

SA Powerlifting Federation
Gauteng Classic Powerlifting Championships, St Stithians HPC 27/08/2016
DETAILED SCORESHEET - LADIES

Unofficial SA record

PL.	Lifter	BY	Weight	Wilks	Prov/Club	Squat			BenchPress			Deadlift			TOTAL	Place	Best Lifters:		Qualified for	
						1	2	3	1	2	3	1	2	3			Wilks	Total	SA Raw	SA BP
Open																				
47kg																				
	Mijuane de Wet	2006	41.00		Barbell Bullies	50.0	60.0	65.0	25.0	27.5	30.0	60.0	70.0	80.0	175.0	1	257.66		Q	
52kg																				
	Jeanri Bezuidenhout	1992	52.00		CF Greenlyn	-117.5	117.5	-127.5	60.0	65.0	-67.5	127.5	135.0	-140.0	317.5	1	395.81	1	Q	Q
	Giulia Muto		51.10		Barbell Bullies	100.0	115.0	-120.0	60.0	-62.5	-62.5	115.0	130.0	x	305.0	2	385.37	3	Q	Q
	Kerry Carreira	1977	48.70		Yard	-87.5	-87.5	-87.5	45.0	-50.0	-50.0	87.5	97.5	-107.5	x					Q
57kg																				
	Gillian Johnston	1988	55.60		5E	90.0	-100.0	100.0	47.5	52.5	55.0	100.0	110.0	-120.0	265.0	1	313.56		Q	Q
	Rouxchelle Roux	1998	56.65		Adrian	90.0	97.5	100.0	47.5	52.5	55.0	110.0	-117.5	-117.5	265.0	2	308.99		Q	Q
	Carol Anthony	1966	56.80		Saints	67.5	75.0	80.0	42.5	47.5	-50.0	115.0	130.0	-135.0	257.5	3	299.63		Q	Q
	Heather Tanner	2001	52.90		Saints	40.0	45.0	50.0	22.5	25.0	27.5	55.0	65.0	70.0	147.5	4	181.45			
	Ilona Wilson	1977	57.00		Yard	110.0	115.0	117.5	50.0	52.5	55.0	-140.0	-140.0	-140.0	x					Q
63kg																				
	Laura Newman	1983	62.50		Yard	127.5	130.0	x	55.0	60.0	x	152.5	162.5	x	352.5	1	380.87		Q	Q
	Kristen Arnesen	1986	63.00		Barbell Bullies	90.0	-100.0	100.0	50.0	-60.0	-60.0	130.0	150.0	160.0	310.0	2	332.93		Q	Q
	Ronel Reyneke	1969	62.15		Barbell Bullies	100.0	105.0	110.0	57.5	60.0	65.0	115.0	127.5	132.5	307.5	3	333.67		Q	Q
	Andrea Peak	1982	62.85		Yard	117.5	-120.0	-120.0	50.0	55.0	-57.5	127.5	132.5	x	305.0	4	328.15		Q	Q
	Toni Coetzee	1984	62.05			100.0	110.0	-117.5	50.0	52.5	57.5	127.5	135.0	x	302.5	5	328.65		Q	Q
	Debbie McAlpine	1976	63.00		Yard	117.5	-120.0	120.0	47.5	52.5	-55.0	120.0	127.5	-130.0	300.0	6	322.19		Q	Q
