

CLASSIC BENCH PRESS - Qualifiers for SA Champs 2024

Name	Province	Age Cat	Weight Cat	YOB	SJ	Jun	Open	M1	M2	M3	M4	Qualifying Total	Qualifying Comp
Sabirah Adams	WC	Open	47	1988			X					40,0	Western Cape Bench Press Championships 2023-24
Tarryn Valle	WC	Master 1	52	1978				X				47,5	SA Classic Bench Press Championships 2023 - Defending Champ
Elisabeth Barry	EC	Master 2	52	1973					X			37,5	EC Classic Bench Press Championships 2023
Sorah Garber	KZN	Open, M1	57	1981			X	X				82,5	SA Classic Bench Press Championships 2023 - Defending Champ
Alexandra Mundell	Gau	Open	57	1999			X					75,0	Gauteng Classic Bench Press Championships 2023-24
Farzana Botha	Gau	Open	57	1985			X					70,0	North West Classic Bench Press Championships 2024
Luca du Toit	Gau	Open	57	2000			X					47,5	Gauteng Classic Bench Press Championships 2023-24
Devorah Eilim	Gau	Subjunior	57	2006	X							47,5	SA Classic Bench Press Championships 2023 - Defending Champ
Janél Daffue	EC	Open	63	1999			X					75,0	EC Classic Bench Press Championships 2023
Kristl Kannemeyer	WC	Open, M1	63	1983			X	X				72,5	SA Classic Bench Press Championships 2023 - Defending Champ
Jana Fox	EC	Subjunior	63	2007	X							47,5	EC Classic Bench Press Championships 2023
Charnleigh Kotzé	EC	Junior	69	2004		X						85,0	SA Classic Bench Press Championships 2023 - Defending Champ
Laura Brewer	Gau	Open	69	1988			X					77,5	SA Classic Bench Press Championships 2023 - Defending Champ, Gau CLBP
Vanessa Lessing	EC	Master 1	69	1978				X				67,5	SA Classic Bench Press Championships 2023 - Defending Champ
Gila Smith	Gau	Subjunior	69	2009	X							67,5	SA Classic Bench Press Championships 2023 - Defending Champ
Heike Groenewald	EC	Junior	69	2004		X						57,5	EC Classic Bench Press Championships 2023
Gail Mathewson	Gau	Master 2	76	1969					X			65,0	SA Classic Bench Press Championships 2023 - Defending Champ, Gau CL BP
Roechelle Van der Merwe	FS	Subjunior	76	2006	X							65,0	SA Classic Bench Press Championships 2023 - Defending Champ
Jodi Poxon	Gau	Master 1	76	1975				X				62,5	SA Classic Bench Press Championships 2023 - Defending Champ
Anika Maree	EC	SJ/Jun	76	2006	X	X						57,5	EC Classic Bench Press Championships 2023
Heather Leighton	Gau	Master 3	76	1964						X		42,5	Gauteng Classic Bench Press Championships 2023-24
Linda Rubin	Gau	Master 3	76	1964						X		40,0	Gauteng Classic Bench Press Championships 2023-24
Shoneez Fischer	Gau	Open	84	1998			X					80,0	Gauteng Classic Bench Press Championships 2023-24
Zanele Ngwenya	Gau	Master 1	84	1980				X				75,0	SA Classic Bench Press Championships 2023 - Defending Champ
V'Leen Serge	Gau	Open	84	1986			X					70,0	Gauteng Classic Bench Press Championships 2023-24
Lize-Mari de Beer	Gau	Open	84	2000			X					65,0	North West Classic Bench Press Championships 2024
Sandy van der Wel	Gau	Master 3	84	1963						X		37,5	Gauteng Classic Bench Press Championships 2023-24
Lauren Norton	Gau	Open	84+	1989			X					107,5	SA Classic Bench Press Championships 2023 - Defending Champ
Sunelle Putter	EC	Junior	84+	2004		X						87,5	SA Classic Bench Press Championships 2023 - Defending Champ

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Samuel Meshilinie	EC	Subjunior	53	2006	X							82,5	SA Classic Bench Press Championships 2023 - Defending Champ, EC Champs
Daniel Sowray	Gau	Subjunior	59	2006	X							100	Gauteng Classic Bench Press Championships 2023-24
Ferde Botha	EC	Subjunior	59,66	2008	X							90,0	SA Classic Bench Press Championships 2023 - Defending Champ, EC Champs
