

Final Nomination List: Raw Men

SA Bench Press Championships 21-22 November 2015

Category													
Surname	Name	Birthdate	SJ	J	O	M1	M2	M3	M4	Weight Class	Province	Raw	Coach
Vers	Ivan				Y					66	NW	127.5	Ephraim
Hlanyane	Mpho		Y							66	NW	87.5	Ephraim
Donninger	Tovi	1998	Y							66	G	82.5	Rod
Van der Linde	Ruben	1998	Y	Y						66	G	87.5	Glen
Van der Linde	Bernard		Y	Y						66	G	75	Glen
Bruce	JC	1961					Y			66	WP	80	
Booyens	Obert		Y							74	NW	100	Ephraim
Ndongeni	Nkcubeko	27/12/99	Y							74	EC	Y	
Muller	Ignatius	11/11/98	Y							74	EC	Y	
Mbembe	Yonela	13/11/98	Y							74	EC	Y	
Donninger	Elan	1999	X							74	G	97.5	Rod
Mafuna	Shau	02/01/1993		Y						74	G		Rod
Norman	Ray	1986			Y					74	G	127.5	Rod
Kariv	Jonathan	1983			Y					74	G	145	Andrew
De Nysschen	Tommie	1963					Y			74	G	100	
Szeili	Jason			Y						74	G	110	Henk
Mqedlana	Zizwe	11/09/2000	Y							83	G	100	Rod
Uys	Pieter	1997	Y							83	G	90	Glen
Macintosh	James	1993		Y	Y					83	G	130	Josh
Pretorius	Jean-Arthur	1992			Y					83	G	140	GN
Young	Neville	1992		Y						83	G	145	Henk
Daniels	Marlon	28/05/1975			X	X				83	G	145	Rod
Oppenheim	Dan	1945							X	83	G	102.5	Rod
Routier	Luke	1996		Y						83	G	120	Rod
Ngaki	Bulelani	22/06/2000	Y							93	G	107.5	Rod
Smith	Adrian	1995		Y	Y					93	G	142.5	Rod

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Holder	Elfranco	31/03/1993		Y						93	NW	175	
Russell	Dwayne	11/11/1985			Y					93	G	120	Josh
Anthony	Jared	1983			Y					93	G	142.5	Andrew
Green	Graham	1978			Y					93	G	145	Henk
Strauss	Divan				Y					93	N.Cape	177.5	
Silver	Glenn	1972				Y				93	G	137.5	
Ingel	Nic	1971				Y				93	G	125	Rod
Huff	Robert	1952					Y			93	G	105	William
Scheckle	Connor	1987			Y					93	G	210	
Masson	Craig	1982			Y					105	G	167.5	
Welgemoed	Cornel	1970				Y				105	G	145	
Spinks	Michael				Y					105	G	170	Henk
Kobal	Eric						X			105	G	112.5	Henk
Loubser	Sebastiaan	28/08/92			Y					120	EC	X	
Edwards	Dave	1985			Y					120	G	212.5	Dave Edwards
Deetlefs	Nicholas	1984			Y					120	G	185	Andrew
Van der Have	Jean				Y					120	G	167.5	Rod
Horn	Malone	1970			Y	Y				120	KZN	200	
Oosthuizen	Gerhardus	1964			Y		Y			120	KZN	198	
Victor	Johnde	1998	Y							120+	FS	127.5	
Farinha	Jose				Y					120+	FS	190	
Noonan	Kyle	1990			Y					120+	G	175	Henk
Du Preez	Fanie	1973				Y				120+	G	145	Rod
Ashcroft	Christian	1980			Y					120+	G	155	Rod
Mouton	Barend					Y				120+	N.Cape	140	

