

30/01/2016

South African Powerlifting Federation

## Gauteng Powerlifting Raw Qualifier 30 Jan 2016

Unofficial SA rec

MEN : Open															
Cat	Name	YOB	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Place	Qual SA Raw?
59kg	Shahil Sukuram	1987	58	-100	100	110	85	90	95	140	147.5	155	360	1	Q
66kg	Marcel Vorster	1994	65.6	-140	150	160	90	100	110	150	165	x	435	1	Q
	Rodney Steenekamp	1993	64.5	85	-100	100	60	-67.5	70	140	152.5	160	330	2	
74kg	Andrew Ramsay	1988	73.7	180	190	195	110	115	-120	220	230	240	550	1	Q
	Ruan Smit	1986	73.25	150	160	-165	110	117.5	-120	190	205	212.5	490	2	Q
	Conrad Dippenaar	1990	73.5	125	140	-150	115	125	-130	200	215	x	480	3	Q
	Cruiz Cameron	1987	69.8	110	130	140	-100	100	110	190	210	215	465	4	Q
	Daniel Shalem	1991	72.45	127.5	137.5	142.5	90	-100	-100	187.5	202.5	-212.5	435	5	Q
	Chris Carreira	1977	73.05	130	140	145	-80	85	90	160	175	185	420	6	Q
	Jose Carvalho	1969	66.65	100	110	125	80	90	-95	140	150	-160	365	7	
	James Macintosh	1993	73	x	x	x	125	130	-135	x	x	x	x		
83kg	Jean-Arthur Pretorius	1992	82.2	190	210	-215	135	145	-150	250	-270	270	625	1	Q
	Wilhelm Pistorius	1995	80.65	170	180	185	100	110	115	180	x	x	480	2	Q
	Wayne Laubscher	1981	82.7	150	x	x	105	-110	x	185	205	220	475	3	Q
	Arrie Graham		78.3	100	120	-140	85	-100	100	120	140	160	380	4	
93kg	Nathan Rundle	1985	91.8	185	195	205	110	120	-125	225	250	272.5	597.5	1	Q
	Dwayne Russell	1985	87.4	175	195	205	110	-115	115	200	215	237.5	557.5	3	Q
	Reghardt Prinsloo	1987	92.95	-160	160	175	105	120	-135	210	230	-240	525	2	Q
	Justin van der Net	1991	85.3	175	-185	-185	105	112.5	-117.5	-185	202.5	215	502.5	4	Q
	Boy Booysen	1985	86	130	142.5	152.5	90	95	-100	175	192.5	202.5	450	5	
105kg	Sean Manders	1976	104.1	240	257.5	262.5	150	160	170	250	270	300	732.5	1	Q

	Joshua Capazorio	1989	100.5	205	217.5	227.5	145	155	-160	250	270	287.5	670	2	Q
	Michael Klinck	1991	103.85	200	215	220	135	145	150	205	220	230	600	3	Q
	Graham Green	1978	96.31	170	190	x	145	x	x	220	x	x	555	4	Q
	Jared Anthony	1983	94.85	165	x	x	135	x	x	220	x	x	520	5	Q
	Nicholas Ingel	1976	99.15	145	-155	-155	120	127.5	-132.5	175	-190	-190	447.5	6	
	Eric Kobal	1958	100.95	120	130	135	110	-115	115	170	182.5	x	432.5	7	
	Rodney Anthony	1960	99.95	-120	x	x	x	x	x	x	x	x	x		
120kg	Gerard Correia	1978	115	160	180	200	160	180	-200	180	x	x	560	1	Q
	Luke Walsh	1980	110.35	170	-190	190	120	-130	130	200	225	230	550	2	Q
	Lance Ceronio	1973	119.85	-170	170	180	105	120	-130	205	230	-240	530	3	
	Ryan Saunders	1981	109.55	165	175	-182.5	110	115	-120	200	217.5	-222.5	507.5	4	
120+ kg	Christian Ashcroft	1980	139	-205	205	225	160	170	-175	250	-270	270	665	1	Q
	Fanie du Preez	1973	136	175	195	-202.5	135	-145	145	215	235	250	590	2	Q
	Burton Haupt	1961	130.55	160	-180	-200	130	140	-145	200	220	-240	520	3	
	Mathys Herbst	1975	144.3	140	160	180	110	130	140	140	180	x	500	4	

**MEN : Master 1**

Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
74kg	Jose Carvalho	1969	66.65	100	110	125	80	90	-95	140	150	-160	365		1	Q
105kg	Sean Manders	1976	104.1	240	257.5	262.5	150	160	170	250	270	300	732.5		1	Q
	Nicholas Ingel	1976	99.15	145	-155	-155	120	127.5	-132.5	175	-190	-190	447.5		2	Q
120kg	Lance Ceronio	1973	119.85	-170	170	180	105	120	-130	205	230	-240	530		1	Q
120+ kg	Fanie du Preez	1973	136	175	195	-202.5	135	-145	145	215	235	250	590		1	Q
	Mathys Herbst	1975	144.3	140	160	180	110	130	140	140	180	x	500		2	Q

**MEN : Master 2**

Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
105kg	Eric Kobal	1958	100.95	120	130	135	110	-115	115	170	182.5	x	432.5		1	Q
	Rodney Anthony	1960	99.95	-120	x	x	x	x	x	x	x	x	x			
120+ kg	Burton Haupt	1961	130.55	160	-180	-200	130	140	-145	200	220	-240	520		1	Q

**MEN : Junior**

Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
66kg	Marcel Vorster	1994	65.6	-140	150	160	90	100	110	150	165	x	435		1	Q
	Rodney Steenekamp	1993	64.5	85	-100	100	60	-67.5	70	140	152.5	160	330		2	Q
74kg	James Macintosh	1993	73	x	x	x	125	130	-135	x	x	x	x			
83kg	Wilhelm Pistorius	1995	80.65	170	180	185	100	110	115	180	x	x	480		1	Q

