Meyer	EP	180.00	Elite 2			130.48	Jason Meyer
2	15	J	S				75.00	70.10	M	Shaun Moller	KZN	140.00	Bronze			104.80	Shaun Moller
3	8	J					75.00	72.10	M	Jabulane Phantle	NW	137.50	Bronze			100.79	Jabulane Phantle
4	14		S				75.00	73.90	M	Glen van der Linde	GN	137.50	Bronze			99.00	Glen van der Linde
5	5	J	S				75.00	74.80	M	Albert de Bondt	G	135.00	Black			96.38	Albert de Bondt
6	9	J					75.00	75.00	M	Richard Battison	WP	125.00	Brown			89.08	Richard Battison
7	3	J					75.00	72.80	M	Rayner Bartsch	GN	122.50	Brown			89.16	Rayner Bartsch
8	2					M3	75.00	73.80	M	Dan Oppenheim	G	120.00	Brown			86.48	Dan Oppenheim
9	7				M2		75.00	74.00	M	Errol Gottlich	G	102.50	Green			73.73	Errol Gottlich
10	10		S				82.50	80.40	M	Neresh Naidoo	KZN	165.00	Silver			112.30	Neresh Naidoo
11	13					M3	82.50	82.50	M	Neal Coleman	WP	142.50	Black			95.46	Neal Coleman
12	4	J					82.50	80.30	M	Kobus du Plooy	KZN	117.50	Green			80.03	Kobus du Plooy
13	1	S/J					75.00	71.70	M	Christo Gerber	EP	115.00	Blue	1	Gold	84.64	Christo Gerber
14	3	S/J					75.00	70.70	M	Tshepo Rapoo	NW	110.00	Blue	2	Silver	81.81	Tshepo Rapoo
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Highest Points

MEN	Jason Meyer	130.48
WOMEN	#N/A	
S/J MEN	Christo Gerber	84.64
J MEN	Jason Meyer	130.48
S MEN	Neresh Naidoo	112.30
M1 MEN	#N/A	
M2 MEN	Errol Gottlich	73.73
M3 MEN	Neal Coleman	95.46
S/J WOMEN	#N/A	
J WOMEN	#N/A	
S WOMEN	#N/A	
M1 WOMEN	#N/A	
M2 WOMEN	#N/A	
M3 WOMEN	#N/A	

RESULTS BENCHPRESS
FLIGHT 2 Junior Division

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP Total	BADGE	PLACE	MEDAL	POINTS		
1	14	S					75.00	73.90	M	Glen van der Linde	GN	137.50	Bronze		99.00	Glen van der Linde	
2	2						75.00	73.80	M	Dan Oppenheim	G	120.00	Brown		86.48	Dan Oppenheim	
3	1	S/J				M3	75.00	71.70	M	Christo Gerber	EP	115.00	Blue		84.64	Christo Gerber	
4	3	S/J					75.00	70.70	M	Tshepo Rapoo	NW	110.00	Blue		81.81	Tshepo Rapoo	
5	7			M2			75.00	74.00	M	Errol Gottlich	G	102.50	Green		73.73	Errol Gottlich	
6	10	S					82.50	80.40	M	Neresh Naidoo	KZN	165.00	Silver		112.30	Neresh Naidoo	
7	13					M3	82.50	82.50	M	Neal Coleman	WP	142.50	Black		95.46	Neal Coleman	
8	2	J					75.00	73.20	M	Jason Meyer	EP	180.00	Elite 2	1	Gold	130.48	Jason Meyer
9	15	J	S				75.00	70.10	M	Shaun Moller	KZN	140.00	Bronze	2	Silver	104.80	Shaun Moller
10	8	J					75.00	72.10	M	Jabulane Phantle	NW	137.50	Bronze	3	Bronze	100.79	Jabulane Phantle
11	5	J	S				75.00	74.80	M	Albert de Bondt	G	135.00	Black	4		96.38	Albert de Bondt
12	9	J					75.00	75.00	M	Richard Battison	WP	125.00	Brown	5		89.08	Richard Battison
13	3	J					75.00	72.80	M	Rayner Bartsch	GN	122.50	Brown	6		89.16	Rayner Bartsch
14	4	J					82.50	80.30	M	Kobus du Plooy	KZN	117.50	Green	1	Gold	80.03	Kobus du Plooy
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Highest Points

MEN	Jason Meyer	130.48
WOMEN	#N/A	
S/J MEN	Christo Gerber	84.64
J MEN	Jason Meyer	130.48
S MEN	Neresh Naidoo	112.30
M1 MEN	#N/A	
M2 MEN	Errol Gottlich	73.73
M3 MEN	Neal Coleman	95.46
S/J WOMEN	#N/A	
J WOMEN	#N/A	
S WOMEN	#N/A	
M1 WOMEN	#N/A	
M2 WOMEN	#N/A	
M3 WOMEN	#N/A	

