

POWERLIFTING RANKING AS AT 31 DECEMBER 2011 - ON TOTAL BY DIVISION

Ranking	M/W	Class	BW	Name	Nation Province	SQ Result	BP Result	DL Result	Tot. Result	PL Wilks Points	PL Badge	Date	Competition Name	D.O.B
1	M	53	34.9	QUWIN WHITTAKER	Gauteng	30	20	40	90	#N/A	Yellow	22/05/2011	Gauteng May Qualifying Competition	10/01/2001
1	M	59J	58.4	Jacques Fourie	EP	155	127.5	162.5	445	389.15	black	13/08/2011	Coastal Inter Provincial Competition	10/08/1989
2	M	59J	58.95	Ivan Vers	NW	145	110	170	425	368.135	Brown	24/06/2011	SA Powerlifting Championships 2011	13/11/1992
3	M	59J	57.34	Ethan Russel	NW	150	90	145	385	342.2265	Blue	24/06/2011	SA Powerlifting Championships 2011	19/06/1992
4	M	59	58	REGAN DUNNE	Gauteng	80	100	150	330	290.466	Orange	22/05/2011	Gauteng May Qualifying Competition	20/01/1990
5	M	59	58.75	Godfrey Ramajoe	Gauteng	95	55	150	300	260.67	Yellow	27/08/2011	Gauteng Powerlifting Championships 2011	22/08/1990
1	M	66	64.95	Stuart Murchie	Gauteng	220	140	200	560	445.312	Silver	27/08/2011	Gauteng Powerlifting Championships 2011	07/02/1991
2	M	66	65.4	Kennedy Sekome	Gauteng	190	110	252.5	552.5	437.08275	Bronze	13/08/2011	SA Inter Provincial Championships - Inland 2011	03/03/1992
3	M	66S	61.15	Jacobus Phalatsi	NW	220	130	200	550	460.79	Bronze	24/06/2011	SA Powerlifting Championships 2011	19/11/1981
4	M	66S	64.9	Christopher Bruce	WP	200	112.5	205	517.5	412.0335	Black	15/12/2011	Commonwealth Championships 2011	30/01/1978
5	M	66	66	Nick Stefanou	Gauteng	190	100	210	500	392.6	Black	27/08/2011	Gauteng Powerlifting Championships 2011	20/04/1991
6	M	66M1	64.72	Karl Christians	WP	190	100	205	495	394.6635	Black	24/06/2011	SA Powerlifting Championships 2011	27/08/1963
7	M	66	65.9	Jacques Fourie	EP	165	95	200	460	361.65	brown	13/08/2011	Coastal Inter Provincial Competition	10/08/1989
8	M	66J	64.75	Given Scorgie	NW	150	95	195	440	350.812	Blue	24/06/2011	SA Powerlifting Championships 2011	13/11/1992
9	M	66	60.7	Percy Ntsojjo	NW	170	70	175	415	350.2185	Green	13/08/2011	SA Inter Provincial Championships - Inland 2011	04/01/1994
10	M	66	60.4	Thembanani Makubalo	Gauteng	140	77.5	195	412.5	349.67625	Green	27/08/2011	Gauteng Powerlifting Championships 2011	27/01/1993
11	M	66J	64.68	Jaco Brits	Gauteng	145	90	175	410	327.303	Green	24/06/2011	SA Powerlifting Championships 2011	31/01/1988
12	M	66S/J	61.55	DC Luwes	FS	152.5	75	160	387.5	322.74875	Orange	24/06/2011	SA Powerlifting Championships 2011	28/06/1995
13	M	66	63.2	Dirk O Kennedy	EP	110	107.5	162.5	380	309.47	orange	13/08/2011	Coastal Inter Provincial Competition	
14	M	66	63.6	Leon Haarhoff	EP	117.5	75	182.5	375	303.75	orange	13/08/2011	Coastal Inter Provincial Competition	14/04/1983
15	M	66S/J	62.74	Michael Denny	WP	120	77.5	175	372.5	305.04025	Orange	24/06/2011	SA Powerlifting Championships 2011	14/07/1994
1	M	74	74	Marlon Daniels	Gauteng	250	195	220	665	478.3345	Gold	13/08/2011	SA Inter Provincial Championships - Inland 2011	25/11/1975
2	M	74S	72.27	Matthew Coppenhall	WP	240	160	260	660	482.79	Gold	24/06/2011	SA Powerlifting Championships 2011	16/09/1987
3	M	74J	73.46	Japhta Khalapa	NW	220	110	240	570	411.996	Black	24/06/2011	SA Powerlifting Championships 2011	02/06/1992
4	M	74S/J	73.1	Tshepo Rapoo	NW	230	110	220	560	406.336	Black	24/06/2011	SA Powerlifting Championships 2011	16/03/1993
5	M	74	71.84	SHAUN MOLLER	Gauteng	190	140	200	530	389.285	Brown	16/04/2011	Gauteng Club Qualifier	18/03/1987
6	M	74S/J	71.25	Whanstacwin Booysen	WP	200	110	210	520	384.28	Brown	24/06/2011	SA Powerlifting Championships 2011	31/03/1994
7	M	74	72.2	Neil Colburn	EP	165	140	210	515	377.08	brown	15/08/2011	Coastal Inter Provincial Competition	
8	M	74	68.95	Thabang Mpe	Gauteng	175	152.5	185	512.5	388.3725	Brown	13/08/2011	SA Inter Provincial Championships - Inland 2011	29/06/1990
9	M	74	68.5	Kennedy Sekome	Gauteng	180	105	220	505	384.8605	Brown	16/04/2011	Gauteng Club Qualifier	03/03/1992
10	M	74	73	Rayner Barstch	Gauteng	170	120	212.5	502.5	365.016	Brown	27/08/2011	Gauteng Powerlifting Championships 2011	09/07/1989
11	M	74	73.45	Dan Oppenheim	Gauteng	170	122.5	210	502.5	363.207	Brown	13/08/2011	SA Inter Provincial Championships - Inland 2011	30/06/1945
12	M	74	71.55	Jerry Lekalakala	Gauteng	175	95	215	485	357.2995	Blue	13/08/2011	SA Inter Provincial Championships - Inland 2011	27/01/1993
13	M	74S	70.69	Peter Lekopa	NW	170	110	200	480	356.976	Blue	24/06/2011	SA Powerlifting Championships 2011	03/07/1984
14	M	74	73.85	Martin Nel	Gauteng	140	120	190	450	324	Green	22/05/2011	Gauteng May Qualifying Competition	03/05/1986
15	M	74	72.8	Christiaan Barnard	EP	157.5	125	165	447.5	325.69	green	18/08/2011	Coastal Inter Provincial Competition	

