17/01/2026 2026 North West Bench Press Championships

Classic Bench Press	Team	Div	Bwt - kg	IPF Wt Cls	lot#	Birth Year	IPF Pts Code	BP-1	BP-2	BP-3	Best BP	Place	IPF GL Points	Events Entered	Qualified for SA Bench
Lize-Mari de Beer	Gau	F-O-U	76,05	84	2	2000	FCB	52,5	57,5	62,5	62,5	1	47,99	BP	Q
Martea van Belkum	NW	F-M1-U	61,65	63	1	1977	FCB	20,0	22,5	25,0	25,0	1	21,12	BP	
Tshepiso Masiza	NW	M-J-U	81,75	83	3	2005	MCB	140,0	147,5	150,0	150,0	1	75,93	BP	Q
Gian Havemann	Gau	M-O-U	92,45	93	5	2000	MCB	170,0	-180,0	190,0	190,0	1	90,41	BP	Q
Hermanus de Beer	Gau	M-O-U	122,30	120+	4	1970	MCB	135,0	145,0	155,0	155,0	1	64,87	BP	Q
Hermanus de Beer	Gau	M-M2-U	122,30	120+	4	1970	MCB	135,0	145,0	155,0	155,0	1	64,87	BP	Q

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Equipped Bench Press	Team	Div	Bwt - kg	IPF Wt Cls	lot#	Birth Year	IPF Pts Code	BP-1	BP-2	BP-3	Best BP	Place	IPF GL Points	Events Entered	Qualified for SA Bench
Lize-Mari de Beer	Gau	F-O	76,05	84	6	2000	FEB	72,5	77,5	80,0	80,0	1	43,58	BP	Q
Hermanus de Beer	Gau	M-O	122,30	120+	7	1970	MEB	155,0	165,0	175,0	175,0	1	51,15	BP	Q
Hermanus de Beer	Gau	M-M2	122,30	120+	7	1970	MEB	155,0	165,0	175,0	175,0	1	51,15	BP	Q