

SA Powerlifting Federation
SA EQUIPPED POWERLIFTING CHAMPIONSHIPS, South Africa, Potchefstroom, 26-27 June.2015
DETAILED SCORESHEET - MEN

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Place	Qual?
Open																			
- 66 kg																			
1	Jacobus Phalatsi	1981	NW	63.00			-220.0	220.0	-240.0	140.0	150.0	-160.0	200.0	-210.0	210.0	580.0	473.63	1	
2	Ivan Vers	1991	NW	63.80			180.0	200.0	-220.0	140.0	150.0	-160.0	200.0	-205.0	-205.0	550.0	444.29	2	
3	Tebogo Sehunelo	1986	NW	64.60			170.0	185.0	-195.0	85.0	90.0	-95.0	175.0	185.0	190.0	465.0	371.67	3	
- 74 kg																			
1	Jonathan Hendricks	1991	NW	68.80			200.0	220.0	-230.0	110.0	120.0	-125.0	200.0	220.0	-230.0	560.0	425.32	1	
2	John Banda	1988	NW	73.20			180.0	200.0	-220.0	110.0	125.0	135.0	170.0	180.0	190.0	525.0	380.57	2	
3	Benny Ramaisa	1987	NW	73.30			-200.0	200.0	-210.0	100.0	-120.0	120.0	-250.0	-250.0	-250.0	0.0			
- 83 kg																			
1	Kobus Bester	1978	G	76.50			160.0	180.0	187.5	140.0	147.5	150.0	175.0	185.0	207.5	545.0	383.08	1	
- 93 kg																			
1	Victor Mapoo	1970	NW	84.80			210.0	240.0	250.0	-135.0	135.0	140.0	230.0	237.5	-240.0	627.5	413.65	1	
2	Alide H Carlos	1987	NW	83.10			210.0	-225.0	-225.0	120.0	125.0	132.5	190.0	-245.0	-245.0	532.5	355.18	2	
3	Zacharia Ramabaletsa	1991	NW	88.10			-220.0	220.0	225.0	-140.0	-145.0	-145.0	220.0	240.0	-245.0	0.0			
4	Sipo Mahlaule	1979	NW	89.30			200.0	-220.0	-220.0	-135.0	-150.0	-150.0	x	x	x	0.0			
- 105 kg																			
1	Thabo Modisadife	1988	NW	95.50			-180.0	180.0	190.0	-170.0	-170.0	-170.0	190.0	195.0	200.0	0.0			
- 120 kg																			
1	Enock Sekano	1979	NW	111.40			200.0	220.0	-240.0	-170.0	170.0	-175.0	220.0	-250.0	260.0	650.0	381.10	1	
- 120+ kg																			
1	Jose Farinha	1981	FS	135.40			-230.0	230.0	250.0	230.0	237.5	242.5	290.0	-305.0	305.0	797.5	447.96	1	
Sub Junior																			
- 53 kg																			
1	Damon Langeveld	1998	NW	52.60			160.0	-170.0	-170.0	75.0	80.0	-95.0	160.0	165.0	-172.5	405.0	392.69	1	Q
2	Paseka Ntoagae	1999	NW	53.00			90.0	-100.0	-100.0	60.0	-65.0	65.0	140.0	150.0	160.0	315.0	303.06	2	
3	Genene Gift	2000	NW	49.10			-100.0	100.0	-105.0	-60.0	60.0	-70.0	110.0	125.0	-130.0	285.0	297.45	3	
4	Dalvie Chaka	1998	NW	51.30			-90.0	90.0	-100.0	60.0	-65.0	-65.0	120.0	130.0	135.0	285.0	283.69		
5	Denzel Williams	1999	NW	43.80			95.0	-105.0	-105.0	60.0	-65.0	65.0	110.0	120.0	-130.0	280.0	333.51		
6	Samuel Jas	2001	NW	49.70			90.0	-105.0	105.0	60.0	65.0	70.0	100.0	105.0	-110.0	280.0	288.37		
7	Ronaldo Phillips	1999	NW	51.30			90.0	-100.0	100.0	60.0	-70.0	70.0	110.0	-125.0	-125.0	280.0	278.71		
- 59 kg																			
1	Simel Martin	1998	NW	59.00			110.0	140.0	160.0	70.0	80.0	-95.0	-150.0	160.0	170.0	410.0	355.14	1	Q
2	Lorenzo Deelman	1998	NW	55.10			-160.0	-160.0	160.0	60.0	65.0	-70.0	160.0	170.0	-175.0	395.0	365.38	2	Q
3	Tonko Otto	1998	NW	58.20			-140.0	145.0	-150.0	65.0	70.0	-80.0	150.0	155.0	-160.0	370.0	324.60	3	
4	Michael Smith	1999	NW	57.60			140.0	-150.0	-150.0	70.0	80.0	-90.0	135.0	140.0	145.0	365.0	323.35		
5	Janalan Damarah	1999	NW	58.10			120.0	130.0	-145.0	50.0	60.0	65.0	130.0	140.0	-150.0	335.0	294.36		
6	Justin Brown	1999	NW	54.20			80.0	-90.0	-90.0	60.0	65.0	-70.0	110.0	-115.0	-115.0	255.0	239.80		
7	Brendan Sey	1997	NW	58.60			-140.0	-140.0	-140.0	55.0	-57.5	57.5	130.0	-145.0	-150.0	0.0			
6	Tebogo Kgang	1999	NW	54.20			100.0	105.0	-110.0	-100.0	-100.0	-100.0	120.0	130.0	140.0	0.0			
7	Diolin Brown	2000	NW	55.30			-100.0	-100.0	-100.0	-55.0	-55.0	-55.0	120.0	-125.0	-125.0	0.0			
- 66 kg																			
1	Romeo Longo	1997	NW	64.20			180.0	-190.0	200.0	95.0	105.0	-110.0	180.0	185.0	192.5	497.5	399.74	1	Q
2	Obert Booysen	1998	NW	63.90			-185.0	185.0	195.0	100.0	105.0	107.5	175.0	-185.0	-185.0	477.5	385.20	2	Q
3	Ruben van der Linde	1998	G	61.60			130.0	140.0	150.0	90.0	-100.0	-100.0	140.0	150.0	160.0	400.0	333.16	3	
4	Tefo Setlhako	1997	NW	61.50			130.0	-140.0	-150.0	60.0	80.0	-90.0	135.0	140.0	160.0	370.0	308.62		
4	Mpho Hlanyane	1998	NW	59.90			100.0	-105.0	-130.0	60.0	80.0	-85.0	135.0	140.0	-155.0	320.0	273.34		
- 74 kg																			
1	Uys Montevino	1999	NW	66.90			100.0	140.0	-150.0	70.0	-80.0	80.0	110.0	130.0	140.0	360.0	279.58	1	
2	Jaydee Williams	1997	NW	69.00			-232.5	-232.5	-232.5	100.0	115.0	-120.0	-210.0	-210.0	210.0	0.0			
3	Vuyo Mqaba	1998	NW	66.50			110.0	-120.0	X	X	X	X	X	X	X	0.0			
- 93 kg																			
1	Leon van Rooyen	1999	NW	83.30			140.0	-155.0	155.0	-75.0	75.0	85.0	140.0	145.0	150.0	390.0	259.78	1	
Junior																			

