

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS** , South Africa, Potchefstroom, 13-15.03.2014  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.			
<b>Subjuniors</b>														
<b>- 52 kg</b>														
1	de Beer Rochell	1999	EP	50.05	1.2836	60.0	1	37.5	1	90.0	1	187.5	240.68	12
<b>- 57 kg</b>														
1	Leighton Megan	1996	G	56.30	1.1717	97.5	1	55.0	1	130.0	1	282.5	331.00	12
2	Bruce Shelby	1997	G	55.60	1.1832	60.0	2	40.0	2	102.5	2	202.5	239.59	9
<b>- 63 kg</b>														
1	Walters Pia	1997	G	62.35	1.0825	70.0	2	40.0	1	95.0	1	205.0	221.90	12
2	du Toit Alicia	1996	G	58.85	1.1318	75.0	1	37.5	2	90.0	2	202.5	229.17	9
<b>- 72 kg</b>														
1	Roelofse Geraldine	1998	NC	72.00	0.9760	72.5	1	55.0	1	100.0	1	227.5	222.04	12

**Nation (points)**

1	Gauteng	42	[12+12+9+9]	1021.68 w.pts.
2	Eastern Province	12	[12]	240.68 w.pts.
3	Noord Kaap	12	[12]	222.04 w.pts.

**Best Lifters of Subjuniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Leighton Megan	Gauteng	56.30	1.1717	282.5	331.00
2	de Beer Rochell	Eastern Provinc	50.05	1.2836	187.5	240.68
3	Bruce Shelby	Gauteng	55.60	1.1832	202.5	239.59

**Masters 1**

<b>- 52 kg</b>														
1	Barry Elisabeth	1973	EP	49.70	1.2905	82.5	1	40.0	1	120.0	1	242.5	312.94	12
<b>- 57 kg</b>														
1	Kriel Antionette	1971	G	56.40	1.1701	122.5	1	80.0	1	145.0	1	347.5	406.60	12
<b>- 63 kg</b>														
1	Botha Vicky	1973	NW	58.65	1.1347	112.5	1	65.0	1	140.0	1	317.5	n1 360.28	12
2	Reyneke Ronel	1969	G	62.05	1.0865	80.0	2	50.0	2	110.0	2	240.0	260.74	9
<b>- 72 kg</b>														
1	de. Wet Laura	1974	G	65.15	1.0473	125.0	1	62.5	1	120.0	1	307.5	322.04	12
2	Booley Farhana	1973	G	68.00	1.0153	92.5	2	57.5	2	115.0	2	265.0	269.05	9
<b>- 84 kg</b>														
1	Hein Bonita	1970	WP	77.45	0.9322	115.0	1	67.5	1	155.0	1	337.5	n 314.61	12
2	Kruger Janita	1967	G	84.00	0.8917	110.0	2	57.5	2	142.5	2	310.0	276.42	9
<b>84+ kg</b>														
1	Ludwig Tracy	1973	KZN	115.40	0.8054	165.0	1	77.5	1	190.0	1	432.5	n 348.33	12
2	Alexander Wendy	1970	G	90.70	0.8613	90.0	2	50.0	2	150.0	2	290.0	249.77	9

**Nation (points)**

1	Gauteng	60	[12+12+9+9+9+9]	1784.66 w.pts.
2	North West	12	[12]	360.28 w.pts.
3	Kwazulu Natal	12	[12]	348.34 w.pts.
4	Western Province	12	[12]	314.62 w.pts.
5	Eastern Province	12	[12]	312.95 w.pts.

**Best Lifters of Masters 1**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Kriel Antionette	Gauteng	56.40	1.1701	347.5	406.60
2	Botha Vicky	North West	58.65	1.1347	317.5	360.28
3	Ludwig Tracy	Kwazulu Natal	115.40	0.8054	432.5	348.33

**Masters 2**

<b>- 57 kg</b>														
1	Sinclair Miriam	1958	WP	55.35	1.1875	75.0	1	50.0	1	120.0	1	245.0	290.92	12

**Nation (points)**

1	Western Province	12	[12]	290.93 w.pts.
---	------------------	----	------	---------------

**Best Lifters of Masters 2**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Sinclair Miriam	Western Provin	55.35	1.1875	245.0	290.92

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1.4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province                      NC = Noord Kaap  
 G = Gauteng                                  NW = North West  
 KZN = Kwazulu Natal                      WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS** , South Africa, Potchefstroom, 13-15.03.2014  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.
<b>Juniors</b>											
<b>- 47 kg</b>											
1	Du Preez Larisse	1992	G	45.05	1.3858	50.0 1	30.0 1	95.0 1	175.0	242.50	12
<b>- 52 kg</b>											
1	Bryant Stacey	1992	G	49.65	1.2915	85.0 1	50.0 1	117.5 2	252.5	nj	326.10 12
2	September Alushka	1995	WP	50.65	1.2720	65.0 2	47.5 2	120.0 1	232.5	nj	295.75 9
<b>- 57 kg</b>											
1	Leighton Megan	1996	G	56.30	1.1717	97.5 1	55.0 1	130.0 1	282.5	331.00	12
<b>- 72 kg</b>											
1	Goosen Tammy	1993	G	70.85	0.9867	75.0 1	45.0 1	127.5 1	247.5	244.19	12
<b>84+ kg</b>											
1	Visser Juanita	1991	G	104.65	0.8224	132.5 1	70.0 1	182.5 1	385.0	nj	316.62 12

