

**Your Federation/Club**  
**SA Raw Championships Open Competition, South Africa, Johannesburg, 23.02.2013**  
**DETAILED SCORESHEET**

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Pts.		
<b>- 59 kg</b>																				
1	Lizwe Bonolo	2013	GW	58.95	0.8669	-10 80.0	<del>90.0</del>	<del>92.5</del>	1	77.5	82.5	<del>85.0</del>	1	135.0	145.0	155.0	1	317.5	275.22	12
2	Maduma Amogelang	1997	GN	54.20	0.9404	-10 <del>60.0</del>	60.0	62.5	2	40.0	50.0	<del>57.5</del>	2	70.0	85.0	95.0	2	207.5	195.13	9
<b>- 66 kg</b>																				
1	Vorster Marcel	1994	GN	62.65	0.8206	-10 130.0	140.0	<del>147.5</del>	1	90.0	95.0	102.5	1	135.0	150.0	155.0	1	397.5	326.18	12
2	van der Merwe Richard	1995	GW	63.65	0.8095	-10 60.0	80.0	100.0	2	40.0	<del>65.0</del>	<del>65.0</del>	4	100.0	130.0	155.0	2	295.0	238.78	9
3	Louw Arthur	1997	GW	65.55	0.7896	-10 60.0	70.0	<del>72.5</del>	4	40.0	60.0	<del>70.0</del>	2	100.0	130.0	150.0	3	280.0	221.08	8
4	Dladla Tshegofatso	1997	GN	65.60	0.7891	-10 50.0	60.0	80.0	3	30.0	<del>45.0</del>	45.0	3	100.0	120.0	140.0	4	265.0	209.11	7
<b>- 74 kg</b>																				
1	Pregnotato Umar	1994	WP	70.85	0.7426	-10 130.0	155.0	170.0	1	115.0	125.0	130.0	2	190.0	192.5	<del>220.0</del>	5	492.5	365.73	12
2	Dawood Abduragheem	1993	WP	71.35	0.7387	-10 145.0	<del>155.0</del>	155.0	5	110.0	<del>115.0</del>	<del>115.0</del>	5	220.0	<del>230.0</del>	<del>230.0</del>	1	485.0	358.24	9
3	Wilkes Micheal	1986	GN	72.70	0.7285	32 140.0	150.0	160.0	4	100.0	110.0	<del>115.0</del>	6	180.0	200.0	<del>225.0</del>	3	470.0	342.39	8
4	Mpe Thabang	1990	GN	68.70	0.7603	42 130.0	145.0	150.0	6	130.0	<del>135.0</del>	<del>135.0</del>	1	180.0	<del>200.0</del>	<del>200.0</del>	8	460.0	349.73	7
5	Parker Willem	1994	GN	73.10	0.7256	25 <del>160.0</del>	170.0	<del>177.5</del>	2	105.0	<del>115.0</del>	<del>115.0</del>	9	160.0	175.0	180.0	10	455.0	330.14	6
6	O kennedy Dirk	1988	EP	68.10	0.7656	38 130.0	132.5	135.0	7	<del>122.5</del>	122.5	125.0	3	165.0	170.0	180.0	7	440.0	336.86	5
7	Muller Shaun	1987	GW	69.50	0.7535	-10 120.0	140.0	160.0	3	70.0	80.0	90.0	14	170.0	190.0	<del>210.0</del>	6	440.0	331.54	4
8	Ismail Aasif Ahmed	1995	G	73.50	0.7228	-10 120.0	125.0	<del>130.0</del>	12	110.0	<del>120.0</del>	<del>120.0</del>	7	180.0	200.0	<del>210.0</del>	4	435.0	314.41	3
9	Smit Ruan	1986	GN	69.20	0.7561	26 130.0	<del>135.0</del>	<del>137.5</del>	9	105.0	<del>107.5</del>	<del>107.5</del>	8	180.0	<del>195.0</del>	<del>195.0</del>	9	415.0	313.78	2
10	Oppenheim Dan	1945	G	73.20	0.7249	31 112.5	122.5	132.5	8	90.0	95.0	<del>100.0</del>	12	160.0	175.0	<del>187.5</del>	12	402.5	291.77	1
11	Routier Luke	1996	G	72.20	0.7322	-10 110.0	122.5	130.0	10	85.0	87.5	92.5	13	160.0	170.0	175.0	11	397.5	291.04	1
12	Ismail Aadil Ahmed	1995	G	72.40	0.7307	-10 110.0	<del>120.0</del>	122.5	13	<del>100.0</del>	100.0	102.5	10	145.0	150.0	<del>160.0</del>	17	375.0	274.01	1
13	Bachan Kidhar	1983	GN	71.95	0.7341	30 100.0	120.0	<del>140.0</del>	14	70.0	80.0	<del>90.0</del>	16	165.0	<del>180.0</del>	<del>180.0</del>	13	365.0	267.94	1
14	Booyesen Piet	2013	NC	72.40	0.7307	-10 <del>105.0</del>	110.0	<del>115.0</del>	15	92.5	<del>97.5</del>	97.5	11	135.0	145.0	155.0	16	362.5	264.87	1
15	Docrat Ishaq	2013	G	72.40	0.7307	-10 100.0	110.0	<del>120.0</del>	15	<del>85.0</del>	85.0	<del>87.5</del>	15	140.0	155.0	162.5	14	357.5	261.22	1
16	van Rensburg Rudi	1989	GW	72.65	0.7289	7 70.0	90.0	100.0	19	50.0	60.0	80.0	17	120.0	140.0	160.0	15	340.0	247.82	1
17	Hayim Clifford	1968	G	72.55	0.7296	22 100.0	110.0	X	17	105.0	<del>117.5</del>	117.5	4	90.0	X	X	20	317.5	231.66	1
18	Dixon Greg	1974	G	71.90	0.7345	34 85.0	95.0	102.5	18	70.0	<del>75.0</del>	<del>75.0</del>	18	105.0	<del>120.0</del>	120.0	18	292.5	214.84	1
19	Tshabedze Phila	1997	GN	71.70	0.7360	-10 50.0	55.0	<del>70.0</del>	20	40.0	50.0	<del>70.0</del>	19	70.0	90.0	105.0	19	210.0	154.56	1
—	Olivier Gerhard	1994	GN	73.80	0.7207	35 130.0	<del>140.0</del>	<del>140.0</del>	11	<del>90.0</del>	<del>90.0</del>	<del>90.0</del>	Disq.	185.0	195.0	210.0	2	Out	—	—
—	Mosca Jason	2013	NC	74.00	0.7193	4 <del>120.0</del>	-	-	Disq.	<del>100.0</del>	-	-	Disq.	<del>50.0</del>	-	-	Disq.	Out	—	—
<b>- 83 kg</b>																				
1	Timotheus Charl	2013	G	80.40	0.6806	53 <del>185.0</del>	185.0	<del>205.0</del>	1	130.0	140.0	<del>150.0</del>	1	185.0	205.0	220.0	3	545.0	370.92	12
2	Pretorius Jean-Athur	1992	G	77.85	0.6948	-10 140.0	160.0	<del>170.0</del>	5	120.0	<del>130.0</del>	<del>130.0</del>	3	200.0	220.0	235.0	1	515.0	357.82	9
3	Elbrecht Darrian	1982	EP	80.95	0.6776	52 150.0	160.0	170.0	4	105.0	<del>110.0</del>	<del>115.0</del>	7	200.0	210.0	225.0	2	500.0	338.82	8
4	de Bont Albert	1987	G	78.15	0.6930	46 150.0	160.0	170.0	2	110.0	120.0	<del>127.5</del>	4	170.0	190.0	<del>210.0</del>	6	480.0	332.64	7
5	Kroll Aaron	1992	G	82.65	0.6692	49 150.0	<del>170.0</del>	<del>175.0</del>	7	100.0	110.0	112.5	5	185.0	200.0	217.5	4	480.0	321.19	6
6	Egan Michael	1990	GN	80.80	0.6785	40 160.0	165.0	170.0	3	120.0	<del>125.0</del>	125.0	2	160.0	180.0	<del>200.0</del>	8	475.0	322.28	5
7	Delmont Simon	1990	Un	77.00	0.6999	-10 <del>110.0</del>	<del>110.0</del>	110.0	8	105.0	<del>115.0</del>	<del>115.0</del>	6	180.0	200.0	<del>210.0</del>	5	415.0	290.45	4
8	de Wit Stephan	1991	Un	81.30	0.6759	27 70.0	90.0	110.0	10	50.0	80.0	<del>95.0</del>	9	120.0	150.0	180.0	9	370.0	250.08	3
9	Thackwray Tim	1967	G	81.10	0.6769	48 <del>85.0</del>	85.0	95.0	13	90.0	95.0	<del>100.0</del>	8	125.0	142.5	152.5	10	342.5	231.83	2
10	van der Westhuizen Wynar	1995	GW	77.05	0.6996	43 70.0	90.0	110.0	9	60.0	70.0	<del>80.0</del>	10	100.0	130.0	150.0	11	330.0	230.86	1
11	Dreyer Werner	1995	GW	81.65	0.6742	-10 70.0	90.0	110.0	11	60.0	70.0	<del>80.0</del>	11	100.0	130.0	150.0	12	330.0	222.46	1
12	Nelson Cameron	1997	G	81.85	0.6732	50 90.0	92.5	105.0	12	55.0	60.0	<del>65.0</del>	12	130.0	145.0	<del>155.0</del>	13	310.0	208.67	1
—	Shithlane Alfred	1995	G	82.20	0.6714	51 150.0	<del>165.0</del>	<del>165.0</del>	6	<del>97.5</del>	<del>97.5</del>	<del>97.5</del>	Disq.	175.0	185.0	<del>205.0</del>	7	Out	—	—