- 53 kg																	
1	Ivan Kotze	1996	NW	49.50	-170.0	-170.0	170.0	90.0	95.0	X	170.0	-180.0	180.0	445.0	460.31	1	Q
2	David Malefu	1996	NW	51.40	165.0	-175.0	-175.0	-65.0	65.0	-70.0	-155.0	155.0	-170.0	385.0	382.42	2	
3	Moeketsi Kgang	1996	NW	53.00	90.0	95.0	-100.0	75.0	80.0	85.0	130.0	140.0	-145.0	320.0	307.87	3	
4	Jacobs Andrews	1996	NW	53.00	100.0	110.0	-130.0	55.0	-65.0	65.0	120.0	130.0	135.0	310.0	298.25		No drug fi
- 59 kg																	
1	Clint Williams	1992	NW	57.10	180.0	190.0	-200.0	100.0	105.0	-110.0	190.0	195.0	200.0	495.0	442.23	1	Q
2	Eugene Foster	1993	NW	56.70	120.0	150.0	-160.0	70.0	85.0	-90.0	180.0	-190.0	-190.0	415.0	373.25	2	
3	Aubrey Pietersen	1995	NW	53.50	90.0	100.0	-105.0	65.0	85.0	90.0	120.0	130.0	-140.0	320.0	304.90	3	
4	Itumeleng Sereo	1994	NW	54.00	-100.0	100.0	-125.0	55.0	60.0	-65.0	140.0	150.0	-155.0	310.0	292.61		
- 66 kg																	
1	Mpho Seleke	1994	NW	63.90	170.0	-180.0	190.0	80.0	90.0	100.0	-170.0	170.0	-180.0	460.0	371.08	1	
2	Thabiso Britoe	1992	NW	65.40	150.0	-190.0	-190.0	100.0	-105.0	-105.0	-185.0	185.0	-200.0	435.0	344.13	2	No drug fi
3	Tsietsi Machere	1996	NW	60.90	120.0	-140.0	-145.0	80.0	90.0	-100.0	195.0	205.0	-210.0	415.0	349.23	3	
4	Patrick Aplan	1996	NW	59.20	120.0	135.0	155.0	-95.0	95.0	-110.0	140.0	155.0	-170.0	405.0	349.72		
5	Austin Pietersen	1996	NW	62.40	120.0	145.0	155.0	70.0	75.0	82.5	140.0	-145.0	145.0	382.5	314.99		
6	Conrad Matras	1996	NW	62.00	-100.0	100.0	-120.0	65.0	-70.0	-70.0	-120.0	120.0	140.0	305.0	252.57		
7	Pieter Jafta	1993	NW	61.70	-190.0	-190.0	-200.0	95.0	100.0	105.0	170.0	180.0	-190.0	0.0			
- 74 kg																	
1	Lethhigonolo Shange	1996	NW	70.00	150.0	-170.0	-170.0	95.0	100.0	-102.5	190.0	200.0	-205.0	450.0	337.23	1	
2	Bongane Mafika	1994	NW	70.80	130.0	-140.0	-150.0	75.0	-80.0	80.0	-195.0	195.0	-205.0	405.0	300.92	2	
3	Benjamin Tlisane	1995	NW	65.40	-130.0	130.0	-135.0	90.0	-95.0	-95.0	150.0	160.0	170.0	390.0	308.53	3	
4	Koos Kgosimang	1993	NW	68.70	130.0	145.0	-165.0	70.0	75.0	-85.0	155.0	-165.0	165.0	385.0	292.72		
5	Kabelo Seleke	1994	NW	66.30	-90.0	-90.0	90.0	80.0	-100.0	-100.0	150.0	160.0	170.0	340.0	267.31		
6	Edigile Mosiwa	1995	NW	69.40	185.0	-200.0	-200.0	100.0	105.0	-110.0	-190.0	-190.0	-190.0	0.0			
- 83 kg																	
