

POWERLIFTING

SA CHAMPIONSHIP 2010 : FEMALES

7 MAY 2010

AGE	TEAM	DIV	NAME	BODY	WILKS	SQT	B/P	D/L	TOTAL	WILKS	POS	TEAM	INCENTIVE
				MASS	FORM	FINAL	FINAL	FINAL	(kg)	PTS	PTS	BADGE	
F.SJ	EP	52	Liezl Pretorius	52	1.2466	125.0	70.0	125.0	320.0	398.92	1	12	Silver
F.SJ	EP	56	Stephanie Pretorius	56	1.1766	110.0	50.0	127.5	287.5	338.27	1	12	Black
F.SJ	EP	60	Anneke Jordaan	59.5	1.1221	90.0	32.5	92.5	215.0	241.26		-	Orange
F.SJ	NW	90	Esmay Smith	84.4	0.8896	180.0	75.0	170.0	425.0	378.10	1	12	Black
F.J	EP	52	Liezl Pretorius	52	1.2466	125.0	70.0	125.0	320.0	398.92	1	12	Silver
F.J	G	52	Kelly-Anne Grobler	50.8	1.2692	100.0	65.0	125.0	290.0	368.07	2	9	Bronze
F.J	EP	56	Stephanie Pretorius	56	1.1766	110.0	50.0	127.5	287.5	338.27	1	12	Black
F.J	NW	90	Esmay Smith	84.4	0.8896	180.0	75.0	170.0	425.0	378.10	1	12	Black
F.J	GN	90+	Nombulelo Mkencele	96.5	0.8419	140.0	45.0	150.0	335.0	282.03	1	12	Green
F.S	WP	52	Miriam Sinclair	51.8	1.2504	125.0	62.5	152.5	340.0	425.12	1	12	Gold
F.S	EP	52	Liezl Pretorius	52	1.2466	125.0	70.0	125.0	320.0	398.92	2	9	Silver
F.S	EP	52	Gillian Smith	51.1	1.2635	115.0	65.0	120.0	300.0	379.05	3	8	Bronze
F.S	G	52	Kelly-Anne Grobler	50.8	1.2692	100.0	65.0	125.0	290.0	368.07	4	7	Bronze
F.S	G	56	Lisa Basson	55.6	1.1832	130.0	75.0	145.0	350.0	414.13	1	12	Silver
F.S	EP	56	Stephanie Pretorius	56	1.1766	110.0	50.0	127.5	287.5	338.27	2	9	Black
F.S	WP	60	Hesterki Range	57	1.1604	110.0	57.5	137.5	305.0	353.92	1	12	Black
F.S	G	60	Danel van Jaarsveld	59.3	1.1251	100.0	60.0	120.0	280.0	315.02	2	9	Brown
F.S	EP	67.5	Sanet Momberg	64.8	1.0515	140.0	127.5	155.0	422.5	444.26	1	12	Gold
F.S	G	67.5	Michelle de Souza	65.6	1.0420	145.0	60.0	162.5	367.5	382.94	2	9	Bronze
F.S	EP	67.5	Cene Petit	65.1	1.0479	150.0	65.0	130.0	345.0	361.53	3	8	Black
F.S	WP	67.5	Renate van Dyk	66	1.0374	110.0	62.5	140.0	312.5	324.18	4	7	Brown