**Nation (points)**

1	Gauteng	60	[12+12+12+12+12]	1460.44 w.pts.
2	Western Province	9	[9]	295.75 w.pts.

**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Leighton Megan	Gauteng	56.30	1.1717	282.5	331.00
2	Bryant Stacey	Gauteng	49.65	1.2915	252.5	326.10
3	Visser Juanita	Gauteng	104.65	0.8224	385.0	316.62

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1.4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province                      NC = Noord Kaap  
 G = Gauteng                                      NW = North West  
 KZN = Kwazulu Natal                      WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS** , South Africa, Potchefstroom, 13-15.03.2014  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.
<b>Seniors</b>											
<b>- 47 kg</b>											
1	Muto Giulia	1987	G	46.60	1.3532	75.0 1	40.0 1	107.5 1	222.5	301.08	12
<b>- 52 kg</b>											
1	van Heerden Farana	1988	NW	50.30	1.2788	100.0 1	40.0 1	115.0 1	255.0	326.09	12
<b>- 57 kg</b>											
1	Kriel Antionette	1971	G	56.40	1.1701	122.5 1	80.0 1	145.0 1	347.5	406.60	12
2	Leighton Megan	1996	G	56.30	1.1717	97.5 2	55.0 3	130.0 3	282.5	331.00	9
3	Wilson Ilona	1977	G	57.00	0.8949	95.0 3	40.0 5	143.0 2	278.0	248.78	8
4	Plaatjies Seritha	1982	NW	57.00	1.1604	80.0 5	62.5 2	120.0 5	262.5	304.60	7
5	Katz Lauren	1982	G	54.00	1.2106	87.5 4	50.0 4	120.0 4	257.5	311.72	6
<b>- 63 kg</b>											
1	Basson Lisa	1984	G	61.65	1.0918	107.5 2	75.0 1	160.0 1	342.5	n	373.94 12
2	Botha Vicky	1973	NW	58.65	1.1347	112.5 1	65.0 2	140.0 2	317.5	n1	360.28 9
3	van Jaarsveld Danell	1977	G	62.30	1.0831	95.0 3	60.0 3	135.0 3	290.0	314.09	8
4	Ingle Carm	1977	G	62.35	1.0825	85.0 4	45.0 4	100.0 4	230.0	248.96	7
5	Pacariz Claire	1977	G	61.40	1.0952	80.0 5	37.5 5	90.0 5	207.5	227.25	6
<b>- 72 kg</b>											
1	Coetzer Candice	1985	G	69.65	0.9983	115.0 2	60.0 3	155.0 1	330.0	329.43	12
2	Merifield Tarryn-Leigh	1987	G	66.15	1.0356	110.0 3	65.0 1	152.5 2	327.5	339.17	9
3	Mcdougall Tai	1984	G	69.85	0.9963	117.5 1	62.5 2	130.0 3	310.0	308.85	8
4	Conradie Karin	1984	WP	68.25	1.0126	75.0 4	45.0 4	122.5 4	242.5	245.55	7
<b>- 84 kg</b>											
1	Dade Gaileigh	1989	G	81.90	0.9034	140.0 1	55.0 2	162.5 1	357.5	322.96	12
2	Hein Bonita	1970	WP	77.45	0.9322	115.0 2	67.5 1	155.0 2	337.5	n	314.61 9
<b>84+ kg</b>											
1	Ludwig Tracy	1973	KZN	115.40	0.8054	165.0 1	77.5 1	190.0 1	432.5	n	348.33 12

**Nation (points)**

1	Gauteng	69	[12+12+12+12+12+9]	2073.22 w.pts.
2	North West	28	[12+9+7]	990.98 w.pts.
3	Western Province	16	[9+7]	560.17 w.pts.
4	Kwazulu Natal	12	[12]	348.34 w.pts.

**Best Lifters of Seniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Kriel Antionette	Gauteng	56.40	1.1701	347.5	406.60
2	Basson Lisa	Gauteng	61.65	1.0918	342.5	373.94
3	Botha Vicky	North West	58.65	1.1347	317.5	360.28

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
 G = Gauteng  
 KZN = Kwazulu Natal

NC = Noord Kaap  
 NW = North West  
 WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS** , South Africa, Potchefstroom , 13-15.03.2014  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.				
<b>Subjuniors</b>															
<b>- 53 kg</b>															
1	Matras Revaldo	1996	NW	47.90	1.0728	120.0	1	65.0	1	165.0	1	350.0	ns	375.48	12
<b>- 59 kg</b>															
1	Jacobs Marco	1998	WP	58.45	0.8738	127.5	1	87.5	1	160.0	3	375.0		327.67	12
2	Booyesen Orbert	1998	NW	55.85	0.9127	125.0	2	72.5	2	145.0	4	342.5		312.59	9
3	Maduma Amogelang	1997	G	58.10	0.8787	90.0	3	62.5	4	160.0	1	312.5		274.59	8
4	Thladi Kgahliso	1997	G	58.20	0.8773	80.0	4	70.0	3	160.0	2	310.0		271.96	7
<b>- 66 kg</b>															
1	Pregolato Ebrahim	1997	WP	63.30	0.8133	130.0	1	100.0	1	205.0	1	435.0	ns	353.78	12

**Nation (points)**

1	Western Province	24	[12+12]	681.46 w.pts.
2	North West	21	[12+9]	688.08 w.pts.
3	Gauteng	15	[8+7]	546.56 w.pts.

**Best Lifters of Subjuniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Matras Revaldo	North West	47.90	1.0728	350.0	375.48
2	Pregolato Ebrahim	Western Province	63.30	0.8133	435.0	353.78
3	Jacobs Marco	Western Province	58.45	0.8738	375.0	327.67