	Sasha Payne	1995	60.00		Saints	90.0	97.5	102.5	52.5	57.5	60.0	115.0	130.0	-137.5	292.5	7	326.10		Q	Q
	Caitlin Poxon	2000	63.00		RAW	92.5	-100.0	-102.5	42.5	47.5	-50.0	110.0	117.5	120.0	260.0	8	279.23		Q	
	Candice Firmani	1967	62.95		Barbell Bullies	90.0	100.0	x	50.0	-57.5	-57.5	100.0	-105.0	105.0	255.0	9	274.02		Q	Q
	Michelle de Jong	1981	63.00			50.0	80.0	x	50.0	55.0	60.0	90.0	x	x	230.0	10	247.01		Q	Q
	Michelle Jansen van Rensburg	1998	60.00			55.0	57.5	60.0	32.5	35.0	x	60.0	70.0	80.0	175.0	11	195.11			
72kg																				
	Candice Coetzer	1985	70.75		Yard	130.0	135.0	-137.5	70.0	75.0	77.5	155.0	165.0	170.0	382.5	1	377.76		Q	Q
	Chantelle du Toit	1985	71.40		CF1610	110.0	120.0	-125.0	77.5	82.5	-85.0	120.0	137.5	145.0	347.5	2	341.08		Q	Q
	Nicole Themistocleous	1985	66.95			115.0	120.0	125.0	55.0	57.5	-60.0	135.0	145.0	152.5	335.0	3	343.93		Q	Q
	Roxi Firmani	1988	68.25		Barbell Bullies	90.0	-100.0	100.0	55.0	60.0	-62.5	130.0	-140.0	-140.0	290.0	4	293.66		Q	Q
	Claire Pacariz	1977	66.75		Barbell Bullies	-90.0	90.0	97.5	40.0	42.5	x	100.0	-110.0	-110.0	240.0	5	246.93		Q	
	Gail Mathewson	1969	70.80			40.0	50.0	60.0	46.5	52.5	55.0	100.0	-115.0	115.0	230.0	6	227.04		Q	Q
84kg																				
	Caleigh Dade	1989	83.00		5E	150.0	160.0	170.0	65.0	70.0	75.0	165.0	175.0	190.0	435.0	1	390.27	2	Q	Q
	Tia McDougal	1984	74.85		5E	115.0	122.5	127.5	65.0	70.0	75.0	120.0	135.0	147.5	350.0	2	333.14		Q	Q
	Marion Tanzer	1968	81.40		5E	95.0	102.5	-107.5	50.0	55.0	-57.5	125.0	140.0	150.0	307.5	3	278.71		Q	
	Linda Rubin	1964	72.85		Saints	40.0	45.0	50.0	30.0	35.0	37.5	65.0	75.0	80.0	167.5	4	162.23			
+84kg																				
	Lezaan Jordaan	1995	90.50		Barbell Bullies	110.0	130.0	140.0	65.0	70.0	72.5	150.0	-170.0	170.0	382.5	1	329.75		Q	Q
	Christi de Jager	1986	96.75		5E	110.0	115.0	122.5	80.0	87.5	-90.0	145.0	155.0	170.0	380.0	2	319.65		Q	Q
	Jodi Poxon	1975	84.10		RAW	80.0	90.0	100.0	50.0	55.0	-60.0	110.0	120.0	125.0	280.0	3	249.54		Q	

