







**South African Powerlifting Federation**  
**South African Bench Press Championship Raw Sub-juniors & Masters Men, South Africa, Potchefstroom, 15.02.2014**  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>Subjuniors</b>												
<b>- 53 kg</b>												
1	Matras Revaldo	1996	NW	47.95	1.0716	15	55.0	60.0	<del>65.0</del>	60.0	64.29	12
<b>- 59 kg</b>												
1	Booyesen Orbert	1998	NW	55.25	0.9225	-10	65.0	70.0	<del>75.0</del>	70.0	64.57	12
<b>- 66 kg</b>												
1	Lehohonolo Shange	1996	NW	66.00	0.7852	6	85.0	90.0	<del>95.0</del>	90.0	70.66	12
<b>- 105 kg</b>												
1	Smith Berto	1996	NC	103.40	0.6009	13	<del>120.0</del>	130.0	140.0	140.0	84.12	12
<b>Nation (points)</b>												
1	North West	36	[12+12+12]	199.54 w.pts.								
2	Noord Kaap	12	[12]	84.13 w.pts.								
<b>Best Lifters of Subjuniors</b>												
PL.	Lifter	Nation	B.Weight	WF	Result	W. points						
1	Smith Berto	Noord Kaap	103.40	0.6009	140.0	84.12						
2	Lehohonolo Shange	North West	66.00	0.7852	90.0	70.66						
3	Booyesen Orbert	North West	55.25	0.9225	70.0	64.57						
<b>Masters 1</b>												
<b>- 74 kg</b>												
1	van der Linde Glen	1971	G	70.40	0.7461	-10	100.0	110.0	<del>120.0</del>	110.0	82.07	12
<b>- 83 kg</b>												
1	Petersen Frans	1970	NW	75.90	0.7670	14	70.0	90.0	100.0	100.0	76.70	12
<b>- 93 kg</b>												
1	de Wet Henk	1974	G	89.05	0.6419	17	130.0	137.5	140.0	140.0	89.86	12
2	Ingel Nicolas	1971	G	91.35	0.6337	2	115.0	122.5	125.0	125.0	79.20	9
<b>- 105 kg</b>												
1	Welgemoed Cornel	1970	G	104.25	0.5991	12	150.0	160.0	<del>167.5</del>	160.0	95.85	12
<b>120+ kg</b>												
1	Smith Guys	1972	NC	141.05	0.5582	6	170.0	180.0	195.0	195.0	108.84	12
2	Furman Ian	1967	G	125.25	0.5696	15	180.0	190.0	<del>197.5</del>	190.0	108.23	9
<b>Nation (points)</b>												
1	Gauteng	54	[12+12+12+9+9]	455.23 w.pts.								
2	Noord Kaap	12	[12]	108.85 w.pts.								
3	North West	12	[12]	76.70 w.pts.								
<b>Best Lifters of Masters 1</b>												