POWERLIFTING

SA CHAMPIONSHIP 2010 : FEMALES

7 MAY 2010

AGE	TEAM	DIV	NAME	BODY	WILKS	SQT	B/P	D/L	TOTAL	WILKS	POS	TEAM	INCENTIVE
				MASS									
F.S	KZN	75	Sue Glazier	74.6	0.9538	140.0	120.0	170.0	430.0	410.15	1	12	Silver
F.S	NW	90	Esmay Smith	84.4	0.8896	180.0	75.0	170.0	425.0	378.10	1	12	Black
F.S	GN	90+	Madelyn Prinsloo	136.2	0.7816	140.0	70.0	155.0	365.0	285.28	1	12	Blue
F.S	G	90+	Yvette Coetzee	107.3	0.8175							-	White
F.M1	EP	52	Gillian Smith	51.1	1.2635	115.0	65.0	120.0	300.0	379.05	1	12	Bronze
F.M1	WP	60	Hesterki Range	57	1.1604	110.0	57.5	137.5	305.0	353.92	1	12	Black
F.M1	G	67.5	Michelle de Souza	65.6	1.0420	145.0	60.0	162.5	367.5	382.94	1	12	Bronze
F.M1	EP	82.5	Anita Barnard	81.9	0.9034	105.0	60.0	130.0	295.0	266.51	1	12	Green
F.M1	G	90+	Yvette Coetzee	107.3	0.8175						1	12	White
F.M2	WP	52	Miriam Sinclair	51.8	1.2504	125.0	62.5	152.5	340.0	425.12	1	12	Gold
F.M2	WP	90	Corrie Steele	88.4	0.8707	95.0	50.0	132.5	277.5	241.62	1	12	Yellow
												327	FEMALES

POWERLIFTING

SA CHAMPIONSHIP 2010 : MALES : SUB-JUNIORS

7 MAY 2010

AGE	TEAM	DIV	NAME	BODY	WILKS	SQT	B/P	D/L	TOTAL	WILKS	POS	TEAM	INCENTIVE
				MASS									
M.SJ	NW	56	Given Scorgie	55.80	0.9135	110.0	85.0	150.0	345.0	315.17	1	12	Green
M.SJ	NW	56	Ivan Diobe	54.70	0.9317	110.0	75.0	130.0	315.0	293.50	2	9	Orange
M.SJ	GN	56	Thembanani Makhubulo	55.10	0.9250	95.0	50.0	152.5	297.5	275.19	3	8	Yellow
M.SJ	FS	56	Tumelo Pedi	55.12	0.9247		100.0	190.0				-	White
M.SJ	WP	60	Warren Simon	59.60	0.8581	210.0	125.0	210.0	545.0	467.67	1	12	Gold
M.SJ	GN	60	Tsungai Marerwa	58.80	0.8689	70.0	70.0					-	White
M.SJ	NW	67.5	Tshepo Rapoo	64.00	0.8057	175.0	85.0	205.0	465.0	374.64	1	12	Blue
M.SJ	FS	67.5	Kekeletso Makuta	63.70	0.8089	180.0	95.0	187.5	462.5	374.12	2	9	Blue
M.SJ	GN	67.5	Kennedy Sekome	64.20	0.8035	150.0	95.0	215.0	460.0	369.63	3	8	Blue
M.SJ	GN	67.5	Colo Thlong	66.10	0.7842	140.0	97.5	200.0	437.5	343.10	4	7	Blue
M.SJ	NW	67.5	Jonathan Hendricks	63.50	0.8111	120.0	80.0	170.0	370.0	300.11	5	6	Orange
M.SJ	NW	67.5	Owen Pita	66.50	0.7804	135.0	80.0	150.0	365.0	284.83	6	5	Orange
M.SJ	GN	67.5	Thulani Mahlangu	64.00	0.8057	100.0		165.0				-	White
M.SJ	FS	75	Armando Fernandes	72.9	0.7271	200.0	135.0	210.0	545.0	396.26	1	12	Black
M.SJ	WP	75	Janson Dorfling	74.7	0.7146	145.0	95.0	195.0	435.0	310.83	2	9	Green
M.SJ	EP	75	Kyle Valentine	74.9	0.7132	130.0	90.0	170.0	390.0	278.16	3	8	Orange
M.SJ	GN	75	Sihle Sikhondze	69.4	0.7544	100.0	70.0	160.0	330.0	248.94	4	7	White
M.SJ	GN	90	Mvuyo Nhlabati	85.10	0.6579	60.0	70.0	140.0	270.0	177.63	1	12	White
M.SJ	GN	110	Philane Mamba	110.00	0.5885	160.0	115.0	160.0	435.0	255.99	1	12	White
												148	SUB-JUNIORS
												286	JUNIORS
												217	SENIORS
												138	MASTERS
												789	TOTAL

