

South African Powerlifting Federation
SA Mens Equipped Bench Press Championships , South Africa, Durban, 07.02.2015
SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Subjuniors												
- 66 kg												
1	van der Linde Ruben	1998	G	61.50	0.8341	11	80.0	90.0	90.0	80.0	66.72	12
2	van der Linde Bernard	2000	G	61.60	0.8329	12	80.0	90.0	90.0	80.0	66.63	9

Nation (points)

1 Gauteng 21 [12+9] 133.36 w.pts.

Best Lifters of Subjuniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	van der Linde Ruben	Gauteng	61.50	0.8341	80.0	66.72
2	van der Linde Bernard	Gauteng	61.60	0.8329	80.0	66.63

Juniors

1	Vorster Marcel	1994	G	64.10	0.8046	4	145.0	152.5	157.5	157.5	126.72	12
- 93 kg												
1	Parker Willem	1994	G	92.20	0.6308	7	155.0	165.0	177.5 nj	177.5	111.96	12
- 120 kg												
1	Katushabe Edgar	1993	EP	113.20	0.5836	15	175.0	175.0	175.0	175.0	102.13	12

Nation (points)

1 Gauteng 24 [12+12] 238.69 w.pts.
 2 Eastern Cape 12 [12] 102.13 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Vorster Marcel	Gauteng	64.10	0.8046	157.5	126.72
2	Parker Willem	Gauteng	92.20	0.6308	177.5	111.96
3	Katushabe Edgar	Eastern Cape	113.20	0.5836	175.0	102.13

Seniors

- 83 kg

1	Kariv Jonathan	1983	G	80.25	0.6814	20	150.0	177.5	177.5	150.0	102.20	12
- 105 kg												
1	Veldman Frikkie	1987	G	103.10	0.6015	13	190.0	200.0	220.0	220.0	132.33	12
2	Janse van Rensburg Heinri	1987	FS	98.75	0.6117	3	180.0	190.0	200.0	190.0	116.22	9
- 120 kg												
1	Gie Andries	1980	WP	118.20	0.5770	10	232.5	232.5	242.5	232.5	134.15	12
120+ kg												
1	Nolan Eugene	1989	EP	137.40	0.5604	19	260.0	272.5	272.5	260.0	145.70	12

Nation (points)

1	Gauteng	24	[12+12]	234.53 w.pts.
2	Eastern Cape	12	[12]	145.70 w.pts.
3	Western Province	12	[12]	134.15 w.pts.
4	Free Sate	9	[9]	116.22 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Nolan Eugene	Eastern Cape	137.40	0.5604	260.0	145.70
2	Gie Andries	Western Provin	118.20	0.5770	232.5	134.15
3	Veldman Frikkie	Gauteng	103.10	0.6015	220.0	132.33

Masters 1

- 74 kg												
1	van der Linde Glen	1971	G	72.60	0.7293	17	120.0	130.0	135.0	130.0	94.80	12
- 105 kg												
1	Phillips Mark	1968	G	101.75	0.6045	1	185.0	190.0	190.0	185.0	111.83	12
- 120 kg												
1	Cosmo Matthew	1971	G	114.85	0.5813	6	235.0	240.0	X	235.0	136.59	12
120+ kg												
—	Meyer Jean	1972	G	137.50	0.5603	18	185.0	192.5	192.5	—	Out	—

Nation (points)

1	Gauteng	36	[12+12+12]	343.24 w.pts.
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Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
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1	Cosmo Matthew	Gauteng	114.85	0.5813	235.0	136.59
2	Phillips Mark	Gauteng	101.75	0.6045	185.0	111.83
3	van der Linde Glen	Gauteng	72.60	0.7293	130.0	94.80

Masters 2

- 66 kg

1	Bruce JC	1961	WP	65.50	0.7901	14	90.0	405.0	405.0	90.0	71.10	12
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- 120 kg

1	Vorster Johan	1960	NC	114.70	0.5815	5	145.0	150.0	162.5	162.5	94.49	12
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Nation (points)

1	Noord Kaap	12	[12]	94.49 w.pts.
2	Western Province	12	[12]	71.11 w.pts.

Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Vorster Johan	Noord Kaap	114.70	0.5815	162.5	94.49
2	Bruce JC	Western Provin	65.50	0.7901	90.0	71.10

Masters 3

- 83 kg

1	Vermaak Peter	1948	WP	81.60	0.6744	8	145.0	150.0 n3	152.5	150.0	101.16	12
2	Coleman Neal	1950	WP	82.35	0.6706	16	141.0	145.0	151.0	141.0	94.56	9

Nation (points)

1	Western Province	21	[12+9]	195.72 w.pts.
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Best Lifters of Masters 3

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Vermaak Peter	Western Provin	81.60	0.6744	150.0	101.16
2	Coleman Neal	Western Provin	82.35	0.6706	141.0	94.56

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.