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## DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Pts.			
<b>- 93 kg</b>																					
1	Anthony Darryn	1985	G	92.45	0.6300	65	225.0	232.5	<del>237.5</del>	1	147.5	152.5	157.5	1	220.0	250.0	265.0	1	655.0	412.61	12
2	Habinger Corne	1981	GN	89.45	0.6404	60	170.0	185.0	200.0	3	120.0	130.0	<del>140.0</del>	4	240.0	260.0	<del>265.0</del>	2	590.0	377.83	9
3	Smit Gian	1990	G	88.00	0.6459	67	170.0	180.0	195.0	4	125.0	<del>135.0</del>	135.0	3	215.0	245.0	X	3	575.0	371.39	8
4	Jones David Hatton	1988	G	92.20	0.6308	114	140.0	160.0	180.0	8	120.0	147.5	155.0	2	160.0	200.0	235.0	5	570.0	359.55	7
5	Engelbrecht Anton	1991	G	91.65	0.6326	-10	175.0	195.0	<del>207.5</del>	5	120.0	<del>130.0</del>	130.0	5	225.0	240.0	<del>250.0</del>	4	565.0	357.44	6
6	Homan Garth	1995	G	86.40	0.6523	-10	180.0	182.5	<del>190.0</del>	6	<del>105.0</del>	105.0	<del>110.0</del>	13	200.0	220.0	<del>240.0</del>	6	507.5	331.04	5
7	Parkin Kyle	1987	GN	85.65	0.6555	57	165.0	180.0	<del>192.5</del>	7	100.0	115.0	125.0	6	170.0	190.0	200.0	10	505.0	331.02	4
8	Lubbe Mark	2013	G	84.40	0.6610	68	150.0	160.0	165.0	11	120.0	<del>122.5</del>	<del>122.5</del>	9	190.0	200.0	<del>215.0</del>	9	485.0	320.58	3
9	Davids Abdul-Karnem	2013	Un	88.45	0.6442	-10	155.0	<del>165.0</del>	172.5	10	110.0	115.0	117.5	10	170.0	180.0	190.0	12	480.0	309.21	2
10	Parker George	1971	GN	91.90	0.6318	58	160.0	<del>175.0</del>	175.0	9	115.0	120.0	122.5	8	160.0	170.0	<del>180.0</del>	15	467.5	295.36	1
11	Huff Robert	1952	G	92.35	0.6303	-10	150.0	<del>160.0</del>	160.0	13	100.0	110.0	112.5	12	170.0	180.0	185.0	14	457.5	288.36	1
12	Botha Renier	1978	G	92.45	0.6300	63	120.0	130.0	<del>140.0</del>	14	120.0	125.0	<del>132.5</del>	7	165.0	180.0	190.0	13	445.0	280.32	1
—	Ramakau Benedict	1985	Un	86.40	0.6523	79	120.0	<del>140.0</del>	<del>145.0</del>	15	<del>90.0</del>	<del>100.0</del>	<del>100.0</del>	Disq.	180.0	200.0	<del>210.0</del>	11	Out	—	—
—	Mclver Stuart	1982	G	91.45	0.6333	69	<del>160.0</del>	<del>160.0</del>	<del>160.0</del>	Disq.	<del>115.0</del>	115.0	<del>117.5</del>	11	190.0	200.0	210.0	8	Out	—	—
—	Conradie Mouton	2013	WP	91.60	0.6328	-10	150.0	162.5	<del>170.0</del>	12	<del>100.0</del>	<del>100.0</del>	<del>100.0</del>	Disq.	210.0	220.0	<del>230.0</del>	7	Out	—	—
—	Phillips Mark	1968	G	93.00	0.6282	55	192.5	205.0	210.0	2	<del>132.5</del>	<del>132.5</del>	<del>132.5</del>	Disq.	X	X	X	Disq.	Out	—	—
<b>- 105 kg</b>																					
1	Dangor Mohammed	1990	G	98.80	0.6116	-10	220.0	230.0	<del>240.0</del>	2	145.0	150.0	155.0	3	260.0	280.0	300.0	1	685.0	418.94	12
2	Page Joney	1972	G	98.05	0.6135	-10	220.0	230.0	<del>235.0</del>	1	150.0	160.0	165.0	1	240.0	255.0	<del>270.0</del>	2	650.0	398.77	9
3	Cook Jeffrey	1992	G	99.30	0.6103	-10	200.0	205.0	210.0	3	160.0	165.0	<del>170.0</del>	2	220.0	230.0	<del>235.0</del>	5	605.0	369.23	8
4	Roos Sean	2013	GN	101.70	0.6046	-10	200.0	<del>210.0</del>	<del>210.0</del>	4	135.0	142.5	145.0	4	210.0	220.0	230.0	6	575.0	347.64	7
5	van Heerden Tiaan	2013	GN	102.30	0.6032	-10	<del>190.0</del>	<del>190.0</del>	190.0	6	<del>145.0</del>	145.0	<del>150.0</del>	5	210.0	225.0	<del>235.0</del>	7	560.0	337.79	6
6	Kennedy Robert	1995	G	102.45	0.6029	-10	160.0	175.0	195.0	5	<del>140.0</del>	<del>140.0</del>	110.0	9	200.0	240.0	<del>260.0</del>	3	545.0	328.58	5
7	Padayachy Thiagin	1989	NC	96.20	0.6186	-10	<del>180.0</del>	<del>180.0</del>	180.0	8	125.0	<del>130.0</del>	<del>130.0</del>	7	200.0	225.0	235.0	4	540.0	334.04	4
8	Wolfaardt Schalk	1994	NC	102.65	0.6025	-10	155.0	165.0	170.0	11	125.0	127.5	132.5	6	185.0	200.0	215.0	8	517.5	311.79	3
9	Rossouw Wessel	2013	Un	98.70	0.6118	-10	160.0	<del>180.0</del>	185.0	7	110.0	<del>115.0</del>	<del>115.0</del>	8	180.0	200.0	<del>215.0</del>	9	495.0	302.84	2
10	Kloppers Andre	1995	GW	102.55	0.6027	-10	140.0	<del>170.0</del>	180.0	9	70.0	85.0	100.0	10	150.0	190.0	<del>210.0</del>	11	470.0	283.26	1
11	Schultz Liam	1997	G	103.60	0.6040	-10	160.0	<del>175.0</del>	175.0	10	77.5	<del>82.5</del>	<del>82.5</del>	12	190.0	<del>205.0</del>	<del>205.0</del>	12	442.5	267.27	1
12	Braxton Alexander	1998	WP	93.60	0.6263	-10	<del>150.0</del>	150.0	<del>160.0</del>	13	75.0	80.0	<del>82.5</del>	11	190.0	<del>202.5</del>	<del>202.5</del>	10	420.0	263.04	1
—	Bakos Dillon	1994	G	97.25	0.6157	-10	145.0	160.0	<del>170.0</del>	12	<del>100.0</del>	<del>105.0</del>	<del>105.0</del>	Disq.	X	X	X	Disq.	Out	—	—
—	de Beer Douglas	2013	G	103.50	0.6006	-10	<del>225.0</del>	<del>225.0</del>	<del>225.0</del>	Disq.	<del>160.0</del>	X	X	Disq.	X	X	X	Disq.	Out	—	—
<b>- 120 kg</b>																					
1	Bucarizza Benedict	1991	G	111.45	0.5862	92	245.0	255.0	<del>260.0</del>	1	175.0	182.5	187.5	2	270.0	290.0	<del>305.0</del>	1	732.5	429.39	12
2	Edwards Dave	2013	GN	114.75	0.5814	94	240.0	250.0	<del>257.5</del>	2	180.0	187.5	192.5	1	260.0	275.0	<del>280.0</del>	2	717.5	417.15	9
3	Cosmo Matthew	1971	GW	112.25	0.5849	104	225.0	235.0	<del>250.0</del>	3	165.0	175.0	<del>180.0</del>	3	225.0	240.0	260.0	3	670.0	391.91	8
4	Govender Edwin	2013	KZN	119.75	0.5752	90	<del>215.0</del>	220.0	<del>230.0</del>	4	145.0	155.0	<del>160.0</del>	5	260.0	<del>270.0</del>	X	4	635.0	365.25	7
5	Korf Jerome	1996	WP	116.45	0.5792	100	200.0	210.0	<del>220.0</del>	5	150.0	155.0	<del>160.0</del>	4	250.0	<del>260.0</del>	<del>260.0</del>	6	615.0	356.17	6
6	Roux Ruan	1991	G	109.95	0.5886	99	180.0	185.0	192.5	6	105.0	107.5	<del>110.0</del>	10	250.0	<del>262.5</del>	<del>262.5</del>	5	550.0	323.73	5
7	Kabinde Abraham	1984	GN	116.50	0.5791	93	110.0	130.0	140.0	11	90.0	<del>100.0</del>	<del>100.0</del>	12	<del>170.0</del>	200.0	210.0	7	440.0	254.80	4
8	Roets Benjamin	2013	GW	113.35	0.5834	-10	120.0	<del>150.0</del>	150.0	8	<del>60.0</del>	100.0	110.0	9	120.0	160.0	<del>200.0</del>	9	420.0	245.00	3
9	Grove Johan	1991	GW	115.00	0.5811	96	120.0	140.0	150.0	9	50.0	85.0	<del>90.0</del>	13	120.0	160.0	<del>200.0</del>	10	395.0	229.53	2
—	Welgemoed Cornel	1970	GN	105.75	0.5961	78	<del>185.0</del>	<del>185.0</del>	<del>185.0</del>	Disq.	145.0	<del>155.0</del>	<del>155.0</del>	6	X	X	X	Disq.	Out	—	—
—	Ngobo Shaun	2013	G	111.70	0.5858	98	<del>125.0</del>	125.0	142.5	10	80.0	90.0	100.0	11	X	X	X	Disq.	Out	—	—
—	Muller Werth	1971	GN	113.80	0.5827	95	<del>160.0</del>	<del>160.0</del>	<del>170.0</del>	Disq.	<del>120.0</del>	120.0	<del>125.0</del>	7	190.0	205.0	<del>215.0</del>	8	Out	—	—
—	Bakos Warren	2013	G	120.00	0.5749	-10	130.0	145.0	160.0	7	112.5	120.0	<del>125.0</del>	8	X	X	X	Disq.	Out	—	—
<b>120+ kg</b>																					
1	Booyse Juan	1990	G	122.20	0.5726	103	235.0	242.5	255.0	1	165.0	182.5	185.0	1	220.0	242.5	250.0	1	690.0	395.09	12
—	Norman Kurt	1952	NC	122.00	0.5728	-10	<del>180.0</del>	<del>180.0</del>	<del>185.0</del>	Disq.	<del>120.0</del>	<del>120.0</del>	<del>120.0</del>	Disq.	-	-	-	Disq.	Out	—	—

**Best Lifters of Open**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Bucarizza Benedict	Gauteng	111.45	0.5862	732.5	429.39
2	Dangor Mohammed	Gauteng	98.80	0.6116	685.0	418.94
3	Edwards Dave	Gauteng North	114.75	0.5814	717.5	417.15

**Your Federation/Club**

**SA Raw Championships Sub-Juniors, SA, JHB, 23.02.2013**

**DETAILED SCORESHEET**

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat		All Bench press				All Dead lift			TOTAL	W.pts.	Pts.		
<b>- 59 kg</b>																				
1	Lizwe Bonolo	2013	NC	58.95	0.8669	-10 80.0	<del>90.0</del>	<del>92.5</del>	1	77.5	82.5	<del>85.0</del>	1	135.0	145.0	155.0	1	317.5	275.22	12
2	Maduma Amogelang	1997	GN	54.20	0.9404	-10 <del>60.0</del>	60.0	62.5	2	40.0	50.0	<del>57.5</del>	2	70.0	85.0	95.0	2	207.5	195.13	9
<b>- 66 kg</b>																				
1	van der Merwe Richard	1995	GW	63.65	0.8095	-10 60.0	80.0	100.0	1	40.0	<del>65.0</del>	<del>65.0</del>	3	100.0	130.0	155.0	1	295.0	238.78	12
2	Louw Arthur	1997	GW	65.55	0.7896	-10 60.0	70.0	<del>72.5</del>	3	40.0	60.0	<del>70.0</del>	1	100.0	130.0	150.0	2	280.0	221.08	9
3	Dladla Tshegofatso	1997	GN	65.60	0.7891	-10 50.0	60.0	80.0	2	30.0	<del>45.0</del>	45.0	2	100.0	120.0	140.0	3	265.0	209.11	8
<b>- 74 kg</b>																				
1	Ismail Aasif Ahmed	1995	G	73.50	0.7228	-10 120.0	125.0	<del>130.0</del>	2	110.0	<del>120.0</del>	<del>120.0</del>	1	180.0	200.0	<del>210.0</del>	1	435.0	314.41	12
2	Routier Luke	1996	G	72.20	0.7322	-10 110.0	122.5	130.0	1	85.0	87.5	92.5	4	160.0	170.0	175.0	2	397.5	291.04	9
3	Ismail Aadil Ahmed	1995	G	72.40	0.7307	-10 110.0	<del>120.0</del>	122.5	3	<del>100.0</del>	100.0	102.5	2	145.0	150.0	<del>160.0</del>	5	375.0	274.01	8
4	Booyens Piet	2013	NC	72.40	0.7307	-10 <del>105.0</del>	110.0	<del>115.0</del>	4	92.5	<del>97.5</del>	97.5	3	135.0	145.0	155.0	4	362.5	264.87	7
5	Docrat Ishaq	2013	G	72.40	0.7307	-10 100.0	110.0	<del>120.0</del>	4	<del>85.0</del>	85.0	<del>87.5</del>	5	140.0	155.0	162.5	3	357.5	261.22	6
6	Tshabedze Phila	1997	GN	71.70	0.7360	-10 50.0	55.0	<del>70.0</del>	6	40.0	50.0	<del>70.0</del>	6	70.0	90.0	105.0	6	210.0	154.56	5
<b>- 83 kg</b>																				
1	van der Westhuizen Wynar	1995	GW	77.05	0.6996	43 70.0	90.0	110.0	2	60.0	70.0	<del>80.0</del>	1	100.0	130.0	150.0	2	330.0	230.86	12
2	Dreyer Werner	1995	GW	81.65	0.6742	-10 70.0	90.0	110.0	3	60.0	70.0	<del>80.0</del>	2	100.0	130.0	150.0	3	330.0	222.46	9
3	Nelson Cameron	1997	G	81.85	0.6732	50 90.0	92.5	105.0	4	55.0	60.0	<del>65.0</del>	3	130.0	145.0	<del>155.0</del>	4	310.0	208.67	8
—	Shithlane Alfred	1995	G	82.20	0.6714	51 150.0	<del>165.0</del>	<del>165.0</del>	1	<del>97.5</del>	97.5	<del>97.5</del>	Disq.	175.0	185.0	<del>205.0</del>	1	Out	—	—
<b>- 93 kg</b>																				
1	Homan Garth	1995	G	86.40	0.6523	-10 180.0	182.5	<del>190.0</del>	1	<del>105.0</del>	105.0	<del>110.0</del>	1	200.0	220.0	<del>230.0</del>	1	507.5	331.04	12
—	Conradie Mouton	2013	WP	91.60	0.6328	-10 150.0	162.5	<del>170.0</del>	2	<del>100.0</del>	<del>100.0</del>	<del>100.0</del>	Disq.	<del>210.0</del>	220.0	<del>230.0</del>	2	Out	—	—
<b>- 105 kg</b>																				
1	Kennedy Robert	1995	G	102.45	0.6029	-10 160.0	175.0	195.0	1	<del>110.0</del>	<del>110.0</del>	110.0	1	200.0	240.0	<del>260.0</del>	1	545.0	328.58	12
2	Kloppers Andre	1995	GW	102.55	0.6027	-10 140.0	<del>170.0</del>	180.0	2	70.0	85.0	100.0	2	150.0	190.0	<del>210.0</del>	3	470.0	283.26	9
3	Schultz Liam	1997	G	103.60	0.6040	-10 160.0	<del>175.0</del>	175.0	3	77.5	<del>82.5</del>	<del>82.5</del>	4	190.0	<del>205.0</del>	<del>205.0</del>	4	442.5	267.27	8
4	Braxton Alexander	1998	WP	93.60	0.6263	-10 <del>150.0</del>	150.0	<del>160.0</del>	4	75.0	80.0	<del>82.5</del>	3	190.0	<del>202.5</del>	<del>202.5</del>	2	420.0	263.04	7
<b>- 120 kg</b>																				
1	Korf Jerome	1996	WP	116.45	0.5792	100 200.0	210.0	<del>220.0</del>	1	150.0	155.0	<del>160.0</del>	1	250.0	<del>260.0</del>	<del>260.0</del>	1	615.0	356.17	12

