

# South Island Bench Press Championships 2011

## 3 December - Canterbury Sports and Performance, Christchurch

Weight Class	Class	Bodyweight	Lifter	Bench Press				Wilks Pts	Class
				1st Attempt	2nd Attempt	3rd Attempt	Best		
59	M4	58.25	Derek Griffiths	<b>60.0</b>	<b>65.0</b>	<b>70.0</b>	<b>70.0</b>	<b>61.36</b>	<b>1st</b>
74	M2	73.75	Steve Barnes	<del>155.0</del>	<b>160.0</b>	<del>165.0</del>	<b>160.0</b>	<b>115.37</b>	<b>1st</b>
74	M4	73.55	Ron Prestage	<b>110.0</b>	<b>115.0</b>	<del>120.0</del>	<b>115.0</b>	<b>83.08</b>	<b>1st</b>
74	Sub Junior	67.3	Andrew Thomas	<b>100.0</b>	<b>110.0</b>	<b>120.0</b>	<b>120.0</b>	<b>92.74</b>	<b>1st</b>
83	M4	75.15	Albie Teese	<b>80.0</b>	<b>85.0</b>	<b>87.5</b>	<b>87.5</b>	<b>62.26</b>	<b>1st</b>
83	Open	82.5	Leon Jones	<b>150.0</b>	<del>162.5</del>	<del>162.5</del>	<b>150.0</b>	<b>100.49</b>	<b>1st</b>
93	Junior	85	Matt Gardyne	<b>145.0</b>	<del>157.5</del>	<del>157.5</del>	<b>157.5</b>	<b>103.69</b>	<b>1st</b>
93	Open	92.3	Sam Coleman	<b>160.0</b>	<b>170.0</b>	<b>180.0</b>	<b>180.0</b>	<b>113.48</b>	<b>1st</b>
93	Open	90.7	Chris Bennet	<del>170.0</del>	<b>170.0</b>	<del>182.5</del>	<b>170.0</b>	<b>108.10</b>	<b>2nd</b>
93	Sub Junior	84.95	Luke Thomas	<b>100.0</b>	<b>105.0</b>	<b>110.0</b>	<b>110.0</b>	<b>72.44</b>	<b>1st</b>
105	M4	94.1	Toso Ieti	<b>140.0</b>	<b>150.0</b>	<del>160.0</del>	<b>150.0</b>	<b>93.71</b>	<b>1st</b>
105	Open	93.45	Leighton best	<b>215.0</b>	<del>240.0</del>	<del>245.0</del>	<b>215.0</b>	<b>134.75</b>	<b>1st</b>
120	Open	119	Alex Douglas	<del>180.0</del>	<b>180.0</b>	<del>195.0</del>	<b>180.0</b>	<b>103.69</b>	<b>1st</b>
120	Open	118.5	Laurie Arvia	<b>130.0</b>	<del>140.0</del>	<b>140.0</b>	<b>140.0</b>	<b>80.73</b>	<b>2nd</b>

### Overall Placings

Leighton Best	<b>134.75</b>
Steve Barnes	<b>115.37</b>
Sam Coleman	<b>113.48</b>