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**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>- 53 kg</b>												
1	Matras Revaldo	1996	NW	47.95	1.0716	15	55.0	60.0	<del>65.0</del>	60.0	64.29	12
<b>- 59 kg</b>												
1	Tshabalala David	1995	NW	53.95	0.9448	14	80.0	90.0	<del>100.0</del>	90.0	85.03	12
2	Pietersen Aubrey	1995	NW	54.90	0.9283	1	60.0	70.0	85.0	85.0	78.90	9
3	Williams Clint	1992	NW	55.50	0.9184	8	75.0	85.0	<del>90.0</del>	85.0	78.06	8
4	Seleke Mpho	1994	NW	57.60	0.8859	7	85.0	<del>95.0</del>	<del>95.0</del>	85.0	75.30	7
5	Pietersen Abraham	1995	NW	57.20	0.8919	13	70.0	75.0	<del>80.0</del>	75.0	66.89	6
6	Booyesen Orbert	1998	NW	55.25	0.9225	-10	65.0	70.0	<del>75.0</del>	70.0	64.57	5
<b>- 66 kg</b>												
1	Phaltsi Jacobs	1981	NW	62.00	0.8281	-10	120.0	127.5 n	130.0 n	130.0	107.65	12
2	Botha Michel	1989	NW	64.30	0.8025	-10	<del>120.0</del>	125.0	<del>130.0</del>	125.0	100.31	9
3	Isaacs Ndaba	1979	G	60.45	0.8471	-10	95.0	100.0	105.0	105.0	88.94	8
4	Mathe David	1991	NW	64.20	0.8035	10	85.0	<del>95.0</del>	95.0	95.0	76.33	7
5	Edigihe Mosiwa	1995	NW	63.30	0.8133	3	80.0	90.0	<del>92.5</del>	90.0	73.19	6
6	Lehohonolo Shange	1996	NW	66.00	0.7852	6	85.0	90.0	<del>95.0</del>	90.0	70.66	5
7	Kabelo Moroena	1995	NW	61.10	0.8390	5	80.0	<del>85.0</del>	85.0	85.0	71.31	4
8	Britoa Thabiso	1979	NW	62.55	0.8217	11	80.0	<del>85.0</del>	<del>85.0</del>	80.0	65.74	3
<b>- 74 kg</b>												
1	Khalapa Japhta	1992	NW	73.55	0.7225	23	110.0	125.0	127.5	127.5	92.11	12
2	Pietersen Sintewilles	1995	NW	69.45	0.7539	1	110.0	<del>120.0</del>	<del>120.0</del>	110.0	82.93	9
3	van der Linde Glen	1971	G	70.40	0.7461	-10	100.0	110.0	<del>120.0</del>	110.0	82.07	8
4	Banda Lebogang	1992	NW	73.90	0.7200	7	100.0	110.0	<del>120.0</del>	110.0	79.20	7
5	Pholoholo Issac	1992	NW	72.45	0.7304	16	<del>90.0</del>	100.0	<del>105.0</del>	100.0	73.03	6
6	Quatse David	1962	NW	73.60	0.7221	9	75.0	<del>95.0</del>	<del>95.0</del>	75.0	54.15	5
<b>- 83 kg</b>												
1	Mohloane Simon	1990	NW	80.70	0.6790	8	125.0	130.0	137.5	137.5	93.36	12
2	Mathe Dan	1988	NW	75.90	0.7670	21	100.0	120.0	130.0	130.0	99.71	9
3	Mogapi Lethogonolo	1993	NC	77.90	0.6945	19	120.0	130.0	<del>150.0</del>	130.0	90.28	8
4	Phantle Jabulani	1991	NW	79.95	0.6829	20	120.0	<del>130.0</del>	<del>130.0</del>	120.0	81.95	7
5	Rapoo Tshupo	1993	NW	81.10	0.6769	10	105.0	115.0	<del>122.5</del>	115.0	77.84	6
6	Petersen Frans	1970	NW	75.90	0.7670	14	70.0	90.0	100.0	100.0	76.70	5
<b>- 93 kg</b>												
1	Jacobs David	1981	G	90.25	0.6375	6	145.0	<del>157.5</del>	<del>160.0</del>	145.0	92.43	12
2	de Wet Henk	1974	G	89.05	0.6419	17	130.0	137.5	140.0	140.0	89.86	9
3	Sitsili Nelson	1991	NW	88.55	0.6438	15	120.0	135.0	<del>140.0</del>	135.0	86.91	8
4	Engelbrecht Anton	1991	G	91.30	0.6338	11	127.5	135.0	<del>140.0</del>	135.0	85.56	7
5	Ingel Nicolas	1971	G	91.35	0.6337	2	115.0	122.5	125.0	125.0	79.20	6
6	Coleman Neal	1950	WP	91.50	0.6331	22	120.0 n3	125.0 n3	<del>127.5</del>	125.0	79.13	5
7	Seleka Brain	1989	NW	86.65	0.6513	12	100.0	105.0	<del>107.5</del>	105.0	68.38	4
<b>- 105 kg</b>												
1	Smith Johan	1991	NW	102.20	0.6035	10	<del>200.0</del>	200.0 n	<del>211.0</del>	200.0	120.70	12
2	Welgemoed Cornel	1970	G	104.25	0.5991	12	150.0	160.0	<del>167.5</del>	160.0	95.85	9
3	Janse van Rensburg Henn	1981	G	103.65	0.6021	7	<del>137.5</del>	145.0	147.5	147.5	88.80	8
4	Nooman Kyle	1990	G	103.10	0.6015	11	130.0	<del>142.5</del>	142.5	142.5	85.71	7