POWERLIFTING

SA CHAMPIONSHIP 2010 : MALES : JUNIORS

7 MAY 2010

AGE	TEAM	DIV	NAME	BODY	WILKS	SQT	B/P	D/L	TOTAL	WILKS	POS	TEAM	INCENTIVE
				MASS									
M.J	WP	52	Sean Brokenshire	51.60	0.9893	135.0	90.0	175.0	400.0	395.71	1	12	Black
M.J	WP	60	Warren Simon	59.60	0.8581	210.0	125.0	210.0	545.0	467.67	1	12	Gold
M.J	G	67.5	Harry Shomalistos	66.70	0.7785	210.0	167.5	270.0	647.5	504.05	1	12	Elite 1
M.J	NW	67.5	Jabulani Phantile	66.50	0.7804	200.0	117.5	200.0	517.5	403.84	2	9	Black
M.J	NW	67.5	Kgotso Japhta Khalapha	64.10	0.8046	170.0	100.0	180.0	450.0	362.07	3	8	Blue
M.J	GN	67.5	Thabang Mpe	66.30	0.7823	160.0	122.5	160.0	442.5	346.16	4	7	Blue
M.J	WP	67.5	Virgill Arendse	61.10	0.8390	142.5	80.0	170.0	392.5	329.30	5	6	Orange
M.J	NW	67.5	Jonathan Hendricks	63.50	0.8111	120.0	80.0	170.0	370.0	300.11	6	5	Orange
M.J	GN	67.5	Dylan Mannathoko	67.30	0.7729		65.0	160.0				-	White
M.J	FS	67.5	Paul Makuta	66.00	0.7852		125.0					-	White
M.J	WP	75	Matt Coppenhall	70.4	0.7461	235.0	170.0	240.0	645.0	481.26	1	12	Silver
M.J	WP	75	Clive Battison	74.4	0.7166	225.0	137.5	222.5	585.0	419.20	2	9	Bronze
M.J	GN	75	Rayner Bartsch	73	0.7264	150.0	115.0	185.0	450.0	326.86	3	8	Green
M.J	NW	75	Baki Simon Mohloane	70.2	0.7478	150.0	97.5	200.0	447.5	334.62	4	7	Green
M.J	GN	75	Kaelo Moeti	69.7	0.7519	170.0	80.0	182.5	432.5	325.18	5	6	Green
M.J	GN	75	Thabo Mabitse	72.5	0.7300	130.0	75.0	170.0	375.0	273.75	6	5	Yellow
M.J	FS	82.5	Herman Spamer	79.60	0.6849	215.0	125.0	210.0	550.0	376.68	1	12	Brown
M.J	WP	82.5	Conrad Dippenaar	80.20	0.6816	185.0	140.0	222.5	547.5	373.19	2	9	Brown
M.J	FS	82.5	Neil Els	80.10	0.6822	190.0	140.0	210.0	540.0	368.37	3	8	Brown
M.J	EP	82.5	JP Claasen	79.50	0.6854	200.0	100.0	200.0	500.0	342.71	4	7	Blue
M.J	NW	82.5	Jacobus Seleka	76.20	0.7048	130.0	80.0	170.0	380.0	267.83	5	6	White
M.J	KZN	90	Martinus Vermaak	85.30	0.6570	275.0	150.0	250.0	675.0	443.49	1	12	Bronze
M.J	FS	90	Ricardo Barreto	87.90	0.6463	275.0	130.0	245.0	650.0	420.09	2	9	Bronze

