

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

Qualifying comps

SA Bench Press Championships

Internationals

World Classic and Equipped Bench Press Championships, Austin USA
 Asia/Pacific/Africa Championships
 Commonwealth Championships
 African Powerlifting and Bench Press Championships

21 May - 1 June
 Jul-24
 Oct-24
 Oct-23

All teams (Classic and Equipped)
 All Bench teams (Classic and Equipped) + one badge below
 All teams (Classic and Equipped) + one badge below
 All teams (Classic and Equipped) + one badge below

Equipped Bench Press - Men

MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53							
59							
66	Ferde Botha						
74							
83							
93							
105							
120			Craig Masson	Craig Masson	Hermanus de Beer		
120+			Simon Breetzke John Crain	Simon Breetzke	John Crain		

Equipped Bench Press - Women

WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47							
52			Farzana Botha				
57							
63							
69	Chante Mulder	Chante Mulder				Heather Leighton	
76	Anika Maree						
84							
84+							

Classic Bench Press - Men

MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53	Samuel Meshilinie						
59							
66	Ferde Botha Brandon Look - 66 - 45,68			Steve Coleman		JC Bruce	
74	Blaine Coleman Alexander Collocott - 74 - 54,4				Yaniv Lacob		
83	Peter Bester (jnr)			Ricardo Fitzpatrick			Dan Oppenheim
93	Jhanco Viljoen		Maahir Martin Nicholas Duarte	David Jacobsz			
105	Arne Botes		Fabio Yslie		Nicholas Ingel		
120			Craig Masson	Craig Masson	Hermanus de Beer		
120+		Bryce Sillitoe (SO)	Jared Leask Peter Bester (snr)	Simon Breetzke Werner Koekemoer	John Crain		

Reserves

Micah Naidoo - 74 48,42
Henre van der Berg - 66 - 45,53

Stefan Schroder - 120+ - 85,98 David Kerr - 120+

Classic Bench Press - Women

WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47							
52			Farzana Botha				
57							
63	Jana Fox						
69							
76	Anika Maree				Gail Matthewson		
84							
84+							