RESULTS BENCHPRESS
FLIGHT 2 Senior Division 75 & 82.5kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP Total	BADGE	PLACE	MEDAL	POINTS	
1	2	J				75.00	73.20	M	Jason Meyer	EP	180.00	Elite 2			130.48	Jason Meyer
2	8	J				75.00	72.10	M	Jabulane Phantle	NW	137.50	Bronze			100.79	Jabulane Phantle
3	9	J				75.00	75.00	M	Richard Battison	WP	125.00	Brown			89.08	Richard Battison
4	3	J				75.00	72.80	M	Rayner Bartsch	GN	122.50	Brown			89.16	Rayner Bartsch
5	2				M3	75.00	73.80	M	Dan Oppenheim	G	120.00	Brown			86.48	Dan Oppenheim
6	1	S/J				75.00	71.70	M	Christo Gerber	EP	115.00	Blue			84.64	Christo Gerber
7	3	S/J				75.00	70.70	M	Tshepo Rapoo	NW	110.00	Blue			81.81	Tshepo Rapoo
8	7			M2		75.00	74.00	M	Errol Gottlich	G	102.50	Green			73.73	Errol Gottlich
9	13				M3	82.50	82.50	M	Neal Coleman	WP	142.50	Black			95.46	Neal Coleman
10	4	J				82.50	80.30	M	Kobus du Plooy	KZN	117.50	Green			80.03	Kobus du Plooy
11	15	J	S			75.00	70.10	M	Shaun Moller	KZN	140.00	Bronze	1	Gold	104.80	Shaun Moller
12	14		S			75.00	73.90	M	Glen van der Linde	GN	137.50	Bronze	2	Silver	99.00	Glen van der Linde
13	5	J	S			75.00	74.80	M	Albert de Bondt	G	135.00	Black	3	Bronze	96.38	Albert de Bondt
14	10		S			82.50	80.40	M	Neresh Naidoo	KZN	165.00	Silver	1	Gold	112.30	Neresh Naidoo
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Highest Points

MEN	Jason Meyer	130.48
WOMEN	#N/A	
S/J MEN	Christo Gerber	84.64
J MEN	Jason Meyer	130.48
S MEN	Neresh Naidoo	112.30
M1 MEN	#N/A	
M2 MEN	Errol Gottlich	73.73
M3 MEN	Neal Coleman	95.46
S/J WOMEN	#N/A	
J WOMEN	#N/A	
S WOMEN	#N/A	
M1 WOMEN	#N/A	
M2 WOMEN	#N/A	
M3 WOMEN	#N/A	

RESULTS BENCHPRESS
FLIGHT 2 Master 2 Division 75kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP Total	BADGE	PLACE	MEDAL	POINTS		
1	2	J					75.00	73.20	M	Jason Meyer	EP	180.00	Elite 2		130.48	Jason Meyer	
2	15	J	S				75.00	70.10	M	Shaun Moller	KZN	140.00	Bronze		104.80	Shaun Moller	
3	8	J					75.00	72.10	M	Jabulane Phantle	NW	137.50	Bronze		100.79	Jabulane Phantle	
4	14		S				75.00	73.90	M	Glen van der Linde	GN	137.50	Bronze		99.00	Glen van der Linde	
5	5	J	S				75.00	74.80	M	Albert de Bondt	G	135.00	Black		96.38	Albert de Bondt	
6	9	J					75.00	75.00	M	Richard Battison	WP	125.00	Brown		89.08	Richard Battison	
7	3	J					75.00	72.80	M	Rayner Bartsch	GN	122.50	Brown		89.16	Rayner Bartsch	
8	2				M3		75.00	73.80	M	Dan Oppenheim	G	120.00	Brown		86.48	Dan Oppenheim	
9	1	S/J					75.00	71.70	M	Christo Gerber	EP	115.00	Blue		84.64	Christo Gerber	
10	3	S/J					75.00	70.70	M	Tshepo Rapoo	NW	110.00	Blue		81.81	Tshepo Rapoo	
11	10		S				82.50	80.40	M	Neresh Naidoo	KZN	165.00	Silver		112.30	Neresh Naidoo	
12	13				M3		82.50	82.50	M	Neal Coleman	WP	142.50	Black		95.46	Neal Coleman	
13	4	J					82.50	80.30	M	Kobus du Plooy	KZN	117.50	Green		80.03	Kobus du Plooy	
14	7			M2			75.00	74.00	M	Errol Gottlich	G	102.50	Green	1	Gold	73.73	Errol Gottlich
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Highest Points

MEN	Jason Meyer	130.48
WOMEN	#N/A	
S/J MEN	Christo Gerber	84.64
J MEN	Jason Meyer	130.48
S MEN	Neresh Naidoo	112.30
M1 MEN	#N/A	
M2 MEN	Errol Gottlich	73.73
M3 MEN	Neal Coleman	95.46
S/J WOMEN	#N/A	
J WOMEN	#N/A	
S WOMEN	#N/A	
M1 WOMEN	#N/A	
M2 WOMEN	#N/A	
M3 WOMEN	#N/A	

RESULTS BENCHPRESS
FLIGHT 2 Master 3 Division 75 & 82.5kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP Total	BADGE	PLACE	MEDAL	POINTS	
1	2	J				75.00	73.20	M	Jason Meyer	EP	180.00	Elite 2			130.48	Jason Meyer
2	15	J	S			75.00	70.10	M	Shaun Moller	KZN	140.00	Bronze			104.80	Shaun Moller
3	8	J				75.00	72.10	M	Jabulane Phantle	NW	137.50	Bronze			100.79	Jabulane Phantle
4	14		S			75.00	73.90	M	Glen van der Linde	GN	137.50	Bronze			99.00	Glen van der Linde
5	5	J	S			75.00	74.80	M	Albert de Bondt	G	135.00	Black			96.38	Albert de Bondt
6	9	J				75.00	75.00	M	Richard Battison	WP	125.00	Brown			89.08	Richard Battison
7	3	J				75.00	72.80	M	Rayner Bartsch	GN	122.50	Brown			89.16	Rayner Bartsch
8	1	S/J				75.00	71.70	M	Christo Gerber	EP	115.00	Blue			84.64	Christo Gerber
9	3	S/J				75.00	70.70	M	Tshepo Rapoo	NW	110.00	Blue			81.81	Tshepo Rapoo
10	7			M2		75.00	74.00	M	Errol Gottlich	G	102.50	Green			73.73	Errol Gottlich
11	10		S			82.50	80.40	M	Neresh Naidoo	KZN	165.00	Silver			112.30	Neresh Naidoo
12	4	J				82.50	80.30	M	Kobus du Plooy	KZN	117.50	Green			80.03	Kobus du Plooy
13	2				M3	75.00	73.80	M	Dan Oppenheim	G	120.00	Brown	1	Gold	86.48	Dan Oppenheim
14	13				M3	82.50	82.50	M	Neal Coleman	WP	142.50	Black	1	Gold	95.46	Neal Coleman
15																