Gavin Harris	Gau	Master 1	59	1976				X				70	Gauteng Classic Bench Press Championships 2023-24
Steven Coleman	Gau	Master 1	66	1979				X				125,0	SA Classic Bench Press Championships 2023 - Defending Champ, Gau CLBP
Steven Routledge	Gau	Open	66	1991			X					120,0	SA Classic Bench Press Championships 2023 - Defending Champ
Ditshego Mahloele	Gau	Subjunior	66	2005	X							90	Gauteng Classic Bench Press Championships 2023-24
Brandon Loock	EC	Subjunior	66	2006	X							82,5	EC Classic Bench Press Championships 2023
JC Bruce	WC	Master 3	66	1961						X		80,0	SA Classic Bench Press Championships 2023 - Defending Champ, WC CLBP
Alex Maritx	Gau	Subjunior	66	2007	X							77,5	Gauteng Classic Bench Press Championships 2023-24
Henre van der Berg	EC	Subjunior	66	2008	X							72,5	EC Classic Bench Press Championships 2023
Chadwyn Govington	Gau	Open	74	1985			X					165,0	SA Classic Bench Press Championships 2023 - Defending Champ, Gau CLBP
Jonathan Kariv	Gau	Master 1	74	1983				X				135,0	SA Classic Bench Press Championships 2023 - Defending Champ
Scott Pornss	EC	Junior	74	2001		X						135,0	EC Classic Bench Press Championships 2023
Tommie de Nysschen	FS	Master 3	74	1963						X		132,5	SA Classic Bench Press Championships 2023 - Defending Champ
Ruben Bays	WC	Junior	74	2000		X						130	Western Cape Bench Press Championships 2023-24
Glen van der Linde	Gau	Master 2	74	1971					X			120,0	SA Classic Bench Press Championships 2023 - Defending Champ, Gau CLBP
Ruben van der Linde	Gau	Open	74	1998			X					120	Gauteng Classic Bench Press Championships 2023-24
Blaine Coleman	WC	Subjunior	74		X							120	Western Cape Bench Press Championships 2023-24
Yaniv Lacob	Gau	Master 2	74	1974					X			110	Gauteng Classic Bench Press Championships 2023-24, NW CLBP
Alex Collocott	Gau	Subjunior	74	2008	X							97,5	Gauteng Classic Bench Press Championships 2023-24, NW CLBP
Shazly Savahl	WC	Master 2	74	1973					X			90	Western Cape Bench Press Championships 2023-24
Juan Bezuidenhout	EC	Junior	74	2004		X						87,5	EC Classic Bench Press Championships 2023
Micah Naidoo	EC	Subjunior	74	2008	X							82,5	EC Classic Bench Press Championships 2023
Ricardo Fitzpatrick	NC	Open, M1	83	1980			X	X				150,0	SA Classic Bench Press Championships 2023 - Defending Champ
Gyan Beecum	KZN	Junior	83	2004		X						140,0	KZN Bench Press Championships 2023-24
Avishai Eilim	Gau	Junior	83	2004		X						130,0	SA Classic Bench Press Championships 2023 - Defending Champ
Peter Bester (son)	WC	Subjunior	83	2008	X							110,0	EC Classic Bench Press Championships 2023, WC CLBP
Steven Vosloo	EC	Junior	83	2005		X						100,0	EC Classic Bench Press Championships 2023
Dan Oppenheim	Gau	Master 4	83	1945							X	90,0	SA Classic Bench Press Championships 2023 - Defending Champ
Maahir Martin	WC	Junior	93	2000		X						180	Western Cape Bench Press Championships 2023-24
Archie Ayekpa	Gau	Open	93	1985			X					160,0	SA Classic Bench Press Championships 2023 - Defending Champ
David Jacobsz	Gau	Master 1	93	1981				X				160,0	SA Classic Bench Press Championships 2023 - Defending Champ
Johnny Dam	Gau	Master 2	93	1969					X			140	Gauteng Classic Bench Press Championships 2023-24
Jhanco Viljoen	Gau	Subjunior	93	2006	X							130	Gauteng Classic Bench Press Championships 2023-24, NW CLBP
Antonio Fernandes	Gau	Master 2	93	1973					X			107,5	SA Classic Bench Press Championships 2023 - Defending Champ
