

South African Powerlifting Federation
South African Bench Press Championships Men, South Africa, Pretoria, 26.10
Nominations on 13th 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 Jacobs Marco /98	Western Province	—
- 66 kg		
1 Dladla Tshegotatso /97	Gauteng	—
2 Thladi Kgahlisho /97	Gauteng	—
3 Zita Yola /96	Eastern Province	—
4 Ndzamela Luxolo /96	Eastern Province	—
- 74 kg		
1 Booysen Petrus /95	Noord Kaap	—
2 Baartman Lwazi /95	Eastern Province	—
3 Daniels Navan /95	North West	—
4 Thynsma Tian /95	Western Province	—
5 Willis Sint /95	North West	—
- 83 kg		
1 Tshabedze Phila /97	Gauteng	—
2 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 Mpe Thabang /90	Gauteng	—
3 Moreshe Shane /90	Free State	—
4 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 /81	Gauteng	—
3 Janse van Rensburg Heinrich /86	Free Sate	—
- 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 Botha Jaco /57	Gauteng	—
4 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	—

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South African Powerlifting Federation
South African Bench Press Champoinship, South Africa, Pretoria, 26.10.2013
Nominations on 13th of October 2013

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

