



South African Womens Classic Bench Press Record

Roechelle van der Merwe

Sub-Junior

in the 76kg Division

**competed on 11 March 2023 in the
African Classic Bench Press Championships 2023**

67,5kg Bench Press

Hannie Smith

President





South African Womens Classic Bench Press Record

Sunelle Putter

Junior

in the 84+kg Division

**competed on 11 March 2023 in the
African Classic Bench Press Championships 2023**

92,5kg Bench Press

Hannie Smith

President

