

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