

CLASSIC BENCH PRESS - Entry List for SA Champs 2025

Name	Province	Age Cat	Weight Cat	YOB	SJ	Jun	Open	M1	M2	M3	M4	Qualifying Total
S. Adams	WC	Open	52	1988			X					45,0
Giulia Muto	G	Open	57	1987			X					75,0
Alex Mundell	G	Open	63	1999			X					82,5
Meg Leighton	G	Open	63	1996			X					60,0
Jana Fox	EC	Subjunior	63	Oct-07	X							55,0
Erin Paine	WC	Junior	69	2004		X						85,0
Stephene Loubser	EC	Subjunior	69		X							65,0
Gail Mathewson	G	Master 2	69	Jan-69					X			60,0
Chantelle du Toit	G	Master 1	76	1985				X				65,0
Lize-Mari de Beer	G	Open	76	Oct-00			X					62,5
Linda Rubin	G	Master 3	76	Apr-64						X		40,0
Shoneez Fischer	G	Open	84	1988			X					70,0
Olivia Perotti	G	Open	84+	1989			X					102,5
Ilse Jaquire	G	Open	84+	1986			X					85,0
Abigaill Doyle	EC	Subjunior	84+		X							60,0

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Caneous Mdluli	G	Open	66	2000			X					125,0
Steve Coleman	G	Master 1	66	Apr-79				X				123,0
Luke Hall	G	Junior	66	2006		X						110,0
JC Bruce	WC	Master 3	66	May-61						X		80,0
Alan de Beer	EC	Subjunior	66		X							80,0
Werner Smit	WC	Open	74				X					135,0
Carl Osborne	WC	Open	74				X					132,5
Gerlo Pieters	G	Junior	74	2004		X						125,0
Blaine Coleman	WC	Subjunior	74	Jun-07	X							120,0
Glen van der Linde	G	Master 2	74	1971					X			115,0
Shazly Savahl	WC	Master 2	74	Nov-73					X			107,5
Leon Naidoo	EC	Subjunior	74		X							102,5
Ferde Botha	EC	Subjunior	74	Jun-08	X							100,0
Alex Collocott	G	Subjunior	74	2008	X							100,0
Henre van der Berg	EC	SJ, Jun	74		X	X						90,0
Chad Govington	G	Open, M1	83	1985			X	X				150,0
Tshepiso Masiza	NW	Junior	83	2005		X						147,5
Tommie de Nysschen	NC	Master 3	83							X		140,0
Ben Paine	WC	Master 2	83	1967					X			110,0
Micah Naidoo	EC	Subjunior	83		X							100,0
Damian Jansen	G	Subjunior	83	2007	X							102,5
Dan Oppenheim	G	Master 4	83	Jun-45							X	90,0
Richard Boys	G	Master 2	83	1969					X			90,0
Leon Mwandiringa	G	Open	93	1993			X					170,0
Johnny Dam	G	Open, M2	93	1969			X		X			157,5
David Jacobsz	G	Master 1	93	Oct-81				X				155,0
Franko Tchilingirov	G	Junior	93	2002		X						137,5
Szethyn Fulop	G	Subjunior	93	2007	X							130,0
Eric Kobal	G	Master 3	93	1958						X		100,0

Daniel Duke	G	Open	105	2000			X						205,0
Nicholas inget	G	Master 2	105	May-71					X				125,0
Ernst Britz	G	Subjunior	105	2009	X								105,0
Tony Mudau	G	Open, M1	120	1981			X	X					170,0
Hermanus de Beer	G	Master 2	120	Apr-70					X				152,5
Arne Botes	G	Junior	120	2006		X							140,0
Stefan Schroder	G	Open	120+	1992			X						200,0
John Crain	G	Master 2	120+	Dec-69					X				177,5
Steven le Roux	G	Master 1	120+	1981					X				170,0
Stanford Thompson	G	Junior, Open	120+	2002		X	X						160,0

EQUIPPED BENCH PRESS - Entry List for SA Champs 2025

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Meg Leighton	G	Open	63	1996			X					62,5
Chante Mulder	EC	Junior	69	Nov-06		X						87,5
Heather Leighton	G	M3	69	Jun-64						X		69,0
Stephene Loubser	EC	Subjunior	69	2007	X							50,0
Lize-Mari de Beer	G	Open	76	Oct-00			X					82,5
Chantelle du Toit	G	Master 1	76	1985				X				67,5
Ilze-Mari Maritz	EC	Open	84				X					92,5
Christi Rees	WC	Open	84+				X					87,5
Simone van der Merwe	G	Subjunior	84+	2007	X							75

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JC Bruce	WC	Master 3	66	May-61						X		85,0
Marcel Vorster	G	Open	74	1994			X					135,0
Carel Jansen	G	Master 1	83	1976				X				130
Tommie de Nysschen	NC	Master 3	83							X		115,0
Shazly Savahl	WC	Master 2	83						X			107,5
Dan Oppenheim	G	Master 4	83	Jun-45							X	100,0
Johnny Dam	G	Open, M2	93	1969			X		X			170
Haroun Pietersen	G	Open	120	Oct-87			X					195,0
Ian Furman	G	Master 2	120	1967					X			225
Hermanus de Beer	G	Master 2	120	Apr-70					X			175,0
Andre Ludik	EC	Master 3	120	Jun-57						X		70,0
John Crain	G	Master 2	120+	Dec-69					X			222,5