POWERLIFTING

SA CHAMPIONSHIP 2010 : MALES : JUNIORS

7 MAY 2010

AGE	TEAM	DIV	NAME	BODY	WILKS	SQT	B/P	D/L	TOTAL	WILKS	POS	TEAM	INCENTIVE
				MASS									
M.J	EP	90	Juan Fourie	87.20	0.6491	200.0	135.0	245.0	580.0	376.46	3	8	Brown
M.J	GN	90	Michael Motaung	90.00	0.6384	195.0	127.5	225.0	547.5	349.52	4	7	Blue
M.J	GN	90	Ryno Saaiman	87.10	0.6495	165.0	135.0	190.0	490.0	318.24	5	6	Green
M.J	NW	100	Johan Smith	94.80	0.6226	330.0	200.0	280.0	810.0	504.32	1	12	Gold
M.J	G	100	John MacKenchie	94.00	0.6250	245.0	152.5	285.0	682.5	426.60	2	9	Black
M.J	G	100	Joshua Capazorio	98.00	0.6136	245.0	160.0	257.5	662.5	406.54	3	8	Black
M.J	FS	100	Phillip v Wyk	98.00	0.6136	220.0	135.0	235.0	590.0	362.05	4	7	Blue
M.J	KZN	110	Minal Raniga	107.50	0.5928	260.0	135.0	240.0	635.0	376.43	1	12	Brown
M.J	G	110	Clyde Keevy	106.70	0.5943	215.0	172.5	245.0	632.5	375.88	2	9	Brown
M.J	NW	110	Liaan Booyesen	101.00	0.6062	225.0	150.0	240.0	615.0	372.82	3	8	Blue
M.J	EP	110	Hanno Lourens	104.10	0.5994	200.0	110.0	230.0	540.0	323.67	4	7	Green
M.J	WP	125	Leroy Simons	121.80	0.5730	220.0	150.0	245.0	615.0	352.39	1	12	Blue
												286	JUNIORS

POWERLIFTING

SA CHAMPIONSHIP 2010 : MALES : SENIORS

7 MAY 2010

AGE	TEAM	DIV	NAME	BODY MASS	WILKS FORM	SQT FINAL	B/P FINAL	D/L FINAL	TOTAL (kg)	WILKS PTS	POS	TEAM PTS	INCENTIVE BADGE
M.S	WP	52	Sean Brokenshire	51.60	0.9893	135.0	90.0	175.0	400.0	395.71	1	12	Black
M.S	NW	56	Percy Mpongo	55.10	0.9250	130.0	40.0	150.0	320.0	296.00	1	12	Orange
M.S	FS	56	Daniel Kobvae	52.40	0.9735		85.0	180.0				-	White
M.S	WP	60	Warren Simon	59.60	0.8581	210.0	125.0	210.0	545.0	467.67	1	12	Gold
M.S	FS	60	Moses Tsimane	58.80	0.8689	160.0	130.0	200.0	490.0	425.77	2	9	Bronze
M.S	NW	60	Jacobus Phalatsi	57.00	0.8949	180.0	110.0	180.0	470.0	420.59	3	8	Black
M.S	G	67.5	Harry Shomalistos	66.70	0.7785	210.0	167.5	270.0	647.5	504.05	1	12	Elite 1
M.S	WP	67.5	Karl Christians	65.90	0.7862	210.0	110.0	210.0	530.0	416.67	2	9	Black
M.S	FS	67.5	Paul Makuta	66.00	0.7852		125.0					-	White
M.S	G	75	Marlon Daniels	73	0.7264	240.0	190.0	230.0	660.0	479.40	1	12	Gold
M.S	WP	75	Matt Coppenhall	70.4	0.7461	235.0	170.0	240.0	645.0	481.26	2	9	Silver
M.S	G	75	Dan Oppenheim	73.2	0.7249	175.0	120.0	205.0	500.0	362.46	3	8	Brown
M.S	GN	75	Glenn vd Linde	74.2	0.7179	180.0	130.0	190.0	500.0	358.97	4	7	Brown
M.S	NW	82.5	Isreal Tebego Mokoena	81.00	0.6774	120.0	90.0	210.0	420.0	284.52	1	12	Orange
M.S	FS	90	Pieter Erasmus	89.40	0.6406	290.0	220.0	252.5	762.5	488.45	1	12	Gold
M.S	GN	90	Etienne Potgieter	88.20	0.6451	277.5	195.0	265.0	737.5	475.78	2	9	Gold
M.S	KZN	90	Martinus Vermaak	85.30	0.6570	275.0	150.0	250.0	675.0	443.49	3	8	Bronze
M.S	FS	90	Ricardo Barreto	87.90	0.6463	275.0	130.0	245.0	650.0	420.09	4	7	Bronze
M.S	FS	90	Desmond du Toit	89.40	0.6406							-	White
M.S	NW	100	Johan Smith	94.80	0.6226	330.0	200.0	280.0	810.0	504.32	1	12	Gold
M.S	G	100	John MacKenchie	94.00	0.6250	245.0	152.5	285.0	682.5	426.60	2	9	Black
M.S	G	100	Joshua Capazorio	98.00	0.6136	245.0	160.0	257.5	662.5	406.54	3	8	Black

