

SA Powerlifting Federation
GAUTENG BENCH PRESS CHAMPIONSHIPS, ST STITHIANS 06/08/2016
DETAILED SCORESHEET - RAW LADIES

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
Open					1	2	3			
57kg										
1.	Lauren Katz	1982	G	55.85	55.00	60.00	62.50	1	62.5	Q
2.	Carol Anthony	1966	G	57.00	40.00	42.50	47.50	2	47.5	
3.	Rouxchelle Roux	1998	G	56.65	-45.00	45.00	-47.50	3	45.0	
63kg										
1.	Kristen Arnesen	1986	G	62.85	50.00	57.50	60.00	1	60.0	Q
2.	Lauren Jarvis	1972	G	62.85	37.50	42.50	-45.00	2	42.5	
3.	Aley Gain	1999	G	59.20	25.00	27.50	30.00	3	30.0	
72kg										
1.	Bianca Gain	2001	G	65.90	30.00	35.00	37.50	1	37.5	
2.	Gail Mathewson	1969	G	71.35	-60.00	-60.00	-60.00		-	
84kg										
1.	Linda Rubin	1964	G	73.55	27.50	32.50	35.00	1	35.0	
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PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
SubJunior										
57kg										
1.	Rouxchelle Roux	1998	G	56.65	-45.00	45.00	-47.50	1	45.0	Q
63kg										
1.	Aley Gain	1999	G	59.20	25.00	27.50	30.00	1	30.0	
72kg										
1.	Bianca Gain	2001	G	65.90	30.00	35.00	37.50	1	37.5	
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PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
Junior										
57kg										
1.	Rouxchelle Roux	1998	G	56.65	-45.00	45.00	-47.50	1	45.0	Q
63kg										
1.	Aley Gain	1999	G	59.20	25.00	27.50	30.00	1	30.0	
72kg										
1.	Bianca Gain	2001	G	65.90	30.00	35.00	37.50	1	37.5	
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PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
Master I										
63kg										
1.	Lauren Jarvis	1972	G	62.85	37.50	42.50	-45.00	1	42.5	
2.	Gail Mathewson	1969	G	71.35	-60.00	-60.00	-60.00		-	
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PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
Master 2										
57kg										
1.	Carol Anthony	1966	G	57.00	40.00	42.50	47.50	1	47.5	Q
84kg										
1.	Linda Rubin	1964	G	73.55	27.50	32.50	35.00	1	35.0	

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DETAILED SCORESHEET - RAW MEN

PL.	Lifters	BY	Nation	Weight	All Bench press		Place	TOTAL	Qualified for SA's	
Open										
66kg										
1.	Ruben van der Linde	1998	G	64.85	85.00	90.00	-100.00	1	90.0	
2.	Wynard Kuhn	1999	G	65.40	70.00	80.00	-85.00	2	80.0	
3.	Eckhardt Engelbrecht	1999	G	64.00	72.50	-75.00	-75.00	3	72.5	
4.	Ryan Jarvis	1999	G	63.40	50.00	-55.00	57.50	4	57.5	
74kg										
1.	Andrew Ramsay	1988	G	73.45	120.00	130.00	-140.00	1	130.0	Q
2.	Glen van der Linde	1971	G	69.60	90.00	100.00	110.00	2	110.0	Q
3.	Bernard van der Linde	2000	G	70.50	85.00	92.50	100.00	3	100.0	
4.	Joshua April	1998	G	71.35	90.00	95.00	100.00	4	100.0	
5.	JJ de Kock	1998	G	68.50	80.00	-85.00	-85.00	5	80.0	
6.	Matt Cohen	1986	G	70.70	52.50	57.50	60.00	6	60.0	
83kg										
1.	Marlon Daniels	1975	G	76.50	130.00	140.00	147.50	1	147.5	Q
2.	Conrad Dippenaar	1990	G	81.85	130.00	137.50	145.00	2	145.0	Q
3.	Aadil Ismail	1996	G	76.05	107.50	115.00	125.00	3	125.0	Q
4.	Glen Moreriane	1999	G	79.10	90.00	100.00	105.00	4	105.0	
5.	Keaton Anthony	1994	G	80.15	40.00	45.00	50.00	5	50.0	
93kg										
1.	Connor Scheckle	1987	G	90.40	160.00	-167.50	-167.50	1	160.0	Q
2.	Andries Bosman	1998	G	92.50	90.00	97.50	105.00	2	105.0	
105kg										
1.	Adrian Smith	1995	G	93.25	140.00	150.00	-157.50	1	150.0	Q
2.	Bernhard Schilling	1987	G	94.05	95.00	105.00	115.00	2	115.0	
3.	Eric Kobal		G	100.75	105.00	-115.00	115.00	3	115.0	
120kg										
1.	Luvuyo Mashele	1997	G	107.60	90.00	-110.00	-110.00	1	90.0	
+ 120kg										
1.	Ian Furman	1967	G	125.70	185.00	190.00	195.00	1	195.0	Q
2.	Craig van Wyk	1961	G	125.70	170.00	180.00	190.00	2	190.0	Q

