

SOUTH AFRICAN POWERLIFTING FEDERATION

SOUTH AFRICAN BENCH PRESS CHAMPIONSHIPS,
HELD IN PRETORIA, DURING
THE 28TH NOVEMBER 2009

RESULTS FOR THE WOMEN'S DIVISIONS

Place	M/W	CLASS	BW	Name	Prov	Division Enterd	SQ Result	BP Result	DL Result	Tot. Result	Power Points	Prov Points	Colours
1.	W	60kg		JANINE HUNT		Sub-Jnr		45kg		45kg		12	
1.	W	90kg		ALLYSSA DOSRAMOS	G	Sub-Jnr		65kg		65kg		12	
1.	W	52kg		KELLY –ANNE GROBLER	G	Jnr		50kg		50kg		12	
1.	W	75kg		ZELDA BATES		Jnr		60kg		60kg		12	
1.	W	48kg		LANI COLEMAN	WP	Snr		60kg		60kg		12	
1.	W	52kg		KELLY-ANNE GROBLER	G	Snr		50kg		50kg		12	
1.	W	56kg		LISA BASON	G	Snr		75kg		75kg		12	FED.COL
1.	W	75kg		SUELLEN GRAZER	KZN	Snr		112.5kg		112.5kg		12	PROTEA
1.	W	82.5kg		ANITA BARNARD	OP	Snr		70kg		70kg		12	
1.	W	48kg		LANI COLEMAN	WP	MI		60kg		60kg		12	FED.COL
1.	W	82.5kg		ANITA BARNARD	OP	MI		70kg		70kg		12	
1.	W	90+ kg		YVETTE COETZEE	G	MI		95kg		95kg		12	FED.COL

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RESULTS FOR THE MEN DIVISIONS

PLACE	M/W	Class	BW	Name	Devision	Nation Province	SQ Results	BP Results	DL Results	Tot. Results	Power Points	Provincial Points	National Coulors
1.	M	82.5kg		HERMAN SPAMER	Sub-Jnr	FS		180kg		180kg		12	PROTEA
2.	M	82.5kg		NEIL ELS	Sub-Jnr	FS		150kg		150kg		9	PROTEA
1.	M	90kg		KATLEGO KGHAMPE	Sub-Jnr	G		145kg		145kg		12	PROTEA
1.	M	60kg		JAQUES FOURIE	Jnr			97.5kg		97.5kg		12	
1.	M	67.5kg		HARRY SHIMALISTOS	Jnr	G		165kg		165kg		12	PROTEA
2.	M	67.5kg		TSHIPO KGHAMPE	Jnr	G		145kg		145kg		9	PROTEA
1.	M	75kg		PIETER FOURIE	Jnr	G		160kg		160kg		12	PROTEA
2.	M	75kg		FREDDY SENEKAL	Jnr			100kg		100kg		9	
1.	M	82.5kg		HERMAN SPAMER	Jnr	FS		180kg		180kg		12	PROTEA
2.	M	82.5kg		SAREL PRETORIUS	Jnr	FS		175kg		175kg		9	PROTEA
3.	M	82.5kg		MARTHUNIS VERMAAK	Jnr	GN		145kg		145kg		8	
4.	M	82.5kg		RYNO SAAYMAN	Jnr			125kg		125kg		7	
5.	M	82.5kg		HENRO LEGRANGE	Jnr			100kg		100kg		6	

1.	M	90kg		ETTIENE POTGIETER	Jnr	GN	192.5kg	192.5kg		12	PROTEA		
2.	M	90kg		HEINRICH J V RENSBURG	Jnr	EP	160kg	160kg		9	FED.COL		
3.	M	90kg		RUBEN HUMAN	Jnr		160kg	160kg		8	RES FED		
4.	M	90kg		IRVINE DEKEMA	Jnr	G	125kg	125kg		7			
1.	M	110kg		KEVE CLYDE	Jnr		165kg	165kg					
1.	M	67.5kg		HARRY SHIMALISTOS	Snr	G	165kg	165kg		12	PROTEA		
2.	M	67.5kg		TSHIPO KGHAMPE	Snr	G	145kg	145kg		9	PROTEA		
1.	M	75kg		VINAY GOSAI	Snr	KZN	142,5kg	142,5kg		12			
1.	M	82.5kg		SAREL PRETORIUS	Snr	FS	175kg	175kg		12			
2.	M	82.5kg		BRIAN COLEMAN	Snr	G	120kg	120kg		9			
1.	M	90kg		PIETER ERASMUS	Snr	FS	230kg	230kg		12	PROTEA		
2.	M	90kg		DESMOND DU TOIT	Snr	FS	180kg	180kg		9	FED.COL		
3.	M	90kg		HEINDRICH J V RENSBURG	Snr	EP	160kg	160kg		8			
1.	M	100kg		GARY KATZEN	Snr	G	172.5kg	172.5kg		12			
1.	M	110kg		PIETER HURN	Snr	GN	212,5kg	212,5kg		12	PROTEA		
2.	M	110kg		JONATHAN FEATHERSTONE	Snr	G	207.5kg	207.5kg		9	PROTEA		
3.	M	110kg		GEORGE MURCHIE	Snr	GN	195kg	195kg		8	FED.RES		
4.	M	110kg		JAQUES BOOYSEN	Snr	NW	190kg	190kg		7			
1.	M	125kg		FRANK J V RENSBURG	Snr	KZN	215kg	215kg		12	PROTEA		
2.	M	125kg		COLLEN LUBBE	Snr	FS	160kg	160kg		9			
1.	M	125+kg		VLEIS DU	Snr	FS	215kg	215kg		12	FED.COL		

				PLESSIS								
1.	M	100kg		JDU\#NDW] HQ#	MI	G	172.5kg	172.5kg	12	FED.COL		
1.	M	110kg		SAMUEL FAIRFOOT	MI	G	210kg	210kg	12	FED.COL		
1.	M	125 +kg		MARTHINUS V ROOYEN	MI	EP	220kg	220kg	12	FED.COL		
1.	M	75kg		ERROL GOTTLICH	MII		102.5kg	102.5kg	12			
1.	M	82.5kg		NEIL COLEMAN	MII	WP	130kg	130kg	12	FED.COL		
1.	M	110kg		IAN BUCKLE	MII	NW	205kg	205kg	12	FED.COL		
2.	M	110kg		GEORGE MURCHIE	MII	GN	195kg	195kg	9	FED.COL		
1.	M	125kg		WILLIAM J ROBERTSEN	MII	GN	187.5kg	187.5kg	12	FED.COL		
1.	M	75kg		DAN OPPENHEIM	MIII	G	120kg	120kg	12	FED.COL		
1.	M	82.5kg		PIETER VERMAAK	MIII	WP	130kg	130kg	12	FED.COL		
1.	M	90kg		WILLIAM KEMPEN	MIII	WP	125kg	125kg	12	FED.COL		

BEST LIFTERS AT SA BENCH PRESS

SUB JUNIOR WOMEN - NO LIFTER
SUB JUNIOR MEN - HERMAN SPARMER

JUNIOR WOMEN - KELLY-ANNE GROBLER
JUNIOR MEN - HARRY SHIMALISTOS

SENIOR WOMEN - SUELLEN GLAZER
SENIOR MEN - PIETER ERASMUS

MASTER I WOMEN - LANI COLEMAN
MASTER I MEN - MARTHINUS VAN ROOYEN

MASTER II WOMEN - NO LIFTER
MASTER II MEN - IAN BUCKLE

MASTER III MEN - PIETER VERMAAK