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Ranking	M/W	Class	BW	Name	Nation Province	SQ Result	BP Result	DL Result	Tot. Result	PL Wilks Points	PL Badge	Date	Competition Name	D.O.B
1	M	83	81.6	Pieter Fourie	Gauteng	267.5	180	265	712.5	480.51	Gold	13/08/2011	SA Inter Provincial Championships - Inland 2011	21/12/1988
2	M	83J	78.5	Nathan Valentine	WP	270	155	270	695	480.245	Silver	15/12/2011	Commonwealth Championships 2011	02/07/1989
3	M	83J	77.03	Jabulani Phantile	NW	250	145	240	635	444.0555	Bronze	25/06/2011	SA Powerlifting Championships 2011	14/01/1991
4	M	83J	81.55	Kyle Dorfling	WP	240	130	260	630	424.872	Bronze	25/06/2011	SA Powerlifting Championships 2011	15/11/1990
5	M	83J	78.38	Clive Battison	WP	235	142.5	245	622.5	430.521	Bronze	25/06/2011	SA Powerlifting Championships 2011	04/03/1988
6	M	83J	82.38	Nelson Sitsile	NW	210	120	245	575	385.48	Brown	25/06/2011	SA Powerlifting Championships 2011	24/01/1991
7	M	83	80.1	Marcus Sapire	Gauteng	215	140	210	565	385.443	Brown	19/11/2011	Gauteng Xmas Competition 2011	06/02/1989
8	M	83	80.1	Lawrence Arendse	WP	202.5	142.5	215	560	382.03	brown	21/08/2011	Coastal Inter Provincial Competition	19/09/1954
9	M	83	79	Desmond Herbst	EP	192.5	125	225	542.5	373.35	brown	20/08/2011	Coastal Inter Provincial Competition	21/10/1983
10	M	83	79.05	Albert De Bondt	Gauteng	195	145	202.5	542.5	373.023	Brown	16/04/2011	Gauteng Club Qualifier	08/06/1987
11	M	83M2	81.55	Louis Jacobs	FS	215	120	205	540	364.176	Blue	25/06/2011	SA Powerlifting Championships 2011	02/12/1958
12	M	83	78.1	Kobus Bester	Gauteng	180	140	212.5	532.5	369.18225	Blue	19/11/2011	Gauteng Xmas Competition 2011	28/03/1978
13	M	83M1	74.08	David Quatse	NW	210	95	220	525	377.265	Blue	25/06/2011	SA Powerlifting Championships 2011	08/07/1962
14	M	83	82.95	Henmar Ebersohn	Gauteng	190	115	220	525	350.4375	Blue	27/08/2011	Gauteng Powerlifting Championships 2011	16/04/1993
15	M	83J	82.55	James van Coller	Gauteng	180	120	212.5	512.5	343.0675	Blue	25/06/2011	SA Powerlifting Championships 2011	22/09/1992
16	M	83	79.3	NICO CANEI	Gauteng	150	120	225	495	339.8175	Green	22/05/2011	Gauteng May Qualifying Competition	07/06/1990
17	M	83S/J	80.54	Bryan Silkstone	WP	150	117.5	220	487.5	331.25625	Green	25/06/2011	SA Powerlifting Championships 2011	27/02/1993
18	M	83	80.85	Quentin Trent	Gauteng	115	77.5	172.5	365	247.4335	Yellow	22/05/2011	Gauteng May Qualifying Competition	10/09/1982
19	M	83S/J	77.9	Mathebula Dumisani	Gauteng	150	70	140	360	250.02	Yellow	25/06/2011	SA Powerlifting Championships 2011	31/12/1994
20	M	83	75.45	MQONDISI DLAMINI	Gauteng	80	80	170	330	234.069	Yellow	16/04/2011	Gauteng Club Qualifier	07/01/1993
1	M	93M1	90.8	Pieter Erasmus	FS	275	210	250	735	467.166	Silver	25/06/2011	SA Powerlifting Championships 2011	17/11/1970
2	M	93	91.05	Etienne Potgieter	Gauteng	265	195	275	735	466.3575	Silver	13/08/2011	SA Inter Provincial Championships - Inland 2011	21/01/1986
3	M	93	93	Johny Hall	Gauteng	240	170	260	670	420.894	Bronze	13/08/2011	SA Inter Provincial Championships - Inland 2011	16/02/1961
4	M	93J	90.5	Juan Fourie	EP	235	157.5	267.5	660	420.156	Bronze	25/06/2011	SA Powerlifting Championships 2011	18/03/1990
5	M	93	90.1	Frikkie Veldman	Gauteng	240	180	235	655	417.89	Black	27/08/2011	Gauteng Powerlifting Championships 2011	29/05/1987
6	M	93	91.4	Stephen Stander	EP	220	147.5	250	617.5	391.19	black	23/08/2011	Coastal Inter Provincial Competition	18/03/1964
7	M	93	86.35	Dawid Diakowski	Gauteng	230	145	240	615	401.1645	Brown	27/08/2011	Gauteng Powerlifting Championships 2011	11/08/1977
8	M	93	86.1	Pieter Fourie	Gauteng	225	170	205	600	392.16	Brown	16/04/2011	Gauteng Club Qualifier	21/12/1988
9	M	93S/J	86.68	Mark Reyneke	NW	230	137.5	225	592.5	385.77675	Brown	03/08/2011	World Juniors & Sub-Juniors Men's Championships, Canada, Moc	
10	M	93S/J	91.93	Trent Williams	Gauteng	190	142.5	230	562.5	355.21875	Blue	03/08/2011	World Juniors & Sub-Juniors Men's Champions	01/01/1993
11	M	93J	90.87	David Hatton- Jones	Gauteng	190	140	230	560	355.712	Blue	25/06/2011	SA Powerlifting Championships 2011	20/04/1988
12	M	93	88	Ben Coetsee	WP	172.5	150	225	547.5	353.63	blue	24/08/2011	Coastal Inter Provincial Competition	
13	M	93	90.65	Sarel Gadney	Gauteng	200	135	210	545	346.5655	Blue	13/08/2011	SA Inter Provincial Championships - Inland 2011	24/03/1987
14	M	93	87.1	Werner Serfontein	Gauteng	190	127.5	212.5	530	344.235	Blue	13/08/2011	SA Inter Provincial Championships - Inland 2011	20/08/1990
15	M	93	85.35	Henmar Ebersohn	Gauteng	195	120	210	525	344.715	Green	13/08/2011	SA Inter Provincial Championships - Inland 2011	16/04/1993
16	M	93	90.7	Adriaan Swart	FS	170	115	220	505	321.1295	Green	13/08/2011	SA Inter Provincial Championships - Inland 2011	25/11/1982
17	M	93	91.35	David Hatton-Jones	Gauteng	175	140	185	500	316.75	Green	22/05/2011	Gauteng May Qualifying Competition	20/04/1988
18	M	93M2	91.6	Robert Huff	Gauteng	210	110	180	500	316.4	Green	25/06/2011	SA Powerlifting Championships 2011	10/12/1952
19	M	93	86.7	STIAN MOLLER	Gauteng	140	120	220	480	312.528	Orange	22/05/2011	Gauteng May Qualifying Competition	20/02/1990
20	M	93	87.1	Mvuyo Nhlathathi	Gauteng	200	90	180	470	305.265	Orange	27/08/2011	Gauteng Powerlifting Championships 2011	07/02/1994

