

SA National Records broken at SA Bench Championships 26/27 November 2016

Note that as this championship was the qualifier for the 2017 World Bench Championships, lifters who will be in the next age category in 2017 were allowed to enter that age category, with medals and Best Lifter trophies reflecting that age category.

For the purposes of SA National records, lifters' correct age in 2016 was used.

Ladies Classic Bench Press: (26/11/2016)

Junior 63kg – Megan Leighton : 68kg

Junior 63kg – Megan Leighton : 70.5kg

Junior 63kg – Megan Leighton : 72.5

Senior 47kg – Mariska Casey : 55.5kg

Senior 47kg – Mariska Casey : 57.5kg

Senior 63kg – Antoinette Kriel : 92.5kg

Senior 63kg – Antoinette Kriel : 95kg

Senior 84+kg – Christie de Jager : 95kg

Master 1 63kg – Antoinette Kriel : 87.5kg

Master 1 63kg – Antoinette Kriel : 92.5kg

Master 1 63kg – Antoinette Kriel : 95kg

Master 2 72kg – Claire Petersen : 55kg

Ladies Equipped Bench Press: (27/11/2016)

Subjunior 57kg – Rouxchelle Roux : 68kg

Mens Equipped Bench Press: (27/11/2016)

Junior 93kg – Adrian Smith : 180kg

Junior 93kg – Adrian Smith : 190kg

Junior 93kg – Adrian Smith : 200kg

Master 1 83kg – Marlon Daniels : 180.5kg

Master 1 83kg – Marlon Daniels : 185kg

Best Lifter Awards

Classic Bench Press - Women

Best Subjunior	Rouxchelle Roux	66.43 Wilks
Best Junior	Megan Leighton	81.62 Wilks
Best Senior	Antoinette Kriel	106.59 Wilks
Best Master 1	Antoinette Kriel	106.59 Wilks
Best Master 2	Claire Petersen	56.74 Wilks

Classic Bench Press – Men

Best Subjunior	Thabang Thapela	84.16 Wilks
Best Junior	Adrian Smith	99.37 Wilks
Best Senior	Nicholas Deetlefs	118.28 Wilks
Best Master 1	Malone Horn	117.22 Wilks
Best Master 2	Ian Furman	107.99 Wilks
Best Master 3	Colin Young	87.30 Wilks

Equipped Bench Press - Women

Best Subjunior	Rouxchelle Roux	81.84 Wilks
Best Junior	Rouxchelle Roux	81.84 Wilks
Best Senior	Chantelle du Toit	107.61 Wilks
Best Master 2	Carol Anthony	61.63 Wilks

Equipped Bench Press – Men

Best Subjunior	Bernard van der Linde	91.01 Wilks
Best Junior	Adrian Smith	126.33 Wilks
Best Senior	Ian Furman	139.24 Wilks
Best Master 1	Mathys Herbst	132.68 Wilks
Best Master 2	Ian Furman	139.24 Wilks
Best Master 3	Andre Ludik	95.69 Wilks

South African Powerlifting Federation
SA BENCH - Equipped Men 2016, SA, JHB, 25-26.11.2016
DETAILED SCORESHEET

SA record

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Bench press				TOTAL	W.pts.	Pts.	Qualified for SA Team	
Subjuniors															
- 66 kg															
1	van der Linde Ruben	1998	G	65.55	0.7896	3		105.0	110.0	115.0	1	115.0	90.80	12	Q
- 74 kg															
1	van der Linde Bernard	2000	G	72.75	0.7282	6		117.5	125.0	427-5	1	125.0	91.01	12	Q
Nation (points)															
1	Gauteng	24	[12+12]	181.82 w.pts.											
Best Lifters of Subjuniors															
PL.	Lifter	Nation		B.Weight		WF	Result	W. points							
1	van der Linde Bernard	Gauteng		72.75		0.7282	125.0	91.01							
2	van der Linde Ruben	Gauteng		65.55		0.7896	115.0	90.80							
Juniors															
- 66 kg															
1	van der Linde Ruben	1998	G	65.55	0.7896	3		105.0	110.0	115.0	1	115.0	90.80	12	
- 74 kg															
1	van der Linde Bernard	2000	G	72.75	0.7282	6		117.5	125.0	427-5	1	125.0	91.01	12	
- 93 kg															
1	Smith Adrian	1995	G	91.95	0.6317	5		180.0	190.0	200.0	1	200.0	126.33	12	Q
Nation (points)															
1	Gauteng	12	[12]	126.33 w.pts.											
Best Lifters of Juniors															
PL.	Lifter	Nation		B.Weight		WF	Result	W. points							
1	Smith Adrian	Gauteng		91.95		0.6317	200.0	126.33							
2	van der Linde Bernard	Gauteng		72.75		0.7282	125.0	91.01							
3	van der Linde Ruben	Gauteng		65.55		0.7896	115.0	90.80							
Open															
- 74 kg															
1	van der Linde Glen	1971	G	69.70	0.7519	8		120.0	125.0	127.5	1	127.5	95.86	12	
- 83 kg															
1	Daniels Marlon	1975	G	77.90	0.6945	2		170.0	180.5	185.0	1	185.0	128.48	12	Q
- 93 kg															
1	Smith Adrian	1995	G	91.95	0.6317	5		180.0	190.0	200.0	1	200.0	126.33	12	Q
120+ kg															
1	Furman Ian	1967	G	126.65	0.5684	7		245.0	255-0	255-0	1	245.0	139.24	12	Q
Nation (points)															
1	Gauteng	45	[12+12+12+9]	496.28 w.pts.											
Best Lifters of Open															
PL.	Lifter	Nation		B.Weight		WF	Result	W. points							
1	Furman Ian	Gauteng		126.65		0.5684	245.0	139.24							

