

GAUTENG POWERLIFTING RESULTS AS AT 15 DECEMBER 2007

No	M/W	Class	BW	Name	Competition	Year	SQ	BP	DL	Tot.	Points	Power Badge
							Result	Result	Result	Result	3 Lift	
81	M	125	115	Alan Chapman	Gauteng Champs 2007	2007	260	180	320	760.00	441.60	Bronze
28	M	82.5	79.80	Aldo Botha	SA Powerlifting 2007	2007	220.0	152.5	250.0	622.50	425.65	Bronze
8	M	82.5	82.50	Aldo Botha	SA Secondaries 2007	2007	220.0	150.0	245.0	615.00	411.99	Black
89	M	82.5	79.25	Aldo Botha	Gauteng Champs 2007	2007	200	145	240	585.00	401.78	Black
70	M	82.5	79	Aldo Botha	Xmas 2007	2007	220	145	150	515.00	354.42	Blue
74	M	82.5	80.2	Aldo Botha	Novice Development 2007	2007	220	----	240	460.00	313.55	Green
91	M	82.5	79	Ashley Pitt	Gauteng Champs 2007	2007	120	100	180	400.00	275.28	Yellow
72	M	82.5	81.45	Christopher Nunes	Novice Development 2007	2007	85	115	185	385.00	259.92	Yellow
20	W	67.5	67.50	Claudia A. Prinsloo	SA Secondaries 2007	2007	120.0	55.0	120.0	295.00	301.09	Blue
26	M	75	74.35	Dan Oppenheim	SA Powerlifting 2007	2007	177.5	120.0	202.5	500.00	358.46	Brown
58	M	75	75	Dan Oppenheim	Xmas 2007	2007	170	110	202.5	482.50	343.81	Blue
11	M	110	110.00	Danie van Rensburg	SA Secondaries 2007	2007	170.0	105.0	220.0	495.00	291.30	Orange
73	M	100	99.4	Denzil Van Niekerk	Novice Development 2007	2007	260	155	----	----	---	#N/A
31	M	100	99.85	Denzil Van Niekerk	SA Powerlifting 2007	2007	305.0	185.0	290.0	780.00	474.98	Gold
29	M	90	89.95	Derek Allen	SA Powerlifting 2007	2007	220.0	185.0	230.0	635.00	405.49	Black
77	M	110	102.95	Diederick Esterhuizen	Gauteng Champs 2007	2007	120	----	150	270.00	162.49	Yellow
30	M	90	89.25	Frans Rusch	SA Powerlifting 2007	2007	190.0	125.0	285.0	600.00	384.68	Brown
9	M	90	90.00	Frans Rusch	SA Secondaries 2007	2007	180.0	122.5	280.0	582.50	371.86	Brown
24	M	67.5	64.90	Harry Shomalistos	SA Powerlifting 2007	2007	205.0	135.0	255.0	595.00	473.75	Silver
6	M	67.5	67.50	Harry Shomalistos	SA Secondaries 2007	2007	205.0	140.0	250.0	595.00	458.75	Silver
32	M	100	95.65	Henk De Wet	SA Powerlifting 2007	2007	270.0	170.0	270.0	710.00	440.29	Bronze
116	M	100	97.9	Henk de Wet	All Africa and Interprovincial 2007	2007	225	145	280	650.00	399.04	Black
27	M	82.5	77.85	Jaco De Waal	SA Powerlifting 2007	2007	250.0	157.5	255.0	662.50	460.30	Bronze
78	M	125	116.55	Jaco van Heerden	Gauteng Champs 2007	2007	200	115	230	545.00	315.57	Orange
90	M	82.5	79.2	James Herman	Gauteng Champs 2007	2007	125	110	205	440.00	302.31	Orange
57	W	60	59.4	Janine Izaakse	Xmas 2007	2007	70	50	100	220.00	247.20	Orange
114	M	100	97.8	Johan Steenkamp	All Africa and Interprovincial 2007	2007	252.5	180	240	672.50	413.03	Black
33	M	100	98.65	Johan Steenkamp	SA Powerlifting 2007	2007	250.0	182.5	240.0	672.50	411.54	Black
10	M	100	100.00	Johan Steenkamp	SA Secondaries 2007	2007	240.0	180.0	220.0	640.00	389.50	Black
69	M	100	95.7	John Hall	Xmas 2007	2007	240	170	50	460.00	285.19	Yellow
107	W	52	50.2	Junko Kitamura	All Africa and Interprovincial 2007	2007	120	85	122.5	327.50	419.45	Silver
18	W	52	52.00	Junko Kitamura	SA Secondaries 2007	2007	117.5	77.5	125.0	320.00	398.93	Silver