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Highest Points

MEN	Jason Meyer	130.48
WOMEN	#N/A	
S/J MEN	Christo Gerber	84.64
J MEN	Jason Meyer	130.48
S MEN	Neresh Naidoo	112.30
M1 MEN	#N/A	
M2 MEN	Errol Gottlich	73.73
M3 MEN	Neal Coleman	95.46
S/J WOMEN	#N/A	
J WOMEN	#N/A	
S WOMEN	#N/A	
M1 WOMEN	#N/A	
M2 WOMEN	#N/A	
M3 WOMEN	#N/A	

RESULTS BENCHPRESS
FLIGHT 1 Sub Junior Division

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY		S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP Total	BADGE	PLACE	MEDAL	POINTS	
	S/J	J									PROVINCE						
6	9	J					60.00	58.20	M	Jacques Fourie	EP	115.00	Bronze			100.89	Jacques Fourie
5	8	J	S				67.50	61.60	M	Stuart Murchie	GN	-----	#N/A			#VALUE!	Stuart Murchie
4	13		S				67.50	65.50	M	Dane Bax	KZN	125.00	Bronze			98.76	Dane Bax
12	14					M3	67.50	67.00	M	Harvey Redman	G	110.00	Brown			85.32	Harvey Redman
3	3	J					67.50	67.30	M	Freddy Senekal	GN	107.50	Brown			83.09	Freddy Senekal
8	12	J					67.50	66.60	M	Christopher Bruce	WP	107.50	Brown			83.79	Christopher Bruce
10	7	S/J					60.00	59.00	M	Jaco Strydom	EP	107.50	Black	1	Gold	93.12	Jaco Strydom
13	10	S/J					67.50	64.70	M	Kennedy Sekome	GN	90.00	Green	1	Gold	71.85	Kennedy Sekome
2	2		S				56.00	55.90	W	Lisa Basson	G	70.00	Bronze			82.48	Lisa Basson
7	4		S				75.00	71.50	W	Sue Glazer	KZN	115.00	Elite 2			112.77	Sue Glazer
9	5	J	S				82.50	81.70	W	Zelda Bates	KZN	85.00	Brown			76.89	Zelda Bates
14	6	S/J	J	S			90.00	87.70	W	Esmay Smith	NW	75.00	Green	1	Gold	65.53	Esmay Smith
11																	
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<u>Highest Points</u>			
MEN		#VALUE!	#VALUE!
WOMEN	Sue Glazer		112.77
S/J MEN	Kennedy Sekome		71.85
J MEN		#VALUE!	#VALUE!
S MEN		#VALUE!	#VALUE!
M1 MEN		#N/A	
M2 MEN		#N/A	
M3 MEN	Harvey Redman		85.32
S/J WOMEN		#N/A	
J WOMEN	Zelda Bates		76.89
S WOMEN	Sue Glazer		112.77
M1 WOMEN		#N/A	
M2 WOMEN		#N/A	
M3 WOMEN		#N/A	

RESULTS BENCHPRESS
FLIGHT 1 Junior Division

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP Total	BADGE	PLACE	MEDAL	POINTS		
	S/J	J								PROVINCE							
6	7	S/J					60.00	59.00	M	Jaco Strydom	EP	107.50	Black		93.12	Jaco Strydom	
5	13		S				67.50	65.50	M	Dane Bax	KZN	125.00	Bronze		98.76	Dane Bax	
4	14				M3		67.50	67.00	M	Harvey Redman	G	110.00	Brown		85.32	Harvey Redman	
12	10	S/J					67.50	64.70	M	Kennedy Sekome	GN	90.00	Green		71.85	Kennedy Sekome	
3	9		J				60.00	58.20	M	Jacques Fourie	EP	115.00	Bronze	1	Gold	100.89	Jacques Fourie
8	8		J	S			67.50	61.60	M	Stuart Murchie	GN	-----	#N/A		#VALUE!	Stuart Murchie	
10	3		J				67.50	67.30	M	Freddy Senekal	GN	107.50	Brown	2	Silver	83.09	Freddy Senekal
13	12		J				67.50	66.60	M	Christopher Bruce	WP	107.50	Brown	1	Gold	83.79	Christopher Bruce
2	2			S			56.00	55.90	W	Lisa Basson	G	70.00	Bronze		82.48	Lisa Basson	
7	4			S			75.00	71.50	W	Sue Glazer	KZN	115.00	Elite 2		112.77	Sue Glazer	
9	5		J	S			82.50	81.70	W	Zelda Bates	KZN	85.00	Brown	1	Gold	76.89	Zelda Bates
14	6	S/J	J	S			90.00	87.70	W	Esmay Smith	NW	75.00	Green	1	Gold	65.53	Esmay Smith
11																	
15																	