5	Seleke Peter	1975	NW	104.45	0.5987	4	137.5	142.5	<del>450.0</del>	142.5	85.31	6
6	Rossouw Wessel	1993	G	102.00	0.6039	2	130.0	140.0	<del>145.0</del>	140.0	84.54	5
7	Smith Berto	1996	NC	103.40	0.6009	13	<del>120.0</del>	130.0	140.0 ns	140.0	84.12	4
8	Roos Shaun	1977	G	104.25	0.5991	9	140.0	<del>150.0</del>	<del>150.0</del>	140.0	83.87	3
9	Romathan Kayle	2014	G	99.25	0.6104	16	110.0	120.0	<del>125.0</del>	120.0	73.25	2

**- 120 kg**

1	Edwards Dave	1985	G	118.30	0.5769	1	195.0	<del>202.5</del>	202.5 n	202.5	116.82	12
2	Sekano Enoch	1979	NW	115.20	0.5808	3	140.0	150.0	170.0	170.0	98.73	9
3	Voster Johan	1960	NC	114.20	0.5821	14	130.0	145.0	151.0 n2	151.0	87.89	8
4	Madikane Faku	1975	NW	108.05	0.5918	5	140.0	145.0	<del>150.0</del>	145.0	85.81	7

**120+ kg**

1	Smith Guys	1972	NC	141.05	0.5582	6	170.0	180.0	195.0	195.0	108.84	12
2	Furman Ian	1967	G	125.25	0.5696	15	180.0	190.0	<del>197.5</del>	190.0	108.23	9
3	Delaney Terence	1961	G	132.20	0.5639	8	145.0 n2	157.5 n2	162.5 n2	162.5	91.63	8

**Nation (points)**

1	North West	72	[12+12+12+12+12+12]	563.15 w.pts.
2	Gauteng	59	[12+12+9+9+9+8]	594.85 w.pts.
3	Noord Kaap	32	[12+8+8+4]	371.16 w.pts.
4	Western Province	5	[5]	79.14 w.pts.

**Best Lifters of Open**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Smith Johan	North West	102.20	0.6035	200.0	120.70
2	Edwards Dave	Gauteng	118.30	0.5769	202.5	116.82
3	Smith Guys	Noord Kaap	141.05	0.5582	195.0	108.84

**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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**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>Subjuniors</b>												
<b>- 57 kg</b>												
1	Leighton Megan	1996	G	56.05	1.1758	2	47.5	52.5	<del>55.0</del>	52.5	61.72	12
<b>Nation (points)</b>												
1	Gauteng	12	[12]	61.73 w.pts.								
<b>Best Lifters of Subjuniors</b>												
<b>PL.</b>	<b>Lifter</b>	<b>Nation</b>		<b>B.Weight</b>	<b>WF</b>	<b>Result</b>		<b>W. points</b>				
1	Leighton Megan	Gauteng		56.05	1.1758	52.5		61.72				
<b>Masters 1</b>												
<b>- 63 kg</b>												
1	Botha Vicky	1973	NW	59.20	1.1266	4	70.0	75.0	80.0	80.0	90.12	12
<b>Nation (points)</b>												
1	North West	12	[12]	90.13 w.pts.								
<b>Best Lifters of Masters 1</b>												
<b>PL.</b>	<b>Lifter</b>	<b>Nation</b>		<b>B.Weight</b>	<b>WF</b>	<b>Result</b>		<b>W. points</b>				
1	Botha Vicky	North West		59.20	1.1266	80.0		90.12				
<b>Masters 2</b>												
<b>- 52 kg</b>												
1	Coleman Liliana	1963	WP	49.80	1.2885	3	57.5	60.0	62.5	62.5	80.53	12
<b>Nation (points)</b>												
1	Western Province	12	[12]	80.53 w.pts.								
<b>Best Lifters of Masters 2</b>												
<b>PL.</b>	<b>Lifter</b>	<b>Nation</b>		<b>B.Weight</b>	<b>WF</b>	<b>Result</b>		<b>W. points</b>				
1	Coleman Liliana	Western Provin		49.80	1.2885	62.5		80.53				

**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  
 NW = North West

**South African Powerlifting Federation**  
**South African Bench Press Championships Equipped Women Mixed Categories, South Africa, Potchefstroom, 15.02.2014**

