

21/02/2016

Gauteng Powerlifting 2nd Raw Qualifier 21 Feb 2016

Unofficial SA rec

MEN : Open															
Cat	Name	YOB	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Place	Qual SA Raw?
66kg	Tovi Donninger	1998	65.7	90	100	110	80	85	90	122.5	145	165	365	1	
74kg	Nicholas Lazarides	1992	73.45	150	160	170	110	120	-125	190	200	220	510	1	Q
	Elan Donninger	1999	71.3	140	150	-157.5	95	100	102.5	125	145	162.5	415	2	
	Jordan Dale	1997	69.7	115	117.5	120	80	82.5	-87.5	130	150	155	357.5	3	
83kg	Jason Stolzenberg	1993	77.52	145	-165	175	100	115	122.5	200	220	235	532.5	1	Q
93kg	Adrian Smith	1995	92.6	180	190	195	140	145	-147.5	210	230	-240	570	1	Q
	Bulelani Ngaki	2000	89.95	160	175	-185	100	110	115	205	232.5	240	530	2	Q
105kg	Terence Bosman	1996	102.9	190	210	-240	120	-140	-140	250	280	-300	610	1	Q
	Joshua Thomas	1997	103.9	145	155	165	115	125	-130	205	220	230	520	2	Q
	James Beningfield	1996	98.65	165	172.5	180	115	-125	-125	200	210	-225	505	3	
120kg	Gareth Cox	1987	108.75	200	210	220	130	145	-160	230	260	290	655	1	Q
	Lawrence Ross Njoku	1972	119.25	200	220	250	150	160	x	100	140	x	550	2	Q
	Obi Ejimbe	1979	118.95	-180	-180	180	120	130	x	200	230	-250	540	3	
	Ryan Saunders	1981	109.1	170	180	-185	110	115	120	200	-220	-220	500	4	

MEN : Master 1															
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Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
120kg	Lawrence Ross Njoku	1972	119.25	200	220	250	150	160	x	100	140	x	550		1	Q

MEN : Junior															
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Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
66kg	Tovi Donninger	1998	65.7	90	100	110	80	85	90	122.5	145	165	365		1	Q
74kg	Elan Donninger	1999	71.3	140	150	-157.5	95	100	102.5	125	145	162.5	415		1	Q
	Jordan Dale	1997	69.7	115	117.5	120	80	82.5	-87.5	130	150	155	357.5		2	Q
83kg	Jason Stolzenberg	1993	77.52	145	-165	175	100	115	122.5	200	220	235	532.5		1	Q
93kg	Adrian Smith	1995	92.6	180	190	195	140	145	-147.5	210	230	-240	570		1	Q
	Bulelani Ngaki	2000	89.95	160	175	-185	100	110	115	205	232.5	240	530		2	Q
105kg	Terence Bosman	1996	102.9	190	210	-240	120	-140	-140	250	280	-300	610		1	Q
	Joshua Thomas	1997	103.9	145	155	165	115	125	-130	205	220	230	520		2	Q
	James Beningfield	1996	98.65	165	172.5	180	115	-125	-125	200	210	-225	505		3	Q

MEN : Sub-Junior															
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Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
66kg	Tovi Donninger	1998	65.7	90	100	110	80	85	90	122.5	145	165	365		1	Q
74kg	Elan Donninger	1999	71.3	140	150	-157.5	95	100	102.5	125	145	162.5	415		1	Q
93kg	Bulelani Ngaki	2000	89.95	160	175	-185	100	110	115	205	232.5	240	530		1	Q

South African Powerlifting Federation

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LADIES : Open															
Cat	Name	YOB	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Place	Qual SA Raw?
52kg	Adell Naidoo	1982	51.3	55	57.5	60	25	27.5	x	77.5	87.5	95	182.5	1	Q
	Mariska Casey	1978	47.6	-95	-95	-95	52.5	-55	x	125	130	x	x		
63kg	Sandra McGeehan	1978	62.1	60	70	80	40	-45	45	110	120	-130	245	1	Q
	Rouxchelle Roux	1998	59.35	70	80	85	35	37.5	-40	90	100	-110	222.5	2	Q
72kg	Caitlin Poxon	2000	65.2	40	50	60	37.5	42.5	x	80	90	100	202.5	1	
84kg	Jodi Poxon	1975	84	50	55	62.5	45	50	55	115	120	-130	237.5	1	

LADIES : Master 1

Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
84kg	Jodi Poxon	1975	84	50	55	62.5	45	50	55	115	120	-130	237.5		1	

LADIES : Junior

Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
63kg	Rouxchelle Roux	1998	59.35	70	80	85	35	37.5	-40	90	100	-110	222.5		1	Q
72kg	Caitlin Poxon	2000	65.2	40	50	60	37.5	42.5	x	80	90	100	202.5		1	

LADIES : Sub Junior

Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
63kg	Rouxchelle Roux	1998	59.35	70	80	85	35	37.5	-40	90	100	-110	222.5		1	Q
72kg	Caitlin Poxon	2000	65.2	40	50	60	37.5	42.5	x	80	90	100	202.5		1	Q