

03/08/25 SA Classic Bench Press Championships 2025

SA Record

| Classic Bench Press - Women | Name | Team | Bwt - kg | IPF Wt Cls | Birth Year | BP-1 | BP-2 | BP-3 | Best BP | Best Lifters | Place | IPF GL Points | % of bodyweight | Qualified for SA Team |
|-----------------------------|-------------------|------|----------|------------|------------|-------|-------|-------|---------|----------------|-------|---------------|-----------------|-----------------------|
| Subjunior | | | | | | | | | | | | | | |
| | Jana Fox | EC | 61,55 | 63 | 2007 | 50,0 | 52,5 | 55,0 | 55,0 | | 1 | 46,52 | 0,89 | Q |
| | Stephene Loubser | EC | 68,75 | 69 | 2007 | 57,5 | 60,0 | -62,5 | 60,0 | Best Subjunior | 1 | 47,92 | 0,87 | Q |
| | Abigaill Doyle | EC | 88,75 | 84+ | 2010 | 60,0 | 65,0 | -70,0 | 65,0 | | 1 | 47,89 | 0,73 | |
| Junior | | | | | | | | | | | | | | |
| | Erin Paine | WC | 66,05 | 69 | 2004 | -75,0 | 75,0 | 80,0 | 80,0 | Best Junior | 1 | 65,11 | 1,21 | Q |
| Open | | | | | | | | | | | | | | |
| | S. Adams | WC | 51,35 | 52 | 1988 | 45,0 | 47,5 | -50,0 | 47,5 | | 1 | 45,99 | 0,93 | |
| | Giulia Muto | G | 53,45 | 57 | 1987 | 72,5 | 75,0 | 77,5 | 77,5 | | 1 | 72,45 | 1,45 | Q |
| | Alex Mundell | G | 62,95 | 63 | 1999 | 77,5 | -82,5 | -82,5 | 77,5 | | 1 | 64,70 | 1,23 | Q |
| | Meg Leighton | G | 59,75 | 63 | 1996 | 60,0 | 65,0 | 70,0 | 70,0 | | 2 | 60,30 | 1,17 | |
| | Lize-Mari de Beer | G | 75,20 | 76 | 2000 | 57,5 | 62,5 | -65,0 | 62,5 | | 1 | 48,18 | 0,83 | |
| | Shoneez Fischer | G | 78,80 | 84 | 1988 | 70,0 | 75,0 | -80,0 | 75,0 | | 1 | 56,94 | 0,95 | |
| | Olivia Perotti | G | 96,45 | 84+ | 1989 | 102,5 | 105,0 | 107,5 | 107,5 | Best Open | 1 | 78,04 | 1,11 | Q |
| | Ilse Jaquire | G | 133,10 | 84+ | 1986 | -85,0 | 85,0 | -92,5 | 85,0 | | 2 | 60,04 | 0,64 | |
| Master 2 | | | | | | | | | | | | | | |
| | Gail Mathewson | G | 67,60 | 69 | 1969 | 60,0 | -62,5 | 62,5 | 62,5 | Best Master 2 | 1 | 50,30 | 0,92 | Q |
| Master 3 | | | | | | | | | | | | | | |
| | Linda Rubin | G | 70,60 | 76 | 1964 | 35,0 | 40,0 | 42,5 | 42,5 | Best Master 3 | 1 | 33,56 | 0,60 | |

