

Commonwealth Team - Manager & Coaches

Team Manager : Andre Ludik

Men's Coaches : Rodney Anthony
: Ephraim Khandanise

Women's Coaches : Anita Barnard
: Hesterki Range
: Ilze-Mari Maritz

Bench Press

CHAMPIONSHIP

AGE GROUP	TEAM	DIV	NAME	POSITION	TEAM POINTS	INCENTIVE BADGE
WOMEN BENCH PRESS						
Sub Junior	IP	43	Robin Welgemoed			Green
Sub Junior	IP	43	Marelize Swart			Green
		.				
		.				
Senior	SA Raw	52	Antoinette Kriel			Bronze
Master 1	SA Raw	52	Antoinette Kriel			Bronze
		.				
		.				
MEN BENCH PRESS						
		.				
Sub Junior	SA Raw	59	Lizwe Bonolo			Green
	SA Raw	74	Ismail Aadil Ahmed			Green
	SA Raw	74	Booyesen Piet			Green
	IP	74	Lwazi Baartman	reserve		Green
	SA Raw	120	Korf Jerome			Brown
		.				
		.				
Junior	SA Raw	74	Mpe Thabang			Black
	SA Raw	74	Pregmolato Umar			Black
	SA Raw	105	Cook Jeffrey			Black
	SA Raw	120	Bucarizza Benedict			Silver
		.				
Senior	SA Raw	83	Naresh Naidoo			Silver
	SA Raw	93	Pieter Erasmus			Silver
	SA Raw	120	Dave Edwards			Silver
	SA Raw	120	Bucarizza Benedict			Silver
	SA Raw	120+	Ian Furman			Silver
		.				
Master 1	SA Raw	74	Cifford Hyaim			Brown
	SA Raw	93	Pieter Erasmus			Silver
	SA Raw	105	Joncy Page			Black
	SA Raw	120	Matthew Cosmo			Bronze
	SA Raw	120+	Ian Furman			Silver
		.				
Master 2	SA Raw	93	Cedric Saffy			Blue
	SA Raw	105	Johan Vorster			Blue
	SA Raw	105	Gary Katzen			Blue
	SA Raw	120	Terence Delaney			Blue

National colours Women

Sub juniors	green
Juniors	brown
Seniors	bronze
Master 1	blue
Master 2	green
Master 3	blue

2	3	4	5
AGE GROUP	TEAM	DIV	NAME
WOMEN POWERLIFTING			
Sub Junior		.	
	SA	52.0	Alushka September
	SA	57.0	Leighton Megan
		.	
Juniors		.	
	SA	84+	Juanita Visser
		.	
Seniors		.	
	SA	72.0	Michelle De Souza
		.	
Master 1		.	
	SA	52.0	Elisabeth Barry
	SA	72.0	Michelle De Souza
		.	
MEN POWERLIFTING			
Sub Junior	SA	74.0	Paul Roger Beresford
	SA	83.0	Heinrich van Tonder
	SA	105.0	Andre Kloppers
		.	
Junior		66.0	Japhtha Khalapa
	SA	74.0	Nick Stefanou
	SA	74.0	Wonga Jola
Reserve	SA	74.0	Keke Makuta
Reserve	SA	74.0	Christopher Bruce
	SA	83.0	Paul Makuta
		.	
	SA	93.0	Nelson Sitsili
	SA	105.0	Albert Korf
	SA	120.0	Benedict Bucarizza
	SA	120.0	Ricardo Baretto
Reserve	SA	120.0	Roelof Smith
	SA	120+	Juan Booyse
		.	
Senior	SA	83.0	Matthew Coppenhall
	SA	93.0	Pieter Fourie
	SA	93.0	Etienne Potgieter
	SA	120.0	Benedict Bucarizza
		.	
Master 1	SA	105.0	Jorncy Page
	SA	105.0	Mark Philips
	SA	120.0	Matthew Cosmo
		.	
		.	
Master 2		66.0	Karl Christians
	SA	74.0	David Quatse

National colours Women

Sub juniors blue
 Juniors black
 Seniors Silver
 Master 1 Brown
 Master 2 Blue
 Master 3 blue

National colours Men

Sub juniors
 Juniors
 Seniors
 Master 1
 Master 2
 Master 3

referee:

referee:

referee:

2	3	4	5	35
AGE GROUP	TEAM	DIV	NAME	POSITION
WOMEN POWERLIFTING				
SJ	IP	43.0	Robin Welgemoed	
SJ	IP	43.0	Marelize Swart	
SJ	IP	52.0	Alushka September	
Junior	SA Raw	57.0	Benjamin Storm	
SJ	IP	57.0	Megan Leighton	
SJ	SA Raw	63.0	Anneke Jordaan	
SJ	SA Raw	84+	Juanita Visser	
senior	SA Raw	52.0	Antionette kriel	
M 1	SA Raw	52.0	Antionette kriel	
M 1	SA Raw	52.0	Elisabeth Barry	
M 1	IP	72.0	Hesterki Range	
MEN POWERLIFTING				
SJ	SA Raw	74.0	Ismail Asief Ahmed	
SJ	SA Raw	74.0	Routier Luke	
SJ	IP	74.0	Gerhard van Tonder	Reserve
SJ	IP	83.0	Heinrich Van Tonder	
SJ	SA Raw	93.0	Homan Garth	
SJ	IP	93.0	Freddie Bezuidenhout	Reserve
SJ	SA Raw	105.0	Kennedy Robert	
SJ	IP	105.0	Mouton Conradie	
SJ	SA Raw	120.0	Korf Jerome	
Junior	SA Raw	93.0	Smit Gian	
Junior	IP	93.0	Anton Engelbreght	
Junior	SA Raw	105.0	Dangor Mohammed	
Junior	SA Raw	120+	Booyse Juan	
Senior	SA Raw	120.0	Bucarizza Benedict	
Master 1	SA Raw	105.0	Page Joncy	
Master 1	SA Raw	120.0	Cosmo Matthew	
Master 3	SA Raw	74.0	Oppenheim Dan	
Master 3	SA Raw	93.0	Huff Robert	

National colours Women

Sub juniors Orange
 Juniors blue
 Seniors black
 Master 1 green
 Master 2 orange
 Master 3 blue

National colours Men

Sub juniors
 Juniors
 Seniors
 Master 1
 Master 2
 Master 3

referee:

referee:

referee: