

6-8 January

2023

SA Classic and Equipped Bench Press Championships 2023

CLASSIC

WOMEN	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	BP-1	BP-2	BP-3	Best BP	PI/Div/Clis/Event	IPF GL Points	Events Entered	Qual	Best Lifters
Pearl Bucwa	EC	F-SJ-U	42,60	43	2005	30,0	32,5	32,5	30,0	1/F-SJ-U/43/BP	36,03	BP		
Devorah Eilim	Gau	F-SJ-U	55,95	57	2006	40,0	45,0	47,5	47,5	1/F-SJ-U/57/BP	42,82	BP	1 below	
Catinka Fourie	EC	F-SJ-U	62,00	63	2005	45,0	47,5	50,0	50,0	1/F-SJ-U/63/BP	42,11	BP	1 below	
Gila Smith	Gau	F-SJ-U	66,15	69	2009	57,5	62,5	67,5	67,5	1/F-SJ-U/69/BP	54,90	BP	Q	Best Subjunior
Rochelle Van der Merwe	FS	F-SJ-U	73,45	76	2006	60,0	65,0	70,0	65,0	1/F-SJ-U/76/BP	50,53	BP	Q	
Anika Maree	EC	F-SJ-U	73,55	76	2006	52,5	55,0	55,0	52,5	2/F-SJ-U/76/BP	40,79	BP		
Charnleigh Kotzé	EC	F-J-U	68,40	69	2004	75,0	80,0	85,0	85,0	1/F-J-U/69/BP	68,04	BP	Q	Best Junior
Heike Groenewald	EC	F-J-U	68,00	69	2004	52,5	55,0	57,5	57,5	2/F-J-U/69/BP	46,15	BP		
Sunelle Putter	EC	F-J-U	108,55	84+	2004	85,0	87,5	87,5	87,5	1/F-J-U/84+/BP	62,60	BP	Q	
Karin Du Plessis	Gau	F-J-U	109,00	84+	2000	80,0	85,0	87,5	85,0	2/F-J-U/84+/BP	60,79	BP	1 below	
Sorah Garber	KZN	F-O-U	57,00	57	1981	75,0	80,0	82,5	82,5	1/F-O-U/57/BP	73,37	BP	Q	
Farzana Botha	Gau	F-O-U	52,55	57	1985	65,0	65,0	67,5	67,5	2/F-O-U/57/BP	64,02	BP	1 below	
Kristl Kannemeyer	WC	F-O-U	62,10	63	1983	72,5	77,5	77,5	72,5	1/F-O-U/63/BP	61,00	BP	1 below	
Janél Daffue	EC	F-O-U	61,25	63	1999	62,5	65,0	67,5	67,5	2/F-O-U/63/BP	57,25	BP		
Laura Brewer	Gau	F-O-U	64,70	69	1988	72,5	77,5	77,5	77,5	1/F-O-U/69/BP	63,74	BP	1 below	
Lauren Norton	Gau	F-O-U	113,10	84+	1989	100,0	107,5	110,0	107,5	1/F-O-U/84+/BP	76,63	BP	Q	Best Open
Christi Rees	Gau	F-O-U	106,00	84+	1986	100,0	102,5	107,5	102,5	2/F-O-U/84+/BP	73,51	BP	Q	
Tarryn Valle	WC	F-M1-U	51,20	52	1978	45,0	47,5	50,0	47,5	1/F-M1-U/52/BP	46,12	BP	1 below	
Sorah Garber	KZN	F-M1-U	57,00	57	1981	75,0	80,0	82,5	82,5	1/F-M1-U/57/BP	73,37	BP	Q	Best Master 1
Kristl Kannemeyer	WC	F-M1-U	62,10	63	1983	72,5	77,5	77,5	72,5	1/F-M1-U/63/BP	61,00	BP	Q	
Vanessa Lessing	EC	F-M1-U	67,50	69	1978	67,5	70,0	70,0	67,5	1/F-M1-U/69/BP	54,37	BP	Q	
Jodi Poxon	Gau	F-M1-U	74,90	76	1975	62,5	65,0	65,0	62,5	1/F-M1-U/76/BP	48,25	BP	1 below	
Zanele Ngwenya	Gau	F-M1-U	82,00	84	1980	67,5	70,0	75,0	75,0	1/F-M1-U/84/BP	56,30	BP	Q	
Michelle Kruger	WC	F-M1-U	76,90	84	1976	65,0	67,5	70,0	70,0	2/F-M1-U/84/BP	53,56	BP	1 below	