**Masters 2**

1	Christians Karl	1963	WP	65.00	0.7952	155.0	1	90.0	1	190.0	1	435.0	n2	345.91	12
---	-----------------	------	----	-------	--------	-------	---	------	---	-------	---	-------	----	--------	----

**Nation (points)**

1	Western Province	12	[12]	345.91 w.pts.
---	------------------	----	------	---------------

**Best Lifters of Masters 2**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Christians Karl	Western Province	65.00	0.7952	435.0	345.91

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
 FS = Free Sate  
 G = Gauteng

KZN = Kwazulu Natal  
 NC = Noord Kaap  
 NW = North West

WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS , South Africa, Potchefstroom , 13-15.03.2014**  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.				
<b>Juniors</b>															
<b>- 66 kg</b>															
1	Vers Ivan	1991	NW	62.75	0.8195	160.0	2	125.0	1	192.5	3	477.5	391.28	12	
2	Vorster Marcel	1994	G	64.00	0.8057	165.0	1	112.5	2	180.0	7	457.5	368.60	9	
3	Pregolato Ebrahim	1997	WP	63.30	0.8133	130.0	6	100.0	4	205.0	1	435.0	ns	353.78	8
4	Hendricks Jonathan	1991	NW	64.60	0.7993	140.0	4	95.0	6	200.0	2	435.0	347.69	7	
5	Fakir Herren	1992	KZN	62.10	0.8270	130.0	5	100.0	3	180.0	5	410.0	339.07	6	
6	Lizwe Bonolo	1995	NC	62.75	0.8195	100.0	9	95.0	5	190.0	4	385.0	315.48	5	
7	Nrotjo Persey	1994	NW	63.10	0.8155	140.0	3	60.0	9	180.0	6	380.0	309.89	4	
8	Edigihe Mosiwa	1995	NW	64.15	0.8040	120.0	7	90.0	7	167.5	10	377.5	303.52	3	
—	Brotoa Thabiso	1992	NW	64.25	0.8030	120.0	8	—	—	177.5	8	—	Out	—	—
—	McLean Devan	1993	G	65.45	0.7906	—	—	85.0	8	170.0	9	—	Out	—	—

**Nation (points)**

1	North West	55	[12+12+9+8+7+7]	2117.89 w.pts.
2	Gauteng	9	[9]	368.61 w.pts.
3	Western Province	8	[8]	353.79 w.pts.
4	Kwazulu Natal	6	[6]	339.07 w.pts.
5	Noord Kaap	5	[5]	315.49 w.pts.

**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Vers Ivan	North West	62.75	0.8195	477.5	391.28
2	Vorster Marcel	Gauteng	64.00	0.8057	457.5	368.60
3	Mabunda Thabang	North West	54.60	0.9334	387.5	361.69

**Seniors**

1	Philatsi Jacobus	1981	NW	61.85	0.8299	170.0	1	132.5	1	210.0	2	512.5	425.32	12
2	Fredericks Remi Carlos	1985	WP	63.80	0.8078	155.0	3	105.0	3	240.0	1	500.0	403.90	9
3	Botha Michael	1989	NW	63.20	0.8144	160.0	2	127.5	2	197.5	3	485.0	394.98	8
4	Vermeulen Arnold	1993	WP	65.90	0.7862	135.0	4	92.5	4	190.0	4	417.5	328.23	7

**Nation (points)**

1 North West	20	[12+8]	820.31 w.pts.
2 Western Province	16	[9+7]	732.14 w.pts.

**Best Lifters of Seniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Philatsi Jacobus	North West	61.85	0.8299	512.5	425.32
2	Fredericks Remi Carlos	Western Province	63.80	0.8078	500.0	403.90
3	Botha Michael	North West	63.20	0.8144	485.0	394.98

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
 FS = Free State  
 G = Gauteng

KZN = Kwazulu Natal  
 NC = Noord Kaap  
 NW = North West

WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS** , South Africa, Potchefstroom , 13-15.03.2014  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.			
<b>Subjuniors</b>														
<b>- 74 kg</b>														
1	Routier Luke	1996	G	72.00	0.7337	145.0	1	110.0	1	185.0	2	440.0	322.82	12
2	Dladla Tshegotatso	1997	G	70.95	0.7418	125.0	2	90.0	2	185.0	1	400.0	296.72	9
3	Tshabedze Phila	1997	G	74.00	0.7193	75.0	3	65.0	3	140.0	3	280.0	201.40	8

**Nation (points)**

1 Gauteng	44	[12+9+8+8+7]	1367.51 w.pts.
2 Western Province	36	[12+12+12]	1010.40 w.pts.
3 North West	21	[12+9]	688.08 w.pts.
4 Noord Kaap	9	[9]	278.39 w.pts.

**Best Lifters of Subjuniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Matras Revaldo	North West	47.90	1.0728	350.0	375.48
2	Pregnotato Ebrahim	Western Province	63.30	0.8133	435.0	353.78
3	Beresford Paul Roger	Western Province	75.80	0.7074	465.0	328.94

**Juniors**

1	Khalapa Japhta	1992	NW	72.70	0.7285	200.0	1	125.0	2	240.0	1	565.0	nj	411.60	12
2	Pregnotato Umar	1994	WP	73.40	0.7235	170.0	4	132.5	1	230.0	2	532.5		385.26	9
3	Pietersen Sint Willis	1995	NW	68.80	0.7595	182.5	2	120.0	3	210.0	3	512.5		389.24	8
4	Bruce Christopher	1991	WP	73.40	0.7235	175.0	3	100.0	5	205.0	4	480.0		347.28	7
5	Macintosh James	1993	G	73.50	0.7228	165.0	5	115.0	4	195.0	5	475.0		343.33	6

**Nation (points)**

1 North West	66	[12+12+12+12+9+9]	2324.73 w.pts.
2 Gauteng	28	[9+8+6+5]	1470.15 w.pts.
3 Western Province	23	[9+7+7]	1060.78 w.pts.
4 Kwazulu Natal	6	[6]	339.07 w.pts.
5 Noord Kaap	5	[5]	315.49 w.pts.