POWERLIFTING**SA CHANPIONSHIP 2010 : MALES : SENIORS****7 MAY 2010**

M.S	G	100	Mark Phillips	95.70	0.6200	245.0	160.0	255.0	660.0	409.19	4	7	Black
M.S	EP	100	Christo Jordaan	92.90	0.6285	240.0	130.0	245.0	615.0	386.53	5	6	Brown
M.S	EP	100	Pieter Benade	97.20	0.6158	260.0	150.0	140.0	550.0	338.68	6	5	Blue
M.S	G	110	Clyde Keevy	106.70	0.5943	215.0	172.5	245.0	632.5	375.88	1	12	Brown
												217	SENIORS

POWERLIFTING

SA CHAMPIONSHIP 2010 : MALES : MASTERS

7 MAY 2010

AGE	TEAM	DIV	NAME	BODY MASS	WILKS FORM	SQT FINAL	B/P FINAL	D/L FINAL	TOTAL (kg)	WILKS PTS	POS	TEAM PTS	INCENTIVE BADGE
M.M1	FS	60	Moses Tsimane	58.80	0.8689	160.0	130.0	200.0	490.0	425.77	1	12	Bronze
M.M1	WP	67.5	Karl Christians	65.90	0.7862	210.0	110.0	210.0	530.0	416.67	1	12	Black
M.M1	NW	82.5	David Quatse	76.10	0.7055	205.0	97.5	220.0	522.5	368.60	1	12	Blue
M.M1	FS	90	Pieter Erasmus	89.40	0.6406	290.0	220.0	252.5	762.5	488.45	1	12	Gold
M.M1	EP	90	Stephen Stander	88.40	0.6444	195.0	125.0	210.0	530.0	341.51	2	9	Blue
M.M1	G	100	Mark Phillips	95.70	0.6200	245.0	160.0	255.0	660.0	409.19	1	12	Black
M.M1	EP	100	Christo Jordaan	92.90	0.6285	240.0	130.0	245.0	615.0	386.53	2	9	Brown
M.M2	WP	82.5	L Arendse	77.60	0.6963	212.5	130.0	217.5	560.0	389.91	1	12	Brown
M.M2	G	90	Robert Huff	89.00	0.6421	180.0	125.0	170.0	475.0	304.98	1	12	Orange
M.M2	EP	110	André Ludik	109.80	0.5888	200.0	170.0	210.0	580.0	341.52	1	12	Blue
M.M3	G	75	Dan Oppenheim	73.2	0.7249	175.0	120.0	205.0	500.0	362.46	1	12	Brown
M.M3	NW	100	Theuns Naude	98.10	0.6134	160.0	100.0	237.5	497.5	305.16	1	12	Orange
												138	MASTERS