



# SA BENCH PRESS 2022

hosted by EC Powerlifting

Competition Date: Saturday, 12 March 2022

Final Entries close 26 February 2022

Eastern Cape



Powerlifting

Name & Surname	Age Cat	Weight Division	Classic	Equipped	Province	Qualifying Competition
<b>WOMEN</b>						
Anika Ferreira	Sjr	63	X		Eastern Cape	SA Champion 2021
Heike Groenewald	Sjr	69	X		Eastern Cape	East Cape Champs
Aimee Grefen	Jr	57	X		Gauteng	Gauteng
Rochelle Coetzee	Jr	63	X		Free State	Free State Powerlifting Champs 2022
Chandra Greyling	Jr	76	X		Free State	Free State Powerlifting Champs 2022
Mbasa Qilingele	Jr	84	X		Eastern Cape	EC Champs 2022
Colleen Brown	Jr	84+	X		Eastern Cape	EC Champs 2022
Vanessa Lessing	O / M1	69	X	X	Eastern Cape	SA Bench 2021
Christi Rees	O	84+	X	X	Gauteng	Gauteng Equipped and Classic Bench Press Championship
Tania Steenkamp	M1	63	X		Gauteng	SA Bench Press Champs
Zohra Crain	M2	57	X		Gauteng	2021 Champion and Gauteng Bench 12 Feb 2022
<b>MEN</b>						
Joshua John Crain	SJr	66	X		Gauteng	Gauteng Bench 12 Feb 2022
Gareth Kriel	SJr	83	X		Free State	Free State Powerlifting Champs 2022
Izak Johannes Kriel	SJr	83	X		North West	Gauteng Powerlifting Championships
Wian Welding	SJr	120	X		Free State	Free State Powerlifting Champs 2022
Dylan Rollo	SJr	120+	X		Free State	Free State Powerlifting Champs 2022
Josh Caleb Sass	Jr	105	X		Gauteng	Gauteng Champs January 2022
Imdadullah Adam	O	59	X		Free State	Gauteng Bench press championship
Archie Ayekpa	O	93	X		Gauteng	Gauteng Bench 2022
Marius Vlooh	O	93	X		Free State	Free State Powerlifting Champs 2022
Dean McLeary	O	105	X		Gauteng	Gauteng Bench Press Champs
Ian Carney	O	105	X		Free State	Free State Powerlifting Champs 2022
Johnny Dam	O / M2	105	X	X	Gauteng	Gauteng Bench press championship
Brandon Bezuidenhout	O	120	X	X	Gauteng	Gauteng Bench
Jared Leask	O	120+	X		Gauteng	2021 Champion
Stefan Martin Schröder	O	120+	X		Gauteng	Gauteng Bench Provincial 12/2/2022
Xolani Ndatya	M1	72	X		Eastern Cape	2021 SA Champ
Yaniv Lacob	M1	83	X		Gauteng	Gauteng Bench 12 Feb 2022
Tony Fernandes	M1	93	X		Gauteng	2021 Champion and Gauteng Bench 12 Feb 2022
Dale Abrams	M1	105	X		Gauteng	Gauteng Bench Press Championships
Werner Koekemoer	M1	120+	X		Gauteng	SA Bench Press Championships (12 March 2022)
Carel Jansen	M1	83		X	Gauteng	Gauteng Powerlifting Championship
Tommie De Nysschen	O / M2	83	X	X	Free State	Free State Powerlifting Champs 2022
Hermanus de Beer	M2	120	X		Gauteng	Gauteng Powerlifting Championships 2022
John David Crain	M2	120	X		Gauteng	2021 Champion and Gauteng Bench 12 Feb 2022
Hercules van den Berg	M2	120+	X		Gauteng	Gauteng Classic & Equipped Bench Press 2022
Mornay Human	M2	120+	X		Eastern Cape	EC Bench Press 2022
Gys Smith	M2	120+	X	X	Free State	Free State Powerlifting Champs 2022
J.C. Bruce	M3	66	X	X	Western Cape	WC Bench Champs 2022
Glen Thomas	M3	93	X		Gauteng	2021 Champion
André Ludik	M3	120	X	X	Eastern Cape	SA Champ 2021

Email [easterncapepowerlifting@gmail.com](mailto:easterncapepowerlifting@gmail.com) for any weight changes.