



South African Mens Unequipped Bench Press Record

Yonela Mbembe

Sub-Junior

in the 74kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

140kg Bench Press

Harrie Smith

President



Affiliated to



South African Mens Unequipped Bench Press Record

Bulelani Ngaki

Sub-Junior

in the 93kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

117.5kg Bench Press

Harrie Smith

President



Affiliated to



South African Mens Unequipped Bench Press Record

Jonde Victor

Sub-Junior

in the 120+kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

142.5kg Bench Press

Harrie Smith

President



Affiliated to



South African Mens Unequipped Bench Press Record

Yonela Mbembe

Junior

in the 74kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

140kg Bench Press

Harrie Smith

President



Affiliated to



South African Womens Unequipped Bench Press Record

Danel van Jaarsveld

Senior

in the 63kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

82.5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Kim Halgreen

Senior

in the 72kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

85kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Sanet Momberg

Senior

in the 84kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

122.5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Marlon Daniels

Master I

in the 83kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

157.5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Malone Horn

Master I

in the 120kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

210kg Bench Press

Harrie Smith

President



Affiliated to



South African Womens Unequipped Bench Press Record

Kim Halgreen

Junior

in the 72kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

85kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Sanet Momberg

Master I

in the 84kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

122.5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Tommy de Nysschen

Master II

in the 74kg Division

**competed on 21 November 2015 in the
South African Benchpress Championships**

110kg Bench Press

Harrie Smith

President



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