**Best Lifters of Subjuniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Korf Jerome	Western Provin	116.45	0.5792	615.0	356.17
2	Homan Garth	Gauteng	86.40	0.6523	507.5	331.04
3	Kennedy Robert	Gauteng	102.45	0.6029	545.0	328.58

Sa Raw Championships Juniors, SA, JHB, 23.02.2013

DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Pts.		
<b>- 59 kg</b>																				
1	Lizwe Bonolo	2013	NC	58.95	0.8669	-10 80.0	<del>90.0</del>	<del>92.5</del>	1	77.5	82.5	<del>85.0</del>	1	135.0	145.0	155.0	1	317.5	275.22	12
2	Maduma Amogelang	1997	GN	54.20	0.9404	-10 <del>60.0</del>	60.0	62.5	2	40.0	50.0	<del>57.5</del>	2	70.0	85.0	95.0	2	207.5	195.13	9
<b>- 66 kg</b>																				
1	Vorster Marcel	1994	GN	62.65	0.8206	-10 130.0	140.0	<del>147.5</del>	1	90.0	95.0	102.5	1	135.0	150.0	155.0	1	397.5	326.18	12
2	van der Merwe Richard	1995	GW	63.65	0.8095	-10 60.0	80.0	100.0	2	40.0	<del>65.0</del>	<del>65.0</del>	4	100.0	130.0	155.0	2	295.0	238.78	9
3	Louw Arthur	1997	GW	65.55	0.7896	-10 60.0	70.0	<del>72.5</del>	4	40.0	60.0	<del>70.0</del>	2	100.0	130.0	150.0	3	280.0	221.08	8
4	Dladla Tshegofatso	1997	GN	65.60	0.7891	-10 50.0	60.0	80.0	3	30.0	<del>45.0</del>	45.0	3	100.0	120.0	140.0	4	265.0	209.11	7
<b>- 74 kg</b>																				
1	Pregno lato Umar	1994	WP	70.85	0.7426	-10 130.0	155.0	170.0	1	115.0	125.0	130.0	2	190.0	192.5	<del>220.0</del>	4	492.5	365.73	12
2	Dawood Abduragheem	1993	WP	71.35	0.7387	-10 145.0	<del>155.0</del>	155.0	3	110.0	<del>145.0</del>	<del>145.0</del>	3	220.0	<del>230.0</del>	<del>230.0</del>	1	485.0	358.24	9
3	Mpe Thabang	1990	GN	68.70	0.7603	42 130.0	145.0	150.0	4	130.0	<del>135.0</del>	<del>135.0</del>	1	180.0	<del>200.0</del>	<del>200.0</del>	5	460.0	349.73	8
4	Parker Willem	1994	GN	73.10	0.7256	25 <del>160.0</del>	170.0	<del>177.5</del>	2	105.0	<del>145.0</del>	<del>145.0</del>	5	160.0	175.0	180.0	6	455.0	330.14	7
5	Ismail Aasif Ahmed	1995	G	73.50	0.7228	-10 120.0	125.0	<del>130.0</del>	7	110.0	<del>120.0</del>	<del>120.0</del>	4	180.0	200.0	<del>240.0</del>	3	435.0	314.41	6
6	Routier Luke	1996	G	72.20	0.7322	-10 110.0	122.5	130.0	5	85.0	87.5	92.5	8	160.0	170.0	175.0	7	397.5	291.04	5
7	Ismail Aadil Ahmed	1995	G	72.40	0.7307	-10 110.0	<del>120.0</del>	122.5	8	<del>100.0</del>	100.0	102.5	6	145.0	150.0	<del>160.0</del>	11	375.0	274.01	4
8	Booyesen Piet	2013	NC	72.40	0.7307	-10 <del>105.0</del>	110.0	<del>115.0</del>	9	92.5	<del>97.5</del>	97.5	7	135.0	145.0	155.0	10	362.5	264.87	3
9	Docrat Ishaq	2013	G	72.40	0.7307	-10 100.0	110.0	<del>120.0</del>	9	<del>85.0</del>	85.0	<del>87.5</del>	9	140.0	155.0	162.5	8	357.5	261.22	2
10	van Rensburg Rudi	1989	GW	72.65	0.7289	-10 70.0	<del>90.0</del>	100.0	11	50.0	60.0	80.0	10	120.0	140.0	160.0	9	340.0	247.82	1
11	Tshabedze Phila	1997	GN	71.70	0.7360	-10 50.0	55.0	<del>70.0</del>	12	40.0	50.0	<del>70.0</del>	11	70.0	90.0	105.0	12	210.0	154.56	1
—	Olivier Gerhard	1994	GN	73.80	0.7207	35 130.0	<del>140.0</del>	<del>140.0</del>	6	<del>90.0</del>	<del>90.0</del>	<del>90.0</del>	Disq.	185.0	195.0	210.0	2	Out	—	—
<b>- 83 kg</b>																				
1	Pretorius Jean-Athur	1992	G	77.85	0.6948	-10 140.0	160.0	<del>170.0</del>	2	120.0	<del>130.0</del>	<del>130.0</del>	2	200.0	220.0	235.0	1	515.0	357.82	12
2	Kroll Aaron	1992	G	82.65	0.6692	49 150.0	<del>170.0</del>	<del>175.0</del>	4	100.0	110.0	112.5	3	185.0	200.0	217.5	2	480.0	321.19	9
3	Egan Michael	1990	GN	80.80	0.6785	40 160.0	165.0	170.0	1	120.0	<del>125.0</del>	125.0	1	160.0	180.0	<del>200.0</del>	5	475.0	322.28	8
4	Delmont Simon	1990	Un	77.00	0.6999	-10 <del>140.0</del>	<del>140.0</del>	110.0	5	105.0	<del>145.0</del>	<del>145.0</del>	4	180.0	200.0	<del>240.0</del>	3	415.0	290.45	7
5	de Wit Stephan	1991	Un	81.30	0.6759	27 70.0	90.0	110.0	7	50.0	80.0	<del>95.0</del>	5	120.0	150.0	180.0	6	370.0	250.08	6
6	van der Westhuizen Wynar	1995	GW	77.05	0.6996	43 70.0	90.0	110.0	6	60.0	70.0	<del>80.0</del>	6	100.0	130.0	150.0	7	330.0	230.86	5
7	Dreyer Werner	1995	GW	81.65	0.6742	-10 70.0	90.0	110.0	8	60.0	70.0	<del>80.0</del>	7	100.0	130.0	150.0	8	330.0	222.46	4
8	Nelson Cameron	1997	G	81.85	0.6732	50 90.0	92.5	105.0	9	55.0	60.0	<del>65.0</del>	8	130.0	145.0	<del>155.0</del>	9	310.0	208.67	3
—	Shithlane Alfred	1995	G	82.20	0.6714	51 150.0	<del>165.0</del>	<del>165.0</del>	3	<del>97.5</del>	<del>97.5</del>	<del>97.5</del>	Disq.	175.0	185.0	<del>205.0</del>	4	Out	—	—
<b>- 93 kg</b>																				
1	Smit Gian	1990	G	88.00	0.6459	67 170.0	180.0	195.0	1	125.0	<del>135.0</del>	135.0	1	215.0	245.0	X	1	575.0	371.39	12
2	Engelbrecht Anton	1991	G	91.65	0.6326	-10 175.0	195.0	<del>207.5</del>	2	120.0	<del>130.0</del>	130.0	2	225.0	240.0	<del>250.0</del>	2	565.0	357.44	9
3	Homan Garth	1995	G	86.40	0.6523	-10 180.0	182.5	<del>190.0</del>	3	<del>105.0</del>	105.0	<del>140.0</del>	4	200.0	220.0	<del>240.0</del>	3	507.5	331.04	8
4	Davids Abdul-Karnem	2013	Un	88.45	0.6442	-10 155.0	165.0	172.5	4	110.0	115.0	117.5	3	170.0	180.0	190.0	4	480.0	309.21	7
<b>- 105 kg</b>																				
1	Dangor Mohammed	1990	G	98.80	0.6116	-10 220.0	230.0	<del>240.0</del>	1	145.0	150.0	155.0	2	260.0	280.0	300.0	1	685.0	418.94	12
2	Cook Jeffrey	1992	G	99.30	0.6103	-10 200.0	205.0	210.0	2	160.0	165.0	<del>170.0</del>	1	220.0	230.0	<del>235.0</del>	3	605.0	369.23	9
3	van Heerden Tiaan	2013	GN	102.30	0.6032	-10 <del>190.0</del>	<del>190.0</del>	190.0	4	<del>145.0</del>	145.0	<del>150.0</del>	3	210.0	225.0	<del>235.0</del>	4	560.0	337.79	8
4	Kennedy Robert	1995	G	102.45	0.6029	-10 160.0	175.0	195.0	3	<del>140.0</del>	<del>140.0</del>	110.0	6	200.0	240.0	<del>260.0</del>	2	545.0	328.58	7
5	Wolfaardt Schalk	1994	NC	102.65	0.6025	-10 155.0	165.0	170.0	8	125.0	127.5	132.5	4	185.0	200.0	215.0	5	517.5	311.79	6
6	Rossouw Wessel	2013	Un	98.70	0.6118	-10 160.0	<del>180.0</del>	185.0	5	110.0	<del>145.0</del>	<del>145.0</del>	5	180.0	200.0	<del>245.0</del>	6	495.0	302.84	5
7	Kloppers Andre	1995	GW	102.55	0.6027	-10 140.0	<del>170.0</del>	180.0	6	70.0	85.0	100.0	7	150.0	190.0	<del>240.0</del>	8	470.0	283.26	4
8	Schultz Liam	1997	G	103.60	0.6040	-10 160.0	<del>175.0</del>	175.0	7	77.5	<del>82.5</del>	<del>82.5</del>	9	190.0	<del>205.0</del>	<del>205.0</del>	9	442.5	267.27	3
9	Braxton Alexander	1998	WP	93.60	0.6263	-10 <del>150.0</del>	150.0	<del>160.0</del>	10	75.0	80.0	<del>82.5</del>	8	190.0	<del>202.5</del>	<del>202.5</del>	7	420.0	263.04	2
—	Bakos Dillon	1994	G	97.25	0.6157	-10 145.0	160.0	<del>170.0</del>	9	<del>100.0</del>	<del>105.0</del>	<del>105.0</del>	Disq.	X	X	X	Disq.	Out	—	—
—	de Beer Douglas	2013	G	103.50	0.6006	-10 <del>225.0</del>	<del>225.0</del>	<del>225.0</del>	Disq.	<del>160.0</del>	X	X	Disq.	X	X	X	Disq.	Out	—	—