**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Khalapa Japhta	North West	72.70	0.7285	565.0	411.60
2	Phantle Jabulani	North West	79.00	0.6882	585.0	402.59
3	Pretorius Jean-Athur	Gauteng	78.30	0.6922	580.0	401.47

**Masters 1**

1	Fredericks Mark	1969	WP	69.25	0.7556	115.0	1	95.0	1	155.0	1	365.0	275.81	12
---	-----------------	------	----	-------	--------	-------	---	------	---	-------	---	-------	--------	----

**Nation (points)**

1	Western Province	12	[12]	275.81	w.pts.
---	------------------	----	------	--------	--------

**Best Lifters of Masters 1**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Fredericks Mark	Western Province	69.25	0.7556	365.0	275.81

**Masters 2**

1	Quatse David	1962	NW	74.00	0.7193	160.0	1	95.0	1	210.0	1	465.0	n2	334.47	12
---	--------------	------	----	-------	--------	-------	---	------	---	-------	---	-------	----	--------	----

**Nation (points)**

1	Western Province	12	[12]	345.91	w.pts.
2	North West	12	[12]	334.47	w.pts.
3	Gauteng	12	[12]	270.39	w.pts.

**Best Lifters of Masters 2**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Christians Karl	Western Province	65.00	0.7952	435.0	345.91
2	Quatse David	North West	74.00	0.7193	465.0	334.47
3	Banda Patrick	Gauteng	76.60	0.7023	385.0	270.38

**Masters 3**

1	Oppenheim Dan	1945	G	73.65	0.7218	120.0	1	92.5	1	150.0	1	362.5	261.63	12
---	---------------	------	---	-------	--------	-------	---	------	---	-------	---	-------	--------	----

**Nation (points)**

1	Gauteng	12	[12]	261.63	w.pts.
---	---------	----	------	--------	--------

**Best Lifters of Masters 3**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Oppenheim Dan	Gauteng	73.65	0.7218	362.5	261.63

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt. Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
FS = Free Sate  
G = Gauteng

KZN = Kwazulu Natal  
NC = Noord Kaap  
NW = North West

WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS** , South Africa, Potchefstroom , 13-15.03.2014  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.				
<b>Seniors</b>															
<b>- 74 kg</b>															
1	Shomalistos Harry	1985	G	72.30	0.7315	215.0	1	140.0	1	292.5	1	647.5	n	473.64	12
2	Pregolato Umar	1994	WP	73.40	0.7235	170.0	2	132.5	3	230.0	3	532.5		385.26	9
3	Kariv Jonathan	1983	G	73.90	0.7200	170.0	3	137.5	2	225.0	4	532.5		383.40	8
4	Gosai Vinay	1980	KZN	71.60	0.7367	160.0	5	127.5	4	240.0	2	527.5		388.60	7
5	Macintosh James	1993	G	73.50	0.7228	165.0	4	115.0	5	195.0	5	475.0		343.33	6
6	Makoena Tebogo	1979	NW	68.85	0.7591	90.0	6	105.0	6	150.0	6	345.0		261.87	5

**Nation (points)**

1	Gauteng	40	[12+9+8+6+5]	1971.67	w.pts.
2	North West	38	[12+8+7+6+5]	1841.69	w.pts.
3	Western Province	26	[9+9+8]	1208.82	w.pts.
4	Kwazulu Natal	19	[12+7]	822.12	w.pts.

**Best Lifters of Seniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Shomalistos Harry	Gauteng	72.30	0.7315	647.5	473.64
2	van Wyk Dean	Kwazulu Natal	80.00	0.6827	635.0	433.51
3	Philatsi Jacobus	North West	61.85	0.8299	512.5	425.32

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
 FS = Free Sate  
 G = Gauteng

KZN = Kwazulu Natal  
 NC = Noord Kaap  
 NW = North West

WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS** , South Africa, Potchefstroom , 13-15.03.2014  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.				
<b>Subjuniors</b>															
<b>- 83 kg</b>															
1	Beresford Paul Roger	1996	WP	75.80	0.7074	155.0	1	95.0	2	215.0	1	465.0	ns	328.94	12
2	van Zyl Enrico	1997	NC	80.70	0.6790	120.0	2	110.0	1	180.0	2	410.0		278.39	9

**Nation (points)**

1	Gauteng	44	[12+9+8+8+7]	1367.51	w.pts.
2	Western Province	36	[12+12+12]	1010.40	w.pts.
3	North West	21	[12+9]	688.08	w.pts.
4	Noord Kaap	9	[9]	278.39	w.pts.