2	Daniels Marlon	Gauteng	77.90	0.6945	185.0	128.48
3	Smith Adrian	Gauteng	91.95	0.6317	200.0	126.33

Masters 1

- 74 kg

1	van der Linde Glen	1971	G	69.70	0.7519	8	120.0	125.0	127.5	1	127.5	95.86	12
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- 83 kg

1	Daniels Marlon	1975	G	77.90	0.6945	2	170.0	180.5	185.0	1	185.0	128.48	12	Q
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120+ kg

1	Herbt Mathys	1975	G	150.85	0.5528	4	215.0	230.0	240.0	1	240.0	132.68	12	Q (O + M1)
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Nation (points)

1	Gauteng	36
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Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Herbt Mathys	Gauteng	150.85	0.5528	240.0	132.68
2	Daniels Marlon	Gauteng	77.90	0.6945	185.0	128.48
3	van der Linde Glen	Gauteng	69.70	0.7519	127.5	95.86

Masters 2

- 66 kg

1	Bruce JC	1961	WP	65.55	0.7896	10	95.0	400.0	100.0	1	100.0	78.96	12
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- 74 kg

1	de Nysschen Tommie	1965	G	73.55	0.7225	9	115.0	420.0	420.0	1	115.0	83.08	12
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120+ kg

1	Furman Ian	1967	G	126.65	0.5684	7	245.0	255.0	255.0	1	245.0	139.24	12	Q (O + M2)
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Nation (points)

1	Gauteng	12	[12]	83.08 w.pts.
2	Western Province	12	[12]	78.96 w.pts.

Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Furman Ian	Gauteng	126.65	0.5684	245.0	139.24
2	de Nysschen Tommie	Gauteng	73.55	0.7225	115.0	83.08
3	Bruce JC	Western Provin	65.55	0.7896	100.0	78.96

Masters 3

- 120 kg

1	Ludik Andre	1957	EP	115.85	0.5799	1	155.0	157.5	165.0	1	165.0	95.69	12	Q
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Nation (points)

1	Eastern Cape	12	[12]	95.69 w.pts.
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Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Ludik Andre	Eastern Cape	115.85	0.5799	165.0	95.69

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;