**Sa Raw Championships Juniors, SA, JHB, 23.02.2013**  
**DETAILED SCORESHEET**

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Pts.		
<b>- 120 kg</b>																				
1	Bucarizza Benedict	1991	G	111.45	0.5862	92 245.0	255.0	<del>260.0</del>	1	175.0	182.5	187.5	1	270.0	290.0	<del>305.0</del>	1	732.5	429.39	12
2	Korf Jerome	1996	WP	116.45	0.5792	100 200.0	210.0	<del>220.0</del>	2	150.0	155.0	<del>160.0</del>	2	250.0	<del>260.0</del>	<del>260.0</del>	3	615.0	356.17	9
3	Roux Ruan	1991	G	109.95	0.5886	99 180.0	185.0	192.5	3	105.0	107.5	<del>110.0</del>	3	250.0	<del>262.5</del>	<del>262.5</del>	2	550.0	323.73	8
4	Grove Johan	1991	GW	115.00	0.5811	96 120.0	140.0	150.0	4	50.0	85.0	<del>90.0</del>	5	120.0	160.0	<del>200.0</del>	4	395.0	229.53	7
—	Ngobo Shaun	2013	G	111.70	0.5858	98 <del>125.0</del>	125.0	142.5	5	80.0	90.0	100.0	4	X	X	X	Disq.	Out	—	—
<b>120+ kg</b>																				
1	Booyse Juan	1990	G	122.20	0.5726	103 235.0	242.5	255.0	1	165.0	182.5	185.0	1	220.0	242.5	250.0	1	690.0	395.09	12
<b>Best Lifters of Juniors</b>																				
PL.	Lifter	Nation	B.Weight	WF	Total	W. points														
1	Bucarizza Benedict	Gauteng	111.45	0.5862	732.5	429.39														
2	Dangor Mohammed	Gauteng	98.80	0.6116	685.0	418.94														
3	Booyse Juan	Gauteng	122.20	0.5726	690.0	395.09														

**SA Raw Champ Powerlifting Masters, SA, JHB, 23.02.2013**  
**DETAILED SCORESHEET**

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Pts.		
<b>Masters 1</b>																				
<b>- 74 kg</b>																				
1	Hayim Clifford	1968	G	72.55	0.7296	22 100.0	110.0	X	1	105.0	<del>117.5</del>	117.5	1	90.0	X	X	1	317.5	231.66	12
<b>- 83 kg</b>																				
1	Thackwray Tim	1967	G	81.10	0.6769	48 <del>85.0</del>	85.0	95.0	1	90.0	95.0	<del>100.0</del>	1	125.0	142.5	152.5	1	342.5	231.83	12
<b>- 93 kg</b>																				
1	Parker George	1971	GN	91.90	0.6318	58 160.0	<del>175.0</del>	175.0	2	115.0	120.0	122.5	1	160.0	170.0	<del>180.0</del>	1	467.5	295.36	12
—	Phillips Mark	1968	G	93.00	0.6282	55 192.5	205.0	210.0	1	<del>132.5</del>	<del>132.5</del>	<del>132.5</del>	Disq.	X	X	X	Disq.	Out	—	—
<b>- 105 kg</b>																				
1	Page Jency	1972	G	98.05	0.6135	-10 220.0	230.0	<del>235.0</del>	1	150.0	160.0	165.0	1	240.0	255.0	<del>270.0</del>	1	650.0	398.77	12
<b>- 120 kg</b>																				
1	Cosmo Matthew	1971	GW	112.25	0.5849	104 225.0	235.0	<del>250.0</del>	1	165.0	175.0	<del>180.0</del>	1	225.0	240.0	260.0	1	670.0	391.91	12
—	Welgemoed Cornel	1970	GN	105.75	0.5961	78 <del>185.0</del>	<del>185.0</del>	<del>185.0</del>	Disq.	145.0	<del>155.0</del>	<del>155.0</del>	2	X	X	X	Disq.	Out	—	—
—	Muller Werth	1971	GN	113.80	0.5827	95 <del>160.0</del>	<del>160.0</del>	<del>170.0</del>	Disq.	<del>120.0</del>	120.0	<del>125.0</del>	3	190.0	205.0	<del>215.0</del>	2	Out	—	—
<b>Best Lifters of Masters 1</b>																				
PL.	Lifter	Nation	B.Weight	WF	Total	W. points														
1	Page Jency	Gauteng	98.05	0.6135	650.0	398.77														
2	Cosmo Matthew	Gauteng West	112.25	0.5849	670.0	391.91														
3	Parker George	Gauteng North	91.90	0.6318	467.5	295.36														
<b>Masters 3</b>																				
<b>- 74 kg</b>																				
1	Oppenheim Dan	1945	G	73.20	0.7249	31 112.5	122.5	132.5	1	90.0	95.0	<del>100.0</del>	1	160.0	175.0	<del>187.5</del>	1	402.5	291.77	12
<b>- 93 kg</b>																				
1	Huff Robert	1952	G	92.35	0.6303	-10 150.0	<del>160.0</del>	160.0	1	100.0	110.0	112.5	1	170.0	180.0	185.0	1	457.5	288.36	12
<b>120+ kg</b>																				
—	Norman Kurt	1952	NC	122.00	0.5728	-10 <del>180.0</del>	<del>180.0</del>	<del>185.0</del>	Disq.	<del>120.0</del>	<del>120.0</del>	<del>120.0</del>	Disq.	-	-	-	Disq.	Out	—	—
<b>Best Lifters of Masters 3</b>																				
PL.	Lifter	Nation	B.Weight	WF	Total	W. points														
1	Oppenheim Dan	Gauteng	73.20	0.7249	402.5	291.77														
2	Huff Robert	Gauteng	92.35	0.6303	457.5	288.36														

## SA Raw Benchpress Championships Open, SA, JHB, 23.02.2013

## SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>- 59 kg</b>												
1	Hendricks Tashraq	2013	Un	58.35	0.8752	-10	90.0	95.0	102.5	102.5	89.70	12
2	Lizwe Bonolo	2013	NC	58.95	0.8669	-10	77.5	82.5	<del>85.0</del>	82.5	71.51	9
3	Maduma Amogelang	1997	GN	54.20	0.9404	-10	40.0	50.0	<del>57.5</del>	50.0	47.02	8
<b>- 66 kg</b>												
1	Vorster Marcel	1994	GN	62.65	0.8206	-10	90.0	95.0	102.5	102.5	84.11	12
2	Bruce JC	2013	WP	65.00	0.7952	-10	<del>75.0</del>	75.0	<del>87.5</del>	75.0	59.64	9
3	Louw Arthur	1997	GW	65.55	0.7896	-10	40.0	60.0	<del>70.0</del>	60.0	47.37	8
4	Dladla Tshagofatso	1997	GN	65.60	0.7891	-10	<del>30.0</del>	<del>45.0</del>	45.0	45.0	35.50	7
5	van der Merwe Richard	1995	GW	63.65	0.8095	-10	40.0	<del>65.0</del>	<del>65.0</del>	40.0	32.37	6
<b>- 74 kg</b>												
1	Mpe Thabang	1990	GN	68.70	0.7603	-10	130.0	<del>135.0</del>	<del>135.0</del>	130.0	98.83	12
2	Pregnotato Umar	1994	WP	70.85	0.7426	-10	115.0	125.0	130.0	130.0	96.53	9
3	O Kennedy Dirk	1988	EP	68.10	0.7656	-10	<del>122.5</del>	122.5	125.0	125.0	95.70	8
4	Hayim Clifford	1968	G	72.55	0.7296	-10	105.0	<del>117.5</del>	117.5	117.5	85.73	7
5	Dawood Abduragheem	1993	WP	71.35	0.7387	-10	110.0	<del>115.0</del>	<del>115.0</del>	110.0	81.25	6
6	Wilkes Micheal	1986	G	72.70	0.7285	-10	100.0	110.0	<del>115.0</del>	110.0	80.13	5
7	Smit Ruan	1986	GN	69.20	0.7561	-10	105.0	<del>107.5</del>	<del>107.5</del>	105.0	79.39	4
8	Parker Willem	1994	GN	73.10	0.7256	-10	105.0	<del>115.0</del>	<del>115.0</del>	105.0	76.18	3
9	Ismail Aadil Ahmed	1995	G	72.40	0.7307	-10	<del>100.0</del>	100.0	<del>102.5</del>	100.0	73.07	2
10	Booyesen Piet	2013	NC	72.40	0.7307	-10	92.5	97.5	97.5	97.5	71.24	1
11	Oppenheim Dan	1945	G	73.20	0.7249	-10	90.0	95.0	<del>100.0</del>	95.0	68.86	1
12	Routier Luke	1996	G	72.20	0.7322	-10	85.0	87.5	92.5	92.5	67.72	1
13	Muller Shaun	1987	Un	69.50	0.7535	-10	70.0	80.0	90.0	90.0	67.81	1
14	Docrat Ishaaq	2013	G	72.40	0.7307	-10	<del>85.0</del>	85.0	<del>87.5</del>	85.0	62.10	1
15	Bachan Kidhar	1983	GN	71.95	0.7341	-10	70.0	80.0	<del>90.0</del>	80.0	58.72	1
16	van Rensburg Rudi	1989	GW	72.65	0.7289	-10	50.0	60.0	80.0	80.0	58.31	1
17	Dixon Greg	1974	G	71.90	0.7345	-10	70.0	<del>75.0</del>	<del>75.0</del>	70.0	51.41	1
18	Tshabedze Phila	1997	GN	71.70	0.7360	-10	40.0	50.0	<del>57.5</del>	50.0	36.80	1
—	Ismail Aasif Ahmed	1995	G	73.50	0.7228	-10	<del>110.0</del>	<del>120.0</del>	<del>120.0</del>	—	Out	—
—	Olivier Gerhard	1994	G	73.80	0.7207	-10	<del>90.0</del>	<del>90.0</del>	<del>90.0</del>	—	Out	—
<b>- 83 kg</b>												
1	Naidoo Neresh	2013	KZN	82.60	0.6694	-10	150.0	160.0	<del>170.0</del>	160.0	107.10	12
2	Fitzpatrick Ricardo	1980	NC	75.21	0.7111	-10	145.0	155.0	<del>162.5</del>	155.0	110.22	9
3	Timotheus Charl	2013	G	80.40	0.6806	-10	130.0	140.0	<del>150.0</del>	140.0	95.28	8
4	Nel Martin	1986	G	79.70	0.6843	-10	122.5	127.5	<del>135.0</del>	127.5	87.24	7
5	Egan Michael	1990	GN	80.80	0.6785	-10	120.0	<del>125.0</del>	125.0	125.0	84.81	6
6	Pretorius Jean-Athur	1992	Un	77.85	0.6948	-10	120.0	<del>130.0</del>	<del>130.0</del>	120.0	83.37	5
7	de Bont Albert	1987	G	78.15	0.6930	-10	110.0	120.0	<del>127.5</del>	120.0	83.16	4
8	Kroll Aaron	1992	G	82.65	0.6692	-10	100.0	110.0	112.5	112.5	75.27	3
9	Delmont Simon	1990	Un	77.00	0.6999	-10	105.0	<del>115.0</del>	<del>115.0</del>	105.0	73.48	2
10	Elbrecht Darrian	1982	EP	80.95	0.6776	-10	105.0	<del>110.0</del>	<del>115.0</del>	105.0	71.15	1
11	Thackwray Tim	1967	G	81.10	0.6769	-10	90.0	95.0	<del>100.0</del>	95.0	64.30	1
12	de Wit Stephan	1991	GW	81.30	0.6759	-10	50.0	80.0	<del>95.0</del>	80.0	54.07	1
13	van der Westhuizen Wynar	1995	GW	77.05	0.6996	-10	60.0	70.0	<del>90.0</del>	70.0	48.97	1
14	Dreyer Werner	1995	Un	81.65	0.6742	-10	60.0	70.0	<del>80.0</del>	70.0	47.19	1
15	Nelson Cameron	1997	G	81.85	0.6732	-10	55.0	60.0	<del>65.0</del>	60.0	40.38	1
—	Shithlane Alfred	1995	G	82.20	0.6714	-10	97.5	97.5	<del>97.5</del>	—	Out	—

