

Entries 2011 SA Bench Press Championships

1st flight

Name	Province	M / F	DOB	Weight	Cat	Cat	Cat	Cat	Cat	Cat
Liliana Coleman	Western Province	Female	63/08/19	47 Kg				Masters 1		
Hesterki Range	Western Province	Female	67/07/24	57 Kg				Masters 1		
Ilze-Mari Maritz	Eastern Province	Female	88/05/21	57 Kg		Junior				
Sanet Momberg	Eastern Province	Female	72/02/04	72 Kg			Senior			
Sue Glazier	KZN	Female	79/01/03	72 Kg			Senior			
Isabel Kruger	North West	Female	64/06/05	84+ Kg			Senior			
Sean Brokenshire	Western Province	Male	87/08/12	59 Kg			Senior			
Christopher Bruce	Western Province	Male	91/02/09	66 kg		Junior				
Dirk o Kennedy	Eastern Province	Male	88/10/04	66 kg		Junior				
Jan Moolman	Eastern Province	Male	93/09/16	66 Kg	S/ Junior					
Ricardo Fitzgerald	North Cape	Male	80/11/30	66 kg			Senior			
JC Bruce	Western Province	Male	61/05/09	66 Kg					Masters 2	

12 lifters

2nd flight

Jeandre van Eck	Eastern Province	Male	93/05/21	74 Kg	S/ Junior					
Carlo Buchner	Eastern Province	Male	95/05/26	74 Kg	S/ Junior					
Christo Gerber	Eastern Province	Male	94/01/20	74 Kg	S/ Junior					
Christo van Eeden	Eastern Province	Male	94/01/04	74 Kg	S/ Junior					
Vinay Gosai	KZN	Male	80/04/18	74 Kg			Senior			
Dan Oppenheim	GAUTENG	Male	45/06/30	74 Kg						Masters-3
Frikkie Veldman	GAUTENG	Male	86/01/21	93 Kg			Senior			
Liam Smithers	KZN	Male	87/11/10	93 Kg			Senior			
Martin Grobler	GAUTENG	Male	89/03/10	93 Kg		Junior				
Christian Venter	Eastern Province	Male	94/01/17	93 Kg	S/ Junior					
Ruben Fourie	Eastern Province	Male	94/05/24	93 Kg	S/ Junior					
Clayton Opperman	GAUTENG	Male	82/08/31	93 Kg			Senior			
Etienne Potgieter	GAUTENG	Male	86/01/21	93kg			Senior			

Ado Krige	GAUTENG	Male	47/03/14	93 Kg						Masters 3
14 lifters 13 lifters										

12
14
13
9
10
58

3rd flight										
Name	Province	M / F	DOB	Weight	Cat	Cat	Cat	Cat	Cat	Cat
Marcus Sapire	GAUTENG	Male	89/02/06	83 Kg		Junior				
Henmar Ebersohn	GAUTENG	Male	93/04/16	83 Kg		Junior				
Pieter Fourie	GAUTENG	Male	88/12/21	83 Kg		Junior				
Pieter Snyman	Western Province	Male	89/03/10	83 Kg		Junior				
Nathan Valentine	Western Province	Male	89/07/02	83 Kg		Junior				
Albert De Bondt	GAUTENG	Male	87/06/08	83 Kg			Senior			
Jacques Knoesen	Eastern Province	Male	71/12/26	83 Kg			Senior			
Benjamin Coetsee	Western Province	Male	89/07/25	83 Kg		Junior				
Naresh Naidoo	KZN	Male	81/06/16	83 Kg			Senior			
Franko Holder	North West	Male	93/03/31	83 Kg	S/ Junior					
Lawrence Arendse	Western Province	Male	54/09/19	83 Kg					Masters 2	
Neal Coleman	Western Province	Male	50/07/24	83 Kg						Masters 3
Peter Vermaak	Western Province	Male	48/03/21	83 Kg						Masters 3
13 lifters										

4th flight										
Grant van der Haer	KZN	Male	82/01/10	105 Kg			Senior			
Yegi Williams	Eastern Province	Male	65/04/10	105 Kg			Senior			
Mark Phillips	GAUTENG	Male	68/05/04	105 Kg			Senior			
Dave Edwards	GAUTENG	Male	85/03/18	105 Kg			Senior			
Davon Smith	Western Province	Male	86/08/08	105 Kg			Senior			
Cornel Welgemoed	GAUTENG	Male	70/06/08	105 Kg				Masters 1		
Sam Fairfoot	KZN	Male	64/04/14	105 Kg				Masters 1		
Willie van Rensburg	North West	Male	63/05/18	105 Kg				Masters 1		
Ian Buckle	North West	Male	58/11/28	105 Kg					Masters 2	
9 lifters										

5th flight										
Andre Ludik	Eastern Province	Male	57/06/30	120 Kg			Senior			
Eddie Govender	KZN	Male	80/01/13	120 Kg			Senior			
Andre Cloete	North Cape	Male	79/11/17	120 Kg			Senior			
Ian Furman	GAUTENG	Male	67/06/11	120 Kg				Masters 1		
Mathew Cosmo	GAUTENG	Male	71/03/31	120 Kg				Masters 1		
Eugene Nolan	Eastern Province	Male	89/09/06	120 + Kg		Junior				
Christen Ashcroft	GAUTENG	Male	80/07/05	120 + Kg			Senior			
Martinus van Rooyen	Eastern Province	Male	65/04/03	120 + Kg				Masters 1		
Arno Lambrechts	GAUTENG	Male	70/10/18	120 + Kg				Masters 1		
Willy Johnston-Robertsor	GAUTENG	Male	57/11/19	120+ Kg					Masters 2	
10 lifters										