

02/21/26 SA Bench Press Championships 2026

Classic Bench Press Women	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	BP-1	BP-2	BP-3	Total	Best Lifters	Place	IPF GL Points	Qualified for SA Team
Subjunior	Lianie Bakkes	EC	F-SJ-U	55,70	57	2010	40,0	42,5	-46,0	42,5		1	38,44	
	Clarissa Gallant	EC	F-SJ-U	78,90	84	2010	55,0	60,0	-62,5	60,0	Best Subjunior	1	45,54	
Open	S Adams	WC	F-O-U	55,50	57	1988	50,0	52,5	54,0	52,5		1	47,62	
	Lize-Mari de Beer	Gau	F-O-U	74,80	76	2000	55,0	60,0	-62,5	60,0		1	46,34	
	Shameemah Bull	Gau	F-O-U	80,00	84	1997	85,0	90,0	-95,0	90,0		1	68,03	1 badge below
	Megan Wright	Gau	F-O-U	103,30	84+	2000	100,0	110,0	117,5	117,5	Best Open	1	84,51	Q
	Ilse Jaquire	Gau	F-O-U	137,90	84+	1986	92,5	95,0	-97,5	95,0		2	67,02	1 badge below
Master 1	Christi Rees	WC	F-M1-U	115,40	84+	1986	95,0	101,0	103,0	103,0	Best Master 1	1	73,31	Q
	Ilse Jaquire	Gau	F-M1-U	137,90	84+	1986	92,5	95,0	-97,5	95,0		2	67,02	Q
	Robyn Gilfillan	Gau	F-M1-U	121,00	84+	1978	60,0	70,0	72,5	72,5		3	51,44	1 badge below
Master 2	Madelaine Posthumus	Gau	F-M2-U	62,20	63	1970	40,0	50,0	52,5	52,5		1	44,13	1 badge below
	Gail Mathewson	Gau	F-M2-U	66,20	69	1969	60,0	65,0	-67,5	65,0	Best Master 2	1	52,84	Q
Master 3	Linda Rubin	Gau	F-M3-U	69,30	76	1964	35,0	40,0	43,0	43,0	Best Master 3	1	34,22	

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[illegible]

Master 1	Steven Coleman	Gau	M-M1-U	64,40	66	1979	105,0	-112,5	112,5	112,5		1	64,67	Q
	Ryno Theron	KZN	M-M1-U	73,40	74	1983	110,0	117,5	0,0	117,5		1	62,93	Q
	Ricardo Fitzpatrick	NC	M-M1-U	80,00	83	1980	135,0	-145,0	145,0	145,0		1	74,23	Q
	David Jacobsz	Gau	M-M1-U	91,80	93	1981	165,0	170,0	-172,5	170,0	Best Master 1	1	81,17	Q
	Newton Mudau	Gau	M-M1-U	116,30	120	1981	160,0	165,0	-170,0	165,0		1	70,56	Q
Master 2	Yaniv Lacob	Gau	M-M2-U	73,90	74	1974	110,0	112,5	115,0	115,0		1	61,37	Q
	Shazly Savahl	WC	M-M2-U	73,20	74	1973	100,0	105,0	107,5	107,5		2	57,66	Q
	Jerry Botha	Gau	M-M2-U	81,90	83	1974	125,0	130,0	-137,5	130,0		1	65,75	Q
	Carel Jansen	Gau	M-M2-U	82,20	83	1976	107,5	115,0	-120,0	115,0		2	58,05	1 badge below
	Ben Paine	WC	M-M2-U	74,20	83	1967	100,0	110,0	-115,0	110,0		3	58,58	1 badge below
	Hermanus de Beer	Gau	M-M2-U	117,40	120	1970	137,5	147,5	157,5	157,5		1	67,08	Q
	Ian Furman	Gau	M-M2-U	131,10	120+	1967	175,0	182,5	-192,5	182,5	Best Master 2	1	74,21	Q
Master 3	JC Bruce	WC	M-M3-U	65,40	66	1961	80,0	-87,5	-87,5	80,0		1	45,60	1 badge below
	Tommie de Nysschen	NC	M-M3-U	79,50	83	1963	125,0	135,0	0,0	135,0	Best Master 3	1	69,33	Q
	Andre Ludik	EC	M-M3-U	104,30	105	1957	70,0			70,0		1	31,44	
Master 4	Petrus Vermaak	WC	M-M4-U	79,10	83	1948	-90,0	90,0	-103,0	90,0	Best Master 4	1	46,34	1 badge below
	Dan Oppenheim	Gau	M-M4-U	78,20	83	1945	75,0	80,0	82,5	82,5		2	42,74	

