

SA Bench Press Championships 2025

08/03/2025, Barbell 1610, Edenvale		Weighin	Lifting	Number of lifters
Session 1	Classic Bench - All Women	06h00-07h30	08h00	16
Session 2	Classic Bench - All Men	09h00-10h30	11h00	39 (2 flights)
Session 3	Equipped Bench - All	14h00-15h30	16h00	21 (2 flights)