PL.	Lifters	BY	Nation	Weight	All Bench press		Place	TOTAL	Qualified for SA's	
Sub-Junior										
66kg										
1.	Ruben van der Linde	1998	G	64.85	85.00	90.00	-100.00	1	90.0	Q
2.	Wynard Kuhn	1999	G	65.40	70.00	80.00	-85.00	2	80.0	Q
3.	Eckhardt Engelbrecht	1999	G	64.00	72.50	-75.00	-75.00	3	72.5	Q
4.	Ryan Jarvis	1999	G	63.40	50.00	-55.00	57.50	4	57.5	
74kg										
1.	Bernard van der Linde	2000	G	70.50	85.00	92.50	100.00	1	100.0	Q
2.	Joshua April	1998	G	71.35	90.00	95.00	100.00	2	100.0	Q
3.	JJ de Kock	1998	G	68.50	80.00	-85.00	-85.00	3	80.0	
83kg										
1.	Glen Moreriane	1999	G	79.10	90.00	100.00	105.00	1	105.0	Q
93kg										
1.	Andries Bosman	1998	G	92.50	90.00	97.50	105.00	1	105.0	Q
105kg										
1.	Bernhard Schilling	1987	G	94.05	95.00	105.00	115.00	1	115.0	Q

PL.	Lifters	BY	Nation	Weight	All Bench press		Place	TOTAL	Qualified for SA's	
Junior										
66kg										
1.	Ruben van der Linde	1998	G	64.85	85.00	90.00	-100.00	1	90.0	Q
2.	Wynard Kuhn	1999	G	65.40	70.00	80.00	-85.00	2	80.0	Q
3.	Eckhardt Engelbrecht	1999	G	64.00	72.50	-75.00	-75.00	3	72.5	Q
4.	Ryan Jarvis	1999	G	63.40	50.00	-55.00	57.50	4	57.5	
74kg										
1.	Bernard van der Linde	2000	G	70.50	85.00	92.50	100.00	1	100.0	Q
2.	Joshua April	1998	G	71.35	90.00	95.00	100.00	2	100.0	Q
3.	JJ de Kock	1998	G	68.50	80.00	-85.00	-85.00	3	80.0	
83kg										
1.	Aadil Ismail	1996	G	76.05	107.50	115.00	125.00	1	125.0	Q
2.	Glen Moreriane	1999	G	79.10	90.00	100.00	105.00	2	105.0	Q
3.	Keaton Anthony	1994	G	80.15	40.00	45.00	50.00	3	50.0	
93kg										
1.	Andries Bosman	1998	G	92.50	90.00	97.50	105.00	1	105.0	Q
105kg										
1.	Adrian Smith	1995	G	93.25	140.00	150.00	-157.50	1	150.0	Q
2.	Bernhard Schilling	1987	G	94.05	95.00	105.00	115.00	2	115.0	Q
120kg										
1.	Luvuyo Mashele	1997	G	107.60	90.00	-110.00	-110.00	1	90.0	

PL.	Lifters	BY	Nation	Weight	All Bench press		Place	TOTAL	Qualified for SA's	
Master 1										
74kg										
1.	Glen van der Linde	1971	G	69.60	90.00	100.00	110.00	1	110.0	Q
83kg										
1.	Marlon Daniels	1975	G	76.50	130.00	140.00	147.50	1	147.5	Q
+ 120kg										
1.	Ian Furman	1967	G	125.70	185.00	190.00	195.00	1	195.0	Q
2.	Craig van Wyk	1961	G	125.70	170.00	180.00	190.00	2	190.0	Q

PL.	Lifters	BY	Nation	Weight	All Bench press		Place	TOTAL	Qualified for SA's	
Master 2										
105kg										
1.	Eric Kobal		G	100.75	105.00	-115.00	115.00	1	115.0	Q

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DETAILED SCORESHEET - EQUIPPED LADIES

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
Open					1	2	3			
57kg										
1.	Rouxchelle Roux	1998	G	56.65	55.00	60.00	65.00	1	65.0	Q
72kg										
1.	Chantelle du Toit	1985	G	71.95	90.00	95.00	100.00	1	100.0	Q
SubJunior										
57kg										
1.	Rouxchelle Roux	1998	G	56.65	55.00	60.00	65.00	1	65.0	Q
Junior										
57kg										
1.	Rouxchelle Roux	1998	G	56.65	55.00	60.00	65.00	1	65.0	Q

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DETAILED SCORESHEET - EQUIPPED MEN

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
Open										
83kg										
1	Marlon Daniels	1975	G	76.50	170.00	180.00	-190.00	1	180.0	Q
93kg										
1	Adrian Smith	1995	G	93.25	170.00	180.00	185.00	1	185.0	Q
+120kg										
1	Jean van der Have	1988	G	121.15	220.00	-227.50	227.50	1	227.5	Q
Junior										
93kg										
1	Adrian Smith	1995	G	93.25	170.00	180.00	185.00	1	185.0	Q
Master 1										
83kg										
1	Marlon Daniels	1975	G	76.50	170.00	180.00	-190.00	1	180.0	Q