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50 lifters

Final Nomination List: Raw Women	SA Bench Press Championships 21-22 November 2015
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			Category								Weight	Province	Raw	Coach	
Surname	Name	Birthdate	SJ	J	O	M1	M2	M3	M4	Class					
Casey	Mariska	05/06/1978			Y					47	G		50	William	X
Muto	Giulia	1987			Y					52	G		55	Henk	X
Leighton	Megan	1996		Y	Y					57	G		58.5	Rod	X
Katz	Lauren	1982			Y					57	G		55	Henk	X
Plaatjies	Seritha				Y					57	NW		75	Ephraim	X
Anthony	Carol	1966				Y				57	G		47.5	Rod	X
Davie	Lucille	12/05/1953						Y		57	G		37.5	William	X
Ingel	Carm	1975				Y				63	G		52.5	Rod	X
Letcher	Michelle	24/10/1970				Y				63	G		65	Josh	X
Van Jaarsveld	Danel	07/07/1977			Y					63	G		87.5	William	X
Reyneke	Ronel	1969				Y				63	G		57.5	Henk	X
Newman	Laura	04/10/1983			Y					63	G		62.5	Josh	X
Wilson	Ilona	06/04/1977			Y					63	G		55	Josh	X
Firmani	Roxy				Y					63	G		55	Henk	X
Firmani	Candice	1967				Y				63	G		45	Henk	X
Halgreen	Kim	24/03/93		Y						72	EC	X		EC	X
Coetzer	Candice	07/03/1985			Y					72	G		71	Josh	X
Ackerman	Maureen	25/09/1975				Y				72	G		67.5	Josh	X
Matthewson	Gail	31/01/1969				Y				72	G		50	Josh	X
Benjamin	Storm	1990			Y					72	G		75	Dave Edwards	X
Ezzideen	Sarah	1987			Y					72	G		67.5	Henk	X
Hobbs	Kash	1993		Y						72	G		62.5	Rod	X
De Wet	Laura	1974			Y	Y				72	G		70	Henk	X
Momberg	Sanet	04/02/72			Y	Y				84	EC	Y			X
Firmani	Toni	1990			Y					84	G		67.5	Henk	X

25 lifters

Final Nomination List: Equipped Men

SA Bench Press Championships 21-22 November 2015

			Category							Weight	Province	Equipped	Coach
Surname	Name	Birthdate	SJ	J	O	M1	M2	M3	M4	Class			
Vers	Ivan				Y					66	NW	127.5	Ephraim
Van der Linde	Ruben	1998	Y	Y						66	G	87.5	Glen
Bruce	JC	1961					Y			66	WP	90	
Booysens	Obert		Y							74	NW	100	Ephraim
Kariv	Jonathan	1983			Y					74	G	150	Andrew
De Nysschen	Tommie	1963					Y			74	G	115	
Daniels	Marlon	28/05/1975			X	X				83	G	145	Rod
Oppenheim	Dan	1945							X	83	G	112.5	Rod
Routier	Luke	1996		Y						83	G	120	Rod
Smith	Adrian	1995		Y	Y					93	G	150	Rod
Ingel	Nic	1971				Y				93	G	125	Rod
Masson	Craig	1982			Y					105	G	200	
Roos	Shaun	1977			X					105	G	160	
Welgemoed	Cornel	1970				Y				105	G	175	
Phillips	Mark	1968				Y				105	G	190	
Katushabe	Edgar	18/03/93		Y						120	EC	X	
Gie	Andries	1980			Y					120	WP	233	
Van der Have	Jean				Y					120	G	167.5	Rod
Van Zyl	Hein				Y					120	N.Cape	165	
Nolan	Eugene	06/09/89			Y					120+	EC	X	

20 lifters

Final Nomination List: Equipped Women	SA Bench Press Championships 21-22 November 2015
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			Category							Weight	Provinc	Equipped	Coach
Surname	Name	Birthdate	SJ	J	O	M1	M2	M3	M4	Class	e		
Casey	Mariska	05/06/1978			Y					47	G	50	William
Leighton	Megan	15/01/1996		Y	Y					57	G	70	Rod
Van Jaarsveld	Danel	07/07/1977			Y					63	G	87.5	William
Halgreen	Kim	24/03/93		Y						72	EC	Y	EC
Maritz	Ilze-Mari	21/05/88			Y					72	EC	Y	EC
De Jager	Christie	1986			Y					84+	G	80	Andrew

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6 lifters