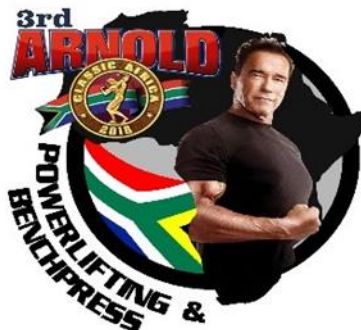




3rd Arnold Classic Powerlifting & Bench Press

Participation

The 3rd Arnold Classic Africa Powerlifting events drew contestants from 8 different countries, namely Iran, Egypt, Cameroon, Canada, France, Namibia, Zimbabwe and host country South Africa. As in previous years, the events on offer were Classic Powerlifting, Classic Bench Press, Equipped Powerlifting, Equipped Bench Press, and a fun Double Deadlift competition.

South African Records

Equipped Powerlifting

Adrian Smith	93kg	Junior	Squat	267.5kg
Adrian Smith	93kg	Junior	Bench	185kg
Mark Phillips	105kg	Master 2	Squat	245kg
Mark Phillips	105kg	Master 2	Deadlift	255kg
Mark Phillips	105kg	Master 2	Total	660kg
Christi de Jager	84+kg	Open	Bench	125kg

Equipped Bench Press

Ian Furman	120+kg	Master 2	Bench	250kg
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Classic Powerlifting

Yunus Hassen	74kg	Master 3	Deadlift	205kg
Tommie de Nysschen	83kg	Master 2	Bench	120kg
Patrick Banda	83kg	Master 2	Deadlift	226kg
Jade Blake	93kg	Open	Total	710kg
Henk de Wet	93kg	Master 1	Squat	228kg
Henk de Wet	93kg	Master 1	Total	630.5kg
Kyle Noonan	120+kg	Open	Deadlift	340kg
Kyle Noonan	120+kg	Open	Total	825.5kg
Caitlin Poxon	57kg	SubJunior	Squat	112.5kg
Caitlin Poxon	57kg	SubJunior	Bench	60kg
Caitlin Poxon	57kg	SubJunior	Total	290kg
Joan Swart	57kg	Master 2	Bench	53kg
Michelle Tromp	63kg	Open	Squat	150kg

Michelle Tromp	63kg	Open	Bench	85kg
Michelle Tromp	63kg	Open	Deadlift	168kg
Michelle Tromp	63kg	Open	Total	403kg
Sasha Payne	63kg	Junior	Squat	127.5kg
Sasha Payne	63kg	Junior	Bench	68.5kg
Sasha Payne	63kg	Junior	Deadlift	150.5kg
Sasha Payne	63kg	Junior	Total	346.5kg
Susan Farrell	63kg	Master 2	Squat	95kg
Susan Farrell	63kg	Master 3	Squat	95kg
Susan Farrell	63kg	Master 2	Deadlift	128kg
Susan Farrell	63kg	Master 3	Deadlift	128kg
Susan Farrell	63kg	Master 2	Total	270.5kg
Susan Farrell	63kg	Master 3	Total	270.5kg
Olivia Perotti	72kg	Open	Squat	157.5kg
Ciara Morley	72kg	SubJunior	Squat	137.5kg
Ciara Morley	72kg	SubJunior	Total	335kg
Lezaan Jordaan	84kg	Junior	Squat	165kg
Lezaan Jordaan	84kg	Junior	Deadlift	202.5kg
Lezaan Jordaan	84kg	Open	Deadlift	202.5kg
Lezaan Jordaan	84kg	Junior	Total	442.5kg

Classic Bench Press

Joan Swart	57kg	Master 2	Bench	53kg
Caitlin Poxon	57kg	SubJunior	Bench	60kg

African Records

Classic Powerlifting

Yunus Hassen (SA)	74kg	Master 3	Deadlift	205kg
Susan Farrell (SA)	63kg	Master 3	Squat	95kg
Susan Farrell (SA)	63kg	Master 3	Deadlift	128kg
Susan Farrell (SA)	63kg	Master 3	Total	270.5kg
Audrey Ndeme (CAM)	84kg	Open	Squat	200kg
Lezaan Jordaan (SA)	84kg	Junior	Deadlift	202.5kg

Commonwealth Records

Equipped Bench Press

Ian Furman (SA)	120+kg	Master 2	Bench	250kg
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