



Final Entries

EQUIPPED BENCH PRESS

Name and Surname	Weight Category	Age Category	Coach
Weigh in : 12:00 to 13:30			
Lifting start 14:00			
First flight			
Elisabeth Barry	Women - 52kg	Master 2 (50 - 59yrs)	Rodney
Farzana Botha	Women - 52kg	Open (24yrs +)	None
Chante Mulder	Women - 69kg	Sub-Junior (18 and younger) Junior (19 - 23yrs)	Ilze-Mari
Heather Leighton	Women - 69kg	Master 3 (60 - 69yrs)	Chantelle
Vanessa Lessing	Women - 69kg	Master 1 (40 - 49yrs)	Andre
Anika Maree	Women - 76kg	Sub-Junior (18 and younger)	Ilze-Mari
Lize-Mari de Beer	Women - 84kg	Open (24yrs +)	Dan
Second Flight			
Ferdé Botha	Men - 66kg	Sub-Junior (18 and younger)	Ilze-Mari
JC Bruce	Men - 66kg	Master 3 (60 - 69yrs)	None
Yaniv Lacob	Men - 74kg	Master 2 (50 - 59yrs)	None
Dan Oppenheim	Men - 83kg	Master 4 (70yrs +)	Henk
A. Ludik	Men - 120kg	Master 3 (60 - 69yrs)	Self
Hermanus de Beer	Men - 120kg	Master 2 (50 - 59yrs)	Dan
Craig Masson	Men - 120kg	Open (24yrs +) Master 1 (40 - 49yrs)	None
Haroun Pietersen	Men - 120kg	Open (24yrs +)	None
Simon Breetzke	Men - 120kg +	Open (24yrs +) Master 1 (40 - 49yrs)	Rodney
John Crain	Men - 120kg +	Open (24yrs +) Master 2 (50 - 59yrs)	Henk