

## Gauteng Bench - Final Entries

### First Session

### Weigh in 7am - Start lifting at 9am

#### First Flight - Woman

Ferzana Botha	Woman - 52	Open
Zohra Crain	Woman – 63	Master
Kristl Kannemeyer	Woman – 63	Open
Megan Leighton	Woman - 63	Open
Erin Pinnock	Woman – 69	Sub-junior
Tania Steenkamp	Woman-69	Master
Chantelle Du Toit	Woman - 76	Open
Michele Townsend	Woman – 84+	Master
Christi Rees	Woman – 84+	Open

#### Second Flight - Men

Joshua Crain	Men – 66	Sub Junior
Aadil Ahmed Ismail	Men - 74	Open
Willem Hendrik Blom	Men - 83	Master
Chadwyn Govington	Men - 83	Open
Yaniv Lacob	Men - 83	Master
Izak Kriel	Men - 83	Sub Junior
Archie Ayekpa	Men -93	Open
Antonio Fernandes	Men – 93	Open
Gerhard Rabie	Men – 93	Open
Dean McLeary	Men – 93	Open
Jean-Pierre Blom	Men – 93	Sub Junior
Johann Meyer	Men – 93	Master

#### Third Flight - Men

Dirko Smuts	Men - 105	Open
Dale Abrams	Men - 105	Master
Christo Schoonraad	Men - 105	Master
Michael Poxon	Men - 105	Master
Johnny Dam	Men - 105	Master and Open
Taariq Osman	Men - 120	Sub Junior
Brandon Bezuidenhout	Men - 120	Open
Newton Mudau	Men - 120	Master
John Crain	Men - 120	Master
Hermanus de Beer	Men - 120	Master
Stefan Schroder	Men – 120+	Open
Werner Koekemoer	Men – 120+	Master
Hercules van den Berg	Men – 120+	Master
David Kerr	Men - 120+	Master

### Second Session Weigh in 10 am - Lifting at 12pm

### First Flight - Para Powerlifting

Mfundo Ketu	Men - 83	Para Powerlifting - Open
Glenn Ward	Men - 83	Para Powerlifting - Open

### Second Flight - Equipped Bench

Carol Anthony	Woman - 57	Master
Jacqui Rees	Woman - 84	Master
Christi Rees	Woman - 84+	Open
Yaniv Lacob	Men - 83	Master
Izak Kriel	Men - 83	Sub Junior
Johnny Dam	Men - 105	Master