## SA Raw Benchpress Championships Open, SA, JHB, 23.02.2013

## SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>- 93 kg</b>												
1	Erasmus Pieter	1970	FS	91.15	0.6343	-10	155.0	165.0	175.0	175.0	111.01	12
2	Anthony Darryn	1985	G	92.45	0.6300	-10	147.5	152.5	157.5	157.5	99.21	9
3	Jones David Hatton	1988	G	92.90	0.6285	-10	120.0	147.5	155.0	155.0	97.41	8
4	Smit Gian	1990	G	88.00	0.6459	-10	125.0	135.0	<del>135.0</del>	135.0	87.19	7
5	Habinger Corne	1981	GN	89.45	0.6404	-10	120.0	130.0	<del>140.0</del>	130.0	83.25	6
6	Saffy Cedric	1956	G	89.70	0.6395	-10	120.0	130.0	<del>137.5</del>	130.0	83.13	5
7	Engelbrecht Anton	1991	G	91.65	0.6326	-10	120.0	<del>130.0</del>	130.0	130.0	82.24	4
8	Parkin Kyle	1987	GN	85.65	0.6555	-10	100.0	115.0	125.0	125.0	81.93	3
9	Botha Renier	1978	G	92.45	0.6300	-10	120.0	125.0	<del>132.5</del>	125.0	78.74	2
10	Parker George	1971	GN	91.90	0.6318	-10	115.0	120.0	122.5	122.5	77.39	1
11	Lubbe Mark	2013	G	84.40	0.6610	-10	120.0	<del>122.5</del>	<del>122.5</del>	120.0	79.32	1
12	Davids Abdul-Karnem	2013	Un	88.45	0.6442	-10	110.0	115.0	117.5	117.5	75.69	1
13	Mclver Stuart	1982	G	91.45	0.6333	-10	<del>115.0</del>	115.0	<del>117.5</del>	115.0	72.82	1
14	Huff Robert	1952	G	92.35	0.6303	-10	100.0	110.0	112.5	112.5	70.90	1
15	Homan Garth	1995	G	86.40	0.6523	-10	<del>105.0</del>	105.0	<del>110.0</del>	105.0	68.49	1
—	Ramakau Benedict	1985	GN	86.40	0.6523	-10	<del>90.0</del>	<del>100.0</del>	<del>100.0</del>	—	Out	—
—	Conradie Mouton	2013	WP	91.60	0.6328	-10	<del>90.0</del>	<del>100.0</del>	<del>100.0</del>	—	Out	—
—	Phillips Mark	1968	G	93.00	0.6282	-10	<del>132.5</del>	<del>132.5</del>	<del>132.5</del>	—	Out	—
<b>- 105 kg</b>												
1	Page Joncy	1972	GN	98.05	0.6135	-10	150.0	160.0	165.0	165.0	101.22	12
2	Cook Jeffrey	1992	G	99.30	0.6103	-10	160.0	165.0	<del>170.0</del>	165.0	100.69	9
3	Dangor Mohammed	1990	G	98.80	0.6116	-10	145.0	150.0	155.0	155.0	94.79	8
4	Kolf Albert	2013	EP	100.25	0.6080	-10	130.0	<del>145.0</del>	150.0	150.0	91.20	7
5	van Heerden Tiaan	2013	GN	102.30	0.6032	-10	<del>145.0</del>	145.0	<del>150.0</del>	145.0	87.46	6
6	Roos Sean	2013	GN	101.70	0.6046	-10	135.0	142.5	<del>145.0</del>	142.5	86.15	5
7	Voster Johan	2013	NC	103.50	0.6006	-10	<del>130.0</del>	135.0	142.5	142.5	85.58	4
8	Katzen Gary	1961	G	104.20	0.5992	-10	127.5	135.0	<del>140.0</del>	135.0	80.89	3
9	Wolfaardt Schalk	1994	NC	102.65	0.6025	-10	125.0	127.5	132.5	132.5	79.83	2
10	Padayachy Thiagin	1989	NC	96.20	0.6186	-10	125.0	<del>130.0</del>	<del>130.0</del>	125.0	77.32	1
11	Rossouw Wessel	2013	Un	98.70	0.6118	-10	110.0	<del>115.0</del>	<del>115.0</del>	110.0	67.29	1
12	Kennedy Robert	1995	G	102.45	0.6029	-10	<del>110.0</del>	<del>110.0</del>	110.0	110.0	66.31	1
13	Mentz Jonathan	1994	G	97.70	0.6144	-10	105.0	<del>115.0</del>	<del>115.0</del>	105.0	64.51	1
14	Kloppers Andre	1995	GW	102.55	0.6027	-10	70.0	85.0	100.0	100.0	60.27	1
15	Braxton Alexander	1998	WP	93.60	0.6263	-10	75.0	80.0	<del>82.5</del>	80.0	50.10	1
16	Schultz Liam	1997	G	103.60	0.6040	-10	77.5	<del>82.5</del>	<del>82.5</del>	77.5	46.81	1
—	Bakos Dillon	1994	G	97.25	0.6157	-10	<del>100.0</del>	<del>105.0</del>	<del>105.0</del>	—	Out	—
—	de Beer Douglas	2013	G	103.50	0.6006	-10	<del>160.0</del>	X	X	—	Out	—

SA Raw Benchpress Championships Open, SA, JHB, 23.02.2013

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>- 120 kg</b>												
1	Edwards Dave	2013	GN	114.75	0.5814	-10	180.0	187.5	192.5	192.5	111.91	12
2	Bucarizza Benedict	1991	G	111.45	0.5862	-10	175.0	182.5	187.5	187.5	109.91	9
3	Cosmo Matthew	1971	GW	112.75	0.5842	-10	165.0	175.0	<del>180.0</del>	175.0	102.23	8
4	Korf Jerome	1996	WP	116.45	0.5792	-10	150.0	155.0	<del>160.0</del>	155.0	89.76	7
5	Govender Edwin	2013	KZN	119.75	0.5752	-10	145.0	155.0	<del>160.0</del>	155.0	89.15	6
6	de Laney Terence	1961	G	118.45	0.5767	-10	140.0	150.0	<del>155.0</del>	150.0	86.50	5
7	Welgemoed Cornel	1970	GN	105.75	0.5961	-10	145.0	<del>155.0</del>	<del>155.0</del>	145.0	86.43	4
8	Robinson Barry	1987	EP	108.55	0.5909	-10	135.0	<del>145.0</del>	<del>145.0</del>	135.0	79.77	3
9	Muller Werth	1971	GN	113.80	0.5827	-10	<del>120.0</del>	120.0	<del>125.0</del>	120.0	69.92	2
10	Bakos Warren	2013	Un	120.00	0.5749	-10	112.5	120.0	<del>125.0</del>	120.0	68.98	1
11	Roets Benjamin	2013	GW	113.35	0.5834	-10	<del>100.0</del>	100.0	110.0	110.0	64.16	1
12	Roux Ruan	1991	G	109.95	0.5886	-10	105.0	107.5	<del>110.0</del>	107.5	63.27	1
13	Ngobo Shaun	2013	G	111.70	0.5858	-10	80.0	90.0	100.0	100.0	58.58	1
14	Kabinde Abraham	1984	GN	116.50	0.5791	-10	90.0	<del>100.0</del>	<del>100.0</del>	90.0	52.11	1
15	Grove Johan	1991	GW	115.00	0.5811	-10	50.0	85.0	<del>90.0</del>	85.0	49.39	1
<b>120+ kg</b>												
1	Furman Ian	1967	G	122.60	0.5722	-10	195.0	<del>207.5</del>	<del>207.5</del>	195.0	111.57	12
2	Booyse Juan	1990	G	122.20	0.5726	-10	165.0	182.5	185.0	185.0	105.93	9

**Best Lifters of Open**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Edwards Dave	Gauteng North	114.75	0.5814	192.5	111.91
2	Furman Ian	Gauteng	122.60	0.5722	195.0	111.57
3	Erasmus Pieter	Free Sate	91.15	0.6343	175.0	111.01



## SA Raw Bench Sub-Juniors, SA, JHB, 23.02.2013

## SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>- 59 kg</b>												
1	Hendricks Tashraq	2013	Un	58.35	0.8752	-10	90.0	95.0	102.5	102.5	89.70	12
2	Lizwe Bonolo	2013	NC	58.95	0.8669	-10	77.5	82.5	<del>95.0</del>	82.5	71.51	9
3	Maduma Amogelang	1997	GN	54.20	0.9404	-10	40.0	50.0	<del>57.5</del>	50.0	47.02	8
<b>- 66 kg</b>												
1	Louw Arthur	1997	GW	65.55	0.7896	-10	40.0	60.0	<del>70.0</del>	60.0	47.37	12
2	Dladla Tshegofatso	1997	GN	65.60	0.7891	-10	<del>30.0</del>	<del>45.0</del>	45.0	45.0	35.50	9
3	van der Merwe Richard	1995	GW	63.65	0.8095	-10	40.0	<del>65.0</del>	<del>65.0</del>	40.0	32.37	8
<b>- 74 kg</b>												
1	Ismail Aadil Ahmed	1995	G	72.40	0.7307	-10	<del>100.0</del>	100.0	<del>102.5</del>	100.0	73.07	12
2	Booyesen Piet	2013	NC	72.40	0.7307	-10	92.5	<del>97.5</del>	97.5	97.5	71.24	9
3	Routier Luke	1996	G	72.20	0.7322	-10	85.0	87.5	92.5	92.5	67.72	8
4	Docrat Ishaag	2013	G	72.40	0.7307	-10	<del>85.0</del>	85.0	<del>87.5</del>	85.0	62.10	7
—	Ismail Aasif Ahmed	1995	G	73.50	0.7228	-10	<del>110.0</del>	<del>120.0</del>	<del>120.0</del>	—	Out	—
<b>- 83 kg</b>												
1	van der Westhuizen Wynar	1995	GW	77.05	0.6996	-10	60.0	70.0	<del>90.0</del>	70.0	48.97	12
2	Dreyer Werner	1995	Un	81.65	0.6742	-10	60.0	70.0	<del>80.0</del>	70.0	47.19	9
3	Nelson Cameron	1997	G	81.85	0.6732	-10	55.0	60.0	<del>65.0</del>	60.0	40.38	8
—	Shithlane Alfred	1995	G	82.20	0.6714	-10	<del>97.5</del>	<del>97.5</del>	<del>97.5</del>	—	Out	—
<b>- 93 kg</b>												
1	Homan Garth	1995	G	86.40	0.6523	-10	<del>105.0</del>	105.0	<del>110.0</del>	105.0	68.49	12
—	Conradie Mouton	2013	WP	91.60	0.6328	-10	<del>90.0</del>	<del>100.0</del>	<del>100.0</del>	—	Out	—
<b>- 105 kg</b>												
1	Kennedy Robert	1995	G	102.45	0.6029	-10	<del>110.0</del>	<del>110.0</del>	110.0	110.0	66.31	12
2	Kloppers Andre	1995	GW	102.55	0.6027	-10	70.0	85.0	100.0	100.0	60.27	9
3	Braxton Alexander	1998	WP	93.60	0.6263	-10	75.0	80.0	<del>82.5</del>	80.0	50.10	8
4	Schultz Liam	1997	G	103.60	0.6040	-10	77.5	<del>82.5</del>	<del>82.5</del>	77.5	46.81	7
<b>- 120 kg</b>												
1	Korf Jerome	1996	WP	116.45	0.5792	-10	150.0	155.0	<del>160.0</del>	155.0	89.76	12

## Best Lifters of Subjuniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Korf Jerome	Western Provin	116.45	0.5792	155.0	89.76
2	Hendricks Tashraq	?	58.35	0.8752	102.5	89.70
3	Ismail Aadil Ahmed	Gauteng	72.40	0.7307	100.0	73.07

