



South African Mens Bench Press Record

Marlon Daniels

Master I

in the 83kg Division

competed on 22 November 2015 in the

SA Bench Press Championships

180kg Bench Press

Hamie Smith

President





South African Womens Bench Press Record

Danel van Jaarsveld

Senior

in the 63kg Division

competed on 22 November 2015 in the

SA Bench Press Championships

95kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Junior

in the 57kg Division

competed on 22 November 2015 in the

SA Bench Press Championships

82.5kg Bench Press

Harrie Smith

President