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<u>Highest Points</u>			
MEN		#VALUE!	#VALUE!
WOMEN	Sue Glazer		112.77
S/J MEN	Jaco Strydom		93.12
J MEN		#VALUE!	#VALUE!
S MEN		#VALUE!	#VALUE!
M1 MEN		#N/A	
M2 MEN		#N/A	
M3 MEN	Harvey Redman		85.32
S/J WOMEN		#N/A	
J WOMEN	Zelda Bates		76.89
S WOMEN	Sue Glazer		112.77
M1 WOMEN		#N/A	
M2 WOMEN		#N/A	
M3 WOMEN		#N/A	

RESULTS BENCHPRESS
FLIGHT 1 Senior Division

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP Total	BADGE	PLACE	MEDAL	POINTS	
	S/J	J								PROVINCE						
6	9	J				60.00	58.20	M	Jacques Fourie	EP	115.00	Bronze			100.89	Jacques Fourie
5	7	S/J				60.00	59.00	M	Jaco Strydom	EP	107.50	Black			93.12	Jaco Strydom
4	14				M3	67.50	67.00	M	Harvey Redman	G	110.00	Brown			85.32	Harvey Redman
12	3	J				67.50	67.30	M	Freddy Senekal	GN	107.50	Brown			83.09	Freddy Senekal
3	12	J				67.50	66.60	M	Christopher Bruce	WP	107.50	Brown			83.79	Christopher Bruce
8	10	S/J				67.50	64.70	M	Kennedy Sekome	GN	90.00	Green			71.85	Kennedy Sekome
10	8	J	S			67.50	61.60	M	Stuart Murchie	GN	-----	#N/A			#VALUE!	Stuart Murchie
13	13		S			67.50	65.50	M	Dane Bax	KZN	125.00	Bronze	1	Gold	98.76	Dane Bax
2	2		S			56.00	55.90	W	Lisa Basson	G	70.00	Bronze	1	Gold	82.48	Lisa Basson
7	4		S			75.00	71.50	W	Sue Glazer	KZN	115.00	Elite 2	1	Gold	112.77	Sue Glazer
9	5	J	S			82.50	81.70	W	Zelda Bates	KZN	85.00	Brown	1	Gold	76.89	Zelda Bates
14	6	S/J	J	S		90.00	87.70	W	Esmay Smith	NW	75.00	Green	1	Gold	65.53	Esmay Smith
11																
15																

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<u>Highest Points</u>		
MEN	Jacques Fourie	100.89
WOMEN	Sue Glazer	112.77
S/J MEN	Jaco Strydom	93.12
J MEN	Jacques Fourie	100.89
S MEN	Dane Bax	98.76
M1 MEN	#N/A	
M2 MEN	#N/A	
M3 MEN	Harvey Redman	85.32
S/J WOMEN	#N/A	
J WOMEN	Zelda Bates	76.89
S WOMEN	Sue Glazer	112.77
M1 WOMEN	#N/A	
M2 WOMEN	#N/A	
M3 WOMEN	#N/A	

RESULTS BENCHPRESS
FLIGHT 1 Master 3 Division

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP Total	BADGE	PLACE	MEDAL	POINTS		
6	9	S/J	J				60.00	58.20	M	Jacques Fourie	EP	115.00	Bronze		100.89	Jacques Fourie	
5	7	S/J					60.00	59.00	M	Jaco Strydom	EP	107.50	Black		93.12	Jaco Strydom	
4	8		J	S			67.50	61.60	M	Stuart Murchie	GN	-----	#N/A		#VALUE!	Stuart Murchie	
12	13			S			67.50	65.50	M	Dane Bax	KZN	125.00	Bronze		98.76	Dane Bax	
3	3		J				67.50	67.30	M	Freddy Senekal	GN	107.50	Brown		83.09	Freddy Senekal	
8	12		J				67.50	66.60	M	Christopher Bruce	WP	107.50	Brown		83.79	Christopher Bruce	
10	10	S/J					67.50	64.70	M	Kennedy Sekome	GN	90.00	Green		71.85	Kennedy Sekome	
13	14				M3		67.50	67.00	M	Harvey Redman	G	110.00	Brown	1	Gold	85.32	Harvey Redman
2	2			S			56.00	55.90	W	Lisa Basson	G	70.00	Bronze		82.48	Lisa Basson	
7	4			S			75.00	71.50	W	Sue Glazer	KZN	115.00	Elite 2		112.77	Sue Glazer	
9	5		J	S			82.50	81.70	W	Zelda Bates	KZN	85.00	Brown		76.89	Zelda Bates	
14	6	S/J	J	S			90.00	87.70	W	Esmay Smith	NW	75.00	Green		65.53	Esmay Smith	
11																	
15																	

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<u>Highest Points</u>			
MEN		#VALUE!	#VALUE!
WOMEN	Sue Glazer		112.77
S/J MEN	Jaco Strydom		93.12
J MEN		#VALUE!	#VALUE!
S MEN		#VALUE!	#VALUE!
M1 MEN		#N/A	
M2 MEN		#N/A	
M3 MEN	Harvey Redman		85.32
S/J WOMEN		#N/A	
J WOMEN	Zelda Bates		76.89
S WOMEN	Sue Glazer		112.77
M1 WOMEN		#N/A	
M2 WOMEN		#N/A	
M3 WOMEN		#N/A	