PL.	Lifter	BY	Weight	Wilks	Prov/Club	Squat			BenchPress			Deadlift			TOTAL	Place	Wilks Total	SA Raw	SA BP	
						1	2	3	1	2	3	1	2	3						
SubJunior																				
47kg																				
	Mijuane de Wet	2006	41.00		Barbell Bullies	50.0	60.0	65.0	25.0	27.5	30.0	60.0	70.0	80.0	175.0	1	257.66	3	Q	
57kg																				
	Rouxchelle Roux	1998	56.65		Adrian	90.0	97.5	100.0	47.5	52.5	55.0	110.0	-117.5	-117.5	265.0	1	308.99	1	Q	Q
	Heather Tanner	2001	52.90		Saints	40.0	45.0	50.0	22.5	25.0	27.5	55.0	65.0	70.0	147.5	2	181.45		Q	
63kg																				
	Caitlin Poxon	2000	63.00		RAW	92.5	-100.0	-102.5	42.5	47.5	-50.0	110.0	117.5	120.0	260.0	1	279.23	2	Q	Q
	Michelle Jansen van Rensburg	1998	60.00			55.0	57.5	60.0	32.5	35.0	x	60.0	70.0	80.0	175.0	2	195.11		Q	

PL.	Lifter	BY	Weight	Wilks	Prov/Club	Squat			BenchPress			Deadlift			TOTAL	Place	Wilks Total	SA Raw	SA BP	
						1	2	3	1	2	3	1	2	3						
Junior																				
47kg																				
	Mijuane de Wet	2006	41.00		Barbell Bullies	50.0	60.0	65.0	25.0	27.5	30.0	60.0	70.0	80.0	175.0	1	257.66		Q	
57kg																				
	Rouxchelle Roux	1998	56.65		Adrian	90.0	97.5	100.0	47.5	52.5	55.0	110.0	-117.5	-117.5	265.0	1	308.99	3	Q	Q
	Heather Tanner	2001	52.90		Saints	40.0	45.0	50.0	22.5	25.0	27.5	55.0	65.0	70.0	147.5	2	181.45			
63kg																				
	Sasha Payne	1995	60.00		Saints	90.0	97.5	102.5	52.5	57.5	60.0	115.0	130.0	-137.5	292.5	1	326.10	2	Q	Q
	Caitlin Poxon	2000	63.00		RAW	92.5	-100.0	-102.5	42.5	47.5	-50.0	110.0	117.5	120.0	260.0	2	279.23		Q	Q
	Michelle Jansen van Rensburg	1998	60.00			55.0	57.5	60.0	32.5	35.0	x	60.0	70.0	80.0	175.0	3	195.11			
+84kg																				
	Lezaan Jordaan	1995	90.50		Barbell Bullies	110.0	130.0	140.0	65.0	70.0	72.5	150.0	-170.0	170.0	382.5	1	329.75	1	Q	Q

PL.	Lifter	BY	Weight	Wilks	Prov/Club	Squat			BenchPress			Deadlift			TOTAL	Place	Wilks Total	SA Raw	SA BP	
						1	2	3	1	2	3	1	2	3						
Master 1																				
63kg																				
	Ronel Reyneke	1969	62.15		Barbell Bullies	100.0	105.0	110.0	57.5	60.0	65.0	115.0	127.5	132.5	307.5	1	333.67	1	Q	Q
	Debbie McAlpine	1976	63.00		Yard	117.5	-120.0	120.0	47.5	52.5	-55.0	120.0	127.5	-130.0	300.0	2	322.19	2	Q	Q
	Candice Firmani	1967	62.95		Barbell Bullies	90.0	100.0	x	50.0	-57.5	-57.5	100.0	-105.0	105.0	255.0	3	274.02		Q	Q
72kg																				
	Gail Mathewson	1969	70.80			40.0	50.0	60.0	46.5	52.5	55.0	100.0	-115.0	115.0	230.0	1	227.04		Q	Q
84kg																				
	Marion Tanzer	1968	81.40		5E	95.0	102.5	-107.5	50.0	55.0	-57.5	125.0	140.0	150.0	307.5	1	278.71	3	Q	
+84kg																				
	Jodi Poxon	1975	84.10		RAW	80.0	90.0	100.0	50.0	55.0	-60.0	110.0	120.0	125.0	280.0	1	249.54		Q	

PL.	Lifter	BY	Weight	Wilks	Prov/Club	Squat			BenchPress			Deadlift			TOTAL	Place	Wilks Total	SA Raw	SA BP	
						1	2	3	1	2	3	1	2	3						
Master 2																				
57kg																				
	Carol Anthony	1966	56.80		Saints	67.5	75.0	80.0	42.5	47.5	-50.0	115.0	130.0	-135.0	257.5	1	299.63	1	Q	Q
84kg																				
	Linda Rubin	1964	72.85		Saints	40.0	45.0	50.0	30.0	35.0	37.5	65.0	75.0	80.0	167.5	1	162.23	2	Q	

SA Powerlifting Federation
Gauteng Classic Powerlifting Championships, St Stithians HPC 27/08/2016
DETAILED SCORESHEET - MEN