Eric Kobal	Gau	Master 3	93	1958						X		97,5	Gauteng Classic Bench Press Championships 2023-24

Tom Wewege	Gau	Open	105	1992			X					200,0	SA Classic Bench Press Championships 2023 - Defending Champ
Daniel Duke	Gau	Open	105	2000			X					195	Gauteng Classic Bench Press Championships 2023-24
Nick Duarte	WC	Open	105	1995			X					180	North West Classic Bench Press Championships 2024
Craig Masson	Gau	Master 1	105	1981				X				175,0	SA Classic Bench Press Championships 2023 - Defending Champ
Johny Charles Johnson	WC	Master 2	105	1970					X			170,0	SA Classic Bench Press Championships 2023 - Defending Champ, WC CLBP
Fabio Yslie	WC	Open	105	1999			X					167,5	Western Cape Bench Press Championships 2023-24
Edlyn Serge	Gau	Open	105	1984			X					155	Gauteng Classic Bench Press Championships 2023-24
Jerry Botha	Gau	Master 2	105	1974					X			155	Gauteng Classic Bench Press Championships 2023-24
Glen Thomas	Gau	Master 3	105	1960						X		135,0	SA Classic Bench Press Championships 2023 - Defending Champ
Arne Botes	Gau	Subjunior	105	2006	X							132,5	North West Classic Bench Press Championships 2024
Richard Steenekamp	Gau	Subjunior	105	2006	X							125,0	SA Classic Bench Press Championships 2023 - Defending Champ
Nicholas Ingel	Gau	Master 2	105	1971						X		107,5	North West Classic Bench Press Championships 2024
Francois Maritz	Gau	Open	120	1993			X					220,0	SA Classic Bench Press Championships 2023 - Defending Champ
Craig Masson	Gau	Open, M1	105	1981			X	X				180,0	North West Classic Bench Press Championships 2024
Leon Mwandiranga	Gau	Open	120	1993			X					175	Gauteng Classic Bench Press Championships 2023-24
Haroun Pietersen	Gau	Open	120	1987			X					175	Gauteng Classic Bench Press Championships 2023-24
Newton Mudau	Gau	Master 1	120	1981				X				170,0	SA Classic Bench Press Championships 2023 - Defending Champ
Ian Furman	Gau	Master 2	120	1967					X			167,5	SA Classic Bench Press Championships 2023 - Defending Champ
Gerhardus Oosthuizen	KZN	Master 3	120	1964						X		155,0	KZN Bench Press Championships 2023-24
Hermanus de Beer	Gau	Master2	120	1970					X			152,5	Gauteng Classic Bench Press Championships 2023-24, NW CLBP
Bongani Raymond Faku	EC	Open	120	1987			X					140,0	EC Classic Bench Press Championships 2023
Simon Curtain	EC	Junior	120	2002		X						130,0	EC Classic Bench Press Championships 2023
David Preskovsky	Gau	Master 1	120	1983					X			125,0	North West Classic Bench Press Championships 2024
Stefan Schröder	Gau	Open	120+	1992			X					223,0	SA Classic Bench Press Championships 2023 - Defending Champ, Gau CLBP
Peter Bester (father)	WC	Open	120+	1988			X					215,0	EC Classic Bench Press Championships 2023, WC CLBP
Jared Leask	Gau	Open	120+	1991			X					215	Gauteng Classic Bench Press Championships 2023-24
Brandon Jones	EC	Open	120+	1995			X					205,0	EC Classic Bench Press Championships 2023
Newton Mudau	Gau	Open, M1	120+	1981			X	X				165,0	North West Classic Bench Press Championships 2024
Simon Breetzke	KZN	Master 1	120+	1978				X				185,0	SA Classic Bench Press Championships 2023 - Defending Champ
John Crain	Gau	M2, Open	120+	1969			X		X			172,5	SA Classic Bench Press Championships 2023 - Defending Champ, Gau CLBP
Werner Koekemoer	Gau	Master 1	120+	1976				X				157,5	Gauteng Classic Bench Press Championships 2023-24
David Kerr	Gau	Master 1	120+	1975				X				150	Gauteng Classic Bench Press Championships 2023-24
Bryce Sillitoe	Gau	Special O	120+	2001		X						75,0	SA Classic Bench Press Championships 2023 - Defending Champ, Gau CLBP