RESULTS BENCHPRESS
FLIGHT 3 Sub Junior Division 90kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP Total	BADGE	PLACE	MEDAL	POINTS	
	S/J	J								PROVINCE						
1	2	J	S			90.00	87.90	M	Freddie Snyman	KZN	----	#N/A			#VALUE!	Freddie Snyman
2	6		S			90.00	88.10	M	Etienne Potgieter	GN	210.00	Elite 3			135.56	Etienne Potgieter
3	7		S			90.00	87.50	M	Jacques Knoesen	EP	170.00	Silver			110.14	Jacques Knoesen
4	5		S			90.00	87.50	M	Grant van der Haer	KZN	155.00	Black			100.42	Grant van der Haer
5	3		S			90.00	84.10	M	Brett Johnson	KZN	145.00	Black			96.05	Brett Johnson
6	9		S			90.00	87.70	M	Howard Snoyman	G	145.00	Black			93.83	Howard Snoyman
7	4		S			90.00	87.80	M	Liam Smithers	KZN	145.00	Black			93.77	Liam Smithers
8	8		S			90.00	87.90	M	Mark Battison	WP	145.00	Black			93.71	Mark Battison
9	11			M2		90.00	87.70	M	Sampie Ludick	GN	140.00	Brown			90.59	Sampie Ludick
10	12				M3	90.00	85.20	M	Bill Kempen	G	125.00	Blue			82.19	Bill Kempen
11	10		S			90.00	88.20	M	Kyle de Rose	G	125.00	Blue			80.64	Kyle de Rose
12	13	S/J				90.00	86.10	M	Marnus de Klerk	WP	110.00	Orange	1	Gold	71.90	Marnus de Klerk
13																
14																
15																

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Highest Points

MEN	Etienne Potgieter	135.56
WOMEN	#N/A	
S/J MEN	Marnus de Klerk	71.90
J MEN	#N/A	
S MEN	Etienne Potgieter	135.56
M1 MEN	#N/A	
M2 MEN	Sampie Ludick	90.59
M3 MEN	Bill Kempen	82.19
S/J WOMEN	#N/A	
J WOMEN	#N/A	
S WOMEN	#N/A	
M1 WOMEN	#N/A	
M2 WOMEN	#N/A	
M3 WOMEN	#N/A	

RESULTS BENCHPRESS
FLIGHT 3 Junior Division 90kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP Total	BADGE	PLACE	MEDAL	POINTS	
	S/J	J								PROVINCE						
1	6		S			90.00	88.10	M	Etienne Potgieter	GN	210.00	Elite 3			135.56	Etienne Potgieter
2	7		S			90.00	87.50	M	Jacques Knoesen	EP	170.00	Silver			110.14	Jacques Knoesen
3	5		S			90.00	87.50	M	Grant van der Haer	KZN	155.00	Black			100.42	Grant van der Haer
4	3		S			90.00	84.10	M	Brett Johnson	KZN	145.00	Black			96.05	Brett Johnson
5	9		S			90.00	87.70	M	Howard Snoyman	G	145.00	Black			93.83	Howard Snoyman
6	4		S			90.00	87.80	M	Liam Smithers	KZN	145.00	Black			93.77	Liam Smithers
7	8		S			90.00	87.90	M	Mark Battison	WP	145.00	Black			93.71	Mark Battison
8	11			M2		90.00	87.70	M	Sampie Ludick	GN	140.00	Brown			90.59	Sampie Ludick
9	12				M3	90.00	85.20	M	Bill Kempen	G	125.00	Blue			82.19	Bill Kempen
10	13	S/J				90.00	86.10	M	Marnus de Klerk	WP	110.00	Orange			71.90	Marnus de Klerk
11	2		J	S		90.00	87.90	M	Freddie Snyman	KZN	-----	#N/A			#VALUE!	Freddie Snyman
12	10		J			90.00	88.20	M	Kyle de Rose	G	125.00	Blue	1	Gold	80.64	Kyle de Rose
13																
14																
15																

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Highest Points

MEN	#VALUE!	#VALUE!
WOMEN	#N/A	
S/J MEN	Marnus de Klerk	71.90
J MEN	#VALUE!	#VALUE!
S MEN	#VALUE!	#VALUE!
M1 MEN	#N/A	
M2 MEN	Sampie Ludick	90.59
M3 MEN	Bill Kempen	82.19
S/J WOMEN	#N/A	
J WOMEN	#N/A	
S WOMEN	#N/A	
M1 WOMEN	#N/A	
M2 WOMEN	#N/A	
M3 WOMEN	#N/A	

RESULTS BENCHPRESS
FLIGHT 3 Senior Division 90 kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP Total	BADGE	PLACE	MEDAL	POINTS	
	S/J	J								PROVINCE						
1	11			M2		90.00	87.70	M	Sampie Ludick	GN	140.00	Brown			90.59	Sampie Ludick
2	12				M3	90.00	85.20	M	Bill Kempen	G	125.00	Blue			82.19	Bill Kempen
3	10	J				90.00	88.20	M	Kyle de Rose	G	125.00	Blue			80.64	Kyle de Rose
4	13	S/J				90.00	86.10	M	Marnus de Klerk	WP	110.00	Orange			71.90	Marnus de Klerk
5	2	J	S			90.00	87.90	M	Freddie Snyman	KZN	-----	#N/A			#VALUE!	Freddie Snyman
6	6		S			90.00	88.10	M	Etienne Potgieter	GN	210.00	Elite 3	1	Gold	135.56	Etienne Potgieter
7	7		S			90.00	87.50	M	Jacques Knoesen	EP	170.00	Silver	2	Silver	110.14	Jacques Knoesen
8	5		S			90.00	87.50	M	Grant van der Haer	KZN	155.00	Black	3	Bronze	100.42	Grant van der Haer
9	3		S			90.00	84.10	M	Brett Johnson	KZN	145.00	Black	4		96.05	Brett Johnson
10	9		S			90.00	87.70	M	Howard Snoyman	G	145.00	Black	5		93.83	Howard Snoyman
11	4		S			90.00	87.80	M	Liam Smithers	KZN	145.00	Black	6		93.77	Liam Smithers
12	8		S			90.00	87.90	M	Mark Battison	WP	145.00	Black	7		93.71	Mark Battison
13																
14																
15																

