

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)					