South African Powerlifting Federation
SA BENCH EQ WOMEN 2016, SA, JHB, 26-27.11.2016
DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Bench press				TOTAL	W.pts.	Pts.	Qualified for SA Team
SubJuniors														
- 57 kg														
1	Roux Rouchelle	1998	G	54.40	1.2036	1	62.5	68.0	70.0	1	68.0	81.84	12	Q
Nation (points)														
1	Gauteng	12	[12]	81.84 w.pts.										
Best Lifters of SubJuniors														
PL.	Lifter	Nation		B.Weight		WF	Result	W. points						
1	Roux Rouchelle	Gauteng		54.40		1.2036	68.0	81.84						
Juniors														
- 57 kg														
1	Roux Rouchelle	1998	G	54.40	1.2036	1	62.5	68.0	70.0	1	68.0	81.84	12	
Nation (points)														
1	Gauteng	12	[12]	81.84 w.pts.										
Best Lifters of Juniors														
PL.	Lifter	Nation		B.Weight		WF	Result	W. points						
1	Roux Rouchelle	Gauteng		54.40		1.2036	68.0	81.84						
Seniors														
- 57 kg														
1	Roux Rouchelle	1998	G	54.40	1.2036	1	62.5	68.0	70.0	1	68.0	81.84	12	
- 63 kg														
1	Anthony Carol	1966	G	59.60	1.1207	2	50.0	55.0	62.5	1	55.0	61.63	12	
- 72 kg														
1	Du Toit Chantelle	1985	G	71.75	0.9784	4	100.0	110.0	110.0	1	110.0	107.61	12	Q
- 84 kg														
1	van Staden Sandri Rochelle	1988	G	80.50	0.9119	3	92.5	100.0	100.0	1	92.5	84.35	12	
Nation (points)														
1	Gauteng	24	[12+12]	191.97 w.pts.										
Best Lifters of Seniors														
PL.	Lifter	Nation		B.Weight		WF	Result	W. points						
1	Du Toit Chantelle	Gauteng		71.75		0.9784	110.0	107.61						
2	van Staden Sandri Rochelle	Gauteng		80.50		0.9119	92.5	84.35						
3	Roux Rouchelle	Gauteng		54.40		1.2036	68.0	81.84						
Masters 2														
- 63 kg														
1	Anthony Carol	1966	G	59.60	1.1207	2	50.0	55.0	62.5	1	55.0	61.63	12	
Nation (points)														
1	Gauteng	12	[12]	61.64 w.pts.										
Best Lifters of Masters 2														
PL.	Lifter	Nation		B.Weight		WF	Result	W. points						

1	Anthony Carol	Gauteng	59.60	1.1207	55.0	61.63
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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

South African Powerlifting Federation
SA BENCH MEN 2016, SA, JHB, 26-27.11.2016
DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Bench press				TOTAL	W.pts.	Pts.	Qualified for SA Team
Subjuniors														
- 59 kg														
1	Thabang Thepela	2000	EP	54.50	0.9352	11	85.0	90.0	95.0	1	90.0	84.16	12	Q
2	Sibulele Raqa	1999	EP	56.35	0.9048	1	75.0	80.0	82.5	2	80.0	72.38	9	
- 66 kg														
1	van der Linde Ruben	1998	G	65.45	0.7906	24	90.0	95.0	100.5	1	95.0	75.10	12	Q
2	Kuhn Wynand	1999	G	64.45	0.8009	10	80.0	85.0	87.5	2	85.0	68.07	9	
3	Engelbrecht Eckhardt	1999	G	63.80	0.8078	16	75.0	80.0	80.0	3	75.0	60.58	8	
- 74 kg														
1	van der Linde Bernard	2000	G	73.20	0.7249	8	97.5	105.0	105.0	1	105.0	76.11	12	Q
- 83 kg														
1	Muller Ignatius	1998	EP	78.00	0.6939	9	100.0	107.5	110.0	1	107.5	74.59	12	
2	Moreirane Glen	1999	G	82.15	0.6717	13	100.0	105.0	105.0	2	100.0	67.16	9	
- 93 kg														
1	Bosman Andries	1998	G	89.20	0.6413	25	95.0	100.0	105.0	1	100.0	64.13	12	
- 105 kg														
1	Schilling Bernhard	1998	G	97.80	0.6142	6	105.0	112.5	120.0	1	120.0	73.70	12	
Nation (points)														
1	Gauteng	66	[12+12+12+12+9+9]		424.30 w.pts.									
2	Eastern Cape	33	[12+12+9]		231.15 w.pts.									
Best Lifters of Subjuniors														
PL.	Lifter	Nation		B.Weight	WF	Result	W. points							
1	Thabang Thepela	Eastern Cape		54.50	0.9352	90.0	84.16							
2	van der Linde Bernard	Gauteng		73.20	0.7249	105.0	76.11							
3	van der Linde Ruben	Gauteng		65.45	0.7906	95.0	75.10							
Juniors														
- 66 kg														
1	van der Linde Ruben	1998	G	65.45	0.7906	24	90.0	95.0	100.5	1	95.0	75.10	12	
- 74 kg														
1	van der Linde Bernard	2000	G	73.20	0.7249	8	97.5	105.0	105.0	1	105.0	76.11	12	
- 93 kg														
1	Smith Adrian	1995	G	92.15	0.6310	28	150.0	157.5	162.5	1	157.5	99.37	12	Q
Nation (points)														
1	Gauteng	36												
Best Lifters of Juniors														
PL.	Lifter	Nation		B.Weight	WF	Result	W. points							
1	Smith Adrian	Gauteng		92.15	0.6310	157.5	99.37							
2	van der Linde Bernard	Gauteng		73.20	0.7249	105.0	76.11							
3	van der Linde Ruben	Gauteng		65.45	0.7906	95.0	75.10							
Seniors														
- 74 kg														
1	Coleman Steven	1979	G	70.15	0.7482	23	112.5	120.0	125.0	1	120.0	89.78	12	
2	van der Linde Glen	1971	G	69.70	0.7519	17	100.0	105.0	110.0	2	110.0	82.70	9	
- 93 kg														