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Ranking	M/W	Class	BW	Name	Nation Province	SQ Result	BP Result	DL Result	Tot. Result	PL Wilks Points	PL Badge	Date	Competition Name	D.O.B
1	M	105J	97.1	Johan Smith	NW	320	210	300	830	511.363	Gold	25/06/2011	SA Powerlifting Championships 2011	02/12/1991
2	M	105S	104.9	David Edwards	Gauteng	257.5	217.5	270	745	445.361	Silver	25/06/2011	SA Powerlifting Championships 2011	18/03/1985
3	M	105M1	104.02	Johan Duvenhague	FS	250	190	265	705	422.577	Bronze	25/06/2011	SA Powerlifting Championships 2011	21/11/1967
4	M	105J	103.07	Martin Grobler	Gauteng	255	180	250	685	412.0275	Black	03/08/2011	World Juniors & Sub-Juniors Men's Championst	01/01/1989
5	M	105	93.5	Mark Phillips	Gauteng	260	160	260	680	426.088	Black	19/11/2011	Gauteng Xmas Competition 2011	04/05/2011
6	M	105	96.2	Grant Van Der Haer	KZN	235	170	255	660	408.276	Black	13/08/2011	SA Inter Provincial Championships - Inland 201	10/01/1982
7	M	105M1	99.9	Christo Jordaan	EP	255	142.5	262.5	660	401.808	Black	15/12/2011	Commonwealth Championships 2011	22/01/1967
8	M	105	98.75	Johny Hall	Gauteng	220	170	260	650	397.54	Brown	22/05/2011	Gauteng May Qualifying Competition	16/02/1961
9	M	105	100.55	WILLIE WHITE	Gauteng	250	130	260	640	388.544	Brown	22/05/2011	Gauteng May Qualifying Competition	21/06/1988
10	M	105	100.5	Clyde Keevy	Gauteng	220	170	235	625	379.625	Brown	27/08/2011	Gauteng Powerlifting Championships 2011	22/05/1990
11	M	105J	103.4	Duane de Lange	EP	230	160	210	600	360.54	Blue	25/06/2011	SA Powerlifting Championships 2011	01/09/1988
12	M	105S	96.05	Peter Seleka	NW	225	120	240	585	361.998	Blue	25/06/2011	SA Powerlifting Championships 2011	07/12/1975
13	M	105	104.6	Glenn Van Der Merwe	Gauteng	190	130	250	570	341.088	Blue	13/08/2011	SA Inter Provincial Championships - Inland 201	01/10/1989
14	M	105	104.9	Cornel Welgemoed	Gauteng	180	137.5	200	517.5	309.3615	Orange	27/08/2011	Gauteng Powerlifting Championships 2011	06/08/1970
15	M	105	104	Nolan Moore	Gauteng	215	85	170	470	281.812	Yellow	27/08/2011	Gauteng Powerlifting Championships 2011	29/06/1990
1	M	120M1	108.64	Mathew Cosmo	Gauteng	300	230	277.5	807.5	476.99025	Silver	24/06/2011	SA Powerlifting Championships 2011	12/01/1971
2	M	120	119.65	Helgard Coertze	Gauteng	312.5	200	287.5	800	460.24	Silver	27/08/2011	Gauteng Powerlifting Championships 2011	16/10/1962
3	M	120S	111.95	Ruan Kleinsmit	Gauteng	300	180	300	780	456.534	Silver	27/08/2011	SA Powerlifting Championships 2011	31/03/1987
4	M	120	106.9	Ben Bucarizza	Gauteng	280	195	280	755	448.3945	Bronze	19/11/2011	Gauteng Xmas Competition 2011	02/08/1991
5	M	120J	106.66	Joshua Capazorio	Gauteng	270	190	280	740	439.782	Bronze	24/06/2011	SA Powerlifting Championships 2011	04/04/1989
6	M	120	115.05	ANDRE SWEENEY	Gauteng	280	160	290	730	424.057	Black	22/05/2011	Gauteng May Qualifying Competition	13/04/1982
7	M	120J	105.3	Joshua Capazario	Gauteng	280	190	250	720	429.84	Black	03/08/2011	World Juniors & Sub-Juniors Men's Championst	01/01/1989
8	M	120J	107.71	Benedict Bucarizza	Gauteng	250	180	270	700	414.61	Black	24/06/2011	SA Powerlifting Championships 2011	02/08/1991
9	M	120	117.1	Eddie Govender	KZN	240	185	260	685	396.1355	Black	13/08/2011	SA Inter Provincial Championships - Inland 201	13/01/1980
10	M	120	117.5	ZELT VAN PLETSEN	Gauteng	250	180	250	680	392.904	Brown	16/04/2011	Gauteng Club Qualifier	25/09/1987
11	M	120	110.7	Andre Ludik	EP	200	172.5	225	597.5	350.97	blue	26/08/2011	Coastal Inter Provincial Competition	30/06/1957
12	M	120	119.05	MIAS POTGIETER	Gauteng	200	145	230	575	331.1425	Green	22/05/2011	Gauteng May Qualifying Competition	13/04/1982
13	M	120	118.1	Juan Booyse	Gauteng	160	170	225	555	320.2905	Green	19/11/2011	Gauteng Xmas Competition 2011	14/03/1990
14	M	120	107.4	Pravir Singh	Gauteng	180	130	210	520	308.36	Orange	27/08/2011	Gauteng Powerlifting Championships 2011	21/08/1987
15	M	120	109.4	Tyrone Delaney	WP	140	140	172.5	452.5	266.74875	Yellow	22/05/2011	Gauteng May Qualifying Competition	26/01/1988
1	M	120+	127.2	Jaco Claasens	FS	320	240	310	870	494.073	Gold	13/08/2011	SA Inter Provincial Championships - Inland 201	18/10/1984
2	M	120+	162.5	Arno Lambrechts	Gauteng	315	215	317.5	847.5	463.49775	Gold	13/08/2011	SA Inter Provincial Championships - Inland 201	18/10/1970
3	M	120+S	130.8	Thando Makheta	NW	340	200	300	840	474.6	Silver	24/06/2011	SA Powerlifting Championships 2011	22/12/1986
4	M	120+	140.9	Shaun O' Meara	WP	330	215	285	830	463.39	silver	27/08/2011	Coastal Inter Provincial Competition	14/04/1978
5	M	120+	130	ALAN CHAPMAN	Gauteng	270	180	310	760	429.856	Elite 4	22/05/2011	Gauteng May Qualifying Competition	02/02/1982
6	M	120+	124.7	Minal Raniga	KZN	270	170	270	710	404.771	Black	13/08/2011	SA Inter Provincial Championships - Inland 201	11/08/1991
7	M	120+M2	123.4	Willy Johnstone - Robertson	Gauteng	220	210	230	660	377.124	Brown	24/06/2011	SA Powerlifting Championships 2011	19/11/1957
8	M	120+J	139.86	Eugene Nolan	EP	200	210	242.5	652.5	364.68225	Blue	24/06/2011	SA Powerlifting Championships 2011	06/09/1989
9	M	120+	128.05	Jaco Van Heerden	Gauteng	180	160	230	570	323.247	Green	13/08/2011	SA Inter Provincial Championships - Inland 201	30/03/1987
1	W	47S/J	46.72	Jillian Daniels	EP	52.5	25	85	162.5	219.2125	Yellow	24/06/2011	SA Powerlifting Championships 2011	30/01/1995
1	W	52M2	51.37	Miriam Sinclair	WP	125	72.5	145	342.5	430.7965	Gold	24/06/2011	SA Powerlifting Championships 2011	31/10/1958
2	W	52	51.9	Gillian Smith	EP	112.5	65	120	297.5	371.42875	Bronze	13/08/2011	Coastal Inter Provincial Competition	
1	W	57M1	55.1	Hesterki Range	WP	125	60	152.5	337.5	402.165	Silver	24/06/2011	SA Powerlifting Championships 2011	24/07/1967
2	W	57J	56.17	Ilze-Mari Maritz	EP	95	70	117.5	282.5	331.45725	Brown	03/08/2011	World Juniors & Sub-Juniors Men's Championst	01/01/1988
3	W	57S	56.34	Bealinda Coleman	WP	127.5	55	100	282.5	330.55325	Brown	24/06/2011	SA Powerlifting Championships 2011	18/03/1985

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1	W	66M1	62.3	Michelle de Souza	Gauteng	140	72.5	175	387.5	419.70125	Silver	15/12/2011	Commonwealth Championships 2011	21/02/1966
2	W	63S	62.91	Laurika Kilian	EP	122.5	72.5	165	360	386.64	Bronze	24/06/2011	SA Powerlifting Championships 2011	14/04/1983
3	W	63S/J	61.25	Jerain Hunt	Gauteng	110	60	125	295	323.497	Brown	24/06/2011	SA Powerlifting Championships 2011	29/03/1993
4	W	63	61.5	Anneke Jordaan	EP	110	45	112.5	267.5	292.61825	Blue	13/08/2011	Coastal Inter Provincial Competition	23/02/1996
1	W	72	72.5	Natalie Mohr	WP	140	82.5	155	377.5	366.779	Brown	13/08/2011	Coastal Inter Provincial Competition	23/12/1989
2	W	72M1	71.63	Bonita Hein	WP	140	65	150	355	347.474	Black	24/06/2011	SA Powerlifting Championships 2011	05/08/1970
3	W	72	64.25	Charlotte Van Der Haer	KZN	100	70	150	320	338.432	Brown	13/08/2011	SA Inter Provincial Championships - Inland 2011	19/05/1987
4	W	72S	67.4	Renate van Dyk	WP	110	62.5	142.5	315	321.8355	Blue	24/06/2011	SA Powerlifting Championships 2011	11/12/1972
5	W	72S/J	67.59	Havannah Hunt	Gauteng	110	67.5	110	287.5	293.10625	Green	24/06/2011	SA Powerlifting Championships 2011	10/04/1996
6	W	72J	71.86	Esther Caddy	Gauteng	95	57.5	132.5	285	278.4165	Green	24/06/2011	SA Powerlifting Championships 2011	22/06/1990
1	W	84+J	90.6	Esmay Smith	NW	200	80	180	460	396.382	Bronze	24/06/2011	SA Powerlifting Championships 2011	14/12/1992
2	W	84J	72.77	Natalie Mohr	WP	145	87.5	157.5	390	377.871	Black	03/08/2011	World Juniors & Sub-Juniors Men's Championships	01/01/1989
3	W	84	73.75	Esther Caddy	Gauteng	100	60	135	295	283.318	Orange	13/08/2011	SA Inter Provincial Championships - Inland 2011	22/06/1990
4	W	84	84	Anneke Muller	EP	60	40	60	160	142.67	white	13/08/2011	Coastal Inter Provincial Competition	

