South African Powerlifting Federation
South African Bench Press Championships Men, South Africa, Pretoria, 26.10.2013
Final Nominations on 19th of October 2013

Name / B.Year	Nation	Bench Press
Subjuniors		
- 53 kg		
1 Matras Revaldo /96	North West	—
- 59 kg		
1 Lizwe Bonolo /95	Noord Kaap	—
2 Maduma Amogelang /97	Gauteng	—
3 Thladi Kgahlisho /97	Gauteng	—
4 Jacobs Marco /98	Western Province	—
- 66 kg		
1 Dladla Tshegotatso /97	Gauteng	—
2 Zita Yola /96	Eastern Province	—
3 Ndzamela Luxolo /96	Eastern Province	—
- 74 kg		
1 Booysen Petrus /95	Noord Kaap	—
2 Tshabedze Phila /97	Gauteng	—
3 Baartman Lwazi /95	Eastern Province	—
4 Daniels Navan /95	North West	—
5 Thynsma Tian /95	Western Province	—
6 Willis Sint /95	North West	—
- 83 kg		
1 van Zyl Enrico /97	Noord Kaap	—
- 93 kg		
1 Stander Sean /96	Western Province	—
- 105 kg		
1 Leitch Tristan /99	Western Province	—
2 Fourie Micheal /98	Western Province	—
Juniors		
- 53 kg		
1 Faviers Andy /91	Western Province	—
2 Adjimudin Yusuf /91	Noord Kaap	—
- 59 kg		
1 Williams Clint /94	North West	—
- 66 kg		
1 Vorster Marcel /94	Gauteng	—
2 Jafta Peter /93	North West	—
3 Hendricks Jonathan /91	North West	—
4 Vermeulen Arnold /93	Western Province	—
5 Vers Ivan /91	North West	—
- 74 kg		
1 Parker Willem /94	Gauteng	—
2 Moreshi Shane /90	Free Sate	—
3 Petersen Owen /92	North West	—
- 83 kg		
1 Rapoo Tshepo /93	North West	—
2 Phantle Jabulani /91	North West	—
3 Clarke Gareth /91	Noord Kaap	—
4 Magapi Letlhogonolo /93	North West	—
- 93 kg		
1 Engelbrecht Anton /91	Gauteng	—
2 Jantjies Romeo /92	Western Province	—
3 Botma Corne /94	Western Province	—
- 105 kg		
1 Wolfaardt Schalk /94	Noord Kaap	—

Seniors

- 66 kg

1	Mattheysen Johannes /88	Noord Kaap	—

- 83 kg

1	Fitzpatrick Ricardo /80	Noord Kaap	—
2	Naidoo Neresh /81	Kwazulu Natal	—
3	Bester Peter /89	Western Province	—

- 93 kg

1	Jacobs David /81	Gauteng	—
2	Potgieter Etienne /86	Gauteng	—
3	Seleke Peter /75	North West	—

- 105 kg

1	Roos Shaun /77	Gauteng	—
2	Janse van Rensburg Hennie /8	Gauteng	—
3	Janse van Rensburg Heinrich /	Free Sate	—
4	Botha Jaco /78	Gauteng	—

- 120 kg

1	Gie Andries /80	Western Province	—
2	Madikane Faku /75	North West	—

120+ kg

1	Sibiya Sizwe /74	Gauteng	—
2	Nolan Eugene /89	Eastern Province	—

Masters 1

- 66 kg

1	Bruce JC /66	Western Province	—

- 93 kg

1	Parker George /71	Gauteng	—

- 105 kg

1	Welgemoed Cornel /70	Gauteng	—
2	Page Jorncy /72	Gauteng	—

- 120 kg

1	Cosmo Matthew /71	Gauteng	—

Masters 2

- 74 kg

1	Quatse David /62	North West	—

- 105 kg

1	Ludik Andre /57	Eastern Province	—
2	Young Colin /57	Western Province	—
3	Buckle Ian /58	North West	—

- 120 kg

1	Katzen Gary /61	Gauteng	—

Masters 3

- 83 kg

1	Vermaak Peter /48	Western Province	—

- 93 kg

1	Coleman Neal /50	Western Province	—

- 105 kg

1	Krige Ado /47	Gauteng	—

South African Powerlifting Federation
South African Bench Press Champoinship, South Africa, Pretoria, 26.10.
Final Nominations on 19th of October 2013

	Name / B.Year	Nation	Bench Press
Subjuniors			
- 52 kg			
1	Dinku Refiwe /97	Noord Kaap	—
- 84 kg			
1	Mdluli Thembela /96	Gauteng	—
Seniors			
- 57 kg			
1	Steinman Chantal /86	Noord Kaap	—
- 63 kg			
1	Maritz Ilze-Mari /88	Eastern Province	—
Masters 1			
- 63 kg			
1	Range Hesterki /67	Western Province	—
- 84 kg			
1	Kruger Janita /67	Gauteng	—
Masters 2			
- 47 kg			
1	Coleman Liliana /63	Western Province	—