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|---------------------------|--------------------|------|----------|------------|------------|-------|--------|--------|---------|----------------|-------|---------------|-----------------|-----------------------|
| Subjunior | | | | | | | | | | | | | | |
| | Alan de Beer | EC | 63,75 | 66 | 2009 | -85,0 | 85,0 | -87,5 | 85,0 | | 1 | 49,14 | 1,33 | |
| | Blaine Coleman | WC | 72,35 | 74 | 2007 | 115,0 | 117,5 | 122,5 | 122,5 | Best Subjunior | 1 | 66,12 | 1,69 | Q |
| | Leon Naidoo | EC | 72,05 | 74 | 2009 | 105,0 | 110,0 | -115,0 | 110,0 | | 2 | 59,50 | 1,53 | Q |
| | Ferde Botha | EC | 71,25 | 74 | 2008 | 92,5 | 100,0 | 102,5 | 102,5 | | 3 | 55,78 | 1,44 | Q |
| | Alex Collocott | G | 73,65 | 74 | 2008 | 100,0 | -107,5 | -107,5 | 100,0 | | 4 | 53,46 | 1,36 | Q |
| | Henre van der Berg | EC | 72,70 | 74 | 2008 | 87,5 | 90,0 | -95,0 | 90,0 | | 5 | 48,45 | 1,24 | |
| | Damian Jansen | G | 81,70 | 83 | 2007 | 102,5 | 110,0 | 112,5 | 112,5 | | 1 | 56,97 | 1,38 | Q |
| | Micah Naidoo | EC | 78,30 | 83 | 2008 | 100,0 | 105,0 | -110,0 | 105,0 | | 2 | 54,36 | 1,34 | |
| | Szethyn Fulop | G | 91,55 | 93 | 2007 | 120,0 | 130,0 | 135,0 | 135,0 | | 1 | 64,55 | 1,47 | Q |
| | Ernst Britz | G | 103,35 | 105 | 2009 | 100,0 | -107,5 | 107,5 | 107,5 | | 1 | 48,49 | 1,04 | |
| Junior | | | | | | | | | | | | | | |
| | Luke Hall | G | 65,55 | 66 | 2006 | 110,0 | 112,5 | 115,0 | 115,0 | | 1 | 65,47 | 1,75 | Q |

| | | | | | | | | | | | | | | |
|----------|---------------------|----|--------|------|------|--------|--------|--------|-------|---------------|---|-------|------|--------|
| | Gerlo Pieters | G | 70,00 | 74 | 2004 | 115,0 | 120,0 | -130,0 | 120,0 | | 1 | 65,93 | 1,71 | |
| | Henre van der Berg | EC | 72,70 | 74 | 2008 | 87,5 | 90,0 | -95,0 | 90,0 | | 2 | 48,45 | 1,24 | |
| | Tshepiso Masiza | NW | 81,75 | 83 | 2005 | 150,0 | -155,0 | -155,0 | 150,0 | Best Junior | 1 | 75,93 | 1,83 | Q |
| | Franko Tchilingirov | G | 91,45 | 93 | 2002 | 132,5 | 140,0 | -142,5 | 140,0 | | 1 | 66,97 | 1,53 | |
| | Arne Botes | G | 111,85 | 120 | 2006 | 125,0 | 140,0 | 145,0 | 145,0 | | 1 | 63,09 | 1,30 | |
| | Stanford Thompson | G | 166,65 | 120+ | 2002 | 180,0 | 190,0 | -200,0 | 190,0 | | 1 | 70,76 | 1,14 | Q |
| Open | | | | | | | | | | | | | | |
| | Caneous Mdluli | G | 65,80 | 66 | 2000 | 125,0 | 127,5 | -130,0 | 127,5 | | 1 | 72,44 | 1,94 | Q |
| | Werner Smit | WC | 70,45 | 74 | 1995 | 135,0 | -140,0 | -140,0 | 135,0 | | 1 | 73,91 | 1,92 | |
| | Carl Osborne | WC | 72,05 | 74 | 1996 | 135,0 | -142,5 | -142,5 | 135,0 | | 2 | 73,03 | 1,87 | |
| | Chad Govington | G | 82,10 | 83 | 1985 | 150,0 | 160,0 | 165,5 | 165,5 | | 1 | 83,60 | 2,02 | Q |
| | Leon Mwandiringa | G | 92,05 | 93 | 1993 | 160,0 | 170,0 | -172,5 | 170,0 | | 1 | 81,06 | 1,85 | non-SA |
| | Johnny Dam | G | 92,55 | 93 | 1969 | 150,0 | 157,5 | -162,5 | 157,5 | | 2 | 74,90 | 1,70 | |
| | Daniel Duke | G | 104,75 | 105 | 2000 | -190,0 | 195,0 | 206,0 | 206,0 | Best Open | 1 | 92,34 | 1,97 | Q |
| | Tony Mudau | G | 120,00 | 120 | 1981 | 175,0 | 180,0 | -182,5 | 180,0 | | 1 | 75,94 | 1,50 | |
| | Stefan Schroder | G | 154,25 | 120+ | 1992 | 215,0 | -231,0 | -231,0 | 215,0 | | 1 | 82,20 | 1,39 | Q |
| | Stanford Thompson | G | 166,65 | 120+ | 2002 | 180,0 | 190,0 | -200,0 | 190,0 | | 2 | 70,76 | 1,14 | |
| Master 1 | | | | | | | | | | | | | | |
| | Steve Coleman | G | 60,35 | 66 | 1979 | 105,0 | 110,0 | 115,0 | 115,0 | | 1 | 68,52 | 1,91 | Q |
| | Chad Govington | G | 82,10 | 83 | 1985 | 150,0 | 160,0 | 165,5 | 165,5 | Best Master 1 | 1 | 83,60 | 2,02 | Q |
| | David Jacobsz | G | 92,65 | 93 | 1981 | 165,0 | -170,0 | -170,0 | 165,0 | | 1 | 78,43 | 1,78 | Q |
| | Tony Mudau | G | 120,00 | 120 | 1981 | 175,0 | 180,0 | -182,5 | 180,0 | | 1 | 75,94 | 1,50 | Q |
| | Steven le Roux | G | 144,95 | 120+ | 1981 | 160,0 | 170,0 | -180,0 | 170,0 | | 1 | 66,48 | 1,17 | Q |
| Master 2 | | | | | | | | | | | | | | |
| | Glen van der Linde | G | 72,75 | 74 | 1971 | 107,5 | 112,5 | 117,5 | 117,5 | | 1 | 63,23 | 1,62 | Q |
| | Shazly Savahl | WC | 73,15 | 74 | 1973 | -100,0 | -100,0 | 100,0 | 100,0 | | 2 | 53,66 | 1,37 | |
| | Ben Paine | WC | 76,95 | 83 | 1967 | 105,0 | -112,5 | 115,0 | 115,0 | | 1 | 60,08 | 1,49 | |
| | Richard Boys | G | 81,55 | 83 | 1969 | 85,0 | -90,0 | 90,0 | 90,0 | | 2 | 45,62 | 1,10 | |
| | Johnny Dam | G | 92,55 | 93 | 1969 | 150,0 | 157,5 | -162,5 | 157,5 | Best Master 2 | 1 | 74,90 | 1,70 | non-SA |
| | Nicholas Ingel | G | 104,35 | 105 | 1971 | 85,0 | 90,0 | 105,0 | 105,0 | | 1 | 47,15 | 1,01 | |
| | Hermanus de Beer | G | 116,75 | 120 | 1970 | 140,0 | 150,0 | -160,0 | 150,0 | | 1 | 64,04 | 1,28 | Q |
| | John Crain | G | 131,30 | 120+ | 1969 | 170,0 | 177,5 | -185,0 | 177,5 | | 1 | 72,13 | 1,35 | Q |
| Master 3 | | | | | | | | | | | | | | |
| | JC Bruce | WC | 65,70 | 66 | 1961 | 70,0 | 80,0 | -87,5 | 80,0 | | 1 | 45,49 | 1,22 | |
| | Tommie de Nysschen | NC | 82,85 | 83 | 1963 | 135,0 | 145,0 | -152,0 | 145,0 | Best Master 3 | 1 | 72,90 | 1,75 | Q |
| | Eric Kobal | G | 91,10 | 93 | 1958 | 90,0 | 97,5 | -102,5 | 97,5 | | 1 | 46,73 | 1,07 | |
| Master 4 | | | | | | | | | | | | | | |
| | Dan Oppenheim | G | 79,05 | 83 | 1945 | 80,0 | 85,0 | 0,0 | 85,0 | Best Master 4 | 1 | 43,78 | 1,08 | |