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PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Juniors												
- 57 kg												
1	Leighton Megan	1996	G	57.00	1.1604	2	50.0	55.0	60.0	55.0	63.82	12
- 84 kg												
1	Goosen Tammy	1993	G	74.60	0.9538	3	70.0	75.0	80.0	75.0	71.53	12
Nation (points)												
1	Gauteng	24	[12+12]	135.36 w.pts.								

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Goosen Tammy	Gauteng	74.60	0.9538	75.0	71.53
2	Leighton Megan	Gauteng	57.00	1.1604	55.0	63.82

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.
 G = Gauteng

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SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Subjuniors												
- 66 kg												
1	van der Linde Ruben	1998	G	61.50	0.8341	6	60.0	75.0	80.0	75.0	62.55	12
2	van der Linde Bernard	2000	G	61.60	0.8329	2	60.0	75.0	75.0	75.0	62.46	9
- 74 kg												
1	Muller Ignatius	1998	EP	72.55	0.7296	16	85.0	90.0	92.5	92.5	67.49	12
- 105 kg												
1	Leitch Tristan	1999	WP	103.90	0.5998	2	130.0	135.0	144.0	135.0	80.97	12

Nation (points)

1	Gauteng	21	[12+9]	125.02 w.pts.
2	Western Province	12	[12]	80.97 w.pts.
3	Eastern Cape	12	[12]	67.49 w.pts.

Best Lifters of Subjuniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Leitch Tristan	Western Provin	103.90	0.5998	135.0	80.97
2	Muller Ignatius	Eastern Cape	72.55	0.7296	92.5	67.49
3	van der Linde Ruben	Gauteng	61.50	0.8341	75.0	62.55

Juniors

- 66 kg												
1	Strydom Jaco	1993	EP	62.15	0.8264	9	120.0	127.5 nj	130.0	127.5	105.36	12
- 93 kg												
1	Holder Franco	1993	NW	86.70	0.6511	1	160.0	165.0	170.0	160.0	104.17	12
2	Jantjies Herschelle	1995	EP	90.70	0.6359	13	115.0	120.0	122.5	120.0	76.30	9

Nation (points)

1	Eastern Cape	21	[12+9]	181.67 w.pts.
2	North West	12	[12]	104.18 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Strydom Jaco	Eastern Cape	62.15	0.8264	127.5	105.36
2	Holder Franco	North West	86.70	0.6511	160.0	104.17
3	Jantjies Herschelle	Eastern Cape	90.70	0.6359	120.0	76.30

Seniors

- 59 kg

1	Faviers Andy	1991	WP	51.45	0.9923	4	95.0	400.0	400.0	95.0	94.26	12
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- 74 kg

1	Goosai Vinay	1980	KZN	73.60	0.7221	7	120.0	127.5	132.5	132.5	95.67	12
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- 83 kg

1	Kariv Jonathan	1983	G	80.25	0.6814	5	135.0	145.0	152.5	145.0	98.79	12
2	Chantler JC	1989	EP	80.05	0.6825	15	140.0	150.0	150.0	140.0	95.54	9

- 105 kg

1	Veldman Frikkie	1987	G	103.10	0.6015	10	165.0	175.0	185.0	175.0	105.26	12
2	Mkhize Mazwi	1986	KZN	97.00	0.6163	11	160.0	160.0	165.0	160.0	98.60	9
3	Gadney Sarel	1987	G	103.95	0.5997	9	150.0	155.0	155.0	150.0	89.95	8

- 120 kg

1	Edwards Dave	1985	G	120.00	0.5749	6	200.0	207.5	212.5	212.5	122.16	12
—	Rai Lee	1985	KZN	109.35	0.5896	12	190.0	190.0	207.5	—	Out	—

120+ kg

1	Farinha Jose	1981	FS	130.50	0.5652	8	180.0	192.5	201.0	192.5	108.80	12
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Nation (points)

1	Gauteng	44	[12+12+12+8]	416.18 w.pts.
2	Kwazulu Natal	21	[12+9]	194.29 w.pts.
3	Free Sate	12	[12]	108.80 w.pts.
4	Western Province	12	[12]	94.27 w.pts.
5	Eastern Cape	9	[9]	95.54 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Edwards Dave	Gauteng	120.00	0.5749	212.5	122.16
2	Farinha Jose	Free Sate	130.50	0.5652	192.5	108.80
3	Veldman Frikkie	Gauteng	103.10	0.6015	175.0	105.26