POWERLIFTING RANKING AS AT 31 DECEMBER 2011 - ON WILKS

Ranking	M/W	BW	Name	Nation Province	SQ Result	BP Result	DL Result	Tot. Result	PL Wilks Points	BP Badge	PL Badge	BP Wilks Points	Date	Competition Name	D.O.B	Class
1	M	97.1	Johan Smith	NW	320	210	300	830	511.363	Elite 2	Gold	129.381	25/06/2011	SA Powerlifting Championships 2011	02/12/1991	J
2	M	127.2	Jaco Claasens	FS	320	240	310	870	494.073	Elite 3	Gold	136.296	13/08/2011	SA Inter Provincial Championships - Inland 2011	18/10/1984	
3	M	72.27	Matthew Coppenhall	WP	240	160	260	660	482.79	Elite 1	Gold	117.04	24/06/2011	SA Powerlifting Championships 2011	16/09/1987	
4	M	80.7	Pieter Fourie	Gauteng	260	187.5	262.5	710	482.09	Elite 2	Gold	127.3125	25/06/2011	SA Powerlifting Championships 2011	21/12/1988	J
5	M	78.5	Nathan Valentine	WP	270	155	270	695	480.245	Bronze	Silver	107.105	15/12/2011	Commonwealth Championships 2011	02/07/1989	J
6	M	74	Marlon Daniels	Gauteng	250	195	220	665	478.3345	Elite 4	Gold	140.2635	13/08/2011	SA Inter Provincial Championships - Inland 2011	25/11/1975	
7	M	108.64	Mathew Cosmo	Gauteng	300	230	277.5	807.5	476.99025	Elite 2	Silver	135.861	24/06/2011	SA Powerlifting Championships 2011	12/01/1971	M1
8	M	130.8	Thando Makheta	NW	340	200	300	840	474.6	Silver	Silver	113	24/06/2011	SA Powerlifting Championships 2011	22/12/1986	
9	M	90.8	Pieter Erasmus	FS	275	210	250	735	467.166	Elite 3	Silver	133.476	25/06/2011	SA Powerlifting Championships 2011	17/11/1970	M1
10	M	91.05	Etienne Potgieter	Gauteng	265	195	275	735	466.3575	Elite 1	Silver	123.7275	13/08/2011	SA Inter Provincial Championships - Inland 2011	21/01/1986	
11	M	162.5	Arno Lambrechts	Gauteng	315	215	317.5	847.5	463.49775	Elite 1	Gold	117.5835	13/08/2011	SA Inter Provincial Championships - Inland 2011	18/10/1970	M1
12	M	140.9	Shaun O' Meara	WP	330	215	285	830	463.39		silver		27/08/2011	Coastal Inter Provincial Competition	14/04/1978	
13	M	61.15	Jacobus Phalatsi	NW	220	130	200	550	460.79	Silver	Bronze	108.914	24/06/2011	SA Powerlifting Championships 2011	19/11/1981	
14	M	119.65	Helgard Coertze	Gauteng	312.5	200	287.5	800	460.24	Gold	Silver	115.06	27/08/2011	Gauteng Powerlifting Championships 2011	16/10/1962	
15	M	111.95	Ruan Kleinsmit	Gauteng	300	180	300	780	456.534	Bronze	Silver	105.354	24/06/2011	SA Powerlifting Championships 2011	31/03/1987	
16	M	106.9	Ben Bucarizza	Gauteng	280	195	280	755	448.3945	Silver	Bronze	115.8105	19/11/2011	Gauteng Xmas Competition 2011	02/08/1991	J
17	M	64.95	Stuart Murchie	Gauteng	220	140	200	560	445.312	Gold	Silver	111.328	27/08/2011	Gauteng Powerlifting Championships 2011	07/02/1991	
18	M	77.03	Jabulani Phantile	NW	250	145	240	635	444.0555	Black	Bronze	101.3985	25/06/2011	SA Powerlifting Championships 2011	14/01/1991	J
19	M	106.66	Joshua Capazorio	Gauteng	270	190	280	740	439.782	Silver	Bronze	112.917	24/06/2011	SA Powerlifting Championships 2011	04/04/1989	J
20	M	65.4	Kennedy Sekome	Gauteng	190	110	252.5	552.5	437.08275	Brown	Bronze	87.021	13/08/2011	SA Inter Provincial Championships - Inland 2011	03/03/1992	J
21	M	78.38	Clive Battison	WP	235	142.5	245	622.5	430.521	Black	Bronze	98.553	25/06/2011	SA Powerlifting Championships 2011	04/03/1988	J
22	M	130	ALAN CHAPMAN	Gauteng	270	180	310	760	429.856	Yellow	Elite 4	101.808	22/05/2011	Gauteng May Qualifying Competition	02/02/1982	
23	M	105.3	Joshua Capazario	Gauteng	280	190	250	720	429.84	Silver	Black	113.43	03/08/2011	World Juniors & Sub-Juniors Men's Championsh	01/01/1989	J
24	M	93.5	Mark Phillips	Gauteng	260	160	260	680	426.088	Black	Black	100.256	19/11/2011	Gauteng Xmas Competition 2011	04/05/2011	S/J
25	M	81.55	Kyle Dorfling	WP	240	130	260	630	424.872	Brown	Bronze	87.672	25/06/2011	SA Powerlifting Championships 2011	15/11/1990	J
1	W	51.37	Miriam Sinclair	WP	125	72.5	145	342.5	430.7965	Silver	Gold	91.1905	24/06/2011	SA Powerlifting Championships 2011	31/10/1958	M2
2	W	62.3	Michelle de Souza	Gauteng	140	72.5	175	387.5	419.70125	Black	Silver	78.52475	15/12/2011	Commonwealth Championships 2011	21/02/1966	M1
3	W	55.1	Hesterki Range	WP	125	60	152.5	337.5	402.165	Blue	Silver	71.496	24/06/2011	SA Powerlifting Championships 2011	24/07/1967	M1
4	W	90.6	Esmay Smith	NW	200	80	180	460	396.382	Yellow	Bronze	68.936	24/06/2011	SA Powerlifting Championships 2011	14/12/1992	J
5	W	62.91	Laurika Kilian	EP	122.5	72.5	165	360	386.64	Black	Bronze	77.865	24/06/2011	SA Powerlifting Championships 2011	14/04/1983	
6	W	72.77	Natalie Mohr	WP	145	87.5	157.5	390	377.871	Brown	Black	84.77875	03/08/2011	World Juniors & Sub-Juniors Men's Championsh	01/01/1989	J
7	W	51.9	Gillian Smith	EP	112.5	65	120	297.5	371.42875		Bronze		13/08/2011	Coastal Inter Provincial Competition		
8	W	71.63	Bonita Hein	WP	140	65	150	355	347.474	Green	Black	63.622	24/06/2011	SA Powerlifting Championships 2011	05/08/1970	M1
9	W	56.8	Ilze-Mari Maritz	EP	95	75	127.5	297.5	346.171	Bronze	Black	87.27	15/12/2011	Commonwealth Championships 2011	21/05/1988	J
10	W	64.25	Charlotte Van Der Haer	KZN	100	70	150	320	338.432	Blue	Brown	74.032	13/08/2011	SA Inter Provincial Championships - Inland 2011	19/05/1987	
11	W	56.34	Bealinda Coleman	WP	127.5	55	100	282.5	330.55325	Blue	Brown	64.3555	24/06/2011	SA Powerlifting Championships 2011	18/03/1985	
12	W	61.25	Jerain Hunt	Gauteng	110	60	125	295	323.497	Blue	Brown	65.796	24/06/2011	SA Powerlifting Championships 2011	29/03/1993	S/J
13	W	67.4	Renate van Dyk	WP	110	62.5	142.5	315	321.8355	Green	Blue	63.85625	24/06/2011	SA Powerlifting Championships 2011	11/12/1972	
14	W	59.8	Anneke Jordaan	EP	110	42.5	112.5	265	296.217	Yellow	Blue	47.5065	15/12/2011	Commonwealth Championships 2011	23/02/1996	S/J
15	W	73.75	Esther Caddy	Gauteng	100	60	135	295	283.318	Yellow	Orange	57.624	13/08/2011	SA Inter Provincial Championships - Inland 2011	22/06/1990	J