1	Sintwilles Pietersen	1995	NW	76.30	250.0	-260.0	260.0	130.0	140.0	-150.0	220.0	230.0	-240.0	630.0	443.65	1	Q
2	Olefile Nkagisang	1994	NW	81.80	160.0	-170.0	-170.0	100.0	120.0	-125.0	210.0	-220.0	220.0	500.0	336.70	2	
3	Jamillian Pietersen	1993	NW	81.70	180.0	190.0	-200.0	100.0	107.5	112.5	-180.0	180.0	-190.0	482.5	325.16	3	
4	Tebello Jan May	1993	NW	822.00	145.0	-150.0	155.0	70.0	75.0	-80.0	160.0	-180.0	-180.0	390.0	262.24		
5	Lebohang Gumede	1996	NW	80.30	150.0	170.0	180.0	65.0	70.0	-75.0	-195.0	-195.0	-220.0	0.0			
- 93 kg																	
1	Adrian Smith	1995	G	90.70	215.0	225.0	-235.0	140.0	147.5	-152.5	220.0	-237.5	-237.5	592.5	376.77	1	
2	Raleal de Kock	1995	NW	90.70	160.0	180.0	190.0	105.0	115.0	120.0	150.0	170.0	-180.0	480.0	305.23	2	
- 105 kg																	
1	Francois Maritz	1993	G	104.50	-245.0	275.0	285.0	160.0	167.5	172.5	265.0	280.0	295.0	752.5	450.45	1	Q
2	Andre Kloppers	1995	G	99.80	230.0	250.0	-265.0	155.0	165.0	180.0	240.0	250.0	-265.0	680.0	414.19	2	
- 120 kg																	
1	Sebastiaan Loubser	1992	EP	107.90	220.0	240.0	250.0	155.0	165.0	175.0	220.0	235.0	-250.0	660.0	390.79	1	
2	Edgar Katushabe	1993	EP	115.30	165.0	175.0	182.5	187.5	192.5	-197.5	235.0	250.0	260.0	635.0	368.68	2	
- 120+ kg																	
1	Pieter Fourie	1994	FS	129.40	175.0	-195.0	-195.0	95.0	105.0	-115.0	230.0	250.0	-285.0	530.0	300.03	1	
Master 1																	
- 105 kg																	
1	Gary Lewis	1972	G	100.90	220.0	-260.0	260.0	-140.0	140.0	-175.0	240.0	255.0	-285.0	655.0	397.19	1	Q
- 120 kg																	
1	Matthew Cosmo		G	112.80	240.0	250.0	265.0	210.0	-225.0	225.0	-240.0	240.0	270.0	760.0	443.92	1	Q
2	Madikane Faku	1975	NW	109.70	250.0	260.0	-280.0	140.0	-145.0	145.0	270.0	280.0	295.0	700.0	412.30	2	Q
3	Pieter Seleka	1975	NW	108.20	240.0	250.0	260.0	130.0	145.0	-150.0	250.0	-265.0	-265.0	655.0	387.50	3	
- 120+ kg																	
1	Mathys Herbst	1975	G	137.70	265.0	-280.0	290.0	155.0	170.0	175.0	270.0	285.0	X	750.0	420.15	1	Q
Master 2																	
- 83 kg																	
1	David Quatse	1962	NW	79.10	175.0	185.0	200.0	85.0	95.0	100.0	175.0	200.0	210.0	510.0	350.68	1	
Master 3																	
- 83 kg																	
1	Lawrence Arendse	1954	WP	79.10	160.0	180.0	190.0	120.0	130.0	135.0	180.0	200.0	210.0	535.0	367.87	1	

