

Protea colours	SJ, Jun and Open only, who get qualifying standard
Federation (Green) colours	Masters who get qualifying standard
One badge below	One badge below qualifying standard (may be selected for International events hosted in SA - no colours awarded)

Qualifying comps

SA Bench Press Championships

Internationals

World Classic and Equipped Bench Press Championships, Poland
Asia/Pacific/Africa Championships, Potch
Commonwealth Powerlifting and Bench Press Championships, Canada
African Powerlifting and Bench Press Championships, Potch

Protea and Federation only
Protea, Federation and one badge below
Protea and Federation only
Protea, Federation and one badge below

Equipped Bench Press - Men							
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53							
59							
66				Steven Colman			
74	Alan de Beer		Marcel Vorster	Ryno Theron			
83				Ricardo Fitzpatrick	Carel Jansen	Tommie de Nysschen	
93							
105							
120					Hermanus de Beer		
120+			Simon Breetzke	Simon Breetzke	Ian Furman		

Equipped Bench Press - Women							
WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47							
52							
57							
63			Megan Leighton				
69		Chante Mulder				Heather Leighton	
76	Kobie Mellet						
84							
84+			Christi Rees	Christi Rees			

Classic Bench Press - Men							
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53							
59	Raydon Damons						
66	Alan de Beer Ruben Roodt			Steven Coleman		JC Bruce	
74	Kyle Joosten Kuaan van Tonder	Gerlo Pieters Reece Livingston	Werner Smit	Ryno Theron	Yaniv Lacob Shazly Savahl		
83	Chris Botha Livi Sitatu	Purab Shri Machhi		Ricardo Fitzpatrick	Jerry Botha Carel Jansen	Tommie de Nysschen	Petrus Vermaak
93	Peter Bester	Szethyn Fulop		David Jacobsz			
105							
120		Troy Deyzel		Newton Mudau	Hermanus de Beer		
120+	Jordan Fine		Peter Bester (snr) Ian Furman		Ian Furman		

Reserves

Ben Paine 83

Classic Bench Press - Women							
WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47							
52							
57							
63					Madelaine Posthumus		
69					Gail Mathewson		
76							
84			Shameemah Bull				
84+			Megan Wright Ilse Jaquire	Christi Rees Ilse Jaquire			

Reserves

Robyn Gilfillan 84+