

COMMONWEALTH BENCHPRESS CHAMPIONSHIPS 2009



BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,
PUNE, INDIA



9th-13th December, 2009

Best Lifters Benchpress

Sub Junior Men : Murchie Stuard : South Africa

Sub Junior Women : Riya Sharma : India

Junior Men : Ashwini Malik : India

Junior Women : Snehankita Varute : India

Open Men : Kholia B. S. : India

Open Women : Kalpana Sawant : India

Master-1 Men : Steve Cumming : Scotland

Master-2 Women : Sinclair Mirriam : South Africa

Master-3 Men : Vermaak Piter : South Africa

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PUNE, INDIA



9th-13th December, 2009

BenchPress Team Championships

Sub Junior Men	:	South Africa	:	48 Points
Sub Junior Women	:	India	:	12 Points
Junior Men	:	India	:	57 Points
	:	South Africa	:	12 Points
Junior Women	:	India	:	24 Points
Open Men	:	India	:	63 Points
	:	Northern Ireland	:	12 Points
	:	England	:	12 Points
	:	South Africa	:	12 Points
Open Women	:	India	:	72 Points
Master-1 Men	:	India	:	60 Points
	:	Scotland	:	12 Points
	:	South Africa	:	12 Points
Master-2 Men	:	South Africa	:	24 Points
	:	India	:	12 Points
Master-2 Women	:	South Africa	:	12 Points
Master-3 Men	:	South Africa	:	24 Points