

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, Austin USA

21 May - 1 June

All teams (Classic and Equipped)

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							
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			Steve Coleman			
74	Blaine Coleman Alexander Collocott - 74 - 54,4				Yaniv Lacob		
83	Peter Bester (jnr)			Ricardo Fitzpatrick			
93	Jhanco Viljoen		Maahir Martin Nicholas Duarte	David Jacobsz			
105	Arne Botes		Fabio Yslie				
120				Craig Masson	Hermanus de Beer		
120+		Bryce Sillitoe (SO)	Jared Leask Peter Bester (snr)	Simon Breetzke Werner Koekemoer	John Crain		

Reserves

Stefan Schroder - 120+ - 85,98

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						
84							
84+							