**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
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**Juniors**

**- 57 kg**

1	Leighton Megan	1996	G	56.05	1.1758	2	47.5	52.5	<del>55.0</del>	52.5	61.72	12
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**Nation (points)**

1	Gauteng	12	[12]	61.73 w.pts.
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**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Leighton Megan	Gauteng	56.05	1.1758	52.5	61.72

**Abbreviations:**

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**South African Powerlifting Federation**  
**South African Bench Press Championships Equipped Women Open Categories, South Africa, Potchefstroom, 15.02.2014**

**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>- 52 kg</b>												
1	Coleman Liliana	1963	WP	49.80	1.2885	3	57.5	60.0	62.5	62.5	80.53	12
<b>- 57 kg</b>												
1	Prinsloo Rolani	1988	G	55.75	1.1807	1	67.5	72.5	75.0	75.0	88.55	12
2	Leighton Megan	1996	G	56.05	1.1758	2	47.5	52.5	<del>55.0</del>	52.5	61.72	9
<b>- 63 kg</b>												
1	Botha Vicky	1973	NW	59.20	1.1266	4	70.0	75.0	80.0	80.0	90.12	12

**Nation (points)**

1	Gauteng	21	[12+9]	150.29 w.pts.
2	North West	12	[12]	90.13 w.pts.
3	Western Province	12	[12]	80.53 w.pts.

**Best Lifters of Open**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Botha Vicky	North West	59.20	1.1266	80.0	90.12
2	Prinsloo Rolani	Gauteng	55.75	1.1807	75.0	88.55
3	Coleman Liliana	Western Provin	49.80	1.2885	62.5	80.53

**Abbreviations:**

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**South African Powerlifting Federation**  
**South African Bench Press Championship Equipped Men Mixed, South Africa, Potchefstroom, 15.02.2014**

**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>Juniors</b>												
<b>- 66 kg</b>												
1	Vorster Marcel	1994	G	65.00	0.7952	5	137.5	145.0	152.5	152.5	121.26	12
2	Vers Ivan	1991	NW	63.95	0.8062	6	130.0	140.0	145.0	145.0	116.89	9
3	Hendricks Jonathan	1991	NW	64.90	0.7962	10	110.0	<del>115.0</del>	<del>115.0</del>	110.0	87.58	8
<b>- 74 kg</b>												
1	Khalapa Japhta	1992	NW	73.55	0.7225	4	<del>135.0</del>	135.0	145.0	145.0	104.75	12
<b>- 93 kg</b>												
1	Stander Sean	1996	WP	87.80	0.6467	3	160.0	<del>171.0</del>	<del>171.0</del>	160.0	103.47	12
2	Engelbrecht Anton	1991	G	91.30	0.6338	16	145.0	155.0	<del>167.5</del>	155.0	98.23	9
3	Sitsili Nelson	1991	NW	88.55	0.6438	19	120.0	145.0	<del>155.0</del>	145.0	93.35	8
4	Parker Willem	1994	G	87.30	0.6487	11	130.0	140.0	<del>147.5</del>	140.0	90.81	7
<b>- 105 kg</b>												
1	Smith Johan	1991	NW	102.20	0.6035	7	225.0	235.0	245.0	245.0	147.85	12
2	Rossouw Wessel	1993	G	102.00	0.6039	-10	<del>160.0</del>	170.0	180.0	180.0	108.70	9
3	Smith Berto	1996	NC	103.40	0.6009	3	150.0	160.0	<del>170.0</del>	160.0	96.14	8

**Nation (points)**

1	North West	49	[12+12+9+8+8]	550.44 w.pts.
2	Gauteng	37	[12+9+9+7]	419.03 w.pts.
3	Western Province	12	[12]	103.47 w.pts.
4	Noord Kaap	8	[8]	96.14 w.pts.