Zohra Crain	Gau	F-M2-U	61,70	63	1969	45,0	50,0	-52,5	DD					
Gail Mathewson	Gau	F-M2-U	73,80	76	1969	57,5	-60,0	-62,5	57,5	1/F-M2-U/76/BP	44,62	BP	1 below	Best Master 2
MEN	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	BP-1	BP-2	BP-3	Best BP	P/Div/Cls/Event	IPF GL Points	Events Entered	Qual	Best Lifters
Samuel Meshilinie	EC	M-SJ-U	51,25	53	2006	67,5	70,0	75,0	75,0	1/M-SJ-U/53/BP	48,98	BP	Q	
Ferde Botha	EC	M-SJ-U	57,05	59	2008	65,0	67,5	-70,0	67,5	1/M-SJ-U/59/BP	41,50	BP		
Faraz Hamayun	Gau	M-SJ-U	64,75	66	2005	95,0	102,5	108,0	108,0	1/M-SJ-U/66/BP	61,90	BP	Q	Best Subjunior
Rossouw Hamman	WC	M-SJ-U	64,35	66	2005	67,5	70,0	77,5	77,5	2/M-SJ-U/66/BP	44,57	BP		
Daniel Saacks	Gau	M-SJ-U	60,90	66	2007	75,0	-80,0	-80,0	75,0	3/M-SJ-U/66/BP	44,47	BP		
Richard Steenekamp	Gau	M-SJ-U	97,30	105	2006	115,0	125,0	-130,0	125,0	1/M-SJ-U/105/BP	58,02	BP	Q	
Avishai Eilim	Gau	M-J-U	79,45	83	2004	125,0	130,0	-137,5	130,0	1/M-J-U/83/BP	66,79	BP	1 below	
Gian Havemann	Gau	M-J-U	89,90	93	2000	145,0	165,0	170,0	170,0	1/M-J-U/93/BP	82,02	BP	Q	Best Junior
Robert Broodryk	Gau	M-J-U	89,00	93	2004	120,0	-125,0	125,0	125,0	2/M-J-U/93/BP	60,61	BP		
Steven Routledge	Gau	M-O-U	65,35	66	1991	115,0	120,0	-122,5	120,0	1/M-O-U/66/BP	68,43	BP	1 below	
Steven Coleman	Gau	M-O-U	64,90	66	1979	115,0	117,5	-120,0	117,5	2/M-O-U/66/BP	67,26	BP		
Chadwyn Govington	Gau	M-O-U	73,60	74	1985	155,0	165,0	-170,5	165,0	1/M-O-U/74/BP	88,25	BP	Q	
Ruben van der Linde	Gau	M-O-U	72,45	74	1998	122,5	130,0	135,0	135,0	2/M-O-U/74/BP	72,81	BP	1 below	
Tommie de Nysschen	FS	M-O-U	73,65	74	1963	125,0	132,5	-142,5	132,5	3/M-O-U/74/BP	70,84	BP		
Ricardo Fitzpatrick	NC	M-O-U	81,48	83	1980	150,0	-157,5	-157,5	150,0	1/M-O-U/83/BP	76,06	BP	1 below	
Archie Ayekpa	Gau	M-O-U	91,40	93	1985	150,0	160,0	-167,5	160,0	1/M-O-U/93/BP	76,56	BP	1 below	
Deon Smedley	Gau	M-O-U	91,85	93	1984	145,0	150,0	0,0	150,0	2/M-O-U/93/BP	71,60	BP		
Tom Wewege	Gau	M-O-U	104,40	105	1992	195,0	200,0	-205,5	200,0	1/M-O-U/105/BP	89,79	BP	Q	
Craig Masson	Gau	M-O-U	104,65	105	1981	160,0	172,5	-180,0	172,5	2/M-O-U/105/BP	77,36	BP	1 below	
Louw Langeveldt	WC	M-O-U	103,20	105	1995	160,0	170,0	-175,0	170,0	3/M-O-U/105/BP	76,73	BP	1 below	
Marius Vlooh	FS	M-O-U	93,30	105	1991	155,0	160,0	-165,0	160,0	4/M-O-U/105/BP	75,79	BP		
Dean McLeary	WC	M-O-U	93,05	105	1994	150,0	-160,0	-160,0	150,0	5/M-O-U/105/BP	71,15	BP		
Simbayi Bvumburai	Gau	M-O-U	102,55	105	1994	130,0	-135,0	140,0	140,0	6/M-O-U/105/BP	63,38	BP	ZIM	
Johan Smith	NW	M-O-U	119,45	120	1990	215,0	220,0	222,5	DD					
Francois Maritz	Gau	M-O-U	117,45	120	1993	210,0	-220,0	220,0	220,0	1/M-O-U/120/BP	93,68	BP	Q	Best Open
Newton Mudau	Gau	M-O-U	117,65	120	1981	170,0	-182,5	-182,5	170,0	2/M-O-U/120/BP	72,33	BP		
Bongani Faku	EC	M-O-U	109,45	120	1987	125,0	-132,5	-132,5	125,0	3/M-O-U/120/BP	54,92	BP		

