

Qualifying comps SA Classic Bench Press (added)

Internationals World Classic Bench Press Championships, Kazakhstan
African Champs, Morocco
Commonwealth Championships, New Zealand

Protea and Fed (green) only
Protea and Fed (green) only
Protea and Fed (green) only

Protea colours SI, Jun and Open only, who get qualifying standard
Federation (Green) colours Masters who get qualifying standard
One badge below 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								
59								
66								
74								
83	Izak Kriel				Tommie de Nysschen			
93						Glen Thomas		
105								
120					John Crain Hermanus de Beer			
120+			Stefan Schroder	Werner Koekemoer	Hercules van den Berg Mornay Human			

Reserves

Classic Bench Press - Women								
WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4	
43								
47								
52								
57								
63	Anika Ferreira							
69	Heike Groenewald			Vanessa Lessing				
76								
84								
84+								

Qualifying comps SA Equipped Bench Press (added)

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

Internationals World Classic Bench Press Championships, Kazakhstan
African Champs, Morocco
Commonwealth Championships, New Zealand

Protea and Fed (green) only
Protea and Fed (green) only
Protea and Fed (green) only

Equipped Bench Press - Men							
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
	53						
	59						
	66						
	74						
	83				Tommie de Nysschen		
	93						
	105						
	120						
	120+				Gys Smith		

Reserves

Equipped Bench Press - Women							
WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
	43						
	47						
	52						
	57						
	63						
	69						
	76						
	84						
	84+						

Qualifying comps SA Classic Powerlifting (added)

Internationals World Open Classic Championships, Sun City
World SJ, Jun Classic Powerlifting, Equacor
World Classic and Equipped Masters, Canada
African Champs, Morocco
Commonwealth Championships, New Zealand

Open only
Protea only, SJ/Jun only
Masters only
Protea and Fed (green) only
Protea and Fed (green) only

Protea colours	SJ,Jun and Open only, who get qualifying standard
Federation (Green) colours	Masters who get qualifying standard (Also non-South Africans)
Once badge below	1 badge below qualifying standard - only for International Comps hosted in SA

Classic Powerlifting - Men								
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4	
53								
59	Rafi Saacks-1-59-63,28							
66			Marcel Vorster-1-66-82,68					
74	Xander Nel-1-74-68,92 Sonu Singh-2-74-67,56	Wynand Kuhn-1-74-85,74 Caneous Mdluli-2-74-82,7	Ziyaad Samodien-1-74-93,39		Nils Tania-1-74-63,13		Dan Oppenheim-1-74-59,15	
83	Janko Kruger-1-83-84,09 Gareth Kriel-2-83-71,25	Arno Nieuwenhuizen-1-83-91,99 Luqmaan Abed-2-83-84,12	Arno Nieuwenhuizen-1-83-91,99	Marlon Daniels-1-83-89,83 Chris Forget-2-83-85,41	Tommie de Nysschen-1-83-64,23			
93	Philip Coetzer-1-93-69,66	Zandré van der Berg-1-93-92,4	Nkosinathi Ntuli-1-93-87,64	Jerry Botha-1-93-74,35 Johann Nico Meyer-2-93-71,92	Alan Ridgard-2-93-67,91			
105	Conor Buck-1-105-72,21	Liam Karovsky-1-105-81,06	Tom Wewege-1-105-93,32	Quintin van der Merwe-1-105-72	Christo Schoonraad-1-105-78,48			
120	Taariq Osman-1-120-72,81	Justin Furman-1-120-78,95	Francois Maritz-1-120-100,41	Shaeel Singh-1-120-77,54 Newton Mudau-2-120-77,64	Hermanus de Beer-1-120-78,32 John Crain-2-120-71,08			
120+		Zafar Suleman -1-120+-68,74	Kyle Noonan-1-120+-94,48 Matt Bekker-2-120+-89,97	Simon Breetzke-1-120+-78,95	Ian Furman-1-120+-65,39			

Reserves	Luca Kolatsis-3-83-70,41 Jonah Carr-4-83-68,82 Christopher van den Berg-5-83-68,29 Gabriel Hore-3-74-66,97 Dylan Vorster-4-74-66,05 Avishai Eilim-5-74-63,71 Daniel Saacks-2-59-61,52 Jean-Pierre Blom-2-93-60,96 Braam Nel-6-74-58,14	Karabo Manamela-3-74-82,27 Grant O'Donoghue-3-83-81,58 Michael Huisamen-4-83-79,89 Joshua Marais-2-93-79,33 Marco De Beer-3-93-75,8 Sechaba Mashinini-4-74-74,11	Marlon Daniels-2-83-89,83 Brandon Bezuidenhout-2-120-89,82 Jason Knowles -4-83-88,98 Abel Moodley -3-120+-87,91 Sibusiso Sishi-2-93-87,22 Leereshen Gounden-5-83-87,02 Stefan Schroder-4-120+-83	Madikane Faku-3-120-76,18 Nick Da Luz-4-120-75,11 Koos du Toit-5-120-72,94 Werner Koekemoer-2-120+-59,36	Denis Bensch-3-120-70
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Qualifying comps SA Classic Powerlifting (added)

Internationals World Open Classic Championships, Sun City
World SJ, Jun Classic Powerlifting, Equacor
World Classic and Equipped Masters, Canada
African Champs, Morocco
Commonwealth Championships, New Zealand

Open only
Protea only, SJ/Jun only
Masters only
Protea and Fed (green) only
Protea and Fed (green) only

Protea colours	SJ,Jun and Open only, who get qualifying standard
Federation (Green) colours	Masters who get qualifying standard (Also non-South Africans)
Once badge below	1 badge below qualifying standard - only for International Comps hosted in SA