PL.	Lifter	BY	Weight	Wilks	Prov/Club	Squat			BenchPress			Deadlift			TOTAL	Place	Best Lifters:		Qualified for	
						1	2	3	1	2	3	1	2	3			Wilks	Total	SA Raw	SA BP
Open																				
74kg																				
	Andrew Ramsay	1988	73.90			195.0	210.0	-220.0	125.0	132.5	137.5	235.0	255.0	-280.0	602.5	1	433.80	1	Q	Q
	Sashen Moodley	1993	73.10			125.0	135.0	145.0	85.0	95.0	-105.0	180.0	195.0	210.0	450.0	2	326.54		Q	
	Jason Szeili	1993	71.00		Barbell Bullies	135.0	x	x	100.0	x	x	185.0	x	x	420.0	3	311.38		Q	
	Chris Carreira	1977	72.25		Yard	130.0	137.5	140.0	77.5	82.5	87.5	180.0	190.0	-192.5	417.5	4	305.54			
	Charles-Lee Fourie	1994	66.70		CF Greenlyn	112.5	117.5	-122.5	67.5	72.5	-77.5	160.0	-175.0	175.0	365.0	5	284.14			
	Joey Ramalho	1981	67.95		Barbell Bullies	115.0	-130.0	130.0	60.0	70.0	75.0	150.0	-185.0	-185.0	355.0	6	272.27			
83kg																				
	Gian Smit	1990	82.60			200.0	207.5	212.5	135.0	140.0	-145.0	230.0	250.0	265.0	617.5	1	413.37	2	Q	Q
	Conrad Dippenaar	1980	81.50			160.0	172.5	180.0	135.0	142.5	-147.5	225.0	-240.0	-240.0	547.5	2	369.49		Q	Q
	Dylan van Houten	1988	79.10			185.0	195.0	x	100.0	107.5	x	210.0	225.0	-237.5	527.5	3	362.73		Q	
	Wayne Laubscher	1981	82.30			160.0	-170.0	-170.0	100.0	x	x	200.0	215.0	222.5	482.5	4	323.70		Q	
	Lindani Walaza	1993	76.60		5E	110.0	120.0	-130.0	100.0	105.0	107.5	160.0	180.0	-200.0	407.5	5	286.20			
	Brendan Jacques	1994	72.05						100.0	-105.0	-105.0				100.0		73.33			
93kg																				
	Graham Green	1978	93.00		Barbell Bullies	180.0	200.0	210.0	137.5	145.0	-147.5	230.0	250.0	255.0	610.0	1	383.20		Q	Q
	Adrian Smith	1995	92.60			185.0	195.0	202.5	142.5	152.5	-157.5	220.0	230.0	-232.5	585.0	2	368.25		Q	Q
	Una Mduladlo		90.85		Barbell Bullies	-160.0	180.0	-200.0	110.0	117.5	122.5	230.0	-260.0	262.5	565.0	3	358.99		Q	
	Nathan Rundie	1985	92.40			190.0	197.5	x	100.0	-107.5	x	240.0	255.0	x	552.5	4	348.15		Q	
	Etienne Potgieter	1986	92.00			160.0	175.0	185.0	140.0	150.0	160.0	170.0	180.0	x	525.0	5	331.52		Q	Q
	Simon Lithgow	1983	91.80		Saints	130.0	140.0	-150.0	105.0	115.0	-120.0	160.0	175.0	185.0	440.0	6	278.14			
	Thomas Klopper	1999	91.75			120.0	132.5	140.0	80.0	-90.0	-90.0	135.0	150.0	170.0	390.0	7	246.60			
105kg																				
	Johan de Bruin	1990	104.05			200.0	215.0	225.0	140.0	150.0	-157.5	265.0	275.0	290.0	665.0	1	398.66	3	Q	Q
	Terence Bosman	1996	103.95			200.0	225.0	237.5	130.0	-140.0	-140.0	260.0	290.0	-305.0	657.5	2	394.30		Q	
	Zander Worst	1995	104.45		Barbell Bullies	160.0	185.0	200.0	130.0	140.0	-142.5	220.0	240.0	-250.0	580.0	3	347.22		Q	Q
	George Parker	1971	98.45		Chaos	160.0	170.0	180.0	117.5	125.0	132.5	170.0	185.0	x	497.5	4	304.71			
120kg																				
	Gareth Cox	1987	109.60			220.0	230.0	232.5	140.0	150.0	-157.5	250.0	290.0	-305.0	672.5	1	396.21		Q	Q
	Michael Klinck	1991	108.05			190.0	200.0	210.0	130.0	137.5	145.0	190.0	205.0	220.0	575.0	2	340.29		Q	Q
	Lukha de Jesus	1999	114.10			120.0	145.0	162.5	62.5	72.5	-77.5	140.0	157.5	170.0	405.0	3	235.83			
+120kg																				
	Ruan Roux		133.95			200.0	210.0	215.0	110.0	117.5	120.0	240.0	260.0	280.0	615.0	1	346.05		Q	
	Fanie du Preez	1973	132.65		Saints	170.0	190.0	205.0	130.0	142.5	-152.5	220.0	240.0	-250.0	587.5	2	331.12		Q	