**Best Lifters of Subjuniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Matras Revaldo	North West	47.90	1.0728	350.0	375.48
2	Pregolato Ebrahim	Western Province	63.30	0.8133	435.0	353.78
3	Beresford Paul Roger	Western Province	75.80	0.7074	465.0	328.94

**Juniors**

1	Phantle Jabulani	1991	NW	79.00	0.6882	210.0	2	125.0	4	250.0	2	585.0	nj	402.59	12
2	Rapoo Tshepo	1993	NW	79.30	0.6865	220.0	1	120.0	5	242.5	3	582.5		399.88	9
3	Pretorius Jean-Athur	1992	G	78.30	0.6922	180.0	3	135.0	3	265.0	1	580.0		401.47	8
4	Moggoj Lethogonolo	1993	NW	76.90	0.7005	170.0	5	140.0	2	240.0	4	550.0		385.27	7
5	Holder Franco	1993	NW	81.25	0.6762	150.0	6	165.0	1	230.0	6	545.0		368.50	6
6	Homan Garth	1995	G	80.60	0.6795	180.0	4	115.0	6	230.0	5	525.0		356.73	5

**Nation (points)**

1	North West	66	[12+12+12+12+9+9]	2324.73	w.pts.
2	Gauteng	28	[9+8+6+5]	1470.15	w.pts.
3	Western Province	23	[9+7+7]	1060.78	w.pts.
4	Kwazulu Natal	6	[6]	339.07	w.pts.
5	Noord Kaap	5	[5]	315.49	w.pts.

**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Khalapa Japhta	North West	72.70	0.7285	565.0	411.60
2	Phantle Jabulani	North West	79.00	0.6882	585.0	402.59
3	Pretorius Jean-Athur	Gauteng	78.30	0.6922	580.0	401.47

**Seniors**

1	van Wyk Dean	1977	KZN	80.00	0.6827	212.5	2	135.0	3	287.5	1	635.0	n	433.51	12
2	Miller Ryan	1985	G	82.80	0.6685	195.0	5	172.5	1	267.5	2	635.0	n	424.49	9
3	Coppenhall Matthew	1987	WP	81.65	0.6742	225.0	1	160.0	2	237.5	4	622.5		419.65	8
4	Lekopa Peter	1984	NW	74.80	0.7139	195.0	3	110.0	6	245.0	3	550.0		392.64	7
5	Barnard Micheal	1987	NW	81.85	0.6732	195.0	4	120.0	5	230.0	5	545.0		366.86	6
6	Durtack Josh	1989	G	80.50	0.6800	175.0	6	120.0	4	215.0	6	510.0		346.80	5
—	Mohloane Simon	1990	NW	81.30	0.6759	—	—	—	—	—	—	—	Out	—	—

**Nation (points)**

1	North West	40	[12+8+7+7+6]	1841.69 w.pts.
2	Gauteng	35	[12+9+9+5]	1628.34 w.pts.
3	Kwazulu Natal	20	[12+8]	822.12 w.pts.
4	Western Province	17	[9+8]	823.56 w.pts.

**Best Lifters of Seniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Shomalistos Harry	Gauteng	72.30	0.7315	647.5	473.64
2	van Wyk Dean	Kwazulu Natal	80.00	0.6827	635.0	433.51
3	Philatsi Jacobus	North West	61.85	0.8299	512.5	425.32

**Masters 1**

—	Pregolato Faik	1971	WP	83.00	0.6675	175.0	1	—	200.0	1	—	Out	—	—
---	----------------	------	----	-------	--------	-------	---	---	-------	---	---	-----	---	---

**Nation (points)**

1	Western Province	12	[12]	275.81 w.pts.
---	------------------	----	------	---------------

**Best Lifters of Masters 1**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Fredericks Mark	Western Province	69.25	0.7556	365.0	275.81

**Masters 2**

1	Banda Patrick	1960	G	76.60	0.7023	110.0	1	67.5	1	207.5	1	385.0		270.38	12
---	---------------	------	---	-------	--------	-------	---	------	---	-------	---	-------	--	--------	----

**Nation (points)**

1	Western Province	12	[12]	345.91 w.pts.
2	North West	12	[12]	334.47 w.pts.
3	Gauteng	12	[12]	270.39 w.pts.

**Best Lifters of Masters 2**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Christians Karl	Western Province	65.00	0.7952	435.0	345.91
2	Quatse David	North West	74.00	0.7193	465.0	334.47
3	Banda Patrick	Gauteng	76.60	0.7023	385.0	270.38

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt. Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
FS = Free State  
G = Gauteng

KZN = Kwazulu Natal  
NC = Noord Kaap  
NW = North West

WP = Western Province



**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS , South Africa, Potchefstroom , 13-15.03.2014**

**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.		
<b>Subjuniors</b>													
<b>- 93 kg</b>													
1	du Plooy Ryno	1996	G	88.20	0.6451	180.0	1	100.0	220.0	1	500.0	322.55	12
2	Bezuidenhout Freddie	1996	EP	89.35	0.6408	170.0	2	97.5	190.0	2	457.5	293.16	9
3	Linde De Wet	1996	G	90.05	0.6382	135.0	3	102.5	185.0	3	422.5	269.63	8

**Nation (points)**

1	Western Province	69	[12+12+12+12+12+9]	1984.25 w.pts.
2	Gauteng	58	[12+12+9+9+8+8]	1743.97 w.pts.
3	North West	21	[12+9]	688.08 w.pts.
4	Eastern Province	9	[9]	293.17 w.pts.
5	Noord Kaap	9	[9]	278.39 w.pts.