**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Smith Johan	North West	102.20	0.6035	245.0	147.85
2	Vorster Marcel	Gauteng	65.00	0.7952	152.5	121.26
3	Vers Ivan	North West	63.95	0.8062	145.0	116.89

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

FS = Free Sate

NC = Noord Kaap

WP = Western Province

G = Gauteng

NW = North West

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**South African Bench Press Championship Equipped Men Open, South Africa, Potchefstroom, 15.02.2014**  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>- 66 kg</b>												
1	Vorster Marcel	1994	G	65.00	0.7952	5	137.5	145.0	152.5	152.5	121.26	12
2	Vers Ivan	1991	NW	63.95	0.8062	6	130.0	140.0	145.0	145.0	116.89	9
3	Hendricks Jonathan	1991	NW	64.90	0.7962	10	110.0	<del>115.0</del>	<del>115.0</del>	110.0	87.58	8
<b>- 74 kg</b>												
1	Khalapa Japhta	1992	NW	73.55	0.7225	4	<del>135.0</del>	135.0	145.0	145.0	104.75	12
2	van der Linde Glen	1971	G	70.40	0.7461	5	120.0	<del>130.0</del>	130.0	130.0	96.99	9
<b>- 83 kg</b>												
1	Mohloane Simon	1990	NW	80.70	0.6790	-10	130.0	145.0	X	145.0	98.45	12
<b>- 93 kg</b>												
1	Potgieter Etienne	1986	G	92.80	0.6288	9	<del>215.0</del>	220.0 n	225.0 n	225.0	141.48	12
2	Jacobs David	1981	G	90.25	0.6375	8	175.0	<del>185.0</del>	<del>185.0</del>	175.0	111.56	9
3	Stander Sean	1996	WP	87.80	0.6467	3	160.0	<del>171.0</del>	<del>171.0</del>	160.0	103.47	8
4	Engelbrecht Anton	1991	G	91.30	0.6338	16	145.0	155.0	<del>167.5</del>	155.0	98.23	7
5	Coleman Neal	1950	WP	91.50	0.6331	18	150.0	153.0 n3	<del>154.0</del>	153.0	96.86	6
6	Sitsili Nelson	1991	NW	88.55	0.6438	19	120.0	145.0	<del>155.0</del>	145.0	93.35	5
7	Parker Willem	1994	G	87.30	0.6487	11	130.0	140.0	<del>147.5</del>	140.0	90.81	4
<b>- 105 kg</b>												
1	Smith Johan	1991	NW	102.20	0.6035	7	225.0	235.0 n	245.0 n	245.0	147.85	12
2	Roos Shaun	1977	G	104.25	0.5991	2	175.0	180.0	190.0	190.0	113.82	9
3	Rossouw Wessel	1993	G	102.00	0.6039	-10	<del>160.0</del>	170.0	180.0	180.0	108.70	8
4	Welgemoed Cornel	1970	G	104.25	0.5991	1	180.0	<del>185.0</del>	<del>185.0</del>	180.0	107.83	7
5	Janse van Rensburg Henni	1981	G	103.65	0.6021	4	160.0	165.0	170.0	170.0	102.35	6
6	Smith Berto	1996	NC	103.40	0.6009	3	150.0	160.0 ns	<del>170.0</del>	160.0	96.14	5
—	Janse van Rensburg Heinri	1986	FS	97.30	0.6155	5	<del>190.0</del>	<del>190.0</del>		—	Out	—
<b>120+ kg</b>												
1	Furman Ian	1967	G	125.25	0.5696	9	235.0	242.5	<del>250.0</del>	242.5	138.14	12
—	Delaney Terence	1961	G	132.20	0.5639	8	<del>220.0</del>	X	X	—	Out	—
—	Smith Guys	1972	NC	141.05	0.5582	6	<del>230.0</del>	<del>230.0</del>	<del>230.0</del>	—	Out	—

**Nation (points)**

1	Gauteng	63	[12+12+12+9+9+9]	723.27 w.pts.
2	North West	58	[12+12+12+9+8+5]	648.90 w.pts.
3	Western Province	14	[8+6]	200.34 w.pts.
4	Noord Kaap	5	[5]	96.14 w.pts.
—	Free Sate	—	—	—

**Best Lifters of Open**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Smith Johan	North West	102.20	0.6035	245.0	147.85
2	Potgieter Etienne	Gauteng	92.80	0.6288	225.0	141.48
3	Furman Ian	Gauteng	125.25	0.5696	242.5	138.14

**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.  
 FS = Free Sate                      NC = Noord Kaap                      WP = Western Province  
 G = Gauteng                              NW = North West