



South African Mens Classic Bench Press Record

Tommy de Nysschen

Master II

in the 74kg Division

competed on 27 May 2023 in the

World Classic Bench Press Championships 2023

135kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Classic Bench Press Record

Tommy de Nysschen

Master III

in the 74kg Division

competed on 27 May 2023 in the

World Classic Bench Press Championships 2023

135kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Classic Bench Press Record

Charles Johnson

Master I

in the 105kg Division

competed on 27 May 2023 in the

World Classic Bench Press Championships 2023

182,5kg Bench Press

Hannie Smith

President





South African Mens Classic Bench Press Record

Charles Johnson

Master II

in the 105kg Division

competed on 27 May 2023 in the

World Classic Bench Press Championships 2023

182,5kg Bench Press

Hannie Smith

President