**Best Lifters of Subjuniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Matras Revaldo	North West	47.90	1.0728	350.0	375.48
2	Conradie Mouton	Western Province	103.05	0.6016	597.5	359.45
3	Pregolato Ebrahim	Western Province	63.30	0.8133	435.0	353.78

**Juniors**

1	Sitsili Nelson	1991	NW	88.85	0.6426	212.5	1	135.0	1	280.0	1	627.5	nj	403.23	12
2	Engelbrecht Anton	1991	G	91.05	0.6347	190.0	2	130.0	2	220.0	3	540.0		342.73	9
3	Bezuidenhout Marco	1992	WP	88.70	0.6432	180.0	3	127.5	3	220.0	2	527.5		339.28	8

**Nation (points)**

1	North West	72	[12+12+12+12+12+12]	2387.08 w.pts.
2	Gauteng	59	[12+12+9+9+9+8]	2348.20 w.pts.
3	Western Province	31	[9+8+7+7]	1400.07 w.pts.
4	Free Sate	16	[9+7]	771.31 w.pts.
5	Kwazulu Natal	14	[8+6]	734.08 w.pts.
6	Noord Kaap	5	[5]	315.49 w.pts.

**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Bucarizza Benedict	Gauteng	114.80	0.5813	765.0	444.69
2	Baretto Ricardo	Free Sate	120.00	0.5749	765.0	439.79
3	Smith Johan	North West	103.35	0.6010	700.0	420.70

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
 FS = Free Sate  
 G = Gauteng

KZN = Kwazulu Natal  
 NC = Noord Kaap  
 NW = North West

WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS , South Africa, Potchefstroom , 13-15.03.2014**

**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.			
<b>Seniors</b>														
<b>- 93 kg</b>														
1	Hubinger Corne	1981	G	91.55	0.6330	235.0	1	142.5	3	265.0	2	642.5	406.67	12
2	vd Hear Grant	1982	KZN	90.60	0.6363	210.0	4	160.0	1	265.0	1	635.0	404.05	9
3	Ngubane Sihle	1987	G	86.45	0.6521	210.0	2	117.5	7	255.0	3	582.5	379.84	8
4	Jacobsz David	1981	G	90.55	0.6364	210.0	3	152.5	2	215.0	7	577.5	367.54	7
5	Green Graham	1978	G	92.20	0.6308	170.0	6	135.0	5	250.0	4	555.0	350.09	6
6	Padayachy Thiagin	1989	NC	91.10	0.6345	185.0	5	130.0	6	235.0	5	550.0	348.97	5
7	Khambule Tokelo	1983	G	88.30	0.6447	160.0	7	140.0	4	215.0	6	515.0	332.02	4
8	Seleka Bryan	1989	NW	88.05	0.6457	150.0	9	105.0	8	205.0	8	460.0	297.02	3
9	Vermeulen Denzel	1970	WP	92.55	0.6297	155.0	8	87.5	9	205.0	9	447.5	281.76	2
<b>- 105 kg</b>														
1	Smith Johan	1991	NW	103.35	0.6010	255.0	1	200.0	1	245.0	4	700.0	420.70	12
2	Nooman Kyle	1990	G	104.45	0.5987	205.0	6	150.0	5	280.0	1	635.0	380.17	9
3	Jones David Hatton	1988	G	96.35	0.6181	200.0	7	170.0	2	242.5	5	612.5	378.61	8
4	Roos Shaun	1977	G	103.10	0.6015	220.0	3	140.0	9	250.0	3	610.0	366.91	7
5	Seleke Peter	1975	NW	102.90	0.6019	200.0	8	140.0	8	265.0	2	605.0	364.14	6
6	Gadney Sarel	1987	G	102.15	0.6036	225.0	2	140.0	7	230.0	6	595.0	359.14	5
7	Marais Ashley	1986	WP	104.25	0.5991	215.0	5	145.0	6	220.0	8	580.0	347.47	4
8	Janse van Rensburg Henni	1981	G	103.25	0.6012	200.0	9	152.5	4	222.5	7	575.0	345.69	3
9	Benade Pieter	1977	NC	104.05	0.5995	220.0	4	160.0	3	180.0	10	560.0	335.72	2
10	Manlalule Siphon	1979	NW	99.40	0.6101	185.0	10	125.0	10	200.0	9	510.0	311.15	1
<b>- 120 kg</b>														
1	Bucarizza Benedict	1991	G	114.80	0.5813	285.0	2	202.5	1	277.5	5	765.0	444.69	12
2	Baretto Ricardo	1991	FS	120.00	0.5749	295.0	1	175.0	4	295.0	1	765.0	n 439.79	9
3	Edwards Dave	1985	G	116.75	0.5787	255.0	3	197.5	2	270.0	6	722.5	418.14	8
4	Absalom Kaatlego	1988	NC	114.50	0.5817	250.0	4	187.5	3	280.0	4	717.5	417.36	7
5	Kannemeyer Quintin	1974	NC	118.25	0.5769	250.0	5	165.0	6	290.0	3	705.0	406.74	6
6	Wardropper Geoffrey	1991	KZN	115.10	0.5809	230.0	7	160.0	7	290.0	2	680.0	395.01	5
7	van Zyl Willem J	1988	NC	112.95	0.5839	240.0	6	130.0	10	260.0	7	630.0	367.88	4
8	Ainsle William	1979	G	114.55	0.5817	212.5	8	157.5	8	250.0	8	620.0	360.62	3
9	Sekano Enoch	1979	NW	115.75	0.5800	200.0	9	170.0	5	210.0	10	580.0	336.42	2
10	Madikane Faku	1975	NW	107.50	0.5928	180.0	10	145.0	9	245.0	9	570.0	337.89	1
<b>120+ kg</b>														
1	Booyse Juan	1990	G	128.75	0.5665	285.0	1	190.0	1	252.5	5	727.5	412.16	12
2	Raniga Minal	1991	KZN	129.00	0.5664	257.5	2	152.5	4	270.0	1	680.0	385.15	9
3	Makhetha Thando	1986	NW	126.80	0.5682	240.0	3	172.5	2	260.0	3	672.5	382.11	8
4	van der Berg Hardus	1986	FS	125.80	0.5691	225.0	4	165.0	3	265.0	2	655.0	372.76	7
5	Spangenberg Willie	1986	NC	142.75	0.5572	220.0	5	140.0	5	255.0	4	615.0	342.67	6
6	de Roubaix Jan	1985	FS	127.75	0.5675	210.0	6	120.0	6	250.0	6	580.0	329.12	5