Master 4

- 83 kg

1	Dan Oppenheim	1945	G	75.00		140.0	160.0	170.0		105.0	112.5	-115.0		175.0	187.5	195.0		477.5	340.27	1
---	---------------	------	---	-------	--	-------	-------	-------	--	-------	-------	--------	--	-------	-------	-------	--	-------	--------	---

SA Powerlifting Federation

SA EQUIPPED POWERLIFTING CHAMPIONSHIPS, South Africa, Potchefstroom, 26-27 June.2015

DETAILED SCORESHEET - WOMEN

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pt.	Pts.	
Open																			
- 57 kg																			
1	Seritha Plaatjies	1982	NW	56.60		125.0	-145.0	-145.0	65.0	70.0	72.5	130.0	145.0	-150.0		342.5	399.63	1	Q
- 72 kg																			
1	Adderly Green	1988	WP	70.80		-110.0	115.0	120.0	60.0	7.0	80.0	130.0	150.0	160.0		360.0	355.36	1	
2	Brendali Theron	1991	G	70.30		110.0	-130.0	-130.0	65.0	75.0	-80.0	100.0	-125.0	130.0		315.0	312.45	2	
Sub Junior																			
- 72 kg																			
1	Ciara Morley	2000	G	69.90		80.0	90.0	100.0	40.0	-45.0	-45.0	80.0	90.0	100.0		240.0	238.99	1	

Best Lifters – Men:

Open : Jacobus Phalatsi
Subjunior : Romeo Longo
Junior : Ivan Kotze
Master 1 : Matthew Cosmo
Master 2 : David Quatse
Master 3 : Lawrence Arendse
Master 4 : Dan Oppenheim

Best Lifters – Women:

Open : Seritha Plaatjies
Subjunior : Ciara Morley

Lifters who Qualified for Commonwealth Equipped, and Equipped Worlds:

Men:

Subjunior	53kg	Damon Langeveld	NW
	59kg	Simel Martin	NW
		Lorenzo Deelman	NW
	66kg	Romeo Longo	NW
		Obert Booysen	NW

Junior	53kg	Ivan Kotze	NW
	59kg	Clint Williams	NW
	83kg	Sintwilles Pietersen	NW
	105kg	Francois Maritz	G

Master 1	105kg	Gary Lewis	G
	120kg	Matthew Cosmo	G
		Madikane Faku	NW
	120+kg	Mathys Herbst	G

Women:

Open	57kg	Seritha Plaatjies	NW
------	------	-------------------	----