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LADIES : Open															
Cat	Name	YOB	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Place	Qual SA Raw?
47kg	Mariska Casey	1978	46.8	90	95	-100	45	50	52.5	120	130	135	282.5	1	Q
52kg	Stacey Bryant	1992	52	80	90	95	45	52.5	57.5	100	110	-155	262.5	1	Q
	Kerri Carreira	1977	49.5	75	85	87.5	40	45	50	95	107.5	115	252.5	2	Q
	Adell Naidoo	1982	50.5	50	52.5	55	22.5	25	-27.5	70	80	85	165	3	Q
57kg	Michelle Letcher	1970	56.75	95	105	115	50	55	60	130	145	152.5	327.5	1	Q
	Ilona Wilson	1977	56.7	120	-125	-125	45	50	55	130	140	-145	315	2	Q
	Rouxchelle Roux	1998	56.7	55	67.5	-70	30	-35	-35	75	87.5	90	187.5	3	Q
63kg	Rolane Prinsloo	1988	62.15	95	100	105	60	65	70	130	135	140	315	1	Q
	Nicole Themistocleous	1985	62.6	115	120	-130	45	50	-55	115	130	137.5	307.5	2	Q
	Maureen Ackerman	1975	62.35	90	100	112.5	50	57.5	-65	120	130	135	305	3	Q
	Andrea Peak	1982	62.9	110	120	-125	45	50	55	-110	120	130	305	4	Q
	Kirsten Arnesen	1986	61.6	80	90	-95	50	-55	55	120	130	145	290	5	Q
	Megan Leighton	1996	59.9	85	90	95	60	62.5	65	100	112.5	117.5	277.5	6	Q
	Sasha Payne	1995	58.8	75	80	85	40	47.5	-52.5	105	115	120	252.5	7	Q
	Carol Anthony	1966	59.6	62.5	67.5	72.5	42.5	45	47.5	100	115	125	245	8	Q
	Carm Ingel	1975	62.4	-85	x	x	50	52.5	55	100	110	-115	x		
72kg	Candice Coetzer	1985	67.45	130	-135	-135	65	70	72.5	140	150	155	357.5	1	Q
	Elzanne Werth	1988	70.65	120	130	-137.5	47.5	55	62.5	145	157.5	-167.5	350	2	Q
	Laura Newman	1983	63.5	110	120	x	50	55	60	125	135	140	320	3	Q
	Kash Hobbs	1993	70.8	90	95	100	62.5	65	67.5	120	135	147.5	315	4	Q
	Michelle de Jong	1981	64.9	90	97.5	102.5	45	52.5	57.5	120	132.5	-147.5	292.5	5	Q
	Chantelle du Toit	1985	71.7	80	85	87.5	60	67.5	72.5	115	122.5	132.5	292.5	6	Q

	Romy Rubin	1990	64.5	80	85	90	47.5	52.5	-55	100	107.5	-112.5	250	7	Q
84kg	Tarryn-Leigh Merifield	1987	83.9	90	100	105	45	50	55	120	x	x	280	1	Q
	Toni Firmani	1990	77.15	80	90	x	60	-65	65	100	110	120	275	2	Q
	Janita Kruger	1967	82.9	90	95	100	45	50	55	90	x	x	245	3	Q
	Erika Baumer	1995	77.05	65	75	80	40	-47.5	-47.5	105	-122.5	-122.5	225	4	
84+kg	Trish Armstrong	1966	98.95	90	120	-140	80	90	-100	135	140	150	360	1	Q
	Jacqui Rees	1980	91.5	-102.5	-102.5	102.5	52.5	-55	-55	150	157.5	-162.5	312.5	2	Q
	Lauren Norton	1989	100.7	100	110	120	60	65	70	120	x	x	310	3	Q
	Christi de Jager	1986	103.1	100	110	120	80	87.5	90	100	x	x	310	4	Q

**LADIES : Master 1**

Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
57kg	Michelle Letcher	1970	56.75	95	105	115	50	55	60	130	145	152.5	327.5		1	Q
63kg	Maureen Ackerman	1975	62.35	90	100	112.5	50	57.5	-65	120	130	135	305		1	Q
	Carm Ingel	1975	62.4	-85	x	x	50	52.5	55	100	110	-115	x			
84kg	Janita Kruger	1967	82.9	90	95	100	45	50	55	90	x	x	245		1	Q

**LADIES : Master 2**

Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
63kg	Carol Anthony	1966	59.6	62.5	67.5	72.5	42.5	45	47.5	100	115	125	245		1	Q
84+kg	Trish Armstrong	1966	98.95	90	120	-140	80	90	-100	135	140	150	360		1	Q

**LADIES : Junior**

Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
57kg	Rouxchelle Roux	1998	56.7	55	67.5	-70	30	-35	-35	75	87.5	90	187.5		1	Q
63kg	Megan Leighton	1996	59.9	85	90	95	60	62.5	65	100	112.5	117.5	277.5		1	Q
	Sasha Payne	1995	58.8	75	80	85	40	47.5	-52.5	105	115	120	252.5		2	Q
72kg	Kash Hobbs	1993	70.8	90	95	100	62.5	65	67.5	120	135	147.5	315		1	Q
84kg	Erika Baumer	1995	77.05	65	75	80	40	-47.5	-47.5	105	-122.5	-122.5	225		1	

LADIES : Sub Junior

Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?
57kg	Rouxchelle Roux	1998	56.7	55	67.5	-70	30	-35	-35	75	87.5	90	187.5		1	Q