**Nation (points)**

1	Gauteng	66	[12+12+12+12+9+9]	2545.07 w.pts.
2	North West	54	[12+12+8+8+7+7]	2277.64 w.pts.
3	Kwazulu Natal	43	[12+9+9+8+5]	2006.34 w.pts.
4	Noord Kaap	30	[7+6+6+5+4+2]	2219.38 w.pts.
5	Western Province	23	[9+8+4+2]	1452.80 w.pts.
6	Free Sate	21	[9+7+5]	1141.68 w.pts.

**Best Lifters of Seniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Shomalistos Harry	Gauteng	72.30	0.7315	647.5	473.64
2	Bucarizza Benedict	Gauteng	114.80	0.5813	765.0	444.69
3	Baretto Ricardo	Free Sate	120.00	0.5749	765.0	439.79

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
 FS = Free Sate  
 G = Gauteng

KZN = Kwazulu Natal  
 NC = Noord Kaap  
 NW = North West

WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS , South Africa, Potchefstroom , 13-15.03.2014**

**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.		
<b>Masters 1</b>													
<b>- 93 kg</b>													
1	de Wet Henk	1974	G	92.25	0.6306	200.0	2	140.0	252.5	1	592.5 n1	373.66	12
2	Mapoo Victor	1970	NW	86.70	0.6511	215.0	1	140.0	220.0	2	575.0	374.38	9
3	Mobara Ebrahim	1964	WP	90.25	0.6375	170.0	3	87.5	205.0	3	462.5	294.84	8
4	Vermeulen Denzel	1970	WP	92.55	0.6297	155.0	4	87.5	205.0	4	447.5	281.76	7
5	Ingel Nicolas	1971	G	91.25	0.6340	140.0	5	125.0	167.5	5	432.5	274.20	6
<b>- 105 kg</b>													
1	Page Jorncy	1972	G	104.65	0.5983	230.0	1	155.0	245.0	1	630.0	376.92	12
2	Welgemoed Cornel	1970	G	104.75	0.5981	200.0	3	155.0	245.0	2	600.0	358.86	9
3	Romathan Kayle	1970	G	99.00	0.6111	210.0	2	120.0	235.0	3	565.0	345.27	8
<b>- 120 kg</b>													
1	Cosmo Matthew	1971	G	118.20	0.5770	300.0	1	185.0	282.5	2	767.5 n	442.84	12
2	Kannemeyer Quintin	1974	NC	118.25	0.5769	250.0	2	165.0	290.0	1	705.0	406.74	9

**Nation (points)**

1 Gauteng	59	[12+12+12+9+8+6]	2171.77 w.pts.
2 Western Province	27	[12+8+7]	852.42 w.pts.
3 Noord Kaap	9	[9]	406.75 w.pts.
4 North West	9	[9]	374.38 w.pts.

**Best Lifters of Masters 1**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Cosmo Matthew	Gauteng	118.20	0.5770	767.5	442.84
2	Kannemeyer Quintin	Noord Kaap	118.25	0.5769	705.0	406.74
3	Page Jorncy	Gauteng	104.65	0.5983	630.0	376.92

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
 FS = Free Sate  
 G = Gauteng

KZN = Kwazulu Natal  
 NC = Noord Kaap  
 NW = North West

WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS , South Africa, Potchefstroom , 13-15.03.2014**

**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.			
<b>Masters 2</b>														
<b>- 93 kg</b>														
1	Mobara Ebrahim	1964	WP	90.25	0.6375	170.0	1	87.5	1	205.0	1	462.5	294.84	12
<b>- 105 kg</b>														
1	Young Colin	1957	WP	101.85	0.6042	170.0	1	145.0	1	210.0	1	525.0	317.23	12

**Nation (points)**

1	Western Province	36	[12+12+12]	957.99 w.pts.
2	North West	12	[12]	334.47 w.pts.
3	Gauteng	12	[12]	270.39 w.pts.

**Best Lifters of Masters 2**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Christians Karl	Western Provin	65.00	0.7952	435.0	345.91
2	Quatse David	North West	74.00	0.7193	465.0	334.47
3	Young Colin	Western Provin	101.85	0.6042	525.0	317.23

**Masters 3**

1	Naude Theuns	1944	NW	99.50	0.6098	110.0	1	80.0	1	210.0	1	400.0	243.92	12
---	--------------	------	----	-------	--------	-------	---	------	---	-------	---	-------	--------	----

**Nation (points)**

1	Gauteng	12	[12]	261.63 w.pts.
2	North West	12	[12]	243.92 w.pts.

**Best Lifters of Masters 3**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Oppenheim Dan	Gauteng	73.65	0.7218	362.5	261.63
2	Naude Theuns	North West	99.50	0.6098	400.0	243.92

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
 FS = Free Sate  
 G = Gauteng

KZN = Kwazulu Natal  
 NC = Noord Kaap  
 NW = North West

WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS , South Africa, Potchefstroom , 13-15.03.2014**

**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.		
<b>Subjuniors</b>													
<b>- 105 kg</b>													
1	Conradie Mouton	1996	WP	103.05	0.6016	200.0	1	127.5	270.0	1	597.5	359.45	12
2	Braxton Alexander	1998	WP	96.65	0.6173	190.0	2	100.0	230.0	2	520.0	320.99	9
—	Du Toit Ruan	1996	NW	97.85	0.6140	—		130.0	180.0	3	—	Out	—

**Nation (points)**

1	Western Province	69	[12+12+12+12+12+9]	1984.25 w.pts.
2	Gauteng	58	[12+12+9+9+8+8]	1743.97 w.pts.
3	North West	21	[12+9]	688.08 w.pts.
4	Eastern Province	9	[9]	293.17 w.pts.
5	Noord Kaap	9	[9]	278.39 w.pts.

