

2024-03-02 SA Classic Bench Press Championships 2024

SA Record

Women	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	BP-1	BP-2	BP-3	Best BP	Place	IPF GL Points	Best Lifter	Qual for SA Team
Subjunior	Jana Fox	EC	F-SJ-U	61,30	63	Oct-07	50,0	52,5	55,0	55,0	1	46,63		Q
	Anika Maree	EC	F-SJ-U	74,50	76	Jul-06	55,0	60,0	62,5	62,5	1	48,34	SJ	Q
Open	Farzana Botha	G	F-O-U	51,60	52	Oct-85	62,5	67,5	70,0	70,0	1	67,48	O	Q
	S Adams	WC	F-O-U	51,00	52	Dec-88	40,0	-42,5	-42,5	40,0	2	38,98		
	Vleen Serge	G	F-O-U	75,80	76	Jan-86	60,0	65,0	67,5	67,5	1	51,89		
	Lize-Mari de Beer	G	F-O-U	81,10	84	Oct-00	55,0	60,0	-66,0	60,0	1	45,18		
Master 2	Elisabeth Barry	EC	F-M2-U	51,60	52	Mar-73	35,0	-37,5	-37,5	35,0	1	33,74		
	Gail Mathewson	G	F-M2-U	73,30	76	Jan-69	55,0	57,5	-62,5	57,5	1	44,74	M2	1 bb
Master 3	Linda Rubin	G	F-M3-U	75,10	76	Apr-64	40,0	-47,5	-47,5	40,0	1	30,85	M3	

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Subjunior	Samuel Meshilinie	EC	M-SJ-U	53,00	53	May-06	70,0	75,0	80,0	80,0	1	51,27		Q	
	Ferde Botha	EC	M-SJ-U	65,40	66	Jun-08	87,5	-92,5	92,5	92,5	1	52,73		Q	
	Brandon Look	EC	M-SJ-U	65,20	66	Jan-06	80,0	-90,0	-90,0	80,0	2	45,68		1 bb	
	Henre van der Berg	EC	M-SJ-U	65,60	66	Mar-08	72,5	77,5	80,0	80,0	3	45,53		1 bb	
	Blaine Coleman	WC	M-SJ-U	73,80	74	Jun-07	112,5	-120,0	120,0	120,0	1	64,09	SJ	Q	
	Alexander Collocott	G	M-SJ-U	70,40	74	Nov-08	97,5	-102,5	-112,5	97,5	2	53,40		Q	
	Micah Naidoo	EC	M-SJ-U	72,80	74	Jan-08	85,0	90,0	-100,0	90,0	3	48,42		1 bb	
	Peter Bester (Jnr)	WC	M-SJ-U	82,90	83	Feb-08	100,0	110,0	-115,0	110,0	1	55,29		Q	
	JHanco Viljoen	NW	M-SJ-U	84,30	93	Apr-06	120,0	-125,0	125,0	125,0	1	62,29		Q	
	Arne Botes	G	M-SJ-U	102,50	105	May-06	125,0	135,0	140,5	140,5	1	63,62		Q	
	Junior	Juan Bezuidenhout	EC	M-J-U	72,80	74	Nov-04	90,0	95,0	-100,0	95,0	1	51,11		
		Steven Vosloo	EC	M-J-U	82,60	83	Apr-05	100,0	105,0	110,0	110,0	1	55,39	J	
	Open	Maahir Martin	WC	M-O-U	87,30	93	Jan-00	180,0	-190,0	-190,0	180,0	1	88,12		Q
Nicholas Duarte		WC	M-O-U	93,00	93	Dec-95	170,0	-182,5	-182,5	170,0	2	80,65		Q	
Fabio Yslie		WC	M-O-U	100,50	105	Oct-99	170,0	180,0	190,0	190,0	1	86,84		Q	
Edlyn Serge		G	M-O-U	103,80	105	Mar-84	150,0	-157,5	-157,5	150,0	2	67,52			
Craig Masson		G	M-O-U	117,10	120	Nov-81	167,5	175,0	-182,5	175,0	1	74,61		1 bb	
Haroun Pietersen		G	M-O-U	115,20	120	Oct-87	165,0	172,5	-177,5	172,5	2	74,08			
Jared Leask		G	M-O-U	184,60	120+	May-91	220,0	-227,5	229,0	229,0	1	82,61		Q	
Peter Bester (Snr)		WC	M-O-U	127,60	120+	May-88	210,0	220,0	228,0	228,0	2	93,74	O	Q	
Stefan Schröder		G	M-O-U	145,20	120+	Dec-92	220,0	-228,0	-228,5	220,0	3	85,98		Q	
John Crain		G	M-O-U	126,30	120+	Dec-69	160,0	170,0	177,5	177,5	4	73,29			
Master 1	Steve Coleman	G	M-M1-U	65,60	66	Apr-79	115,0	121,0	123,0	123,0	1	70,00		Q	
	Ricardo Fitzpatrick	NC	M-M1-U	74,10	83	Nov-80	-140,0	-140,0	140,0	140,0	1	74,608		Q	
	David Jacobsz	G	M-M1-U	92,60	93	Oct-81	137,5	147,5	155,0	155,0	1	73,69		Q	
	Craig Masson	G	M-M1-U	117,10	120	Nov-81	167,5	175,0	-182,5	175,0	1	74,613	M1	Q	
	Simon Breetzke	G	M-M1-U	155,00	120+	Jun-78	165,0	-182,5	-182,5	165,0	1	62,98		Q	
	Werner Koekemoer	G	M-M1-U	187,60	120+	Dec-76	150,0	157,5	160,0	160,0	2	57,45		Q	
	David Kerr	G	M-M1-U	146,30	120+	Mar-75	145,0	-160,0	-160,0	145,0	3	56,51		1 bb	
Master 2	Yaniv Lacob	G	M-M2-U	72,10	74	Dec-74	107,5	110,0	112,5	112,5	1	60,83		Q	
	Shazly Savahl	WC	M-M2-U	76,00	83	Nov-73	90,0	95,0	100,0	100,0	1	52,58			
	Nicholas ingel	G	M-M2-U	104,50	105	May-71	105,0	125,0	-136,0	125,0	1	56,09		1 bb	
	Hermanus de Beer	G	M-M2-U	114,90	120	Apr-70	130,0	140,0	152,5	152,5	1	65,56		Q	
	John Crain	G	M-M2-U	126,30	120+		160,0	170,0	177,5	177,5	1	73,29	M2	Q	
Master 3	JC Bruce	WC	M-M3-U	65,40	66	May-61	72,5	80,0	-82,5	80,0	1	45,60	M3	1 bb	
Master 4	Dan Oppenheim	G	M-M4-U	80,10	83	Jun-45	80,0	85,0	90,0	90,0	1	46,04	M4	1 bb	
Special Olympics	Bryce Sillitoe	G	M-SO	140,30	120+	Aug-01	85,0	92,5	103,0	103,0	1	28,95	SO		