03/08/25 SA Equipped Bench Press Championships 2025

SA Record

| Equipped Bench Press - Women | Name | Team | Bwt - kg | IPF Wt Cls | Birth Year | BP-1 | BP-2 | BP-3 | Best BP | Best Lifters | Place | IPF GL Points | % of bodyweight | Qualified for SA Team |
|------------------------------|----------------------|------|----------|------------|------------|-------|-------|-------|---------|----------------|-------|---------------|-----------------|-----------------------|
| Subjunior | | | | | | | | | | | | | | |
| | Stephene Loubser | EC | 68,45 | 69 | 2007 | 62,5 | 70,0 | -72,5 | 70,0 | Best Subjunior | 1 | 40,23 | 1,02 | |
| | Simone van der Merwe | G | 93,55 | 84+ | 2007 | 75,0 | -82,5 | -82,5 | 75,0 | | 1 | 37,70 | 0,80 | |
| Junior | | | | | | | | | | | | | | |
| | Chante Mulder | EC | 67,75 | 69 | 2006 | 82,5 | 87,5 | 90,0 | 90,0 | Best Junior | 1 | 52,02 | 1,33 | Q |
| Open | | | | | | | | | | | | | | |
| | Meg Leighton | G | 60,55 | 63 | 1996 | 105,0 | 113,0 | 115,5 | 115,5 | | 1 | 71,51 | 1,91 | Q |
| | Lize-Mari de Beer | G | 75,25 | 76 | 2000 | 77,5 | -80,0 | -80,0 | 77,5 | | 1 | 42,43 | 1,03 | |
| | Ilze-Mari Maritz | EC | 82,60 | 84 | 1988 | 75,0 | 80,0 | 85,0 | 85,0 | | 1 | 44,67 | 1,03 | |
| | Christi Rees | WC | 105,85 | 84+ | 1986 | 167,5 | 172,5 | 177,5 | 177,5 | Best Open | 1 | 86,22 | 1,68 | Q |
| Master 1 | | | | | | | | | | | | | | |
| | Chantelle du Toit | G | 75,95 | 76 | 1985 | 97,5 | 102,0 | 104,0 | 104,0 | Best Master 1 | 1 | 56,69 | 1,37 | Q |
| Master 3 | | | | | | | | | | | | | | |
| | Heather Leighton | G | 68,85 | 69 | 1964 | 70,0 | -73,0 | -73,0 | 70,0 | Best Master 3 | 1 | 40,10 | 1,02 | Q |

03/08/25 SA Equipped Bench Press Championships 2025

SA Record

| Equipped Bench Press - Men | Name | Team | Bwt - kg | IPF Wt Cls | Birth Year | BP-1 | BP-2 | BP-3 | Best BP | Best Lifters | Place | IPF GL Points | % of bodyweight | Qualified for SA Team |
|----------------------------|--------------------|------|----------|------------|------------|-------|--------|--------|---------|---------------|-------|---------------|-----------------|-----------------------|
| Open | | | | | | | | | | | | | | |
| | Marcel Vorster | G | 71,35 | 74 | 1994 | 175,0 | 185,0 | 190,0 | 190,0 | Best Open | 1 | 76,42 | 2,66 | Q |
| | Johnny Dam | G | 92,60 | 93 | 1969 | 175,0 | 182,5 | 192,0 | 192,0 | | 1 | 63,67 | 2,07 | non-SA |
| | Haroun Pietersen | G | 108,70 | 120 | 1987 | 205,0 | 215,0 | 222,5 | 222,5 | | 1 | 68,03 | 2,05 | Q |
| Master 1 | | | | | | | | | | | | | | |
| | Carel Jansen | G | 81,40 | 83 | 1976 | 120,0 | -125,0 | 125,0 | 125,0 | Best Master 1 | 1 | 45,12 | 1,54 | |
| Master 2 | | | | | | | | | | | | | | |
| | Shazly Savahl | WC | 75,75 | 83 | 1973 | 90,0 | 100,0 | 0,0 | 100,0 | | 1 | 38,18 | 1,32 | |
| | Johnny Dam | G | 92,60 | 93 | 1969 | 175,0 | 182,5 | 192,0 | 192,0 | | 1 | 63,67 | 2,07 | non-SA |
| | Hermanus de Beer | G | 116,45 | 120 | 1970 | 160,0 | 170,0 | 180,0 | 180,0 | | 1 | 53,53 | 1,55 | Q |
| | John Crain | G | 131,45 | 120+ | 1969 | 160,0 | 225,0 | -235,0 | 225,0 | Best Master 2 | 1 | 64,31 | 1,71 | Q |
| Master 3 | | | | | | | | | | | | | | |
| | JC Bruce | WC | 65,65 | 66 | 1961 | 87,5 | 90,0 | -95,0 | 90,0 | | 1 | 39,27 | 1,37 | |
| | Tommie de Nysschen | NC | 82,70 | 83 | 1963 | 150,0 | 160,0 | 168,0 | 168,0 | Best Master 3 | 1 | 59,95 | 2,03 | Q |
| | Andre Ludik | EC | 105,05 | 120 | 1957 | 85,0 | 92,5 | 100,0 | 100,0 | | 1 | 31,04 | 0,95 | |
| Master 4 | | | | | | | | | | | | | | |
| | Dan Oppenheim | G | 79,65 | 83 | 1945 | 95,0 | 100,0 | 0,0 | 100,0 | Best Master 4 | 1 | 36,69 | 1,26 | |