

SA BENCH PRESS CHAMPIONSHIPS 2023 - PRELIMINARY 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
Farzana	Botha	Female	O	52kg	Gauteng	62,5	none	XS
Devorah	Eilim	Female	SJ	57kg	Gauteng	42,5	Dan Oppenheim	M
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
Megan	Leighton	Female	O	69kg	Gauteng	70	Chantelle Du Toit	XS
Laura	Brewer	Female	O	69kg	Gauteng	75	Chantelle du Toit	XS
Vanessa	Lessing	Female	O + M1	69kg	Eastern Cape	70	Andre Ludik	M
Anika	Maree	Female	SJ	76kg	Eastern Cape	52,5	Ilze-Mari Maritz	L
Roehelle	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
Chantelle	Du Toit	Female	O	76kg	Gauteng	75	Megan Leighton	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		Matt Bekker	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 Ro	Fernandes	Male	M2	93kg	Gauteng	105	John Crain	XL

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EQUIPPED BENCH PRESS - WOMEN								
Elisabeth	Barry	Female	M2	47kg	Eastern Cape	47,5	Rodney Anthony	XS
Carol	Anthony	Female	O + M2	52kg	Gauteng	55	Rodney Anthony	XS
Janél	Daffue	Female	O	63kg	Eastern Cape	75	André Ludik	S
Heike	Groenewald	Female	J	69kg	Eastern Cape	70	Ilze-Mari Maritz	M
Megan	Leighton	Female	O	69kg	Gauteng	70	Chantelle Du Toit	XS
Vanessa	Lessing	Female	O + M1	69kg	Eastern Cape	70	Andre Ludik	M
Anika	Maree	Female	SJ	76kg	Eastern Cape	52,5	Ilze-Mari Maritz	L
Jodi	Poxon	Female	M1	76kg	Gauteng	75	Chantelle/Mike	S
Heather	Leighton	Female	M2	76kg	Gauteng	55	Chantelle, Megan	M
Chantelle	Du Toit	Female	O	76kg	Gauteng	75	Megan Leighton	M
Olivia	Perotti	Female	O	84kg	Gauteng		Chantelle du Toit	M
Jacqui	Rees	Female	O + M1	84kg	Gauteng		Matt Bekker	M
Christi	Rees	Female	O	84+kg	Gauteng		Matt Bekker	L
EQUIPPED BENCH PRESS - MEN								
Ferde	Botha	Male	SJ	59kg	Eastern Cape		Ilze-Marie Maritz	M
JC	Bruce	Male	M3	66kg	Western Cape	80	Christopher Bruce	S
Glen	van der Linde	Male	M2	74kg	Gauteng	112,5	Self	M
Tommie	de Nysschen	Male	O + M3	74kg	Free State	130	Self	S
Ruben	van der Linde	Male	O	74kg	Gauteng	125	Glen van der Linde	
Marcel	Vorster	Male	O	74kg	Gauteng	140	Laura De Wet	M
Carel	Jansen	Male	M1	83kg	Gauteng	125	Rodney Anthony	L
Yaniv	Lacob	Male	M1	83kg	Gauteng	120		L
Dan	Oppenheim	Male	M4	83kg	Gauteng	90	Henk	M
Archie	Ayekpa	Male	O	93kg	Gauteng		Rodney Anthony	L
Deon	Smedley	Male	O	93kg	Gauteng	147,5	Chantelle Du Toit	XL
Gerhard	Rabie	Male	O	93kg	Gauteng	160	Chantelle Du Toit	XL
Christo	Schoonraad	Male	M3	105kg	Gauteng	190	Henk de Wet	XL
Yegi	Williams	Male	M2	105kg	Eastern Cape	125	Faz Khan	XL
Johnny	Dam	Male	O + M2	105kg	Gauteng		Steve Ogunfemi	XL
Craig	Masson	Male	O + M1	105kg	Gauteng	175	Brett Gibbs / John Crain	2XL
Derik	van Wyk	Male	O	105kg	Gauteng	200	Chantelle du Toit	XL
Hermanus	de Beer	Male	M2	120kg	Gauteng	150	Dan Oppenheim	2XL
Ian	Furman	Male	M2	120kg	Gauteng	180	Justin/henk	3XL
Andre	Ludik	Male	M3	120kg	Eastern Cape	105	Self	2XL
John	Crain	Male	O + M2	120kg	Gauteng	175	None	3XL
Brandon	Bezuidenhout	Male	O	120kg	Gauteng	190	Henk De Wet	2XL
Johan	Smith	Male	O	120kg	North West	165	Roelof Smith	XL
Simon	Breetzke	Male	O + M1	120+kg	Kwazulu Natal	190	Rodney Anthony	3XL
Gysbert	Smith	Male	M2	120+kg	Northern Cape	190	None	3XL