1	Scheckle Connor	1987	G	91.20	0.6342	18		160.0	162.5	162.5	1	160.0	101.47	12	
2	Smith Adrian	1995	G	92.15	0.6310	28		150.0	157.5	162.5	2	157.5	99.37	9	
3	Stravino Mark	1974	G	92.40	0.6301	20		137.5	145.0	150.0	3	150.0	94.51	8	
- 105 kg															
1	Deetlefs Nicholas	1984	G	104.35	0.5989	2		190.0	197.5	205.5	1	197.5	118.28	12	Q
2	Klinck Michael	1991	G	104.55	0.5985	30		152.5	157.5	162.5	2	157.5	94.26	9	
- 120 kg															
1	Horn Malone	1970	G	116.65	0.5789	29		195.0	202.5	210.5	1	202.5	117.22	12	Q
2	Bester Pieter	1989	WP	117.25	0.5781	21		190.0	195.0	202.5	2	195.0	112.73	9	Q
120+ kg															
1	Furman Ian	1967	G	126.60	0.5684	27		190.0	197.5	X	1	190.0	107.99	12	
2	Omar Ebrahim	1989	G	127.50	0.5676	26		155.0	162.5	165.0	2	162.5	92.23	9	
3	Du Preez Fanie	1973	G	135.75	0.5615	32		147.5	155.0	160.0	3	160.0	89.83	8	

Nation (points)

1	Gauteng	65	[12+12+12+12+9+8]	562.70 w.pts.
2	Western Province	12	[12]	112.74 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Deetlefs Nicholas	Gauteng	104.35	0.5989	197.5	118.28
2	Horn Malone	Gauteng	116.65	0.5789	202.5	117.22
3	Bester Peter	Western Province	117.25	0.5781	195.0	112.73

Masters 1

- 66 kg															
1	Jali David	1970	EP	66.00	0.7852	15		75.0	80.0	82.5	1	80.0	62.81	12	
- 74 kg															
1	van der Linde Glen	1971	G	69.70	0.7519	17		100.0	105.0	110.0	1	110.0	82.70	12	
- 83 kg															
1	Thackwray Tim	1967	G	82.35	0.6706	22		90.0	95.0	100.0	1	95.0	63.71	12	
- 93 kg															
1	Stravino Mark	1974	G	92.40	0.6301	20		137.5	145.0	150.0	1	150.0	94.51	12	Q
- 120 kg															
1	Horn Malone	1970	G	116.65	0.5789	29		195.0	202.5	210.5	1	202.5	117.22	12	Q
2	Bakos Warren	1972	G	112.65	0.5844	12		115.0	122.5	127.5	2	122.5	71.58	9	
120+ kg															
1	Herbst Mathys	1975	G	150.65	0.5530	-10		155.0	170.0	180.0	1	180.0	99.53	12	Q
2	Du Preez Fanie	1973	G	135.75	0.5615	32		147.5	155.0	160.0	2	160.0	89.83	9	Q

Nation (points)

1	Gauteng	69	[12+12+12+12+12+9]	565.69 w.pts.
2	Eastern Cape	12	[12]	62.82 w.pts.

Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Horn Malone	Gauteng	116.65	0.5789	202.5	117.22
2	Herbst Mathys	Gauteng	150.65	0.5530	180.0	99.53
3	Stravino Mark	Gauteng	92.40	0.6301	150.0	94.51

Masters 2

- 66 kg															
1	Bruce JC	1961	WP	65.45	0.7906	31		82.5	87.5	95.0	1	87.5	69.17	12	
- 74 kg															