## SA Raw Benchpress Juniors, SA, JHB, 23.02.2013

## SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>- 59 kg</b>												
1	Hendricks Tashraq	2013	Un	58.35	0.8752	-10	90.0	95.0	102.5	102.5	89.70	12
2	Lizwe Bonolo	2013	NC	58.95	0.8669	-10	77.5	82.5	<del>95.0</del>	82.5	71.51	9
3	Maduma Amogelang	1997	GN	54.20	0.9404	-10	40.0	50.0	<del>57.5</del>	50.0	47.02	8
<b>- 66 kg</b>												
1	Vorster Marcel	1994	GN	62.65	0.8206	-10	90.0	95.0	102.5	102.5	84.11	12
2	Louw Arthur	1997	GW	65.55	0.7896	-10	40.0	60.0	<del>70.0</del>	60.0	47.37	9
3	Dladla Tshogofatso	1997	GN	65.60	0.7891	-10	<del>30.0</del>	<del>45.0</del>	45.0	45.0	35.50	8
4	van der Merwe Richard	1995	GW	63.65	0.8095	-10	40.0	<del>65.0</del>	<del>65.0</del>	40.0	32.37	7
<b>- 74 kg</b>												
1	Mpe Thabang	1990	GN	68.70	0.7603	-10	130.0	<del>135.0</del>	<del>135.0</del>	130.0	98.83	12
2	Pregolato Umar	1994	WP	70.85	0.7426	-10	115.0	125.0	130.0	130.0	96.53	9
3	Dawood Abduragheem	1993	WP	71.35	0.7387	-10	110.0	<del>115.0</del>	<del>115.0</del>	110.0	81.25	8
4	Parker Willem	1994	GN	73.10	0.7256	-10	105.0	<del>115.0</del>	<del>115.0</del>	105.0	76.18	7
5	Ismail Aadil Ahmed	1995	G	72.40	0.7307	-10	<del>100.0</del>	100.0	<del>102.5</del>	100.0	73.07	6
6	Booyesen Piet	2013	NC	72.40	0.7307	-10	92.5	<del>97.5</del>	97.5	97.5	71.24	5
7	Routier Luke	1996	G	72.20	0.7322	-10	85.0	87.5	92.5	92.5	67.72	4
8	Docrat Ishaq	2013	G	72.40	0.7307	-10	<del>85.0</del>	85.0	<del>87.5</del>	85.0	62.10	3
9	van Rensburg Rudi	1989	GW	72.65	0.7289	-10	50.0	60.0	80.0	80.0	58.31	2
10	Tshabedze Phila	1997	GN	71.70	0.7360	-10	40.0	50.0	<del>57.5</del>	50.0	36.80	1
—	Ismail Aasif Ahmed	1995	G	73.50	0.7228	-10	<del>110.0</del>	<del>120.0</del>	<del>120.0</del>	—	Out	—
<b>- 83 kg</b>												
1	Egan Michael	1990	GN	80.80	0.6785	-10	120.0	<del>125.0</del>	125.0	125.0	84.81	12
2	Pretorius Jean-Athur	1992	Un	77.85	0.6948	-10	120.0	<del>130.0</del>	<del>130.0</del>	120.0	83.37	9
3	Kroll Aaron	1992	G	82.65	0.6692	-10	100.0	110.0	112.5	112.5	75.27	8
4	Delmont Simon	1990	Un	77.00	0.6999	-10	105.0	<del>115.0</del>	<del>115.0</del>	105.0	73.48	7
5	de Wit Stephan	1991	GW	81.30	0.6759	-10	50.0	80.0	<del>95.0</del>	80.0	54.07	6
6	van der Westhuizen Wynar	1995	GW	77.05	0.6996	-10	60.0	70.0	<del>90.0</del>	70.0	48.97	5
7	Dreyer Werner	1995	Un	81.65	0.6742	-10	60.0	70.0	<del>80.0</del>	70.0	47.19	4
8	Nelson Cameron	1997	G	81.85	0.6732	-10	55.0	60.0	<del>65.0</del>	60.0	40.38	3
—	Shithlane Alfred	1995	G	82.20	0.6714	-10	<del>97.5</del>	<del>97.5</del>	<del>97.5</del>	—	Out	—
<b>- 93 kg</b>												
1	Smit Gian	1990	G	88.00	0.6459	-10	125.0	135.0	<del>135.0</del>	135.0	87.19	12
2	Engelbrecht Anton	1991	G	91.65	0.6326	-10	120.0	<del>130.0</del>	130.0	130.0	82.24	9
3	Davids Abdul-Karnem	2013	Un	88.45	0.6442	-10	110.0	115.0	117.5	117.5	75.69	8
4	Homan Garth	1995	G	86.40	0.6523	-10	<del>105.0</del>	105.0	<del>110.0</del>	105.0	68.49	7
—	Conradie Mouton	2013	WP	91.60	0.6328	-10	<del>90.0</del>	<del>100.0</del>	<del>100.0</del>	—	Out	—
<b>- 105 kg</b>												
1	Cook Jeffrey	1992	G	99.30	0.6103	-10	160.0	165.0	<del>170.0</del>	165.0	100.69	12
2	Dangor Mohammed	1990	G	98.80	0.6116	-10	145.0	150.0	155.0	155.0	94.79	9
3	Kolf Albert	2013	EP	100.25	0.6080	-10	130.0	<del>145.0</del>	150.0	150.0	91.20	8
4	van Heerden Tiaan	2013	GN	102.30	0.6032	-10	<del>145.0</del>	145.0	<del>150.0</del>	145.0	87.46	7
5	Wolfaardt Schalk	1994	NC	102.65	0.6025	-10	125.0	127.5	132.5	132.5	79.83	6
6	Rossouw Wessel	2013	Un	98.70	0.6118	-10	110.0	<del>115.0</del>	<del>115.0</del>	110.0	67.29	5
7	Kennedy Robert	1995	G	102.45	0.6029	-10	<del>110.0</del>	<del>110.0</del>	110.0	110.0	66.31	4
8	Mentz Jonathan	1994	G	97.70	0.6144	-10	105.0	<del>115.0</del>	<del>115.0</del>	105.0	64.51	3
9	Kloppers Andre	1995	GW	102.55	0.6027	-10	70.0	85.0	100.0	100.0	60.27	2
10	Braxton Alexander	1998	WP	93.60	0.6263	-10	75.0	80.0	<del>82.5</del>	80.0	50.10	1
11	Schultz Liam	1997	G	103.60	0.6040	-10	77.5	<del>82.5</del>	<del>82.5</del>	77.5	46.81	1
—	Bakos Dillon	1994	G	97.25	0.6157	-10	<del>100.0</del>	<del>105.0</del>	<del>105.0</del>	—	Out	—

## SA Raw Benchpress Juniors, SA, JHB, 23.02.2013

## SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>- 120 kg</b>												
1	Bucarizza Benedict	1991	G	111.45	0.5862	-10	175.0	182.5	187.5	187.5	109.91	12
2	Korf Jerome	1996	WP	116.45	0.5792	-10	150.0	155.0	<del>160.0</del>	155.0	89.76	9
3	Roux Ruan	1991	G	109.95	0.5886	-10	105.0	107.5	<del>110.0</del>	107.5	63.27	8
4	Ngobo Shaun	2013	G	111.70	0.5858	-10	80.0	90.0	100.0	100.0	58.58	7
5	Grove Johan	1991	GW	115.00	0.5811	-10	50.0	85.0	<del>90.0</del>	85.0	49.39	6

## Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Bucarizza Benedict	Gauteng	111.45	0.5862	187.5	109.91
2	Cook Jeffrey	Gauteng	99.30	0.6103	165.0	100.69
3	Mpe Thabang	Gauteng North	68.70	0.7603	130.0	98.83

## SA Raw Benchpress Masters, SA, JHB, 23.02.2013

## SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>Masters 1</b>												
<b>- 74 kg</b>												
1	Hayim Clifford	1968	G	72.55	0.7296	-10	105.0	<del>117.5</del>	117.5	117.5	85.73	12
<b>- 83 kg</b>												
1	Thackwray Tim	1967	G	81.10	0.6769	-10	90.0	95.0	<del>100.0</del>	95.0	64.30	12
<b>- 93 kg</b>												
1	Erasmus Pieter	1970	FS	91.15	0.6343	-10	155.0	165.0	175.0	175.0	111.01	12
2	Parker George	1971	GN	91.90	0.6318	-10	115.0	120.0	122.5	122.5	77.39	9
—	Phillips Mark	1968	G	93.00	0.6282	-10	<del>132.5</del>	<del>132.5</del>	<del>132.5</del>	—	Out	—
<b>- 105 kg</b>												
1	Page Joncy	1972	GN	98.05	0.6135	-10	150.0	160.0	165.0	165.0	101.22	12
<b>- 120 kg</b>												
1	Cosmo Matthew	1971	GW	112.75	0.5842	-10	165.0	175.0	<del>180.0</del>	175.0	102.23	12
2	Welgemoed Cornel	1970	GN	105.75	0.5961	-10	145.0	<del>155.0</del>	<del>155.0</del>	145.0	86.43	9
3	Muller Werth	1971	GN	113.80	0.5827	-10	<del>120.0</del>	120.0	<del>125.0</del>	120.0	69.92	8
4	Bakos Warren	2013	Un	120.00	0.5749	-10	112.5	120.0	<del>125.0</del>	120.0	68.98	7
<b>120+ kg</b>												
1	Furman Ian	1967	G	122.60	0.5722	-10	195.0	<del>207.5</del>	<del>207.5</del>	195.0	111.57	12

## Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Furman Ian	Gauteng	122.60	0.5722	195.0	111.57
2	Erasmus Pieter	Free Sate	91.15	0.6343	175.0	111.01
3	Cosmo Matthew	Gauteng West	112.75	0.5842	175.0	102.23

## SA Raw Benchpress Masters, SA, JHB, 23.02.2013

## SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>Masters 2</b>												
<b>- 66 kg</b>												
1	Bruce JC	2013	WP	65.00	0.7952	-10	<del>75.0</del>	75.0	<del>97.5</del>	75.0	59.64	12
<b>- 93 kg</b>												
1	Saffy Cedric	1956	G	89.70	0.6395	-10	120.0	130.0	<del>137.5</del>	130.0	83.13	12
<b>- 105 kg</b>												
1	Voster Johan	2013	NC	103.50	0.6006	-10	<del>130.0</del>	135.0	142.5	142.5	85.58	12
2	Katzen Gary	1961	G	104.20	0.5992	-10	127.5	135.0	<del>140.0</del>	135.0	80.89	9
<b>- 120 kg</b>												
1	de Laney Terence	1961	G	118.45	0.5767	-10	140.0	150.0	<del>155.0</del>	150.0	86.50	12
<b>Best Lifters of Masters 2</b>												
PL.	Lifter	Nation	B.Weight	WF	Result	W. points						
1	de Laney Terence	Gauteng	118.45	0.5767	150.0	86.50						
2	Voster Johan	Noord Kaap	103.50	0.6006	142.5	85.58						
3	Saffy Cedric	Gauteng	89.70	0.6395	130.0	83.13						
<b>Masters 3</b>												
<b>- 74 kg</b>												
1	Oppenheim Dan	1945	G	73.20	0.7249	-10	90.0	95.0	<del>100.0</del>	95.0	68.86	12
<b>- 93 kg</b>												
1	Huff Robert	1952	G	92.35	0.6303	-10	100.0	110.0	112.5	112.5	70.90	12
<b>Best Lifters of Masters 3</b>												
PL.	Lifter	Nation	B.Weight	WF	Result	W. points						
1	Huff Robert	Gauteng	92.35	0.6303	112.5	70.90						
2	Oppenheim Dan	Gauteng	73.20	0.7249	95.0	68.86						

