



South African Mens Bench Press Record

Craig Masson

Master I

in the 120kg Division

competed on 11 March 2023 in the

African Classic and Equipped Bench Press Championships 2023

217,5kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Craig Masson

Master I

in the 120kg Division

competed on 27 May 2023 in the

World Equipped Bench Press Championships 2023

225kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Megan Leighton

Senior

in the 69kg Division

competed on 27 May 2023 in the

World Equipped Bench Press Championships 2023

120kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Christi Rees

Senior

in the 84+kg Division

competed on 27 May 2023 in the

World Equipped Bench Press Championships 2023

182,5kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 27 May 2023 in the

World Equipped Bench Press Championships 2023

120kg Bench Press

Hannie Smith

President