BP RANKING AS AT 31 DECEMBER 2011 - ON WILKS

Ranking	M/W	BW	Name	Nation Province	SQ Result	BP Result	DL Result	Tot. Result	PL Wilks Points	BP Badge	PL Badge	BP Wilks Points	Date	Competition Name	D.O.B	Class
1	M	116.1	Mathew Cosmo	Gauteng		250		250	144.9	Elite 4	Yellow	144.9	22/10/2011	SA Bench Press Championships 2011	31/03/1971	M1
2	M	74	Marlon Daniels	Gauteng	250	195	220	665	478.3345	Elite 4	Gold	140.2635	13/08/2011	SA Inter Provincial Championships - Inland 2011	25/11/1975	
3	M	104.1	Tyrone Delaney	WP		230		230	137.862	Elite 4	Yellow	137.862	25/05/2011	World Open/Sub-Junior/Junior Men's BP Cham	01/01/1988	J
4	M	124.8	Ian Furman	Gauteng		240		240	136.8	Elite 3	Yellow	136.8	07/08/2011	Gauteng Bench Press Championships 2011	01/01/1967	
5	M	127.2	Jaco Claasens	FS	320	240	310	870	494.073	Elite 3	Gold	136.296	13/08/2011	SA Inter Provincial Championships - Inland 2011	18/10/1984	
6	M	91.55	Etienne Potgieter	Gauteng		215		215	136.052	Elite 3	Yellow	136.052	22/10/2011	SA Bench Press Championships 2011	21/01/1986	
7	M	71.8	Jason Mayer	Gauteng		185		185	136.012	Elite 3	Yellow	136.012	15/12/2011	Commonwealth Championships 2011	01/01/1988	J
8	M	90.8	Pieter Erasmus	FS	275	210	250	735	467.166	Elite 3	Silver	133.476	25/06/2011	SA Powerlifting Championships 2011	17/11/1970	M1
9	M	144.1	Eugene Nolan	EP		235		235	130.778	Elite 2		130.778	15/12/2011	Commonwealth Championships 2011	06/09/1989	J
10	M	97.1	Johan Smith	NW	320	210	300	830	511.363	Elite 2	Gold	129.381	25/06/2011	SA Powerlifting Championships 2011	02/12/1991	J
11	M	68.65	Ricardo Fitzgerald	North Cape		170		170	129.251	Elite 2	Yellow	129.251	22/10/2011	SA Bench Press Championships 2011	30/11/1980	
12	M	103.5	Yegi Williams	EP		215		215	129.129	Elite 2	Yellow	129.129	22/10/2011	SA Bench Press Championships 2011	10/04/1965	M1
13	M	80.7	Pieter Fourie	Gauteng	260	187.5	262.5	710	482.09	Elite 2	Gold	127.3125	25/06/2011	SA Powerlifting Championships 2011	21/12/1988	J
14	M	90.85	Frikkie Veldman	Gauteng		200		200	127.04	Elite 2	Yellow	127.04	22/10/2011	SA Bench Press Championships 2011	29/05/1987	
15	M	109.95	Andre Cloete	North Cape		215		215	126.5275	Elite 1	Yellow	126.5275	22/10/2011	SA Bench Press Championships 2011	17/11/1979	
16	M	120.75	Willy Johnstone - Robertson	Gauteng	200	210	230	640	367.36	Gold	Blue	120.54	13/08/2011	SA Inter Provincial Championships - Inland 2011	19/11/1957	M2
17	M	103	Martin Grobler	Gauteng		200		200	120.34	Elite 1	Yellow	120.34	22/10/2011	SA Bench Press Championships 2011	10/03/1989	J
18	M	162.5	Arno Lambrechts	Gauteng	315	215	317.5	847.5	463.49775	Elite 1	Gold	117.5835	13/08/2011	SA Inter Provincial Championships - Inland 2011	18/10/1970	M1
19	M	82.45	Naresh Naidoo	KZN		175		175	117.2325	Gold	Yellow	117.2325	22/10/2011	SA Bench Press Championships 2011	16/06/1981	
20	M	72.27	Matthew Coppenhall	WP	240	160	260	660	482.79	Elite 1	Gold	117.04	24/06/2011	SA Powerlifting Championships 2011	16/09/1987	
21	M	106.9	Ben Bucarizza	Gauteng	280	195	280	755	448.3945	Silver	Bronze	115.8105	19/11/2011	Gauteng Xmas Competition 2011	02/08/1991	J
22	M	68.95	Thabang Mpe	Gauteng	175	152.5	185	512.5	388.3725	Gold	Brown	115.5645	13/08/2011	SA Inter Provincial Championships - Inland 2011	29/06/1990	J
23	M	89.45	Clayton Opperman	Gauteng		180		180	115.236	Gold	Yellow	115.236	22/10/2011	SA Bench Press Championships 2011	31/08/1982	
24	M	119.3	Helgard Coertze	Gauteng	295	200	290	785	451.9245	Gold	Silver	115.14	13/08/2011	SA Inter Provincial Championships - Inland 2011	16/10/1962	M1
25	M	137	Alan Van Heerden	Gauteng		205		205	114.9435	Gold	Yellow	114.9435	25/05/2011	World Open/Sub-Junior/Junior Men's BP Cham	01/01/1974	
1	W	70.9	Sanet Momberg	EP		145		145	142.999	Elite 4	Yellow	142.999	15/12/2011	Commonwealth Championships 2011	04/02/1972	
2	W	74.35	Sue Glazier	KZN		110		110	105.105	Silver	Yellow	105.105	22/10/2011	SA Bench Press Championships 2011	03/01/1979	
3	W	46.45	Liliana Coleman	WP		70		70	94.871	Gold	Yellow	94.871	22/10/2011	SA Bench Press Championships 2011	19/08/1963	M1
4	W	51.37	Miriam Sinclair	WP	125	72.5	145	342.5	430.7965	Silver	Gold	91.1905	24/06/2011	SA Powerlifting Championships 2011	31/10/1958	M2
5	W	56.95	Ilze-Mari Maritz	EP		77.5		77.5	89.931	Silver	Yellow	89.931	22/10/2011	SA Bench Press Championships 2011	21/05/1988	J
6	W	72.77	Natalie Mohr	WP	145	87.5	157.5	390	377.871	Brown	Black	84.77875	03/08/2011	World Juniors & Sub-Juniors Men's Championsh	01/01/1989	J
7	W	62.3	Michelle de Souza	Gauteng	140	72.5	175	387.5	419.70125	Black	Silver	78.52475	15/12/2011	Commonwealth Championships 2011	21/02/1966	M1
8	W	62.91	Laurika Kilian	EP	122.5	72.5	165	360	386.64	Black	Bronze	77.865	24/06/2011	SA Powerlifting Championships 2011	14/04/1983	
9	W	83.35	Isabel Kruger	NW		85		85	76.075	Brown	Yellow	76.075	22/10/2011	SA Bench Press Championships 2011	05/06/1964	M1
10	W	56.75	Hesterki Range	WP	115	65	140	320	372.352	Brown	Bronze	75.634	15/12/2011	Commonwealth Championships 2011	24/07/1967	M1
11	W	64.25	Charlotte Van Der Haer	KZN	100	70	150	320	338.432	Blue	Brown	74.032	13/08/2011	SA Inter Provincial Championships - Inland 2011	19/05/1987	
12	W	90.6	Esmay Smith	NW	200	80	180	460	396.382	Yellow	Bronze	68.936	24/06/2011	SA Powerlifting Championships 2011	14/12/1992	J
13	W	61.25	Jerain Hunt	Gauteng	110	60	125	295	323.497	Blue	Brown	65.796	24/06/2011	SA Powerlifting Championships 2011	29/03/1993	S/J
14	W	56.34	Bealinda Coleman	WP	127.5	55	100	282.5	330.55325	Blue	Brown	64.3555	24/06/2011	SA Powerlifting Championships 2011	18/03/1985	
15	W	67.4	Renate van Dyk	WP	110	62.5	142.5	315	321.8355	Green	Blue	63.85625	24/06/2011	SA Powerlifting Championships 2011	11/12/1972	
16	W	71.63	Bonita Hein	WP	140	65	150	355	347.474	Green	Black	63.622	24/06/2011	SA Powerlifting Championships 2011	05/08/1970	M1
17	W	69.25	Angelique Basson	Gauteng		60		60	60.108	Orange	Yellow	60.108	07/08/2011	Gauteng Bench Press Championships 2011	01/07/1986	
18	W	73.75	Esther Caddy	Gauteng	100	60	135	295	283.318	Yellow	Orange	57.624	13/08/2011	SA Inter Provincial Championships - Inland 2011	22/06/1990	J
19	W	60.38	Anneke Jordaan	EP	107.5	47.5	110	265	293.938	Yellow	Blue	52.687	24/06/2011	SA Powerlifting Championships 2011	23/02/1996	S/J