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<u>Highest Points</u>		
MEN	#VALUE!	#VALUE!
WOMEN	#N/A	
S/J MEN	Marnus de Klerk	71.90
J MEN	#VALUE!	#VALUE!
S MEN	#VALUE!	#VALUE!
M1 MEN	#N/A	
M2 MEN	#N/A	
M3 MEN	Bill Kempen	82.19
S/J WOMEN	#N/A	
J WOMEN	#N/A	
S WOMEN	#N/A	
M1 WOMEN	#N/A	
M2 WOMEN	#N/A	
M3 WOMEN	#N/A	

RESULTS BENCHPRESS
FLIGHT 3 Master 2 & Master 3 Division

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP Total	BADGE	PLACE	MEDAL	POINTS		
	S/J	J								PROVINCE							
1	2	J	S				90.00	87.90	M	Freddie Snyman	KZN	----	#N/A		#VALUE!	Freddie Snyman	
2	6		S				90.00	88.10	M	Etienne Potgieter	GN	210.00	Elite 3		135.56	Etienne Potgieter	
3	7		S				90.00	87.50	M	Jacques Knoesen	EP	170.00	Silver		110.14	Jacques Knoesen	
4	5		S				90.00	87.50	M	Grant van der Haer	KZN	155.00	Black		100.42	Grant van der Haer	
5	3		S				90.00	84.10	M	Brett Johnson	KZN	145.00	Black		96.05	Brett Johnson	
6	9		S				90.00	87.70	M	Howard Snoyman	G	145.00	Black		93.83	Howard Snoyman	
7	4		S				90.00	87.80	M	Liam Smithers	KZN	145.00	Black		93.77	Liam Smithers	
8	8		S				90.00	87.90	M	Mark Battison	WP	145.00	Black		93.71	Mark Battison	
9	12				M3		90.00	85.20	M	Bill Kempen	G	125.00	Blue	1	Gold	82.19	Bill Kempen
10	10	J					90.00	88.20	M	Kyle de Rose	G	125.00	Blue			80.64	Kyle de Rose
11	13	S/J					90.00	86.10	M	Marnus de Klerk	WP	110.00	Orange			71.90	Marnus de Klerk
12	11			M2			90.00	87.70	M	Sampie Ludick	GN	140.00	Brown	1	Gold	90.59	Sampie Ludick
13																	
14																	
15																	

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Highest Points

MEN	Etienne Potgieter	135.56
WOMEN	#N/A	
S/J MEN	Marnus de Klerk	71.90
J MEN	Kyle de Rose	80.64
S MEN	Etienne Potgieter	135.56
M1 MEN	#N/A	
M2 MEN	Sampie Ludick	90.59
M3 MEN	Bill Kempen	82.19
S/J WOMEN	#N/A	
J WOMEN	#N/A	
S WOMEN	#N/A	
M1 WOMEN	#N/A	
M2 WOMEN	#N/A	
M3 WOMEN	#N/A	

RESULTS BENCHPRESS
FLIGHT 1 Junior Division 100kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP Total	BADGE	PLACE	MEDAL	POINTS	
	S/J J									PROVINCE						
1	12	S/J				100.00	96.70	M	Cameron Vinokur	WP	----	#N/A			#VALUE!	Cameron Vinokur
2	4		S	M1		100.00	98.60	M	Sam Fairfoot	KZN	220.00	Elite 3			134.66	Sam Fairfoot
3	9		S		M2	100.00	100.00	M	Ian Buckle	NW	195.00	Elite 1			118.68	Ian Buckle
4	3		S			100.00	92.20	M	Heinrich J v Rensburg	EP	185.00	Gold			116.70	Heinrich J v Rensburg
5	11		S	M1		100.00	95.60	M	Mark Phillips	G	175.00	Silver			108.55	Mark Phillips
6	6		S			110.00	107.10	M	Dave Edwards	GN	220.00	Elite 2			130.57	Dave Edwards
7	8		S	M1		110.00	108.00	M	Gary Katzen	G	172.50	Bronze			102.10	Gary Katzen
8	5		S			110.00	107.60	M	Edwin Govender	KZN	160.00	Black			94.82	Edwin Govender
9	13	J	S			100.00	97.20	M	Frikkie Veldman	GN	----	#N/A			#VALUE!	Frikkie Veldman
10	1	J				100.00	99.50	M	Tyrone Delaney	WP	207.50	Elite 2	1	Gold	126.53	Tyrone Delaney
11	15	J	S			100.00	93.30	M	Johan Smith	NW	200.00	Elite 1	2	Silver	125.44	Johan Smith
12	2															
13																
14																
15																

