

Protea colours	SI, Jun and Open only, who get qualifying standard
Federation (Green) colours	Masters who get qualifying standard
Federation (blue) colours	1 badge below qualifying standard - only for International Comps hosted in SA

Classic Bench Press - Men							
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53		Edward Monaheng-53-60,51					
59	Jordan Lee		Jacques Fourie				
66						JC Bruce	
74	Matthew Arendse-74-54,24 Sechaba Mashinini-74-53,8	Suvar Maharaj-74-72,34 Wynand Kühn-74-70,45	Ziyaad Samodien -74-91,01	Xolani Ndatya Jacobus Phalatsi-74-82,25	Ian Hacker-74-59,26		Dan Oppenheim-74-48,05
83	Janko Kruger-83-66,97	Ignatius Muller			Tommie de Nysschen		
93	David Weyer-Henderson Michael Kroukam-93-65,29	Fabio Yslie Zandré van der Berg-93-71,81	Archie Ayekpa			Glen Thomas	
105			Johnny Johnson Johan Lazenby	Craig Masson	Johnny Johnson Christo Schoonraad-105-60,85	Colin Young	
120			Johan Smith		John Crain Denis Bensch-120-61,34		
120+			Jared Leask Brandon Jones	Gys Smith David Kerr	Mornay Human Ian Furman-120+-77,42		

Reserves

Tyler Osborn-74-69,58 Daniel Duke-93-71,72	Roelof Smith (120+) Tom Wewege-105-86,29 Kyle Noonan-120+-84,63 Chadwyn Govington -74-83,14 Nick Duarte-93-82,1 Brandon Bezuidenhout-120-81,13 Jean-Arthur Pretorius-93-80,98 Marcel Vorster-66-74,07	Hercules van den Berg-120+-70,32 Hermanus de Beer-120-60,29
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Classic Bench Press - Women							
WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47							
52	Aimee Grefen-52-45,71		Giulia Muto-52-70,64				
57		Alexandra Mundell-57-64,36	Sasha Payne-57-76,99 Antoinette Kriel-57-71,86	Vicki Botha-57-59,59	Zohra Crain Antoinette Kriel-57-71,86	Miriam Sinclair	
63	Anika Ferreria Mijuane de Wet-63-50,79		Sorah Garber-63-74,15	Sorah Garber-63-74,15			
69	Heike Groenewald Gaia Mottalini-69-46,41	Tyla Coetsee		Vanessa Lessing Monica Longhurst-69-64,85	Lana Kleynhans-69-60,79 Ronel Reyneke-69-52,98 Corien Potgieter-76-64,4		
76							
84		Mbasa Qilengele		Patty-Johanita Pretorius-84-60,18			
84+			Christi Rees-84+-74,55	Phokwane Moloele-84+-61,93			

Reserves

Zanele Ngwenya-69-52,05

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Equipped Bench Press - Men								
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4	
53								
59								
66								
74			Ziyaad Samodien -74-67,28					Dan Oppenheim (ep)
83	Janko Kruger-83-47,57			Jacobus Phalatsi (ep)	Tommie de Nysschen			
93	David Weyer-Henderson (cl)	Fabio Yslie (cl)		Jorncy Page (ep)		Glen Thomas (cl) (93)		
105			Johan Lazenby Deon Smit (ep)	Graham Green (ep)	Johnny Johnson (cl) Christo Schoonraad (ep)	Colin Young (cl)		
120			Johan Smith		John Crain (ep)			
120+			Roelof Smith Jared Leask (cl)	Gys Smith	Mornay Human (cl) Ian Furman (ep)			

Reserves

Brandon Jones (cl) (120+)
 Kyle Noonan-120+-60,2
 Hercules van den Berg-120+-51,93

Equipped Bench Press - Women								
WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4	
43								
47								
52								
57			Sasha Payne-57-55,89	Vicki Botha (ep)	Antoinette Kriel-57-52,17	Miriam Sinclair (cl)		
63	Mijuane de Wet (ep)	Mijuane de Wet (ep)	Megan Leighton (ep)	Sorah Garber-63-53,71				
69	Charnleigh Kotze (ep)			Vanessa Lessing (ep) Monica Longhurst-69-46,69	Lana Kleynhans-69-43,77			
76					Corien Potgieter-76-45,85			
84			Jacqui Rees (ep)	Jacqui Rees (ep)				
84+			Christi Rees (ep)					