BP RANKING AS AT 31 DECEMBER 2011 - ON TOTAL BY DIVISION

Ranking	M/W	Div	BW	Name	Nation	BP	Badge	Date	Competition	DOB
1	M	53	34.9	QUWIN WHITTAKER	Gauteng	20	Yellow	22/05/2011	Gauteng May Qualifying Competition	10/01/2001
1	M	59	58.4	Jacques Fourie	EP	127.5		13/08/2011	Coastal Inter Provincial Competition	10/08/1989
2	M	59J	58.95	Ivan Vers	NW	110	Bronze	24/06/2011	SA Powerlifting Championships 2011	13/11/1992
3	M	59S	53.85	Sean Brokenshire	WP	107.5	Black	22/10/2011	SA Bench Press Championships 2011	12/08/1987
4	M	59	58	REGAN DUNNE	Gauteng	100	Brown	22/05/2011	Gauteng May Qualifying Competition	20/01/1990
5	M	59J	57.34	Ethan Russel	NW	90	Blue	24/06/2011	SA Powerlifting Championships 2011	19/06/1992
1	M	66	64.95	Stuart Murchie	Gauteng	140	Gold	27/08/2011	Gauteng Powerlifting Championships 2011	07/02/1991
2	M	66S	64.45	Moses Tsimane	FS	135	Silver	16/09/2011	SA Raw Bench Press Championships 2011	20/09/1975
3	M	66S	61.15	Jacobus Phalatsi	NW	130	Silver	24/06/2011	SA Powerlifting Championships 2011	19/11/1981
4	M	66J	63.8	Jacques Fourie	EC	127.5	Silver	15/12/2011	Commonwealth Championships 2011	10/08/1989
5	M	66J	65.75	Dirk o Kennedy	EP	115	Black	22/10/2011	SA Bench Press Championships 2011	04/10/1988
6	M	66	65.4	Kennedy Sekome	Gauteng	110	Brown	13/08/2011	SA Inter Provincial Championships - Inland 2011	03/03/1992
7	M	66	64.4	Ian Jordaan	Gauteng	105	Brown	13/08/2011	SA Inter Provincial Championships - Inland 2011	11/08/1956
8	M	66M1	64.72	Karl Christians	WP	100	Blue	24/06/2011	SA Powerlifting Championships 2011	27/08/1963
9	M	66	66	Nick Stefanou	Gauteng	100	Blue	27/08/2011	Gauteng Powerlifting Championships 2011	20/04/1991
10	M	66J	64.75	Given Scorgie	NW	95	Blue	24/06/2011	SA Powerlifting Championships 2011	13/11/1992
11	M	66J	64.68	Jaco Brits	Gauteng	90	Green	24/06/2011	SA Powerlifting Championships 2011	31/01/1988
12	M	66M2	65.4	JC Bruce	WP	87.5	Green	22/10/2011	SA Bench Press Championships 2011	09/05/1961
13	M	66	61.1	Stuart Hughes	Gauteng	85	Orange	07/08/2011	Gauteng Bench Press Championships 2011	21/01/1994
14	M	66S/J	61.15	Jan Moolman	EP	85	Orange	22/10/2011	SA Bench Press Championships 2011	16/09/1993
15	M	66	60.4	Thembanani Makubalo	Gauteng	77.5	Yellow	27/08/2011	Gauteng Powerlifting Championships 2011	27/01/1993
1	M	74	74	Marlon Daniels	Gauteng	195	Elite 4	13/08/2011	SA Inter Provincial Championships - Inland 2011	25/11/1975
2	M	74J	71.8	Jason Mayer	Gauteng	185	Elite 3	15/12/2011	Commonwealth Championships 2011	01/01/1988
3	M	74S	68.65	Ricardo Fitzgerald	North Cape	170	Elite 2	22/10/2011	SA Bench Press Championships 2011	30/11/1980
4	M	74S	72.27	Matthew Coppenhall	WP	160	Elite 1	24/06/2011	SA Powerlifting Championships 2011	16/09/1987
5	M	74	68.95	Thabang Mpe	Gauteng	152.5	Gold	13/08/2011	SA Inter Provincial Championships - Inland 2011	29/06/1990
6	M	74	70.14	Thabang Mpe	Gauteng	152.5	Gold	27/08/2011	Gauteng Powerlifting Championships 2011	03/03/1992
7	M	74S	73.5	Vinay Gosai	KZN	150	Gold	22/10/2011	SA Bench Press Championships 2011	18/04/1980
8	M	74	71.84	SHAUN MOLLER	Gauteng	140	Bronze	16/04/2011	Gauteng Club Qualifier	18/03/1987
9	M	74	72.2	Neil Colburn	EP	140		15/08/2011	Coastal Inter Provincial Competition	
10	M	74	72.8	Christiaan Barnard	EP	125		18/08/2011	Coastal Inter Provincial Competition	
11	M	74J	73.4	Rayner Bartsch	Gauteng	125	Black	24/06/2011	SA Powerlifting Championships 2011	07/09/1989
12	M	74	74	Dan Oppenheim	Gauteng	125	Black	07/08/2011	Gauteng Bench Press Championships 2011	31/01/1988
13	M	74	72.9	Martin Nel	Gauteng	122.5	Brown	07/08/2011	Gauteng Bench Press Championships 2011	03/05/1986
14	M	74S	71.01	Isreal Mokwena	NW	120	Brown	24/06/2011	SA Powerlifting Championships 2011	27/02/1979
15	M	74	73	Rayner Barstch	Gauteng	120	Brown	27/08/2011	Gauteng Powerlifting Championships 2011	09/07/1989
16	M	74M1	73.45	Cliff Hayim	Gauteng	115	Blue	16/09/2011	SA Raw Bench Press Championships 2011	16/04/1968
17	M	74S	70.69	Peter Lekopa	NW	110	Blue	24/06/2011	SA Powerlifting Championships 2011	03/07/1984
18	M	74S/J	71.25	Whanstacwin Booyesen	WP	110	Blue	24/06/2011	SA Powerlifting Championships 2011	31/03/1994
19	M	74	72.25	Ari Gork	Gauteng	110	Blue	07/08/2011	Gauteng Bench Press Championships 2011	25/01/1979
20	M	74S/J	73.1	Tshepo Rapoo	NW	110	Blue	24/06/2011	SA Powerlifting Championships 2011	16/03/1993