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Highest Points

MEN		#VALUE!	#VALUE!
WOMEN		#N/A	
S/J MEN		#VALUE!	#VALUE!
J MEN		#VALUE!	#VALUE!
S MEN		#VALUE!	#VALUE!
M1 MEN	Sam Fairfoot		134.66
M2 MEN	Ian Buckle		118.68
M3 MEN		#N/A	
S/J WOMEN		#N/A	
J WOMEN		#N/A	
S WOMEN		#N/A	
M1 WOMEN		#N/A	
M2 WOMEN		#N/A	
M3 WOMEN		#N/A	

RESULTS BENCHPRESS
FLIGHT 1 Senior Division 100 & 110kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP Total	BADGE	PLACE	MEDAL	POINTS	
1	12	S/J				100.00	96.70	M	Cameron Vinokur	WP	----	#N/A			#VALUE!	Cameron Vinokur
2	1	J				100.00	99.50	M	Tyrone Delaney	WP	207.50	Elite 2			126.53	Tyrone Delaney
3	13	J	S			100.00	97.20	M	Frikkie Veldman	GN	----	#N/A			#VALUE!	Frikkie Veldman
4	4		S	M1		100.00	98.60	M	Sam Fairfoot	KZN	220.00	Elite 3	1	Gold	134.66	Sam Fairfoot
5	15	J	S			100.00	93.30	M	Johan Smith	NW	200.00	Elite 1	2	Silver	125.44	Johan Smith
6	9		S		M2	100.00	100.00	M	Ian Buckle	NW	195.00	Elite 1	3	Bronze	118.68	Ian Buckle
7	3		S			100.00	92.20	M	Heinrich J v Rensburg	EP	185.00	Gold	4		116.70	Heinrich J v Rensburg
8	11		S	M1		100.00	95.60	M	Mark Phillips	G	175.00	Silver	5		108.55	Mark Phillips
9	6		S			110.00	107.10	M	Dave Edwards	GN	220.00	Elite 2	1	Gold	130.57	Dave Edwards
10	8		S	M1		110.00	108.00	M	Gary Katzen	G	172.50	Bronze	2	Silver	102.10	Gary Katzen
11	5		S			110.00	107.60	M	Edwin Govender	KZN	160.00	Black	3	Bronze	94.82	Edwin Govender
12	2															
13																
14																
15																

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Highest Points

MEN		#VALUE!	#VALUE!
WOMEN		#N/A	
S/J MEN		#VALUE!	#VALUE!
J MEN		#VALUE!	#VALUE!
S MEN		#VALUE!	#VALUE!
M1 MEN	Sam Fairfoot		134.66
M2 MEN	Ian Buckle		118.68
M3 MEN		#N/A	
S/J WOMEN		#N/A	
J WOMEN		#N/A	
S WOMEN		#N/A	
M1 WOMEN		#N/A	
M2 WOMEN		#N/A	
M3 WOMEN		#N/A	

RESULTS BENCHPRESS
FLIGHT 1 Master 1 Division 100 & 10kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP Total	BADGE	PLACE	MEDAL	POINTS	
	S/J J									PROVINCE						
1	12	S/J				100.00	96.70	M	Cameron Vinokur	WP	----	#N/A			#VALUE!	Cameron Vinokur
2	13		J	S		100.00	97.20	M	Frikkie Veldman	GN	----	#N/A			#VALUE!	Frikkie Veldman
3	1		J			100.00	99.50	M	Tyrone Delaney	WP	207.50	Elite 2			126.53	Tyrone Delaney
4	15		J	S		100.00	93.30	M	Johan Smith	NW	200.00	Elite 1			125.44	Johan Smith
5	9			S	M2	100.00	100.00	M	Ian Buckle	NW	195.00	Elite 1			118.68	Ian Buckle
6	3			S		100.00	92.20	M	Heinrich J v Rensburg	EP	185.00	Gold			116.70	Heinrich J v Rensburg
7	6			S		110.00	107.10	M	Dave Edwards	GN	220.00	Elite 2			130.57	Dave Edwards
8	5			S		110.00	107.60	M	Edwin Govender	KZN	160.00	Black			94.82	Edwin Govender
9	4			S	M1	100.00	98.60	M	Sam Fairfoot	KZN	220.00	Elite 3	1	Gold	134.66	Sam Fairfoot
10	11			S	M1	100.00	95.60	M	Mark Phillips	G	175.00	Silver	2	Silver	108.55	Mark Phillips
11	8			S	M1	110.00	108.00	M	Gary Katzen	G	172.50	Bronze	1	Gold	102.10	Gary Katzen
12	2															
13																
14																
15																

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<u>Highest Points</u>		
MEN		#VALUE!
WOMEN		#N/A
S/J MEN		#VALUE!
J MEN		#VALUE!
S MEN		#VALUE!
M1 MEN	Sam Fairfoot	134.66
M2 MEN		#N/A
M3 MEN		#N/A
S/J WOMEN		#N/A
J WOMEN		#N/A
S WOMEN		#N/A
M1 WOMEN		#N/A
M2 WOMEN		#N/A
M3 WOMEN		#N/A