**Best Lifters of Subjuniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Matras Revaldo	North West	47.90	1.0728	350.0	375.48
2	Conradie Mouton	Western Province	103.05	0.6016	597.5	359.45
3	Pregolato Ebrahim	Western Province	63.30	0.8133	435.0	353.78

**Juniors**

1	Smith Johan	1991	NW	103.35	0.6010	255.0	1	200.0	245.0	3	700.0	420.70	12
2	Williams Trent	1993	G	96.80	0.6169	220.0	3	175.0	280.0	1	675.0	416.40	9
3	Kennedy Robert	1995	G	103.30	0.6011	230.0	2	137.5	260.0	2	627.5	377.19	8
4	Kloppers Andre	1995	G	100.10	0.6083	210.0	4	125.0	235.0	4	570.0	346.73	7

**Nation (points)**

1	North West	72	[12+12+12+12+12+12]	2387.08 w.pts.
2	Gauteng	56	[12+9+9+9+9+8]	2227.56 w.pts.
3	Western Province	31	[9+8+7+7]	1400.07 w.pts.
4	Free Sate	12	[12]	331.52 w.pts.
5	Kwazulu Natal	6	[6]	339.07 w.pts.
6	Noord Kaap	5	[5]	315.49 w.pts.

**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Smith Johan	North West	103.35	0.6010	700.0	420.70
2	Williams Trent	Gauteng	96.80	0.6169	675.0	416.40
3	Khalapa Japhta	North West	72.70	0.7285	565.0	411.60

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
 FS = Free Sate  
 G = Gauteng

KZN = Kwazulu Natal  
 NC = Noord Kaap  
 NW = North West

WP = Western Province

**South African Powerlifting Federation**  
**SA RAW POWERLIFTING CHAMPIONSHIPS , South Africa, Potchefstroom , 13-15.03.2014**

**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.	
<b>Subjuniors</b>												
<b>- 120 kg</b>												
1	Fourie Micael	1998	WP	109.25	0.5897	170.0	1	122.5	1	497.5	293.40	12
2	Naidu Hugh	1997	G	111.85	0.5856	145.0	2	110.0	2	440.0	257.64	9

**Nation (points)**

1	Western Province	69	[12+12+12+12+12+9]	1984.25 w.pts.
2	Gauteng	58	[12+12+9+9+8+8]	1743.97 w.pts.
3	North West	21	[12+9]	688.08 w.pts.
4	Eastern Province	9	[9]	293.17 w.pts.
5	Noord Kaap	9	[9]	278.39 w.pts.

**Best Lifters of Subjuniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Matras Revaldo	North West	47.90	1.0728	350.0	375.48
2	Conradie Mouton	Western Province	103.05	0.6016	597.5	359.45
3	Pregolato Ebrahim	Western Province	63.30	0.8133	435.0	353.78

**Juniors**

1	Bucarizza Benedict	1991	G	114.80	0.5813	285.0	2	202.5	1	277.5	3	765.0	444.69	12	
2	Baretto Ricardo	1991	FS	120.00	0.5749	295.0	1	175.0	2	295.0	1	765.0	n	439.79	9
3	Wardropper Geoffrey	1991	KZN	115.10	0.5809	230.0	3	160.0	3	290.0	2	680.0	395.01	8	
4	van Jaarsveld Cornelis	1994	FS	118.55	0.5766	215.0	4	125.0	4	235.0	5	575.0	331.51	7	
5	Roux Ruan	1991	G	116.95	0.5736	205.0	6	110.0	7	250.0	4	565.0	324.05	6	
—	Gouvias Brenton	1995	WP	111.40	0.5863	205.0	5	122.5	5	—	—	—	Out	—	—
—	Grove Johan	1991	G	116.55	0.5790	180.0	7	120.0	6	—	—	—	Out	—	—
<b>120+ kg</b>															
1	Raniga Minal	1991	KZN	129.00	0.5664	257.5	1	152.5	1	270.0	2	680.0	385.15	12	
2	Shaw William	1991	G	130.85	0.5649	230.0	2	132.5	2	300.0	1	662.5	374.27	9	

**Nation (points)**

1	North West	72	[12+12+12+12+12+12]	2387.08 w.pts.
2	Gauteng	56	[12+9+9+9+9+8]	2348.20 w.pts.
3	Western Province	31	[9+8+7+7]	1400.07 w.pts.
4	Kwazulu Natal	26	[12+8+6]	1119.23 w.pts.
5	Free Sate	16	[9+7]	771.31 w.pts.
6	Noord Kaap	5	[5]	315.49 w.pts.

**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Bucarizza Benedict	Gauteng	114.80	0.5813	765.0	444.69
2	Baretto Ricardo	Free Sate	120.00	0.5749	765.0	439.79
3	Smith Johan	North West	103.35	0.6010	700.0	420.70

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt. Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EP = Eastern Province  
 FS = Free Sate  
 G = Gauteng

KZN = Kwazulu Natal  
 NC = Noord Kaap  
 NW = North West

WP = Western Province