PL.	Lifter	BY	Weight	Wilks	Prov/Club	Squat			BenchPress			Deadlift			TOTAL	Place	Wilks Total	SA Raw	SA BP
						1	2	3	1	2	3	1	2	3					
SubJunior																			
93kg																			
	Thomas Klopper	1999	91.75			120.0	132.5	140.0	80.0	-90.0	-90.0	135.0	150.0	170.0	390.0	1	246.60	1	Q
120kg																			
	Lukha de Jesus	1999	114.10			120.0	145.0	162.5	62.5	72.5	-77.5	140.0	157.5	170.0	405.0	1	235.83	2	Q
Junior																			
74kg																			
	Sashen Moodley	1993	73.10			125.0	135.0	145.0	85.0	95.0	-105.0	180.0	195.0	210.0	450.0	1	326.54		Q
	Jason Szeili	1993	71.00		Barbell Bullies	135.0	x	x	100.0	x	x	185.0	x	x	420.0	2	311.38		Q
	Charles-Lee Fourie	1994	66.70		CF Greenlyn	112.5	117.5	-122.5	67.5	72.5	-77.5	160.0	-175.0	175.0	365.0	3	284.14		Q
83kg																			
	Lindani Walaza	1993	76.60		5E	110.0	120.0	-130.0	100.0	105.0	107.5	160.0	180.0	-200.0	407.5	1	286.20		Q
	Brendan Jacques	1994	72.05						100.0	-105.0	-105.0								Q
93kg																			
	Adrian Smith	1995	92.60			185.0	195.0	202.5	142.5	152.5	-157.5	220.0	230.0	-232.5	585.0	1	368.25	2	Q
	Una Mduladlo		90.85		Barbell Bullies	-160.0	180.0	-200.0	110.0	117.5	122.5	230.0	-260.0	262.5	565.0	2	358.99	3	Q
	Thomas Klopper	1999	91.75			120.0	132.5	140.0	80.0	-90.0	-90.0	135.0	150.0	170.0	390.0	3	246.60		Q
105kg																			
	Terence Bosman	1996	103.95			200.0	225.0	237.5	130.0	-140.0	-140.0	260.0	290.0	-305.0	657.5	1	394.30	1	Q
	Zander Worst	1995	104.45		Barbell Bullies	160.0	185.0	200.0	130.0	140.0	-142.5	220.0	240.0	-250.0	580.0	2	347.22		Q
120kg																			
	Lukha de Jesus	1999	114.10			120.0	145.0	162.5	62.5	72.5	-77.5	140.0	157.5	170.0	405.0	1	235.83		
Master 1																			
105kg																			
	George Parker	1971	98.45		Chaos	160.0	170.0	180.0	117.5	125.0	132.5	170.0	185.0	x	497.5	1	304.71	2	Q
+120kg																			
	Fanie du Preez	1973	132.65		Saints	170.0	190.0	205.0	130.0	142.5	-152.5	220.0	240.0	-250.0	587.5	1	331.12	1	Q