6-8 January

2023

SA Classic and Equipped Bench Press Championships 2023 **EQUIPPED**

WOMEN	Team	Div	Bwt - kg	IPF Wt CIs	Birth Year	BP-1	BP-2	BP-3	Best BP	PI/Div/CIs/Event	IPF GL Points	Events Entered	QUAL	Best Lifters
Anika Maree	EC	F-SJ	73,95	76	2006	70,0	72,5	72,5	70,0	1/F-SJ/76/BP	38,64	BP	1 below	Best Subjunior
Heike Groenewald	EC	F-J	67,90	69	2004	65,0	70,0	72,5	70,0	1/F-J/69/BP	40,41	BP		Best Junior
Carol Anthony	Gau	F-O	51,35	52	1966	50,0	55,0	55,0	50,0	1/F-O/52/BP	35,01	BP		
Janél Daffue	EC	F-O	62,70	63	1999	80,0	82,5	85,0	82,5	1/F-O/63/BP	49,94	BP	1 below	
Megan Leighton	Gau	F-O	66,95	69	1996	115,0	115,0	117,5	117,5	1/F-O/69/BP	68,37	BP	Q	
Vanessa Lessing	EC	F-O	67,90	69	1978	87,5	90,0	95,0	90,0	2/F-O/69/BP	51,95	BP	1 below	
Chantelle Du Toit	Gau	F-O	74,45	76	1985	102,5	110,0	110,0	110,0	1/F-O/76/BP	60,53	BP	Q	
Olivia Perotti	Gau	F-O	83,75	84	1989	112,5	115,0	117,5	117,5	1/F-O/84/BP	61,42	BP	Q	
Jacqui Rees	Gau	F-O	83,50	84	1980	105,0	112,5	112,5	105,0	2/F-O/84/BP	54,95	BP	1 below	
Christi Rees	Gau	F-O	106,50	84+	1986	165,0	171,0	175,0	175,0	1/F-O/84+/BP	84,88	BP	Q	Best Open
Vanessa Lessing	EC	F-M1	67,90	69	1978	87,5	90,0	95,0	90,0	1/F-M1/69/BP	51,95	BP	Q	
Jodi Poxon	Gau	F-M1	74,45	76	1975	82,5	82,5	82,5	0,0		0,00	BP		
Jacqui Rees	Gau	F-M1	83,50	84	1980	105,0	112,5	112,5	105,0	1/F-M1/84/BP	54,95	BP	Q	Best Master 1
Elisabeth Barry	EC	F-M2	46,60	47	1973	45,0	50,0	50,0	45,0	1/F-M2/47/BP	34,36	BP	1 below	
Carol Anthony	Gau	F-M2	51,35	52	1966	50,0	55,0	55,0	50,0	1/F-M2/52/BP	35,01	BP	1 below	Best Master 2
Heather Leighton	Gau	F-M2	68,75	69	1964	57,5	65,0	65,0	57,5	1/F-M2/69/BP	32,97	BP		
MEN	Team	Div	Bwt - kg	IPF Wt CIs	Birth Year	BP-1	BP-2	BP-3	Best BP	PI/Div/CIs/Event	IPF GL Points	Events Entered	QUAL	Best Lifters
Ferde Botha	EC	M-SJR	57,80	59	2008	77,5	82,5	82,5	77,5	1/M-SJR/59/BP	39,20	BP		Best Subjunior
Marcel Vorster	Gau	M-O	71,30	74	1994	170,0	180,0	185,0	185,0	1/M-O/74/BP	74,45	BP	Q	Best Open
Ruben van der Linde	Gau	M-O	72,15	74	1998	160,0	165,0	182,5	182,5	2/M-O/74/BP	72,67	BP	Q	
Tommie de Nysschen	FS	M-O	73,80	74	1963	137,5	145,0	160,0	145,0	3/M-O/74/BP	56,60	BP		
Archie Ayekpa	Gau	M-O	91,70	93	1985	177,5	187,5	197,5	197,5	1/M-O/93/BP	65,87	BP	Q	