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Equipped Bench Press - Women	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	BP-1	BP-2	BP-3	Total	Best Lifters	Place	IPF GL Points	Qualified for SA Team
Subjunior	Kobie Mellet	EC	F-SJ	72,70	76	2008	65,0	70,0	-77,5	70,0	Best Subjunior	1	38,97	1 badge below
Junior	Chanté Mulder	EC	F-J	68,10	69	2006	82,5	85,0	-87,5	85,0	Best Junior	1	48,99	Q
Open	Megan Leighton	Gau	F-O	62,80	63	1996	-105,0	105,0	-110,0	105,0		1	63,49	Q
	Lize-Mari de Beer	Gau	F-O	74,70	76	2000	75,0	80,0	-82,5	80,0		1	43,95	
	Christi Rees	WC	F-O	115,40	84+	1985	120,0	130,0	140,0	140,0	Best Open	1	66,74	Q
Master 1	Christi Rees	WC	F-M1	115,40	84+	1985	120,0	130,0	140,0	140,0	Best Master 1	1	66,74	Q
Master 2	Elisabeth Barry	EC	F-M2	51,80	52	1973	45,0	-47,5	-47,5	45,0	Best Master 2	1	31,28	
Master 3	Heather Leighton	Gau	F-M3	68,80	69	1964	65,0	67,5	70,0	70,0	Best Master 3	1	40,12	Q

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Equipped Bench Press - Men	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	BP-1	BP-2	BP-3	Total	Best Lifters	Place	IPF GL Points	Qualified for SA Team
Subjunior	Alan John de Beer	EC	M-SJR	67,50	74	2009	125,0	130,0	-135,0	130,0	Best Subjunior	1	55,13	Q
Open	Steven Coleman	Gau	M-O	64,30	66	1979	120,0	127,5	132,5	132,5		1	59,10	
	Marcel Vorster	Gau	M-O	73,30	74	1994	190,0	200,0	201,0	201,0		1	78,92	Q
	Carel Jansen	Gau	M-O	82,00	83	1976	137,5	-145,0	-145,0	137,5		1	49,37	
	Simon Breetzke	KZN	M-O	154,90	120+	1978	260,0	280,0	290,0	290,0	Best Open	1	79,82	Q
Master 1	Steven Coleman	Gau	M-M1	64,30	66	1979	120,0	127,5	132,5	132,5		1	59,10	Q
	Ryno Theron	KZN	M-M1	73,90	74	1983	120,0	127,5	-135,0	127,5		1	49,71	1 badge below
	Ricardo Fitzpatrick	NC	M-M1	81,90	83	1980	150,0	160,0	180,0	180,0		1	64,69	Q
	Simon Breetzke	KZN	M-M1	154,90	120+	1978	260,0	280,0	290,0	290,0	Best Master 1	1	79,82	Q
Master 2	Carel Jansen	Gau	M-M2	82,00	83	1976	137,5	-145,0	-145,0	137,5		1	49,37	Q
	Hermanus de Beer	Gau	M-M2	117,30	120	1970	165,0	175,0	-180,0	175,0		1	51,90	Q
	Ian Furman	Gau	M-M2	132,30	120+	1967	177,5	182,5	-187,5	182,5	Best Master 2	1	52,07	Q
Master 3	JC Bruce	WC	M-M3	65,40	66	1961	85,0	0,0		85,0		1	37,23	
	Tommie de Nysschen	NC	M-M3	79,80	83	1963	150,0	-170,5	-170,5	150,0	Best Master 3	1	54,95	Q
	Andre Ludik	EC	M-M3	104,30	105	1957	70,0			70,0		1	21,80	
Master 4	Dan Oppenheim	Gau	M-M4	78,70	83	1945	-75,0	90,0	-95,0	90,0	Best Master 4	1	33,33	