# RESULTS

Flight 1

Master 1 Division

# SA Raw Powerlifting & Bench Press Championships 2013

23/02/2013

LOT	CATEGORY			M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	PL TOTAL	BADGE	PLACE	MEDAL	WILKS POINTS	
	S/J	J	S								PROVINCE						
1	7	-	J	S			57--S	54.15	W	Charlotte vd Haer	KZN	222.50	Green			268.58	Charlotte vd Haer
2	5	-	J	S			57-S-J	55.35	W	Storm Benjamin	GN Cornerstone	280.00	Brown			332.25	Storm Benjamin
3	8	S/J	J	S			57-S-S/J-	54.40	W	Megan Leighton	Gauteng	220.00	Orange			264.79	Megan Leighton
4	6	S/J	J	S			57-S-S/J-	53.85	W	Alicia Du Toit	Gauteng	180.00	Yellow			218.21	Alicia Du Toit
6	1	S/J	J	S			57-S-S/J-	56.70	W	Leinette Madonsela	GN Cornerstone	130.00	Yellow			151.48	Leinette Madonsela
8	9	-	J	S			63-S-J	59.65	W	Leonie Lewis	GW	155.00	Yellow			173.48	Leonie Lewis
10	10	S/J	J	S			63-S-S/J-	61.55	W	Anneke Jordaan	EP	257.50	Green			281.32	Anneke Jordaan
11	11	-	J	S			72-S-J	68.45	W	Tammy Goosen	GW	195.00	Yellow			196.95	Tammy Goosen
12	12	-	J	S			72-S-J	67.10	W	Monica Hattingh	GW	140.00	Yellow			143.50	Monica Hattingh
13	15	-	J	S			84+-S-J	116.85	W	Juanita Visser	GW	305.00	Orange			245.04	Juanita Visser
14	13	-	J	S			84-S-J	81.10	W	Tanya Kruis	GW	260.00	Yellow			236.13	Tanya Kruis
15	3	-		S	M1		52-S-M1	51.90	W	Antoinette Kriel	Gauteng	272.50	Black	1	Gold	340.22	Antoinette Kriel
5	4	-		S	M1		52-S-M1	51.50	W	Elisabeth Barry	EP	225.00	Blue	2	Silver	282.60	Elisabeth Barry
7	112	-		S	M1		63-S-M1	62.30	W	Ronel Reyneke	Gauteng	215.00	Yellow	1	Gold	232.87	Ronel Reyneke
9	14	-		S	M1		84-S-M1	83.40	W	Janita Kruger	Gauteng	235.00	Yellow	1	Gold	210.33	Janita Kruger

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### Highest Points

S/J WOMEN	Anneke Jordaan	281.32
J WOMEN	Storm Benjamin	332.25
S WOMEN	Antoinette Kriel	340.22
M1 WOMEN	Antoinette Kriel	340.22

# RESULTS

Flight 1 Senior Division

# SA Raw Powerlifting & Bench Press Championships 2013

23/02/2013

LOT	CATEGORY			M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	PL TOTAL	BADGE	PLACE	MEDAL	WILKS POINTS
	S/J	J	S													
1	3	-	S	M1			52-S-M1	51.90	W	Antoinette Kriel	Gauteng	272.50	Black	1	Gold	340.22
2	4	-	S	M1			52-S-M1	51.50	W	Elisabeth Barry	EP	225.00	Blue	2	Silver	282.60
3	7	-	S				57--S	54.15	W	Charlotte vd Haer	KZN	222.50	Green	2	Silver	268.58
4	5	-	J				57-S-J	55.35	W	Storm Benjamin	GN Cornerstone	280.00	Brown	1	Gold	332.25
6	8	S/J	J				57-S-S/J-	54.40	W	Megan Leighton	Gauteng	220.00	Orange	3	Bronze	264.79
8	6	S/J	J				57-S-S/J-	53.85	W	Alicia Du Toit	Gauteng	180.00	Yellow			218.21
10	1	S/J	J				57-S-S/J-	56.70	W	Leinette Madonsela	GN Cornerstone	130.00	Yellow			151.48
11	9	-	J				63-S-J	59.65	W	Leonie Lewis	GW	155.00	Yellow	3	Bronze	173.48
12	112	-	S	M1			63-S-M1	62.30	W	Ronel Reyneke	Gauteng	215.00	Yellow	2	Silver	232.87
13	10	S/J	J				63-S-S/J-	61.55	W	Anneke Jordaan	EP	257.50	Green	1	Gold	281.32
14	11	-	J				72-S-J	68.45	W	Tammy Goosen	GW	195.00	Yellow	1	Gold	196.95
15	12	-	J				72-S-J	67.10	W	Monica Hattingh	GW	140.00	Yellow	2	Silver	143.50
5	15	-	J				84+-S-J	116.85	W	Juanita Visser	GW	305.00	Orange	1	Gold	245.04
7	13	-	J				84-S-J	81.10	W	Tanya Kruis	GW	260.00	Yellow	1	Gold	236.13
9	14	-	S	M1			84-S-M1	83.40	W	Janita Kruger	Gauteng	235.00	Yellow	2	Silver	210.33

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### Highest Points

S/J WOMEN	Anneke Jordaan	281.32
J WOMEN	Storm Benjamin	332.25
S WOMEN	Antoinette Kriel	340.22
M1 WOMEN	Antoinette Kriel	340.22

# RESULTS

Flight 1 Junior Division

# SA Raw Powerlifting & Bench Press Championships 2013

23/02/2013

LOT	CATEGORY			S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	PL TOTAL	BADGE	PLACE	MEDAL	WILKS POINTS	
	S/J	J										PROVINCE						
1	3	-		S	M1			52-S-M1	51.90	W	Antoinette Kriel	Gauteng	272.50	Black			340.22	Antoinette Kriel
2	4	-		S	M1			52-S-M1	51.50	W	Elisabeth Barry	EP	225.00	Blue			282.60	Elisabeth Barry
3	7	-		S				57--S	54.15	W	Charlotte vd Haer	KZN	222.50	Green			268.58	Charlotte vd Haer
4	112	-		S	M1			63-S-M1	62.30	W	Ronel Reyneke	Gauteng	215.00	Yellow			232.87	Ronel Reyneke
6	14	-		S	M1			84-S-M1	83.40	W	Janita Kruger	Gauteng	235.00	Yellow			210.33	Janita Kruger
8	5	-	J	S				57-S-J	55.35	W	Storm Benjamin	GN Cornerstone	280.00	Brown		1	332.25	Storm Benjamin
10	8	S/J	J	S				57-S-S/J-	54.40	W	Megan Leighton	Gauteng	220.00	Orange		2	264.79	Megan Leighton
11	6	S/J	J	S				57-S-S/J-	53.85	W	Alicia Du Toit	Gauteng	180.00	Yellow		3	218.21	Alicia Du Toit
12	1	S/J	J	S				57-S-S/J-	56.70	W	Leinette Madonsela	GN Cornerstone	130.00	Yellow			151.48	Leinette Madonsela
13	9	-	J	S				63-S-J	59.65	W	Leonie Lewis	GW	155.00	Yellow		2	173.48	Leonie Lewis
14	10	S/J	J	S				63-S-S/J-	61.55	W	Anneke Jordaan	EP	257.50	Green		1	281.32	Anneke Jordaan
15	11	-	J	S				72-S-J	68.45	W	Tammy Goosen	GW	195.00	Yellow		1	196.95	Tammy Goosen
5	12	-	J	S				72-S-J	67.10	W	Monica Hattingh	GW	140.00	Yellow		2	143.50	Monica Hattingh
7	15	-	J	S				84+-S-J	116.85	W	Juanita Visser	GW	305.00	Orange		1	245.04	Juanita Visser
9	13	-	J	S				84-S-J	81.10	W	Tanya Kruis	GW	260.00	Yellow		1	236.13	Tanya Kruis

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### Highest Points

S/J WOMEN	Anneke Jordaan	281.32
J WOMEN	Storm Benjamin	332.25
S WOMEN	Antoinette Kriel	340.22
M1 WOMEN	Antoinette Kriel	340.22

# RESULTS

Flight 1

Sub Junior Division

# SA Raw Powerlifting & Bench Press Championships 2013

23/02/2013

LOT	CATEGORY			S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	PL TOTAL	BADGE	PLACE	MEDAL	WILKS POINTS	
	S/J	J	S									PROVINCE						
1	3	-	-	S	M1			52-S-M1	51.90	W	Antoinette Kriel	Gauteng	272.50	Black			340.22	Antoinette Kriel
2	4	-	-	S	M1			52-S-M1	51.50	W	Elisabeth Barry	EP	225.00	Blue			282.60	Elisabeth Barry
3	7	-	-	S				57--S	54.15	W	Charlotte vd Haer	KZN	222.50	Green			268.58	Charlotte vd Haer
4	5	-	J	S				57-S-J	55.35	W	Storm Benjamin	GN Cornerstone	280.00	Brown			332.25	Storm Benjamin
6	9	-	J	S				63-S-J	59.65	W	Leonie Lewis	GW	155.00	Yellow			173.48	Leonie Lewis
8	112	-	-	S	M1			63-S-M1	62.30	W	Ronel Reyneke	Gauteng	215.00	Yellow			232.87	Ronel Reyneke
10	11	-	J	S				72-S-J	68.45	W	Tammy Goosen	GW	195.00	Yellow			196.95	Tammy Goosen
11	12	-	J	S				72-S-J	67.10	W	Monica Hattingh	GW	140.00	Yellow			143.50	Monica Hattingh
12	15	-	J	S				84+-S-J	116.85	W	Juanita Visser	GW	305.00	Orange			245.04	Juanita Visser
13	13	-	J	S				84-S-J	81.10	W	Tanya Kruis	GW	260.00	Yellow			236.13	Tanya Kruis
14	14	-	-	S	M1			84-S-M1	83.40	W	Janita Kruger	Gauteng	235.00	Yellow			210.33	Janita Kruger
15	8	S/J	J	S				57-S-S/J-	54.40	W	Megan Leighton	Gauteng	220.00	Orange	1	Gold	264.79	Megan Leighton
5	6	S/J	J	S				57-S-S/J-	53.85	W	Alicia Du Toit	Gauteng	180.00	Yellow	2	Silver	218.21	Alicia Du Toit
7	1	S/J	J	S				57-S-S/J-	56.70	W	Leinette Madonsela	GN Cornerstone	130.00	Yellow	3	Bronze	151.48	Leinette Madonsela
9	10	S/J	J	S				63-S-S/J-	61.55	W	Anneke Jordaan	EP	257.50	Green	1	Gold	281.32	Anneke Jordaan

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### Highest Points

S/J WOMEN	Anneke Jordaan	281.32
J WOMEN	Storm Benjamin	332.25
S WOMEN	Antoinette Kriel	340.22
M1 WOMEN	Antoinette Kriel	340.22



Badge	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Place
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	
Yellow	W	1	57-S-S/J-	56.70	Leinette Madonsela	N Cornersto	40.0	50.0	65.0	50.0	20.0	20.0	20.0	65.0	50.0	60.0	80.0	80.0	130.0	151.48	1.	
Black	W	3	52-S-M1	51.90	Antoinette Kriel	Gauteng	75.0	82.5	87.5	87.5	55.0	60.0	65.0	65.0	152.5	100.0	110.0	120.0	120.0	272.5	340.22	
Blue	W	4	52-S-M1	51.50	Elisabeth Barry	EP	60.0	70.0	75.0	75.0	30.0	35.0	37.5	35.0	110.0	100.0	110.0	115.0	115.0	225.0	282.60	
Brown	W	5	57-S-J	55.35	Storm Benjamin	N Cornersto	60.0	75.0	87.5	87.5	40.0	50.0	52.5	52.5	140.0	110.0	130.0	140.0	140.0	280.0	332.25	
Yellow	W	6	57-S-S/J-	53.85	Alicia Du Toit	Gauteng	50.0	62.5	67.5	62.5	25.0	35.0	37.5	35.0	97.5	70.0	82.5	87.5	82.5	180.0	218.21	
Green	W	7	57--S	54.15	Charlotte vd Haer	KZN	80.0	85.0	85.0	80.0	30.0	37.5	42.5	42.5	122.5	100.0	110.0	110.0	100.0	222.5	268.58	1.
Orange	W	8	57-S-S/J-	54.40	Megan Leighton	Gauteng	65.0	70.0	77.5	77.5	32.5	37.5	40.0	40.0	117.5	85.0	95.0	102.5	102.5	220.0	264.79	
Yellow	W	9	63-S-J	59.65	Leonie Lewis	GW	40.0	45.0	50.0	45.0	25.0	30.0	35.0	30.0	75.0	60.0	70.0	80.0	80.0	155.0	173.48	
Green	W	10	63-S-S/J-	61.55	Anneke Jordaan	EP	90.0	100.0	102.5	102.5	40.0	42.5	45.0	45.0	147.5	95.0	105.0	110.0	110.0	257.5	281.32	
Yellow	W	11	72-S-J	68.45	Tammy Goosen	GW	65.0	65.0	65.0	65.0	30.0	30.0	35.0	30.0	95.0	80.0	90.0	100.0	100.0	195.0	196.95	1.
Yellow	W	12	72-S-J	67.10	Monica Hattingh	GW	30.0	35.0	40.0	40.0	25.0	30.0	35.0	30.0	70.0	60.0	65.0	70.0	70.0	140.0	143.50	
Yellow	W	13	84-S-J	81.10	Tanya Kruis	GW	60.0	75.0	80.0	80.0	40.0	50.0	55.0	50.0	130.0	100.0	110.0	130.0	130.0	260.0	236.13	
Yellow	W	14	84-S-M1	83.40	Janita Kruger	Gauteng	70.0	70.0	90.0	90.0	45.0	60.0	65.0	60.0	150.0	85.0	85.0	85.0	85.0	235.0	210.33	1.
Orange	W	15	84+-S-J	116.85	Juanita Visser	GW	60.0	80.0	100.0	100.0	40.0	55.0	75.0	55.0	155.0	100.0	130.0	150.0	150.0	305.0	245.04	
Yellow	W	112	63-S-M1	62.30	Ronel Reyneke	Gauteng	60.0	60.0	70.0	70.0	40.0	40.0	45.0	40.0	110.0	80.0	90.0	105.0	105.0	215.0	232.87	