22	W	52	51.85	Lisa Basson	SA Powerlifting 2007	2007	105.0	62.5	130.0	297.50	371.71	Bronze
113	W	56	55	Lisa Basson	All Africa and Interprovincial 2007	2007	107.5	65	137.5	310.00	369.94	Bronze
108	W	56	55.7	Louise Steenkamp	All Africa and Interprovincial 2007	2007	117.5	55	145	317.50	375.15	Bronze
21	W	56	55.35	Louise Steenkamp	SA Powerlifting 2007	2007	105.0	50.0	145.0	300.00	356.23	Black
19	W	56	56.00	Louise Steenkamp	SA Secondaries 2007	2007	110.0	50.0	140.0	300.00	352.99	Black
80	M	100	96.95	Luke Botha	Gauteng Champs 2007	2007	200	140	255	595.00	366.80	Brown
115	M	100	93.9	Mark Phillips	All Africa and Interprovincial 2007	2007	250	160	250	660.00	412.74	Black
109	M	67.5	66.9	Marlon Daniels	All Africa and Interprovincial 2007	2007	225	160	227.5	612.50	475.65	Gold
23	M	67.5	66.20	Marlon Daniels	SA Powerlifting 2007	2007	222.5	162.5	220.0	605.00	473.87	Gold
59	M	67.5	66.1	Marlon Daniels	Xmas 2007	2007	210	160	205	575.00	450.93	Silver
36	M	110	108.55	MATHEW COSMO	SA Powerlifting 2007	2007	300.0	----	----	300.00	177.28	Yellow
92	W	82.5	78.4	Natalie Feinstein	Gauteng Champs 2007	2007	110	60	117.5	287.50	266.10	Orange
1	M	67.5	67.50	Nkateko Mbirimise	SA Development 2007	2007	60.0	60.0	120.0	240.00	185.04	Yellow
7	M	82.5	82.50	P de Waal	SA Secondaries 2007	2007	235.0	140.0	247.5	622.50	417.02	Bronze
38	M	125+	130.45	Pat Botha	SA Powerlifting 2007	2007	300.0	150.0	275.0	725.00	409.80	Black
12	M	125+	126.00	Pat Botha	SA Secondaries 2007	2007	275.0	125.0	280.0	680.00	386.88	Brown
87	W	75	74.65	Puleng Makurube	Gauteng Champs 2007	2007	60	42.5	100	202.50	193.07	Yellow
118	M	125	123.8	Ruwan Kleinsmit	All Africa and Interprovincial 2007	2007	250	----	280	530.00	302.62	Orange
4	M	125	124.00	Ruwan Kleinsmit	SA Development 2007	2007	260.0	180.0	230.0	670.00	382.43	Brown
39	M	125	121.55	Ruwan Kleinsmit	SA Powerlifting 2007	2007	----	190.0	280.0	470.00	269.43	Yellow
88	W	75	71.35	Sarah Hargreaves	Gauteng Champs 2007	2007	50	37.5	60	147.50	144.84	Yellow
79	M	110	103.8	Shane Meyer	Gauteng Champs 2007	2007	175	122.5	200	497.50	298.50	Orange
55	M	52	51.65	Tayron Basson	Xmas 2007	2007	75	60	80	215.00	212.48	Yellow
67	M	110	104.6	Terence Delaney	Xmas 2007	2007	190	147.5	262.5	600.00	359.02	Blue
76	M	100	93.3	Thomas Bvuma	Gauteng Champs 2007	2007	150	90	170	410.00	257.17	Yellow
117	M	125	124.7	Wayne Newby	All Africa and Interprovincial 2007	2007	240	160	235	635.00	362.03	Blue
83	M	125	124.8	Wayne Newby	Gauteng Champs 2007	2007	270	170	240	680.00	387.62	Brown
34	M	100	92.00	Wilfred Lefetogile	SA Powerlifting 2007	2007	150.0	105.0	225.0	480.00	303.10	Orange
3	M	100	100	Wilfred Lefetogile	SA Development 2007	2007	140.0	110.0	230.0	480.00	292.12	Orange
71	M	100	95.8	Wilfred Lefetogile	Novice Development 2007	2007	105	110	225	440.00	272.67	Yellow
75	M	100	97.4	Willie White	Gauteng Champs 2007	2007	200	120	240	560.00	344.54	Blue
5	M	125+	126.00	Zelt van Pletsen	SA Development 2007	2007	-	-	260.0	-	#VALUE!	#N/A
37	M	125+	137.70	Zelt van Pletsen	SA Powerlifting 2007	2007	250.0	240.0	280.0	770.00	431.37	Bronze