

Classic Bench Press - Men								
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4	
53		Edward Monaheng-53-60,51						
59			Jacques Fourie					
66								
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 Chadwyn Govington -74-83,14	Jacobus Phalatsi-74-82,25	Ian Hacker-74-59,26		Dan Oppenheim-74-48,05	
83	Janko Kruger-83-66,97				Tommie de Nysschen			
93	David Weyer-Henderson Michael Kroukam-93-65,29	Fabio Yslie Zandré van der Berg-93-71,81				Glen Thomas		
105			Johnny Johnson Tom Wewege-105-86,29	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	Mornay Human Ian Furman-120+-77,42			

Reserves

Tyler Osborn-74-69,58
Daniel Duke-93-71,72

Roelof Smith (120+)
Kyle Noonan-120+-84,63
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

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	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			Vanessa Lessing Monica Longhurst-69-64,85	Lana Kleynhans-69-60,79 Ronel Reyneke-69-52,98			
76					Corien Potgieter-76-64,4			
84				Patty-Johanita Pretorius-84-60,18				
84+			Christi Rees-84+-74,55	Phokwane Moloele-84+-61,93				

Reserves

Zanele Ngwenya-69-52,05

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					
83	Janko Kruger-83-47,57			Jacobus Phalatsi (ep)	Tommie de Nysschen			
93	David Weyer-Henderson (cl)	Fabio Yslie (cl)						
105				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

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				Vanessa Lessing (ep) Monica Longhurst-69-46,69	Lana Kleynhans-69-43,77			
76					Corien Potgieter-76-45,85			
84				Jacqui Rees (ep)				
84+			Christi Rees (ep)					

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		
	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	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		Wynand Kühn-74-3-81,28 Tyler Osborn-74-4-78,08		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

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 Tiisetso Hlabathe-52-2-59,91	Giulia Muto-52-1-85,39	Elisabeth Barry-52-1-60,14	Carol Anthony-52-3-57,34			
57	Leandre Venter-57-1-47,58	Alexandra Mundell-57-4-78,71	Sasha Payne-57-1-87,26 Antoinette Kriel-57-2-83,72	Vicki Botha-57-1-85,3	Antoinette Kriel-57-1-83,72 Christine Kaka-57-2-58,43	Miriam Sinclair -57-1-63,15		
63	Mijuane de Wet-63-5-75,61 Ance Vermaak-63-2-67,56	Mijuane de Wet-63-5-75,61 Lianka Wurth-63-2-63,35	Sorah Garber-63-1-84,82 Daniella Da Silva-63-2-80,17	Sorah Garber-63-1-84,82	Melonie Phillips-63-1-58,65			
69	Heike Groenewald-69-1-59,17 Gaia Mottalini-69-2-58,89	Caitlin Poxon-69-1-71,21 Tyla Coetsee -69-2-59,36		Vanessa Lessing-69-2-72,54 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				Patty Pretorius-84-1-72,2				
84+	Colleen Brown-84+-1-58,98			Phokwane Moloele-84+-1-72,57				

Reserves	Anika Ferreira-63-3-60,54	Vicki Botha-57-3-85,3 Alexandra Mundell-57-4-78,71 Jessica Britz-63-4-76,89 Martolis Pieters-63-3-76,81 Mijuane de Wet-63-5-75,61	Jacqui Rees-84-2-67,52 Monica Longhurst-69-4-66,6 Ina Kirsten-69-5-63,88 Jodi Poxon-76-2-63,33 Sally Acton-63-2-60,38
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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							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+			Kyle Noonan-120+-1-93,16		Jan 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