BP RANKING AS AT 31 DECEMBER 2011 - ON TOTAL BY DIVISION

Ranking	M/W	Div	BW	Name	Nation	BP	Badge	Date	Competition	DOB
1	M	83	75.4	Marlon Daniels	Gauteng	190	Elite 2	07/08/2011	Gauteng Bench Press Championships 2011	25/11/1975
2	M	83J	80.7	Pieter Fourie	Gauteng	187.5	Elite 2	25/06/2011	SA Powerlifting Championships 2011	21/12/1988
3	M	83S	82.45	Naresh Naidoo	KZN	175	Gold	22/10/2011	SA Bench Press Championships 2011	16/06/1981
4	M	83	81.35	Neresh Naidoo	KZN	170	Gold	13/08/2011	SA Inter Provincial Championships - Inland 2011	16/06/1981
5	M	83M1	81.65	Jacques Knoesen	EP	165	Silver	22/10/2011	SA Bench Press Championships 2011	26/12/1971
6	M	83J	78.15	Pieter Snyman	WP	162.5	Silver	22/10/2011	SA Bench Press Championships 2011	10/03/1989
7	M	83J	80.95	Nathan Valentine	WP	162.5	Silver	22/10/2011	SA Bench Press Championships 2011	02/07/1989
8	M	83S	81.3	Albert De Bondt	Gauteng	150	Bronze	22/10/2011	SA Bench Press Championships 2011	08/06/1987
9	M	83J	82.2	Marcus Sapire	Gauteng	147.5	Bronze	22/10/2011	SA Bench Press Championships 2011	06/02/1989
10	M	83J	77.03	Jabulani Phantile	NW	145	Black	25/06/2011	SA Powerlifting Championships 2011	14/01/1991
11	M	83S	80	Mazwi Mkhize	KZN	145	Black	16/09/2011	SA Raw Bench Press Championships 2011	25/10/1975
12	M	83J	78.38	Clive Battison	WP	142.5	Black	25/06/2011	SA Powerlifting Championships 2011	04/03/1988
13	M	83	80.1	Lawrence Arendse	WP	142.5		21/08/2011	Coastal Inter Provincial Competition	19/09/1954
14	M	83	78.1	Kobus Bester	Gauteng	140	Black	19/11/2011	Gauteng Xmas Competition 2011	28/03/1978
15	M	83M3	81.8	Neal Coleman	WP	140	Black	22/10/2011	SA Bench Press Championships 2011	24/07/1950
16	M	83J	81.55	Kyle Dorfling	WP	130	Brown	25/06/2011	SA Powerlifting Championships 2011	15/11/1990
17	M	83	79	Desmond Herbst	EP	125		20/08/2011	Coastal Inter Provincial Competition	21/10/1983
18	M	83	74.5	Franco Holder	NW	120	Blue	13/08/2011	SA Inter Provincial Championships - Inland 2011	31/03/1993
19	M	83S/J	75.25	Franco Holder	NW	120	Blue	22/10/2011	SA Bench Press Championships 2011	31/03/1993
20	M	83	79.3	NICO CANEI	Gauteng	120	Blue	22/05/2011	Gauteng May Qualifying Competition	07/06/1990
1	M	93S	91.55	Etienne Potgieter	Gauteng	215	Elite 3	22/10/2011	SA Bench Press Championships 2011	21/01/1986
2	M	93M1	90.8	Pieter Erasmus	FS	210	Elite 3	25/06/2011	SA Powerlifting Championships 2011	17/11/1970
3	M	93S	90.85	Frikkie Veldman	Gauteng	200	Elite 2	22/10/2011	SA Bench Press Championships 2011	29/05/1987
4	M	93S	89.45	Clayton Opperman	Gauteng	180	Gold	22/10/2011	SA Bench Press Championships 2011	31/08/1982
5	M	93	86.1	Pieter Fourie	Gauteng	170	Silver	16/04/2011	Gauteng Club Qualifier	21/12/1988
6	M	93	93	Johny Hall	Gauteng	170	Silver	13/08/2011	SA Inter Provincial Championships - Inland 2011	16/02/1961
7	M	93J	90.5	Juan Fourie	EP	157.5	Black	25/06/2011	SA Powerlifting Championships 2011	18/03/1990
8	M	93J	85.56	Dawid Diakowski	Gauteng	155	Black	25/06/2011	SA Powerlifting Championships 2011	22/08/1990
9	M	93	87.05	Howard Snoyman	Gauteng	150	Black	07/08/2011	Gauteng Bench Press Championships 2011	30/07/1982
10	M	93	87.25	Sampie Ludick	Gauteng	150	Black	27/08/2011	Gauteng Powerlifting Championships 2011	14/10/1954
11	M	93	88	Ben Coetsee	WP	150		24/08/2011	Coastal Inter Provincial Competition	
12	M	93	91.4	Stephen Stander	EP	147.5		23/08/2011	Coastal Inter Provincial Competition	18/03/1964
13	M	93J	90	David Hatton-Jones	Gauteng	145	Brown	16/09/2011	SA Raw Bench Press Championships 2011	20/04/1988
14	M	93S/J	91.93	Trent Williams	Gauteng	142.5	Brown	03/08/2011	World Juniors & Sub-Juniors Men's Championships	01/01/1993
15	M	93J	90.87	David Hatton- Jones	Gauteng	140	Brown	25/06/2011	SA Powerlifting Championships 2011	20/04/1988
16	M	93S/J	86.68	Mark Reyneke	NW	137.5	Brown	03/08/2011	World Juniors & Sub-Juniors Men's Championships, Canada, Moz	
17	M	93	90.65	Sarel Gadney	Gauteng	135	Blue	13/08/2011	SA Inter Provincial Championships - Inland 2011	24/03/1987
18	M	93	87.1	Werner Serfontein	Gauteng	127.5	Blue	13/08/2011	SA Inter Provincial Championships - Inland 2011	20/08/1990
19	M	93	84.6	Devan Mc Dermid	Gauteng	125	Green	22/05/2011	Gauteng May Qualifying Competition	17/02/1992
20	M	93	85.35	Henmar Ebersohn	Gauteng	120	Green	13/08/2011	SA Inter Provincial Championships - Inland 2011	16/04/1993