RESULTS BENCHPRESS
FLIGHT 1 Master 2 Division 100kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP Total	BADGE	PLACE	MEDAL	POINTS	
1	12	S/J	J			100.00	96.70	M	Cameron Vinokur	WP	----	#N/A			#VALUE!	Cameron Vinokur
2	13		J	S		100.00	97.20	M	Frikkie Veldman	GN	----	#N/A			#VALUE!	Frikkie Veldman
3	4			S	M1	100.00	98.60	M	Sam Fairfoot	KZN	220.00	Elite 3			134.66	Sam Fairfoot
4	1		J			100.00	99.50	M	Tyrone Delaney	WP	207.50	Elite 2			126.53	Tyrone Delaney
5	15		J	S		100.00	93.30	M	Johan Smith	NW	200.00	Elite 1			125.44	Johan Smith
6	3			S		100.00	92.20	M	Heinrich J v Rensburg	EP	185.00	Gold			116.70	Heinrich J v Rensburg
7	11			S	M1	100.00	95.60	M	Mark Phillips	G	175.00	Silver			108.55	Mark Phillips
8	6			S		110.00	107.10	M	Dave Edwards	GN	220.00	Elite 2			130.57	Dave Edwards
9	8			S	M1	110.00	108.00	M	Gary Katzen	G	172.50	Bronze			102.10	Gary Katzen
10	5			S		110.00	107.60	M	Edwin Govender	KZN	160.00	Black			94.82	Edwin Govender
11	9			S		100.00	100.00	M	Ian Buckle	NW	195.00	Elite 1	1	Gold	118.68	Ian Buckle
12	2				M2											
13																
14																
15																

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<u>Highest Points</u>		
MEN		#VALUE! #VALUE!
WOMEN		#N/A
S/J MEN		#VALUE! #VALUE!
J MEN		#VALUE! #VALUE!
S MEN		#VALUE! #VALUE!
M1 MEN	Sam Fairfoot	134.66
M2 MEN	Ian Buckle	118.68
M3 MEN		#N/A
S/J WOMEN		#N/A
J WOMEN		#N/A
S WOMEN		#N/A
M1 WOMEN		#N/A
M2 WOMEN		#N/A
M3 WOMEN		#N/A

RESULTS BENCHPRESS
FLIGHT 1 Senior Division 125 & 125+kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY S/J J	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP Total	BADGE	PLACE	MEDAL	POINTS	
1																
2																
3																
4	8		S	M1			125.00	124.20	M	Ian Furman	G	250.00 Elite 4	1	Gold	142.65	Ian Furman
5	10		S		M2		125.00	122.60	M	Willie J Robertson	GN	210.00 Gold	2	Silver	120.16	Willie J Robertson
6	9		S		M2		125.00	111.80	M	Andre Ludik	EP	190.00 Silver	3	Bronze	111.26	Andre Ludik
7	7		S				125.00	121.00	M	Johan Graham	NW	100.00 Yellow	4		57.38	Johan Graham
8	5		S				125+	136.70	M	Frank J van Rensburg	KZN	----- #N/A			#VALUE!	Frank J van Rensburg
9	6		S				125+	128.60	M	Jaco Claassen	FS	250.00 Elite 4	1	Gold	141.68	Jaco Claassen
10	12		S				125+	135.30	M	Alan van Heerden	WP	215.00 Elite 1	2	Silver	120.79	Alan van Heerden
11	11		S				125+	127.50	M	Collin Lubbe	FS	172.50 Black	3	Bronze	97.91	Collin Lubbe
12	2															
13	1															
14	3															
15																

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Highest Points

MEN		#VALUE!	#VALUE!
WOMEN		#N/A	
S/J MEN		#N/A	
J MEN		#N/A	
S MEN		#VALUE!	#VALUE!
M1 MEN	Ian Furman		142.65
M2 MEN	Willie J Robertson		120.16
M3 MEN		#N/A	
S/J WOMEN		#N/A	
J WOMEN		#N/A	
S WOMEN		#N/A	
M1 WOMEN		#N/A	
M2 WOMEN		#N/A	
M3 WOMEN		#N/A	

RESULTS BENCHPRESS
FLIGHT 1 Master 2 Division 125kg

SA Bench Press Championships 2010
 27/11/2010

LOT	CATEGORY	S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP Total	BADGE	PLACE	MEDAL	POINTS		
	S/J J									PROVINCE							
1																	
2																	
3																	
4	8		S	M1			125.00	124.20	M	Ian Furman	G	250.00	Elite 4		142.65	Ian Furman	
5	7		S				125.00	121.00	M	Johan Graham	NW	100.00	Yellow		57.38	Johan Graham	
6	5		S				125+	136.70	M	Frank J van Rensburg	KZN	-----	#N/A		#VALUE!	Frank J van Rensburg	
7	6		S				125+	128.60	M	Jaco Claassen	FS	250.00	Elite 4		141.68	Jaco Claassen	
8	12		S				125+	135.30	M	Alan van Heerden	WP	215.00	Elite 1		120.79	Alan van Heerden	
9	11		S				125+	127.50	M	Collin Lubbe	FS	172.50	Black		97.91	Collin Lubbe	
10	10		S		M2		125.00	122.60	M	Willie J Robertson	GN	210.00	Gold	1	Gold	120.16	Willie J Robertson
11	9		S		M2		125.00	111.80	M	Andre Ludik	EP	190.00	Silver	2	Silver	111.26	Andre Ludik
12	2																
13	1																
14	3																
15																	

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<u>Highest Points</u>		
MEN	Ian Furman	142.65
WOMEN	#N/A	
S/J MEN	#N/A	
J MEN	#N/A	
S MEN	Ian Furman	142.65
M1 MEN	Ian Furman	142.65
M2 MEN	Willie J Robertson	120.16
M3 MEN	#N/A	
S/J WOMEN	#N/A	
J WOMEN	#N/A	
S WOMEN	#N/A	
M1 WOMEN	#N/A	
M2 WOMEN	#N/A	
M3 WOMEN	#N/A	