South African Powerlifting Federation
SA BENCH RAW WOMEN 2016, SA, JHB, 26-27.11.2016
DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Bench press				TOTAL	W.pts.	Pts.	Qualified for SA Team
SubJuniors														
- 57 kg														
1	Roux Rouxchelle	1998	G	54.15	1.2080	10	52.5	55.0	58.0	1	55.0	66.43	12	Q
Nation (points)														
1	Gauteng	12												
Best Lifters of SubJuniors														
PL.	Lifter	Nation	B.Weight	WF	Result	W. points								
1	Roux Rouxchelle	Gauteng	54.15	1.2080	55.0	66.43								
Juniors														
- 57 kg														
1	Roux Rouxchelle	1998	G	54.15	1.2080	10	52.5	55.0	58.0	1	55.0	66.43	12	
- 63 kg														
1	Leighton Megan	1996	G	59.25	1.1259	5	68.0	70.5	72.5	1	72.5	81.62	12	Q
Nation (points)														
1	Gauteng	24	[12+12]	148.06	w.pts.									
Best Lifters of Juniors														
PL.	Lifter	Nation	B.Weight	WF	Result	W. points								
1	Leighton Megan	Gauteng	59.25	1.1259	72.5	81.62								
2	Roux Rouxchelle	Gauteng	54.15	1.2080	55.0	66.43								
Seniors														
- 47 kg														
1	Casey Mariska	1978	G	46.80	1.3490	-10	55.5	57.5	57.5	1	57.5	77.56	12	
- 52 kg														
1	Parker Susan	1970	G	51.95	1.2475	1	50.0	55.0	60.0	1	55.0	68.61	12	
- 57 kg														
1	Roux Rouxchelle	1998	G	54.15	1.2080	10	52.5	55.0	58.0	1	55.0	66.43	12	
2	Anthony Carol	1966	G	56.85	1.1628	9	42.5	45.0	50.0	2	45.0	52.32	9	
- 63 kg														
1	Kriel Antionette	1971	G	59.50	1.1221	6	87.5	92.5	95.0	1	95.0	106.59	12	Q
2	Basson Lisa	1984	G	62.10	1.0858	-10	72.5	75.0	77.5	2	77.5	84.14	9	Q
3	Leighton Megan	1996	G	59.25	1.1259	5	68.0	70.5	72.5	3	72.5	81.62	8	
- 72 kg														
1	Potgieter Corien	1970	G	71.70	0.9788	3	80.0	85.0	88.0	1	85.0	83.19	12	
2	Firmani Roxy	1988	G	66.50	1.0317	-10	55.0	60.0	65.0	2	60.0	61.90	9	
- 84 kg														
1	van Staden Sandri Rochelle	1988	G	80.35	0.9128	-10	70.0	77.5	82.5	1	82.5	75.30	12	
2	Mcdougall Tia	1984	G	76.90	0.9362	-10	67.5	72.5	77.5	2	77.5	72.55	9	
84+ kg														
1	De Jager Christe	1986	G	94.35	0.8485	-10	85.0	90.0	95.0	1	95.0	80.60	12	
Nation (points)														
1	Gauteng	69	[12+12+12+12+12+9]	452.08	w.pts.									
Best Lifters of Seniors														

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Kriel Antionette	Gauteng	59.50	1.1221	95.0	106.59
2	Basson Lisa	Gauteng	62.10	1.0858	77.5	84.14
3	Potgieter Corien	Gauteng	71.70	0.9788	85.0	83.19

Masters 1

- 52 kg

1	Parker Susan	1970	G	51.95	1.2475	1	50.0	55.0	60-0	1	55.0	68.61	12	Q
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- 63 kg

1	Kriel Antionette	1971	G	59.50	1.1221	6	87.5	92.5	95.0	1	95.0	106.59	12	Q
2	Reyneke Ronel	1969	G	62.10	1.0858	7	60.0	65-0	65-0	2	60.0	65.14	9	Q

- 72 kg

1	Potgieter Corien	1970	G	71.70	0.9788	3	80.0	85.0	88-0	1	85.0	83.19	12	Q
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Nation (points)

1	Gauteng	45	[12+12+12+9]	323.56 w.pts.
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Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Kriel Antionette	Gauteng	59.50	1.1221	95.0	106.59
2	Potgieter Corien	Gauteng	71.70	0.9788	85.0	83.19
3	Parker Susan	Gauteng	51.95	1.2475	55.0	68.61

Masters 2

- 57 kg

1	Anthony Carol	1966	G	56.85	1.1628	9	42.5	45.0	50-0	1	45.0	52.32	12
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- 72 kg

1	Petersen Claire	1964	WP	66.50	1.0317	4	55.0	60-0	60-0	1	55.0	56.74	12
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Nation (points)

1	Western Province	12	[12]	56.74 w.pts.
2	Gauteng	12	[12]	52.33 w.pts.

Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Petersen Claire	Western Provin	66.50	1.0317	55.0	56.74
2	Anthony Carol	Gauteng	56.85	1.1628	45.0	52.32

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.
 G = Gauteng
 WP = Western Province