Masters 1**- 74 kg**

1	van der Linde Glen	1971	G	72.60	0.7293	11	100.0	110.0	417.5	110.0	80.22	12
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- 93 kg

1	Ingel Nicolas	1971	G	92.40	0.6301	12	115.0	122.5	427.5	122.5	77.18	12
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- 120 kg

1	Horn Malone	1970	KZN	113.30	0.5834	13	180.0	490.0	200.0	200.0	116.68	12
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2	Cosmo Matthew	1971	G	114.85	0.5813	3	160.0	175.0	492.5	175.0	101.71	9
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120+ kg

1	Meyer Jean	1972	G	137.50	0.5603	15	160.0	475.0	175.0	160.0	89.64	12
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Nation (points)

1	Gauteng	45	[12+12+12+9]	348.78 w.pts.
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2	Kwazulu Natal	12	[12]	116.68 w.pts.
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Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Horn Malone	Kwazulu Natal	113.30	0.5834	200.0	116.68
2	Cosmo Matthew	Gauteng	114.85	0.5813	175.0	101.71
3	Meyer Jean	Gauteng	137.50	0.5603	160.0	89.64

Masters 2**- 66 kg**

1	Bruce JC	1961	WP	65.50	0.7901	17	72.5	80.0	87.5	80.0	63.20	12
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- 74 kg

1	de Nysschen Tommie	1965	NC	73.10	0.7256	8	90.0	95.0	97.5	97.5	70.74	12
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- 105 kg

1	Young Colin	1957	WP	103.60	0.6040	14	135.0	140.0	445.0	140.0	84.56	12
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- 120 kg

1	Oosthuizen Gerhardus	1964	KZN	112.30	0.5849	1	180.0	190.0	200.0	190.0	111.13	12
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2	Vorster Johan	1960	NC	114.70	0.5815	4	140.0	150.0	160.0	160.0	93.04	9
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Nation (points)

1	Western Province	24	[12+12]	147.77 w.pts.
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2	Noord Kaap	21	[12+9]	163.79 w.pts.
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3	Kwazulu Natal	12	[12]	111.13 w.pts.
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Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Oosthuizen Gerhardus	Kwazulu Natal	112.30	0.5849	190.0	111.13
2	Vorster Johan	Noord Kaap	114.70	0.5815	160.0	93.04
3	Young Colin	Western Provin	103.60	0.6040	140.0	84.56

Masters 3**- 83 kg**

1	Vermaak Peter	1948	WP	81.60	0.6744	10	131.0	133.5	X	133.5	90.03	12
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Nation (points)

1	Western Province	12	[12]	90.03 w.pts.
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Best Lifters of Masters 3

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Vermaak Peter	Western Provin	81.60	0.6744	133.5	90.03

Masters 4

1	Kempen William	1945	WP	81.30	0.6759	3	80.0	90.0	100.0	100.0	67.59
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Best Lifters of Masters 4

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Kempen William	Western Provin	81.30	0.6759	100.0	67.59

Abbreviations:

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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 Cape

KZN = Kwazulu Natal

WP = Western Province

FS = Free Sate

NC = Noord Kaap

G = Gauteng

NW = North West

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PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Juniors												
- 57 kg												
1	Leighton Megan	1996	G	57.00	1.1604	1	50.0	55.0	58.5	58.5	67.88	12
Nation (points)												
	1 Gauteng	12	[12]	67.88 w.pts.								
Best Lifters of Juniors												
PL.	Lifter	Nation		B.Weight	WF	Result			W. points			
1	Leighton Megan	Gauteng		57.00	1.1604	58.5			67.88			
Masters 1												
- 63 kg												
1	Ingle Carm	1975	G	62.80	1.0765	3	45.0	47.5	50.0	50.0	53.82	12
84+ kg												
1	Ludwig Tracy	1973	KZN	114.00	0.8072	4	70.0	77.5	80.0	77.5	62.55	12
Nation (points)												
	1 Kwazulu Natal	12	[12]	62.56 w.pts.								
	2 Gauteng	12	[12]	53.83 w.pts.								
Best Lifters of Masters 1												
PL.	Lifter	Nation		B.Weight	WF	Result			W. points			
1	Ludwig Tracy	Kwazulu Natal		114.00	0.8072	77.5			62.55			
2	Ingle Carm	Gauteng		62.80	1.0765	50.0			53.82			
Masters 2												
- 52 kg												
1	Coleman Liliana	1963	WP	50.60	1.2730	2	57.5	61.0	62.5	62.5	79.56	12
Nation (points)												
	1 Western Province	12	[12]	79.56 w.pts.								

Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Coleman Liliana	Western Provin	50.60	1.2730	62.5	79.56

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.

G = Gauteng

WP = Western Province

KZN = Kwazulu Natal