



Men Equipped

First Name	Surname	Date of Birth	Gender	Equipped	SJ	J	O	M1	M2	M3	M4	Weight Class	Province	Best Achieved Qualifying Total	Qualifying Competition	Opening Bench Press (Classic)	Opening Bench Press (Equipped)	T Shirt Size
JC	Bruce	09-May-61	Male	X					X			66kg	Western Province	95	All Africa	87.5	105	S
Ruben	van der Linde	22-Dec-98	Male	X	X							66kg	Gauteng	90	Gauteng be	90		S
Abduragheem	Dawood	28-Dec-93	Male	X		X						74kg	Western Province	160	WP Bench Press Champs			
Marlon	Daniels	25-Nov-75	Male	X			X	X				74kg	Gauteng	147.5	All African	130	170	M
Tommie	De Nysschen	30-May-63	Male	X					X			74kg	Northern Cape	120	World Bench	110	120	M
Glen	van der Linde	06-Mar-71	Male	X				X				74kg	Gauteng	110	Gauteng be	100		M
Bernard	van der Linde	30-Nov-00	Male	X	X							74kg	Gauteng	100	Gauteng be	100		M
Dan	Oppenheim	30-Jun-45	Male	X							X	83kg	Gauteng	110	defending c	90	110	L
Adrian	Smith	17-Oct-95	Male	X		X	X					93kg	Gauteng	200	gauteng be	150		
Andries	Gie	1980	Male	X			X					-120kg	Western Province	242.5	SA Champ	220		
Andre	Ludik	30-Jun-57	Male	X						X		-120kg	Eastern Cape	142.5	WMBP + E	135	142.5	3XL
Ian	Furman	11-Jun-67	Male	X			X	X				+120kg	Gauteng	195	Gauteng	195		4XL
Mathys	Herbst	04-Oct-75	Male	X				X				+120kg	Gauteng	155	SA Raw 20	155		4XL



