

Protea colours SJ, Jun and Open only, who get qualifying standard  
 Federation (Green) colours Masters who get qualifying standard

Qualifying comps

SA Bench Press Championships

Internationals

World Classic and Equipped Bench Press Championships, Drammen, Norway  
 Asia/Pacific/Africa Championships, Japan  
 African Powerlifting and Bench Press Championships, Tunisia

Equipped Bench Press - Men							
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53							
59							
66							
74			Marcel Vorster				
83						Tommy de Nysschen	
93							
105							
120			Haroun Pietersen		Hermanus de Beer		
120+					John Crain		

Equipped Bench Press - Women							
WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47							
52							
57							
63			Meg Leighton				
69		Chante Mulder				Heather Leighton	
76				Chantelle du Toit			
84							
84+			Christi Rees				

### Classic Bench Press - Men

MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53							
59							
66		Luke Hall	Caneous Mdluli	Steven Colman			
74	Blaine Coleman Leon Naidoo				Glen van der Linde		
83	Damien Jansen	Tshepiso Masiza	Chad Govington	Chad Govington		Tommie de Nysschen	
93	Szethyn Fulop			David Jacobsz			
105			Daniel Duke				
120				Newton Mudau	Hermanus de Beer		
120+		Stanford Thompson	Stefan Schroder	Steven le Roux	John Crain		

Reserves

Ferde Botha 74-3-55,78  
Alex Collocott 74-4-53,46

### Classic Bench Press - Women

WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47							
52							
57			Giulia Muto				
63	Jana Fox		Alex Mundell				
69	Stephene Loubser	Erin Paine			Gail Matthewson		
76							
84							
84+			Olivia Perotti				