

Protea colours	SJ, Jun and Open only, who get qualifying standard
Federation (Green) colours	Masters who get qualifying standard
One badge below	1 badge below qualifying standard - only for International Comps hosted in SA

### Classic Bench Press - Men

MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53	Samuel Meshilinie						
59							
66	Faraz Hamayan			Steven Coleman		JC Bruce	
74			Chadwyn Govington	Jonathan Kariv	Glen van der Linde	Tommie de Nysschen	
83		Avishai Eilim	Ricardo Fitzpatrick- 83-76,06	Ricardo Fitzpatrick			Dan Oppenheim
93		Gian Havemann	Archie Ayekpa-93-76.56	David Jacobsz Jerry Botha-93-69.03			
105	Richard Steenekamp		Tom Wewege Craig Masson 105-77,36	Craig Masson	Johnny Johnson Yegi Williams	Glen Thomas Christo Schoonraad	
120			Johan Smith Francois Maritz	Newton Mudau	Ian Furman Hermanus de Beer		
120+		Bryce Sillitoe (SO)	Stefan Schroder	Simon Breetzke	John Crain Denis Bensch		

Reserves

Louw Langeveldt-105-76.73	Johan Meyer 83-66.36
Ruben van der Linde-74-72.81	Werner Koekemoer-120+-57,84
Steven Routledge 66kg - 68,43	David Kerr-120+-59.50
	Hennie Janse van Rensburg-105-63.04

### Classic Bench Press - Women

WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47							
52				Tarryn Valle			
57	Devorah Eilim		Sorah Garber Farzana Botha	Sorah Garber			
63	Catinka Fourie		Kristl Kannemeyer	Kristl Kannemeyer	Zohra Crain		
69	Gila Smith	Charnleigh Kotze	Laura Brewer	Vanessa Lessing			
76	Rochelle van der Merwe			Jodi Poxon	Gail Mathewson		
84				Zanele Ngwenya Michelle Kruger			
84+		Sunelle Putter Karin du Plessis	Lauren Norton Christi Rees				

### Equipped Bench Press - Men

MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53							
59							
66							
74			Marcel Vorster Ruben van der Linde		Glen van der Linde	Tommie de Nysschen	
83							
93			Archie Ayekpa Deon Smedley				
105			Derik van Wyk Craig Masson	Craig Masson	Yegi Williams	Christo Schoonraad	
120			Johan Smith		Hermanus de Beer		
120+			Simon Breetzke	Simon Breetzke	Gys Smith John Crain		

### Equipped Bench Press - Women

WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47					Elisabeth Barry		
52					Carol Anthony		
57							
63			Janel Daffue				
69			Megan Leighton Vanessa Lessing	Vanessa Lessing			
76	Anika Maree		Chantelle du Toit				
84			Olivia Perotti Jacqui Rees	Jacqui Rees			
84+			Christi Rees				