

SA BENCH PRESS CHAMPIONSHIPS 2023 - FINAL ENTRIES

| First Name | Surname | Gender | Age | Weight Cat | Province | Total | Coach | T Shirt Size |
|------------------------------------|---------------|--------|--------|------------|---------------|-------|---------------------------------|--------------|
| CLASSIC BENCH PRESS - WOMEN | | | | | | | | |
| Pearl | Bucwa | Female | SJ | 43kg | Eastern Cape | 32,5 | Ilze-Mari Maritz | XS |
| Tarryn | Valle | Female | M1 | 52kg | Western Cape | 45 | Christian Gerhardt | XS |
| Devorah | Eilim | Female | SJ | 57kg | Gauteng | 42,5 | Dan Oppenheim | M |
| Farzana | Botha | Female | O | 57kg | Gauteng | 62,5 | none | XS |
| Sorah | Garber | Female | O + M1 | 57kg | Kwazulu Natal | 85 | Undecided | S |
| Catinka | Fourie | Female | SJ | 63kg | Eastern Cape | 47,5 | Ilze Marie Maritz | S |
| Kristl | Kannemeyer | Female | O + M1 | 63kg | Western Cape | 75 | Carol Anthony | S |
| Zohra | Crain | Female | M2 | 63kg | Gauteng | 47,5 | John Crain | M |
| Janél | Daffue | Female | O | 63kg | Eastern Cape | 62,5 | André Ludik | S |
| Gila | Smith | Female | SJ | 69kg | Gauteng | 60 | Unknown | S |
| Heike | Groenewald | Female | J | 69kg | Eastern Cape | 70 | Ilze-Mari Maritz | M |
| Charnleigh | Kotzé | Female | J | 69kg | Eastern Cape | 77,5 | Chantel Kotzé | M |
| Laura | Brewer | Female | O | 69kg | Gauteng | 75 | Chantelle du Toit | XS |
| Vanessa | Lessing | Female | M1 | 69kg | Eastern Cape | 70 | Andre Ludik | M |
| Anika | Maree | Female | SJ | 76kg | Eastern Cape | 52,5 | Ilze-Mari Maritz | L |
| Rochelle | Van der Merwe | Female | SJ | 76kg | Free State | 62,5 | Bernice van der Westhuizen | L |
| Jodi | Poxon | Female | M1 | 76kg | Gauteng | 75 | Chantelle/Mike | S |
| Gail | Mathewson | Female | M2 | 76kg | Gauteng | 52,5 | Darryn Anthony | M |
| Michelle | Kruger | Female | M1 | 84kg | Western Cape | 60 | Johan Kruger | M |
| Zanele | Ngwenya | Female | M1 | 84kg | Gauteng | 72,5 | Chantelle Du Toit | S |
| Sunelle | Putter | Female | J | 84+kg | Eastern Cape | 75 | I Maritz | 2XL |
| Karin | Du Plessis | Female | J | 84+kg | Gauteng | 80 | Megan Leighton | L |
| Lauren | Norton | Female | O | 84+kg | Gauteng | 105 | Andrew Anthony | 2XL |
| Christi | Rees | Female | O | 84+kg | Gauteng | | Jacqui Rees | L |
| CLASSIC BENCH PRESS - MEN | | | | | | | | |
| Samuel | Meshilinie | Male | SJ | 53kg | Eastern Cape | 67,5 | Elisabeth Barry and Andre Ludik | S |
| Ferde | Botha | Male | SJ | 59kg | Eastern Cape | | Ilze-Marie Maritz | M |
| Rossouw | Hamman | Male | SJ | 66kg | Western Cape | 72,5 | Johan Kruger | M |
| Faraz | Hamayun | Male | SJ | 66kg | Gauteng | 105 | Rodney Anthony | S |
| Daniel | Saacks | Male | SJ | 66kg | Gauteng | | Christian Lawu | M |
| Joshua John | Crain | Male | SJ | 66kg | Gauteng | 75 | John Crain | L |
| JC | Bruce | Male | M3 | 66kg | Western Cape | 80 | Christopher Bruce | S |
| Steven | Routledge | Male | O | 66kg | Gauteng | 100 | Megan Leighton | M |
| Steven | Coleman | Male | O + M1 | 66kg | Gauteng | 110 | Megan Leighton | S |
| Jonathan | Kariv | Male | M1 | 74kg | Gauteng | 140 | Andrew Anthony | M |
| Glen | van der Linde | Male | M2 | 74kg | Gauteng | 112,5 | Ruben van der Linde | M |
| Tommie | de Nysschen | Male | O + M3 | 74kg | Free State | 130 | self | S |
| Chadwyn | Govington | Male | O | 74kg | Gauteng | 165 | Laura De Wet | M |
| Ruben | van der Linde | Male | O | 74kg | Gauteng | 125 | Glen van der Linde | |
| Avishai | Eilim | Male | J | 83kg | Gauteng | 130 | Dan Oppenheim | L |
| Johann Nico | Meyer | Male | M1 | 83kg | Gauteng | 127,5 | HENK DE WET | L |
| Yaniv | Lacob | Male | M1 | 83kg | Gauteng | 120 | | L |
| Andries | Lourens | Male | M3 | 83kg | North West | 90 | Hannie Smith | M |
| Dan | Oppenheim | Male | M4 | 83kg | Gauteng | 90 | Henk | M |
| Ricardo | Fitzpatrick | Male | O + M1 | 83kg | Northern Cape | 150 | N/A | XL |
| Robert | Broodryk | Male | J | 93kg | Gauteng | 120 | Glen VD linde | XL |
| Gian | Havemann | Male | J | 93kg | Gauteng | 165 | Chantelle Du Toit | XL |
| David | Jacobsz | Male | M1 | 93kg | Gauteng | 150 | Rodney Anthony | L |
| Jerry | Botha | Male | M1 | 93kg | Gauteng | 135 | Chantelle du Toit | XL |
| Alan | Ridgard | Male | M2 | 93kg | Gauteng | 110 | Megan Leighton | L |
| Antonio Jose Ros | Fernandes | Male | M2 | 93kg | Gauteng | 105 | John Crain | XL |
| Gerhard | Fourie | Male | O | 93kg | Gauteng | 170 | Andrew Anthony | XL |
| Deon | Smedley | Male | O | 93kg | Gauteng | 147,5 | Chantelle- BB1610 | XL |