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Classic Powerlifting - Men								
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4	
53	Tumelo Ngobeni-53-1-52,59							
59			Geordie Goliath-59-1-80,08					
66			Marcel Vorster-66-1-82,59					
74	Sechaba Mashinini-74-1-68,18	Suvar Maharaj-74-1-84,73 Ruben van der Linde-74-2-83,67	Chadwyn Govington -74-1-90,22	Jacobus Phalatsi-74-1-86,59	Ian Hacker-74-1-69,69 Nils Tania-74-2-65,65		Dan Oppenheim-74-1-57,1	
83	Janko Kruger-83-1-78,34 Jordan Albertyn -83-2-66,1	Khotso Thekiso-83-2-75,12	Eugene Sadie-83-1-86,65	Chris Forget-83-1-86,88 Rishal Ramparsad-83-3-67,14				
93	Michael Kroukam-93-1-80,67 Liam Delport-93-2-68,19	Zandré van der Berg-93-1-92,14 Fabio Yslie-93-2-78,89	Jean-Arthur Pretorius-93-1-96,01	Orrin Flugel-93-1-72,28	Alan Ridgard-93-2-69,98			
105	Conor Buck-105-1-66,85	Daniel De Lange-105-1-81,26 Trent Waterson-105-2-74,26	Tom Wewege-105-1-93,01	Craig Masson-105-1-74,78	Christo Schoonraad-105-1-78,62 John Crain-105-2-69,14			
120	Rutgar Leibach-120-1-63,09	Justin Furman-120-1-75,42	Johan Joe Smith-120-1-103,13	Shaeel Singh -120-1-73,36 Koos du Toit-120-2-72,18	Hermanus de Beer-120-1-74,78 Denis Bensch-120-2-67,72			
120+	Francois Spamer-120+-1-61,83		Kyle Noonan-120+-1-93,16		Hercules van den Berg-120+-1-76,33			

Reserves

Taariq Osman-105-2-64,36 Marcelle Strydom-105-3-65,39 Chris van Graan-74-2-61,53 Josh Sass-105-4-61,34 Matthew Arendse-74-3-61,19 Jonah Carr-83-3-59,7 Sonu Singh-74-4-58,36 Rocco Molitano-93-3-55,82 Dylan Rollo-120+-2-50,54	Wynand Kühn-74-3-81,28 Tyler Osborn-74-4-78,08 Calum Harding-93-3-73,2 Heinrich Botha-120-2-72,08 Daniel Duke-93-4-70,86 Cameron Mccaw-83-3-69,83 James Randall-74-5-68,23	Zandré van der Berg-93-2-92,14 Gian Smit-105-2-91,82 Ziyaad Samodien -74-2-90,46 Deon Smedley-93-3-87,83 Archie Ayekpa-93-4-88,38 Matt Bekker-120+-2-84,95 Darius Sangari-74-3-84,71		Ian Furman-120+-2-65,63 Anders Molitano-120-3-64,02 Tommie de Nysschen-83-2-63,68
		Chris Forget-83-2-86,88 Julian Smith-105-3-85,98 Abel Moodley -120-2-84,36 Leereshen Gounden-83-3-84,26 Stuart Norrie-83-5-83,83 Brandon Bezuidenhout-120-3-83,78 Ruben van der Linde-74-5-83,67 Greg Surmany-74-4-83,6 Bandile Khuzwayo-83-4-83,5 Nick Duarte-93-5-82,68 Thapelu Shebu-105-4-82,35 Miga Ketshabile-105-5-81,23 Roelof P G Smith-120-4-80,5 John Matambo-120+-3-79,61 Imdadullah Adam-59-2-76,58		

