

WOMEN BENCH PRESS													
DIVISION	YELLOW	ORANGE	GREEN	BLUE	BROWN	BLACK	BRONZE	SILVER	GOLD	ELITE1	ELITE2	ELITE3	ELITE4
43	30	32.5	35	40	45	50	55	60	62.5	67.5	72.5	80	85
47	35	37.5	42.5	45	50	55	60	65	70	75	80	85	90
52	37.5	42.5	47.5	50	55	60	65	70	75	80	87.5	92.5	97.5
57	40	45	50	55	62.5	67.5	72.5	77.5	82.5	87.5	95	100	105
63	45	50	55	60	67.5	72.5	77.5	82.5	90	95	102.5	107.5	115
69	47.5	52.5	57.5	65	72.5	77.5	82.5	87.5	95	102.5	110	115	122.5
76	52.5	57.5	62.5	70	77.5	82.5	87.5	92.5	102.5	110	117.5	122.5	130
84	57.5	62.5	70	75	82.5	90	97.5	105	112.5	120	125	132.5	140
84+	60	65	72.5	80	87.5	95	102.5	112.5	120	127.5	135	142.5	150

WOMENS QUALIFYING STANDARDS BENCH PRESS UNEQUIPPED	Incentive achieve to qualify for EC Team	Incentive to qualify for medal	Incentive to qualify for SA Team
SUB JUNIOR	YELLOW	YELLOW	GREEN
JUNIOR	YELLOW	ORANGE	BROWN
OPEN	ORANGE	GREEN	BRONZE
MASTER 1	YELLOW	YELLOW	BLUE
MASTER 2	YELLOW	YELLOW	GREEN
MASTER 3	NA	YELLOW	ORANGE
MASTER 4	NA	YELLOW	ORANGE

Name	Div	Total	Incentive done	Incentive achieve to qualify for EC	Incentive to qualify for medal	Incentive to qualify for SA	SA TEAM
LADIES							
SUB JUNIOR				YELLOW	YELLOW	GREEN	
Anika Ferreira	63	55	Green	45	45	55	Yes
Heike Groenewald	69	62.5	Green	47.5	47.5	57.5	Yes
MASTER 1				YELLOW	YELLOW	BLUE	
Vanessa Lessing	69	70	Blue	47.5	47.5	65	Yes

DIVISION	MEN BENCH PRESS												
	YELLOW	ORANGE	GREEN	BLUE	BROWN	BLACK	BRONZE	SILVER	GOLD	ELITE1	ELITE2	ELITE3	ELITE4
53	60	67.5	75	80	87.5	92.5	100	105	112.5	117.5	125	130	137.5
59	67.5	75	82.5	87.5	95	102.5	110	115	122.5	130	137.5	145	150
66	72.5	80	87.5	95	105	112.5	120	127.5	137.5	142.5	150	157.5	165
74	82.5	90	97.5	107.5	117.5	125	135	142.5	150	160	170	180	187.5
83	90	100	110	120	130	137.5	147.5	157.5	167.5	177.5	187.5	195	205
93	97.5	107.5	117.5	127.5	137.5	147.5	160	167.5	177.5	187.5	197.5	207.5	217.5
105	105	115	125	135	147.5	157.5	170	180	190	200	210	220	230
120	110	117.5	130	140	152.5	165	175	187.5	197.5	210	220	232.5	242.5
120+	112.5	120	132.5	145	157.5	170	180	192.5	202.5	212.5	225	237.5	247.5

MENS QUALIFYING STANDARDS BENCH PRESS UNEQUIPPED	Incentive achieve to qualify for EC Team	Incentive to qualify for medal	Incentive to qualify for SA Team
SUB JUNIOR	YELLOW	YELLOW	GREEN
JUNIOR	YELLOW	ORANGE	BLACK
OPEN	BLUE	BROWN	SILVER
MASTER 1	YELLOW	ORANGE	BROWN
MASTER 2	YELLOW	YELLOW	BLUE
MASTER 3	YELLOW	YELLOW	GREEN
MASTER 4	YELLOW	YELLOW	ORANGE

Name	Div	Total	Incentive done	Incentive achieve to qualify for EC Team	Incentive to qualify for medal	Incentive to qualify for SA Team	SA TEAM
MEN							
SUB JUNIOR				YELLOW	YELLOW	GREEN	
Izak Johannes Kriel	83	135	Brown	90.00	90.00	110.00	Yes
OPEN				BLUE	BROWN	SILVER	
Stefan Martin Schröder	120+	212.5	Elite 1	145.00	157.50	192.50	Yes
Master 1				YELLOW	ORANGE	BROWN	
Werner Koekemoer	120+	165	Brown	112.50	120.00	157.50	Yes
MASTER 2				YELLOW	YELLOW	BLUE	
Tommie De Nysschen	83	140.5	Black	90.00	90.00	120.00	Yes
Johnny Dam	105	152.5	Brown	105.00	105.00	135.00	Yes
John David Crain	120	170	Black	110.00	110.00	140.00	Yes
Hermanus de Beer	120	150	Blue	110.00	110.00	140.00	Yes
Hercules van den Berg	120+	200	Silver	112.50	112.50	145.00	Yes
Mornay Human	120+	175	Black	112.50	112.50	145.00	Yes
MASTER 3				YELLOW	YELLOW	GREEN	
Glen Thomas	93	125	Green	90.00	90.00	110.00	Yes