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Ranking	M/W	Div	BW	Name	Nation	BP	Badge	Date	Competition	DOB
1	M	105M1	104.1	Tyrone Delaney	WP	230	Elite 4	25/05/2011	World Open/Sub-Junior/Junior Men's BP Cham	01/01/1988
2	M	105S/J	104.9	David Edwards	Gauteng	217.5	Elite 2	25/06/2011	SA Powerlifting Championships 2011	18/03/1985
3	M	105J	103.5	Yegi Williams	EP	215	Elite 2	22/10/2011	SA Bench Press Championships 2011	10/04/1965
4	M	105S	97.1	Johan Smith	NW	210	Elite 2	25/06/2011	SA Powerlifting Championships 2011	02/12/1991
5	M	105	103	Martin Grobler	Gauteng	200	Elite 1	22/10/2011	SA Bench Press Championships 2011	10/03/1989
6	M	105	104.02	Johan Duvenhague	FS	190	Gold	25/06/2011	SA Powerlifting Championships 2011	21/11/1967
7	M	105S	105.3	Joshua Capazario	Gauteng	190	Silver	03/08/2011	World Juniors & Sub-Juniors Men's Championsf	01/01/1989
8	M	105	100	Ian Buckle	NW	187.5	Silver	22/10/2011	SA Bench Press Championships 2011	28/11/1958
9	M	105	97.25	Grant van der Haer	KZN	180	Silver	22/10/2011	SA Bench Press Championships 2011	10/01/1982
10	M	105	103.1	Davon Smith	WP	180	Silver	22/10/2011	SA Bench Press Championships 2011	08/08/1986
11	M	105J	104.1	Willie van Rensburg	NW	180	Silver	22/10/2011	SA Bench Press Championships 2011	18/05/1963
12	M	105S	94.35	Mark Phillips	Gauteng	170	Bronze	22/10/2011	SA Bench Press Championships 2011	04/05/1968
13	M	105S/J	95.75	Liam Smithers	KZN	170	Bronze	22/10/2011	SA Bench Press Championships 2011	10/11/1987
14	M	105	98.75	Johnny Hall	Gauteng	170	Bronze	22/05/2011	Gauteng May Qualifying Competition	16/02/1961
15	M	105M2	100.5	Clyde Keevy	Gauteng	170	Bronze	27/08/2011	Gauteng Powerlifting Championships 2011	22/05/1990
16	M	105	104	Gary Katzen	Gauteng	170	Bronze	13/04/2011	11th World Masters Men's Bench Press Champi	01/01/1961
17	M	105J	103.9	Cornel Welgemoed	Gauteng	165	Black	22/10/2011	SA Bench Press Championships 2011	08/06/1970
18	M	105S	103.4	Duane de Lange	EP	160	Black	25/06/2011	SA Powerlifting Championships 2011	01/09/1988
19	M	105S	98.25	Jason Danker	Gauteng	145	Blue	07/08/2011	Gauteng Bench Press Championships 2011	30/05/1990
20	M	105	100.5	Christo Jordaan	EP	145	Blue	25/06/2011	SA Powerlifting Championships 2011	22/01/1967
1	M	120	116.1	Mathew Cosmo	Gauteng	250	Elite 4	22/10/2011	SA Bench Press Championships 2011	31/03/1971
2	M	120	119.95	Ian Furman	Gauteng	230	Elite 2	13/08/2011	SA Inter Provincial Championships - Inland 201	01/01/1967
3	M	120	109.95	Andre Cloete	North Cape	215	Elite 1	22/10/2011	SA Bench Press Championships 2011	17/11/1979
4	M	120	119.3	Helgard Coertze	Gauteng	200	Gold	13/08/2011	SA Inter Provincial Championships - Inland 201	16/10/1962
5	M	120J	106.9	Ben Bucarizza	Gauteng	195	Silver	19/11/2011	Gauteng Xmas Competition 2011	02/08/1991
6	M	120	106.66	Joshua Capazario	Gauteng	190	Silver	24/06/2011	SA Powerlifting Championships 2011	04/04/1989
7	M	120M1	116.4	Eddie Govender	KZN	190	Silver	22/10/2011	SA Bench Press Championships 2011	13/01/1980
8	M	120J	108.45	David Edwards	Gauteng	185	Bronze	16/09/2011	SA Raw Bench Press Championships 2011	18/03/1985
9	M	120M2	106.2	Benedict Bucarizza	Gauteng	180	Bronze	22/05/2011	Gauteng May Qualifying Competition	02/08/1991
10	M	120S	110.1	Ruan Kleinsmit	Gauteng	180	Bronze	16/04/2011	Gauteng Club Qualifier	31/03/1987
11	M	120S	117.5	ZELT VAN PLETSEN	Gauteng	180	Bronze	16/04/2011	Gauteng Club Qualifier	25/09/1987
12	M	120	106.65	Willie Van Rensburg	NW	175	Bronze	13/08/2011	SA Inter Provincial Championships - Inland 201	18/05/1963
13	M	120	110.35	Andre Ludik	EP	175	Bronze	22/10/2011	SA Bench Press Championships 2011	30/06/1957
14	M	120	118.1	Juan Booyse	Gauteng	170	Black	19/11/2011	Gauteng Xmas Competition 2011	14/03/1990
15	M	120	115.05	ANDRE SWEENEY	Gauteng	160	Brown	22/05/2011	Gauteng May Qualifying Competition	13/04/1982
1	M	120+	124.8	Ian Furman	Gauteng	240	Elite 3	07/08/2011	Gauteng Bench Press Championships 2011	01/01/1967
2	M	120+S	127.2	Jaco Claasens	FS	240	Elite 3	13/08/2011	SA Inter Provincial Championships - Inland 201	18/10/1984
3	M	120+J	144.1	Eugene Nolan	EP	235	Elite 2	15/12/2011	Commonwealth Championships 2011	06/09/1989
4	M	120+J	140.9	Shaun O' Meara	WP	215		27/08/2011	Coastal Inter Provincial Competition	14/04/1978
5	M	120+M1	162.5	Arno Lambrechts	Gauteng	215	Elite 1	13/08/2011	SA Inter Provincial Championships - Inland 201	18/10/1970
6	M	120+M1	120.75	Willy Johnstone - Robertson	Gauteng	210	Gold	13/08/2011	SA Inter Provincial Championships - Inland 201	19/11/1957
7	M	120+S	137	Alan Van Heerden	Gauteng	205	Gold	25/05/2011	World Open/Sub-Junior/Junior Men's BP Cham	01/01/1974
8	M	120+	130.8	Thando Makheta	NW	200	Silver	24/06/2011	SA Powerlifting Championships 2011	22/12/1986
9	M	120+S	130	ALAN CHAPMAN	Gauteng	180	Yellow	22/05/2011	Gauteng May Qualifying Competition	02/02/1982
10	M	120+J	134.7	Tristen O'Brien	Gauteng	175	Black	16/09/2011	SA Raw Bench Press Championships 2011	31/03/1987
11	M	120+J	124.7	Minal Raniga	KZN	170	Black	13/08/2011	SA Inter Provincial Championships - Inland 201	11/08/1991
12	M	120+	126.95	Christen Ashcroft	G	170	Black	22/10/2011	SA Bench Press Championships 2011	05/07/1980
13	M	120+	134.45	Kelin Mills	Gauteng	170	Black	16/09/2011	SA Raw Bench Press Championships 2011	12/09/1989
14	M	120+	128.05	Jaco Van Heerden	Gauteng	160	Brown	13/08/2011	SA Inter Provincial Championships - Inland 201	30/03/1987
15	M	120+	129.7	Christian Ashcroft	Gauteng	150	Blue	16/09/2011	SA Raw Bench Press Championships 2011	05/07/1980

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Ranking	M/W	Div	BW	Name	Nation	BP	Badge	Date	Competition	DOB
1	W	47S/J	51.37	Miriam Sinclair	WP	72.5	Silver	24/06/2011	SA Powerlifting Championships 2011	31/10/1958
2	W	47M1	46.45	Liliana Coleman	WP	70	Gold	22/10/2011	SA Bench Press Championships 2011	19/08/1963
3	W	47M1	46.72	Jillian Daniels	EP	25	Yellow	24/06/2011	SA Powerlifting Championships 2011	30/01/1995
1	W	52M2	51.9	Gillian Smith	EP	65		13/08/2011	Coastal Inter Provincial Competition	
1	W	57J	56.95	Ilze-Mari Maritz	EP	77.5	Silver	22/10/2011	SA Bench Press Championships 2011	21/05/1988
2	W	57	56.75	Hesterki Range	WP	65	Brown	15/12/2011	Commonwealth Championships 2011	24/07/1967
3	W	57J	56.34	Bealinda Coleman	WP	55	Blue	24/06/2011	SA Powerlifting Championships 2011	18/03/1985
4	W	57J	59.8	Anneke Jordaan	EP	42.5	Yellow	15/12/2011	Commonwealth Championships 2011	23/02/1996
1	W	63	62.3	Michelle de Souza	Gauteng	72.5	Black	15/12/2011	Commonwealth Championships 2011	21/02/1966
2	W	63M1	62.91	Laurika Kilian	EP	72.5	Black	24/06/2011	SA Powerlifting Championships 2011	14/04/1983
3	W	63S	64.25	Charlotte Van Der Haer	KZN	70	Blue	13/08/2011	SA Inter Provincial Championships - Inland 2011	19/05/1987
4	W	63S/J	61.25	Jerain Hunt	Gauteng	60	Blue	24/06/2011	SA Powerlifting Championships 2011	29/03/1993
5	W	63S/J	60.38	Anneke Jordaan	EP	47.5	Yellow	24/06/2011	SA Powerlifting Championships 2011	23/02/1996
1	W	72	70.9	Sanet Momberg	EP	145	Elite 4	15/12/2011	Commonwealth Championships 2011	04/02/1972
2	W	72S	67.59	Havannah Hunt	Gauteng	67.5	Blue	24/06/2011	SA Powerlifting Championships 2011	10/04/1996
3	W	72S/J	71.63	Bonita Hein	WP	65	Green	24/06/2011	SA Powerlifting Championships 2011	05/08/1970
4	W	72S	67.4	Renate van Dyk	WP	62.5	Green	24/06/2011	SA Powerlifting Championships 2011	11/12/1972
5	W	72	69.25	Angelique Basson	Gauteng	60	Orange	07/08/2011	Gauteng Bench Press Championships 2011	01/07/1986
6	W	72M1	71.86	Esther Caddy	Gauteng	57.5	Orange	24/06/2011	SA Powerlifting Championships 2011	22/06/1990
1	W	84J	74.35	Sue Glazier	KZN	110	Silver	22/10/2011	SA Bench Press Championships 2011	03/01/1979
2	W	84	72.77	Natalie Mohr	WP	87.5	Brown	03/08/2011	World Juniors & Sub-Juniors Men's Championships	01/01/1989
3	W	84J	83.35	Isabel Kruger	NW	85	Brown	22/10/2011	SA Bench Press Championships 2011	05/06/1964
4	W	84J	73.75	Esther Caddy	Gauteng	60	Yellow	13/08/2011	SA Inter Provincial Championships - Inland 2011	22/06/1990
5	W	84M1	84	Anneke Muller	EP	40		13/08/2011	Coastal Inter Provincial Competition	
1	W	84+M1	90.6	Esmay Smith	NW	80	Yellow	24/06/2011	SA Powerlifting Championships 2011	14/12/1992
2	W	84+	88.1	Isabel Kruger	NW	77.5	Green	13/08/2011	SA Inter Provincial Championships - Inland 2011	05/06/1964