

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power	Power	SQ	BP	DL
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place	4.	4.	4.
1.	M	2	90	86.65	HOWARD SNOYMAN					<u>127.5</u>			127.5	127.5					127.5	83.02	1.				
2.	M	1	90	89.25	KYLE DE ROSE					<u>105.0</u>			105.0	105.0					105.0	67.31	2.				
1.	M	3	125+	128.70	COLLIN LUBBE					<u>100.0</u>			100.0	100.0					100.0	56.66	1.				
1.	M	4	110M1	108.60	GARY KATZEN					<u>142.5</u>			142.5	142.5					142.5	84.20	1.				
2.	M	5	110	104.25	JOSHUA CAPAZORIO					<u>140.0</u>			140.0	140.0					140.0	83.86	2.				
	M	6	90	88.95	KYLE HASKINS					135.0															
1.	M	7	110	108.85	DAVID EDWARDS						<u>182.5</u>		182.5	182.5					182.5	107.73	1.				
1.	M	8	125	124.80	IAN FURMAN					<u>190.0</u>			190.0	190.0					190.0	108.30	1.				
	M	9	52																						
	M	10	52																						
	M	11	52																						
	M	12	52																						
	M	13	52																						
	M	14	52																						
			44																						

FLIGHT 3
SA Raw Bench Press Championships 2010
09/10/2010

= SA Official Record

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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power	Power	SQ	BP	DL
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place	4.	4.	4.
1.	M	9	100	93.20	PIETER ERASMUS					<u>170.0</u>			170.0	170.0					170.0	106.69	1.				
2.	M	5	100	95.45	FRIKKIE VELDMAN					<u>165.0</u>			165.0	165.0					165.0	102.40	2.				
3.	M	3	100	93.75	MIAS STRAUSS					<u>145.0</u>			145.0	145.0					145.0	90.73	3.				
4.	M	1	100	93.95	FLIPPIE PRETORIUS					<u>140.0</u>			140.0	140.0					140.0	87.50	4.				
5.	M	2	100	99.15	HENDRI SLABBERT					<u>140.0</u>			140.0	140.0					140.0	85.48	5.				
6.	M	7	100	95.25	MARK PHILLIPS					<u>120.0</u>			120.0	120.0					120.0	74.53	6.				
7.	M	6	100	92.50	HINDENBURG VAN RENSBURG					<u>115.0</u>			115.0	115.0					115.0	72.43	7.				
8.	M	10	100	93.95	DRIKUS KEYSER					<u>100.0</u>			100.0	100.0					100.0	62.50	8.				
9.	M	8	100	96.40	JOHAN JANSE VAN RENSBURG					<u>95.0</u>			95.0	95.0					95.0	58.71	9.				
	M	4	100	99.95	TYRONE DELANEY					150.0															
	M	11	52																						
	M	12	52																						
	M	13	52																						
	M	14	52																						
			44																						

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FLIGHT 2

113.6

SA Raw Bench Press Championships 2010
09/10/2010

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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power	Power	SQ	BP	DL
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place	4.	4.	4.
1.	W	1	56	52.60	LISA BASSON					<u>60.0</u>			60.0	60.0					60.0	74.14	1.				
1.	M	2	60	58.10	MOSES TSIMANE					<u>100.0</u>			100.0	100.0					100.0	87.87	1.				
2.	M	3	60	59.50	STUART HUGHES					<u>75.0</u>			75.0	75.0					75.0	64.46	2.				
1.	W	4	67.5	66.85	MICHELLE DE SOUZA					<u>55.0</u>			55.0	55.0					55.0	56.50	1.				
1.	M	8	75	74.05	MARLON DANIELS					<u>150.0</u>			150.0	150.0					150.0	107.79	1.				
1.	M	7	75M2	73.25	ERROL GOTTLICH					<u>105.0</u>			105.0	105.0					105.0	76.04	1.				
2.	M	6	75	74.70	ALBERT DE BOND					<u>120.0</u>			100.0	100.0					100.0	71.46	2.				
3.	M	5	75	74.40	DAN OPPENHEIM					<u>95.0</u>			95.0	95.0					95.0	68.08	3.				
1.	M	9	82.5	79.20	SALOMON LIEBENBERG					<u>120.0</u>			120.0	120.0					120.0	82.45	1.				
	M	10	52																						
	M	11	52																						
	M	12	52																						
	M	13	52																						
	M	14	52																						
			44																						

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