Classic Powerlifting - Women								
	WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
	43							
	47							
	52	Nicole Loubser-1-52-51,91		Giulia Muto	Tarryn Valle-1-52-67,65			
	57	Surina Devnarain-1-57-54,7	Alexandra Mundell-1-57-84,29 Nicole Hasell-2-57-77,11	Antoinette Kriel Sasha Payne		Antoinette Kriel-1-57-88,08		Dulcie Duguid-1-57-48,25
	63	Mijuane de Wet-1-63-80,73 Alexis Nel-2-63-50,38		Daniella da Silva Sorah Garber	Sorah Garber-1-63-87,55	Marieke van Linge-1-63-55,1		
	69	Charnleigh Kotzé -1-69-77,33 Roechelle Van der Merwe-2-69-69,55	Caitlin Poxon-1-69-74,57	Kimberley Beyl	Vanessa Lessing -1-69-72,51	Candice-Ann Firmani -1-69-56,88		
	76	Sonam Singh-1-76-58,29	Olivia White-1-76-79,6 Erin Collins-2-76-74,45	Nicole Cooposamy	Pia Marangoni-1-76-73,04 Zanele Ngwenya-2-76-70,82			
	84				Jacqui Rees-1-84-68,23			
	84+		Karin du Plessis-1-84+-65,42	Christi Rees	Morgana Robbertze-1-84+-72,23 Phokwane Moloele-2-84+-74,56			

Reserves

Luca du Toit-3-57-67,35 Aimee Grefen-4-57-63,77 Esmerelda Marshall-3-76-60,78	Alexandra Mundell-3-57-84,29 Chevonne Roos-4-57-83,66 Mijuane de Wet-3-63-80,73 Laura de Wet-2-69-79,68 Farzana Botha-2-52-77,72 Alexa Pentopoulos-3-52-79,65 Amelia Krishna-4-63-76,62 Nicole Cupp-5-63-75,29	Monica Longhurst-3-76-69,44 Lauren Jones-3-84+-69,05 Elisabeth Barry-2-52-65,23 Jodi Poxon-4-76-62,4
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Qualifying comps SA Classic Powerlifting (added)

Protea colours

Internationals World Open Classic Championships, Sun City

Open only

		Classic Powerlifting - Men	Classic Powerlifting - Women	
	MEN	Open	Open	WOMEN
	59			47
	66	Marcel Vorster	Giulia Muto	52
	74		Antoinette Kriel Sasha Payne	57
	83	Arno Nieuwenhuizen Marlon Daniels-2-83-89,83	Daniella da Silva Sorah Garber	63
	93	Nkosinathi Ntuli	Kimberley Beyl Laura de Wet	69
	105	Tom Wewege	Nicole Cooposamy	76
	120	Francois Maritz		84
	120+	Kyle Noonan Matt Bekker		84+

Reserves

Brandon Bezuidenhout-2-120-89,82
Jason Knowles -4-83-88,98
Abel Moodley -3-120+-87,91
Sibusiso Sishi-2-93-87,22
Leereshen Gounden-5-83-87,02
Stefan Schroder-4-120+-83

Alexandra Mundell-3-57-84,29
Chevonne Roos-4-57-83,66
Mijuane de Wet-3-63-80,73
Farzana Botha-2-52-77,72
Alexa Pentopoulos-3-52-79,65
Amelia Krishna-4-63-76,62
Nicole Cupp-5-63-75,29

Not competing

Ziyaad Samodien

Christi Rees

Qualifying comps SA Equipped Powerlifting (to be added after SA Equipped Champs)

Internationals

World SJ and Jun Equipped,Ecuador
African Champs, Morocco
World Classic and Equipped Masters, Canada
World Open, Denmark
Commonwealth Championships, New Zealand

Protea SJ and Jun only
Protea and Fed (green) only
Masters Fed (Green) only
Protea Open only
Protea and Fed (green) only

Protea colours	SJ,Jun and Open only, who get qualifying standard
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One badge below	1 badge below qualifying standard - only for International Comps hosted in SA

Equipped Powerlifting - Men								
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4	
53								
59								
66								
74								
83								
93								
105								
120								
120+								

Qualifiers from SA Classic

Equipped Powerlifting - Women								
WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4	
43								
47								
52								
57								
63								
69								
76								
84								
84+								

Qualifiers from SA Classic

Non South Africans

Not competing

	Event	Location	Competition dates	Preliminary entry date	Final entry date	SA Team reply date
1	World Classic and Equipped Bench Press Championships	Almaty, Khazakstan	21-29 May 2022	24-Mar-22	30-Apr-22	
2	Arnold Rogue Classic Africa	Ruimsig, South Africa	3-4 June 2022	14-Apr-22	13-May-22	
3	World Classic Open Powerlifting Championships	SunCity, South Africa	6-12 June 2022	07-Apr-22	16-May-22	
4	FISU Powerlifting World Cup	CANCELLED	25-29 July 2022			
5	World Classic and Equipped SubJunior and Junior Powerlifting Championships	Guayaquil, Ecuador	27 Aug - 4 Sept 2022	end June		
6	African Powerlifting and Bench Press Championships	Morocco	13-18 September 2022	early July		
7	World Classic and Equipped Masters Powerlifting Championships	St Johns, Newfoundland, Canada	9-15 October 2022	early Aug		
8	World Equipped Open Powerlifting Championships	Viborg, Denmark	14-20 November 2022	early Sept		
9	Commonwealth Classic/Equipped Powerlifting and Bench Press Championships	Auckland, New Zealand	28 Nov - 4 Dec 2022	end Sept		