

EQUIPPED 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
Elisabeth Barry	EC	Master 2	47	1973					X			45,0	SA Equipped Bench Press Championships 2023 - Defending Champ
Carol Anthony	Gau	Open/M2	52	1966			X		X			50,0	SA Equipped Bench Press Championships 2023 - Defending Champ
Farzana Botha	Gau	Open	57	1985			X					70,0	North West Equipped Bench Press Championships 2024
Luca du Toit	Gau	Open	57	2000			X					60,0	Gauteng Equipped Bench Press Championships 2023-24
Janél Daffue	EC	Open	63	1999			X					85,0	SA Equipped Bench Press Championships 2023 - Defending Champ, EC Champs
Charne Herman	Gau	Subjunior	63	2009	X							45,0	North West Equipped Bench Press Championships 2024
Megan Leighton	Gau	Open	69	1996			X					117,5	SA Equipped Bench Press Championships 2023 - Defending Champ, Gau EQBP
Vanessa Lessing	EC	Master 1	69	1978				X				90,0	SA Equipped Bench Press Championships 2023 - Defending Champ
Chante Mulder	EC	Subjunior	69	2006	X	X						85,0	EC Equipped Bench Press Championships 2023
Heike Groenewald	EC	Junior	69	2004		X						70,0	SA Equipped Bench Press Championships 2023 - Defending Champ
Chantelle Du Toit	Gau	Open	76	1985			X					110,0	SA Equipped Bench Press Championships 2023 - Defending Champ
Anika Maree	EC	SJ/Jun	76	2006	X	X						70,0	SA Equipped Bench Press Championships 2023 - Defending Champ, EC Champs
Heather Leighton	Gau	Master 3	76	1964						X		37,5	Gauteng Equipped Bench Press Championships 2023-24
Olivia Perotti	Gau	Open	84	1989			X					117,5	SA Equipped Bench Press Championships 2023 - Defending Champ
Jacqui Rees	Gau	M1, Open	84, 84+	1980			X	X				115,0	SA Equipped Bench Press Championships 2023 - Defending Champ, Gau EQBP
Jodi Poxon	Gau	Master 1	84	1975				X				82,5	Gauteng Equipped Bench Press Championships 2023-24
Lize-Mari de Beer	Gau	Open	84	2000			X					77,5	North West Equipped Bench Press Championships 2024
Christi Rees	Gau	Open	84+	1986			X					175,0	SA Equipped Bench Press Championships 2023 - Defending Champ

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Ferde Botha	EC	Subjunior	59	2008	X							95,0	SA Equipped Bench Press Championships 2023 - Defending Champ, EC Champs
JC Bruce	WC	Master 3	66	1961						X		87,5	SA Equipped Bench Press Championships 2023 - Defending Champ, WC EQBP
Marcel Vorster	Gau	Open	74	1994			X					185,0	SA Equipped Bench Press Championships 2023 - Defending Champ
Tommie de Nysschen	FS	Master 3	74	1963						X		145,0	SA Equipped Bench Press Championships 2023 - Defending Champ
Glen van der Linde	Gau	Master 2	74	1971					X			125,0	SA Equipped Bench Press Championships 2023 - Defending Champ
Yaniv Lacob	Gau	Master 2	74	1974					X			110,0	North West Equipped Bench Press Championships 2024
Dan Oppenheim	Gau	Master 4	83	1945							X	95,0	SA Equipped Bench Press Championships 2023 - Defending Champ
Archie Ayekpa	Gau	Open	93	1985			X					197,5	SA Equipped Bench Press Championships 2023 - Defending Champ
Derik van Wyk	Gau	Open	105	1986			X					207,5	SA Equipped Bench Press Championships 2023 - Defending Champ
Craig Masson	Gau	Master 1	105	1981				X				200,0	SA Equipped Bench Press Championships 2023 - Defending Champ
Christo Schoonraad	Gau	Master 3	105	1963						X		185,5	SA Equipped Bench Press Championships 2023 - Defending Champ
Johnny Dam	Gau	Master 2	105	1969					X			165,0	SA Equipped Bench Press Championships 2023 - Defending Champ, Gau EQBP
Craig Masson	Gau	Open, M1	120	1989			X	X				210,0	North West Equipped Bench Press Championships 2024
Haroun Pietersen	Gau	Open	120	1987			X					195,0	Gauteng Equipped Bench Press Championships 2023-24
Hermanus de Beer	Gau	Master 2	120	1970					X			175,0	SA Equipped Bench Press Championships 2023 - Defending Champ, Gau EQBP, NWBP
Andre Ludik	EC	Master 3	120	1957						X		90,0	SA Equipped Bench Press Championships 2023 - Defending Champ
Simon Breetzke	KZN	Open, M1	120+	1978			X	X				247,5	SA Equipped Bench Press Championships 2023 - Defending Champ
John Crain	Gau	Open, M2	120+	1969			X		X			215,0	North West Equipped Bench Press Championships 2024
Gysbert Smith	NC	Master 2	120+	1972					X			190,0	SA Equipped Bench Press Championships 2023 - Defending Champ