Lifter on the Platform

## JD OF GROUP

ps 2013

= SA Unofficial Record

Side Referee \_\_\_\_\_

Chief Referee \_\_\_\_\_

# RESULTS

Flight 1

Sub Junior Division

# SA Raw Powerlifting & Bench Press Championships 2013

23/02/2013

LOT	CATEGORY			S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP TOTAL	BADGE	PLACE	MEDAL	WILKS POINTS	
	S/J	J	S									PROVINCE						
1	3	-		S	M1			52-S-M1	51.90	W	Antoinette Kriel	Gauteng	65.00	Bronze			81.15	Antoinette Kriel
2	4	-		S	M1			52-S-M1	51.50	W	Elisabeth Barry	EP	35.00	Yellow			43.96	Elisabeth Barry
3	7	-		S				57--S	54.15	W	Charlotte vd Haer	KZN	42.50	Yellow			51.30	Charlotte vd Haer
4	5	-	J	S				57-S-J	55.35	W	Storm Benjamin	GN Cornerstone	52.50	Green			62.30	Storm Benjamin
6	9	-	J	S				63-S-J	59.65	W	Leonie Lewis	GW	30.00	Yellow			33.58	Leonie Lewis
8	112	-		S	M1			63-S-M1	62.30	W	Ronel Reyneke	Gauteng	40.00	Yellow			43.32	Ronel Reyneke
10	12	-	J	S				72-S-J	67.10	W	Monica Hattingh	GW	30.00	Yellow			30.75	Monica Hattingh
11	11	-	J	S				72-S-J	68.45	W	Tammy Goosen	GW	30.00	Yellow			30.30	Tammy Goosen
12	15	-	J	S				84+-S-J	116.85	W	Juanita Visser	GW	55.00	Yellow			44.19	Juanita Visser
13	13	-	J	S				84-S-J	81.10	W	Tanya Kruis	GW	50.00	Yellow			45.41	Tanya Kruis
14	14	-		S	M1			84-S-M1	83.40	W	Janita Kruger	Gauteng	60.00	Yellow			53.70	Janita Kruger
15	8	S/J	J	S				57-S-S/J-	54.40	W	Megan Leighton	Gauteng	40.00	Yellow	1	Gold	48.14	Megan Leighton
5	6	S/J	J	S				57-S-S/J-	53.85	W	Alicia Du Toit	Gauteng	35.00	Yellow	2	Silver	42.43	Alicia Du Toit
7	1	S/J	J	S				57-S-S/J-	56.70	W	Leinette Madonsela	GN Cornerstone		Yellow				Leinette Madonsela
9	10	S/J	J	S				63-S-S/J-	61.55	W	Anneke Jordaan	EP	45.00	Yellow	1	Gold	49.16	Anneke Jordaan

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### Highest Points

S/J WOMEN	Anneke Jordaan	49.16
J WOMEN	Storm Benjamin	33.58
S WOMEN	Antoinette Kriel	81.15
M1 WOMEN	Antoinette Kriel	81.15

# RESULTS

Flight 1 Junior Division

# SA Raw Powerlifting & Bench Press Championships 2013

23/02/2013

LOT	CATEGORY			S	M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP TOTAL	BADGE	PLACE	MEDAL	WILKS POINTS	
	S/J	J										PROVINCE						
1	3	-		S	M1			52-S-M1	51.90	W	Antoinette Kriel	Gauteng	65.00	Bronze			81.15	Antoinette Kriel
2	4	-		S	M1			52-S-M1	51.50	W	Elisabeth Barry	EP	35.00	Yellow			43.96	Elisabeth Barry
3	7	-		S				57--S	54.15	W	Charlotte vd Haer	KZN	42.50	Yellow			51.30	Charlotte vd Haer
4	112	-		S	M1			63-S-M1	62.30	W	Ronel Reyneke	Gauteng	40.00	Yellow			43.32	Ronel Reyneke
6	14	-		S	M1			84-S-M1	83.40	W	Janita Kruger	Gauteng	60.00	Yellow			53.70	Janita Kruger
8	5	-	J	S				57-S-J	55.35	W	Storm Benjamin	GN Cornerstone	52.50	Green	1	Gold	62.30	Storm Benjamin
10	8	S/J	J	S				57-S-S/J-	54.40	W	Megan Leighton	Gauteng	40.00	Yellow	2	Silver	48.14	Megan Leighton
11	6	S/J	J	S				57-S-S/J-	53.85	W	Alicia Du Toit	Gauteng	35.00	Yellow	3	Bronze	42.43	Alicia Du Toit
12	1	S/J	J	S				57-S-S/J-	56.70	W	Leinette Madonsela	GN Cornerstone		Yellow				Leinette Madonsela
13	9	-	J	S				63-S-J	59.65	W	Leonie Lewis	GW	30.00	Yellow	2	Silver	33.58	Leonie Lewis
14	10	S/J	J	S				63-S-S/J-	61.55	W	Anneke Jordaan	EP	45.00	Yellow	1	Gold	49.16	Anneke Jordaan
15	12	-	J	S				72-S-J	67.10	W	Monica Hattingh	GW	30.00	Yellow	1	Gold	30.75	Monica Hattingh
5	11	-	J	S				72-S-J	68.45	W	Tammy Goosen	GW	30.00	Yellow	2	Silver	30.30	Tammy Goosen
7	15	-	J	S				84+-S-J	116.85	W	Juanita Visser	GW	55.00	Yellow	1	Gold	44.19	Juanita Visser
9	13	-	J	S				84-S-J	81.10	W	Tanya Kruis	GW	50.00	Yellow	1	Gold	45.41	Tanya Kruis

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### Highest Points

S/J WOMEN	Anneke Jordaan	49.16
J WOMEN	Storm Benjamin	33.58
S WOMEN	Antoinette Kriel	81.15
M1 WOMEN	Antoinette Kriel	81.15

# RESULTS

Flight 1 Senior Division

# SA Raw Powerlifting & Bench Press Championships 2013

23/02/2013

LOT	CATEGORY			M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION PROVINCE	BP TOTAL	BADGE	PLACE	MEDAL	WILKS POINTS	
	S/J	J	S														
1	3	-	S	M1			52-S-M1	51.90	W	Antoinette Kriel	Gauteng	65.00	Bronze	1	Gold	81.15	Antoinette Kriel
2	4	-	S	M1			52-S-M1	51.50	W	Elisabeth Barry	EP	35.00	Yellow	2	Silver	43.96	Elisabeth Barry
3	7	-	S				57--S	54.15	W	Charlotte vd Haer	KZN	42.50	Yellow	2	Silver	51.30	Charlotte vd Haer
4	5	-	J				57-S-J	55.35	W	Storm Benjamin	GN Cornerstone	52.50	Green	1	Gold	62.30	Storm Benjamin
6	8	S/J	J				57-S-S/J-	54.40	W	Megan Leighton	Gauteng	40.00	Yellow	3	Bronze	48.14	Megan Leighton
8	6	S/J	J				57-S-S/J-	53.85	W	Alicia Du Toit	Gauteng	35.00	Yellow			42.43	Alicia Du Toit
10	1	S/J	J				57-S-S/J-	56.70	W	Leinette Madonsela	GN Cornerstone		Yellow				Leinette Madonsela
11	9	-	J				63-S-J	59.65	W	Leonie Lewis	GW	30.00	Yellow	3	Bronze	33.58	Leonie Lewis
12	112	-	S	M1			63-S-M1	62.30	W	Ronel Reyneke	Gauteng	40.00	Yellow	2	Silver	43.32	Ronel Reyneke
13	10	S/J	J				63-S-S/J-	61.55	W	Anneke Jordaan	EP	45.00	Yellow	1	Gold	49.16	Anneke Jordaan
14	12	-	J				72-S-J	67.10	W	Monica Hattingh	GW	30.00	Yellow	1	Gold	30.75	Monica Hattingh
15	11	-	J				72-S-J	68.45	W	Tammy Goosen	GW	30.00	Yellow	2	Silver	30.30	Tammy Goosen
5	15	-	J				84+-S-J	116.85	W	Juanita Visser	GW	55.00	Yellow	1	Gold	44.19	Juanita Visser
7	13	-	J				84-S-J	81.10	W	Tanya Kruis	GW	50.00	Yellow	2	Silver	45.41	Tanya Kruis
9	14	-	S	M1			84-S-M1	83.40	W	Janita Kruger	Gauteng	60.00	Yellow	1	Gold	53.70	Janita Kruger

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### Highest Points

S/J WOMEN	Anneke Jordaan	49.16
J WOMEN	Storm Benjamin	33.58
S WOMEN	Antoinette Kriel	81.15
M1 WOMEN	Antoinette Kriel	81.15

# RESULTS

Flight 1

Master 1 Division

# SA Raw Powerlifting & Bench Press Championships 2013

23/02/2013

LOT	CATEGORY			M1	M2	M3	DIVISION	WEIGHT	M/W	LIFTER	NATION	BP TOTAL	BADGE	PLACE	MEDAL	WILKS POINTS	
	S/J	J	S								PROVINCE						
1	7	-	J	S			57--S	54.15	W	Charlotte vd Haer	KZN	42.50	Yellow			51.30	Charlotte vd Haer
2	5	-	J	S			57-S-J	55.35	W	Storm Benjamin	GN Cornerstone	52.50	Green			62.30	Storm Benjamin
3	8	S/J	J	S			57-S-S/J-	54.40	W	Megan Leighton	Gauteng	40.00	Yellow			48.14	Megan Leighton
4	6	S/J	J	S			57-S-S/J-	53.85	W	Alicia Du Toit	Gauteng	35.00	Yellow			42.43	Alicia Du Toit
6	1	S/J	J	S			57-S-S/J-	56.70	W	Leinette Madonsela	GN Cornerstone		Yellow				Leinette Madonsela
8	9	-	J	S			63-S-J	59.65	W	Leonie Lewis	GW	30.00	Yellow			33.58	Leonie Lewis
10	10	S/J	J	S			63-S-S/J-	61.55	W	Anneke Jordaan	EP	45.00	Yellow			49.16	Anneke Jordaan
11	12	-	J	S			72-S-J	67.10	W	Monica Hattingh	GW	30.00	Yellow			30.75	Monica Hattingh
12	11	-	J	S			72-S-J	68.45	W	Tammy Goosen	GW	30.00	Yellow			30.30	Tammy Goosen
13	15	-	J	S			84+-S-J	116.85	W	Juanita Visser	GW	55.00	Yellow			44.19	Juanita Visser
14	13	-	J	S			84-S-J	81.10	W	Tanya Kruis	GW	50.00	Yellow			45.41	Tanya Kruis
15	3	-		S	M1		52-S-M1	51.90	W	Antoinette Kriel	Gauteng	65.00	Bronze	1	Gold	81.15	Antoinette Kriel
5	4	-		S	M1		52-S-M1	51.50	W	Elisabeth Barry	EP	35.00	Yellow	2	Silver	43.96	Elisabeth Barry
7	112	-		S	M1		63-S-M1	62.30	W	Ronel Reyneke	Gauteng	40.00	Yellow	1	Gold	43.32	Ronel Reyneke
9	14	-		S	M1		84-S-M1	83.40	W	Janita Kruger	Gauteng	60.00	Yellow	1	Gold	53.70	Janita Kruger

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### Highest Points

S/J WOMEN	Anneke Jordaan	49.16
J WOMEN	Storm Benjamin	33.58
S WOMEN	Antoinette Kriel	81.15
M1 WOMEN	Antoinette Kriel	81.15