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Classic Powerlifting - Women								
WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4	
43								
47								
52	Aimee Grefen-52-1-69,79	Aimee Grefen-52-1-69,79	Giulia Muto-52-1-85,39	Elisabeth Barry-52-1-60,14	Carol Anthony-52-3-57,34			
		Tiisetso Hlabathe-52-2-59,91						
57	Leandre Venter-57-1-47,58	Alexandra Mundell-57-4-78,71	Sasha Payne-57-1-87,26	Vicki Botha-57-1-85,3	Antoinette Kriel-57-1-83,72	Miriam Sinclair-57-1-63,15		
			Antoinette Kriel-57-2-83,72		Christine Kaka-57-2-58,43			
63	Mijuane de Wet-63-5-75,61	Mijuane de Wet-63-5-75,61	Sorah Garber-63-1-84,82	Sorah Garber-63-1-84,82	Melonie Phillips-63-1-58,65			
	Ance Vermaak-63-2-67,56	Llanka Wurth-63-2-63,35	Daniella Da Silva-63-2-80,17					
69	Heike Groenewald-69-1-59,17	Caitlin Poxon-69-1-71,21		Vanessa Lessing-69-2-72,54	Lana Kleynhans-69-1-73,57			
	Gaia Mottalini-69-2-58,89	Tyla Coetsee -69-2-59,36		Zanele Ngwenya-69-3-69,77	Ronel Reyneke-69-2-60,66			
76			Bianca Oosthuizen-76-1-76,34	Pia Marangoni-76-1-73,57	Corien Potgieter-76-1-76,17			
			Corien Potgieter-76-2-76,17					
84				Patty Pretorius-84-1-72,2				
84+	Colleen Brown-84+-1-58,98		Christi Rees-84+-1-79,56	Phokwane Moloele-84+-1-72,57				

Reserves

Anika Ferreira-63-3-60,54	Vicki Botha-57-3-85,3	Jacqui Rees-84-2-67,52
	Alexandra Mundell-57-4-78,71	Monica Longhurst-69-4-66,6
	Jessica Britz-63-4-76,89	Ina Kirsten-69-5-63,88
	Martolis Pieters-63-3-76,81	Jodi Poxon-76-2-63,33
	Mijuane de Wet-63-5-75,61	Sally Acton-63-2-60,38
	Olivia Perotti-76-3-75,81	Morgana Robbertze-84+-2-61,96
	Kimberley Beyl-69-2-75,42	Michele Townsend-84+-3-57,39
	Jessica Hill-69-3-75,15	Marieke van Linge-63-3-54,67
	Elmarie Engelbrecht-84-1-74,91	
	Nicole Cupp-63-6-73,98	
	Pia Marangoni-76-4-73,57	
	Kay-Lee Steyn-84+-2-73,32	
	Vanessa Lessing-69-5-72,54	
	Chevonne Roos-57-5-72,46	
	Caitlin Poxon-69-4-71,21	
	Aimee Grefen-52-2-69,79	
	Dominique De Gouveia -57-6-65,42	
	Andrea Ferreira-57-7-64,68	

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Equipped Powerlifting - Men							
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
	53						
	59						
	66						
	74	Sechaba Mashinini-74-1-68,18	Karabo Manamela Tshepo Khotsi				Dan Oppenheim
	83	Janko Kruger-83-1-78,34		Jacobus Phalatsi Chris Forget-83-1-86,88			
	93	Michael Kroukam-93-1-80,67		Jorncy Page			
	105			Graham Green	Christo Schoonraad		
	120		Johan Smith				
	120+		Roelof Smith Kyle Noonan-120+-1-93,16		Ian Furman		

Reserves

Equipped Powerlifting - Women							
WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
	43						
	47						
	52	Aimee Grefen-52-1-69,79	Aimee Grefen-52-1-69,79	Giulia Muto-52-1-85,39	Elisabeth Barry	Carol Anthony	
	57		Alexandra Mundell-57-1-78,71	Vicki Botha Sasha Payne-57-1-87,26	Vicki Botha	Antoinette Kriel-57-1-83,72	
	63	Mijuane de Wet Ance Vermaak-63-2-67,56	Mijuane de Wet	Mijuane de Wet Megan Leighton	Sorah Garber-63-1-84,82		
	69		Caitlin Poxon-69-1-71,21		Vanessa Lessing Zanele Ngwenya-69-3-69,77	Lana Kleynhans-69-1-73,57 Ronel Reyneke-69-2-60,66	
	76				Pia Marangoni-76-1-73,57	Corien Potgieter-76-1-76,17	
	84		Jacqui Rees	Jacqui Rees Patty Pretorius-84-1-72,2			
	84+		Christi Rees Kay-Lee Steyn				

Reserves	Anika Ferreira-63-3-60,54	Antoinette Kriel-57-2-83,72 Sorah Garber-63-1-84,82	Monica Longhurst-69-4-66,6
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