Protea colours SJ, Jun and Open only, who get qualifying standard
 Federation (Green) colours Masters who get qualifying standard
 One badge below 1 badge below qualifying standard - only for International Comps hosted in SA

Classic Bench Press - Men

MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53	Samuel Meshilinie						
59							
66	Faraz Hamayan			Steven Coleman		JC Bruce	
74			Chadwyn Govington Ruben van der Linde-74-72.81	Jonathan Kariv	Glen van der Linde	Tommie de Nysschen	
83		Avishai Eilim		Ricardo Fitzpatrick			Dan Oppenheim
93		Gian Havemann	Archie Ayekpa-93-76.56	David Jacobsz Jerry Botha-93-69.03			
105	Richard Steenekamp		Tom Wewege Louw Langeveldt-105-76.73	Craig Masson	Johnny Johnson Yegi Williams	Glen Thomas Christo Schoonraad	
120			Francois Maritz	Newton Mudau	Ian Furman Hermanus de Beer		
120+		Bryce Sillitoe (SO)	Stefan Schroder	Simon Breetzke	John Crain Denis Bensch		

Reserves

Steven Routledge 66kg - 68,43
 Johan Meyer 83-66.36
 Werner Koekemoer-120+-57,84
 (Ricardo and Craig - M1 rather)
 David Kerr-120+-59.50
 Hennie Janse van Rensburg-105-63.04

Classic Bench Press - Women

WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47							
52				Tarryn Valle			
57	Devorah Eilim		Sorah Garber Farzana Botha	Sorah Garber			
63	Catinka Fourie		Kristl Kannemeyer	Kristl Kannemeyer			
69	Gila Smith	Charnleigh Kotze	Laura Brewer	Vanessa Lessing			
76	Rochelle van der Merwe			Jodi Poxon	Gail Mathewson		
84				Zanele Ngwenya Michelle Kruger			
84+		Sunelle Putter Karin du Plessis	Lauren Norton Christi Rees				

Equipped Bench Press - Men

MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53							
59							
66							
74			Marcel Vorster Ruben van der Linde		Glen van der Linde	Tommie de Nysschen	
83							
93			Archie Ayekpa Deon Smedley				
105			Derik van Wyk Craig Masson	Craig Masson	Yegi Williams	Christo Schoonraad	
120					Hermanus de Beer		
120+			Simon Breetzke	Simon Breetzke	Gys Smith John Crain		

Equipped Bench Press - Women

WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47					Elisabeth Barry		
52					Carol Anthony		
57							
63			Janel Daffue				
69			Megan Leighton Vanessa Lessing	Vanessa Lessing			
76	Anika Maree		Chantelle du Toit				
84			Olivia Perotti Jacqui Rees	Jacqui Rees			
84+			Christi Rees				

Jacqui - M1 rather