

SAPF  
SA RAW MEN 2018, POTCH (SOUTH-AFRICA), 16-18.03.2018  
DETAILED SCORESHEET

| PL.           | Lifters            | B.Date   | Team    | Weight | WF     | Lot | All Squat        |                  | All Bench Press  |    |       |                  |                  | SA PL record |              | SA PL + BP record |                  | W.pts. | Pts.         |        |    |
|---------------|--------------------|----------|---------|--------|--------|-----|------------------|------------------|------------------|----|-------|------------------|------------------|--------------|--------------|-------------------|------------------|--------|--------------|--------|----|
|               |                    |          |         |        |        |     |                  |                  |                  |    |       |                  |                  |              | All Deadlift | TOTAL             |                  |        |              |        |    |
| <b>Open</b>   |                    |          |         |        |        |     |                  |                  |                  |    |       |                  |                  |              |              |                   |                  |        |              |        |    |
| <b>-66kg</b>  |                    |          |         |        |        |     |                  |                  |                  |    |       |                  |                  |              |              |                   |                  |        |              |        |    |
| 1             | Eliason Jason      | 20.11.91 | Gauteng | 65.80  | 0.7872 | 13  | 160.0            | 170.0            | <del>475.0</del> | 1  | 100.0 | 105.0            | <del>440.0</del> | 3            | 190.0        | <del>200.0</del>  | 202.5            | 1      | 477.5        | 375.89 | 12 |
| 2             | Botha Michael      | 08.07.89 | NW      | 63.15  | 0.8150 | 23  | 135.0            | 145.0            | 155.0            | 3  | 132.5 | <del>137.5</del> | 137.5            | 1            | 150.0        | 167.5             | 182.5            | 4      | 475.0        | 387.13 | 9  |
| 3             | Phukuile Jerry     | 13.12.92 | NW      | 63.40  | 0.8122 | 21  | X                | 125.0            | 155.0            | 4  | 90.0  | 105.0            | <del>145.0</del> | 2            | 145.0        | 170.0             | 195.0            | 2      | 455.0        | 369.55 | 8  |
| 4             | Sehunelo Tebogo    | 25.02.86 | NW      | 62.20  | 0.8258 | 22  | 155.0            | <del>160.0</del> | <del>165.0</del> | 2  | 90.0  | 95.0             | 100.0            | 4            | 165.0        | 175.0             | 185.0            | 3      | 440.0        | 363.35 | 7  |
| <b>-74kg</b>  |                    |          |         |        |        |     |                  |                  |                  |    |       |                  |                  |              |              |                   |                  |        |              |        |    |
| 1             | Ramsay Andrew      | 01.01.88 | Gauteng | 73.30  | 0.7242 | 36  | 205.0            | 210.0            | <del>224.0</del> | 1  | 130.0 | 135.0            | <del>137.5</del> | 2            | 235.0        | 250.0             | 262.5            | 1      | 607.5        | 439.95 | 12 |
| 2             | Stolzenberg Jason  | 01.01.93 | Gauteng | 73.65  | 0.7217 | 35  | <del>200.0</del> | 200.0            | 207.5            | 2  | 120.0 | 127.5            | X                | 4            | 235.0        | 240.0             | 250.0            | 2      | 585.0        | 422.19 | 9  |
| 3             | Ramaisa Tumelo     | 01.01.87 | NW      | 73.40  | 0.7235 | 38  | <del>185.0</del> | 185.0            | <del>200.0</del> | 4  | 120.0 | 125.0            | <del>130.0</del> | 5            | 220.0        | 240.0             | <del>245.0</del> | 3      | 550.0        | 397.93 | 8  |
| 4             | Dippenaar Conrad   | 23.01.90 | Gauteng | 73.30  | 0.7242 | 39  | 175.0            | 185.0            | <del>190.0</del> | 3  | 130.0 | <del>137.5</del> | 137.5            | 1            | 215.0        | 225.0             | <del>230.0</del> | 4      | 547.5        | 396.50 | 7  |
| 5             | Sangari Darius     | 29.05.94 | Gauteng | 73.40  | 0.7235 | 37  | 145.0            | <del>160.0</del> | 160.0            | 5  | 127.5 | <del>135.0</del> | <del>135.0</del> | 3            | 160.0        | 175.0             | 185.0            | 5      | 472.5        | 341.85 | 6  |
| <b>-83kg</b>  |                    |          |         |        |        |     |                  |                  |                  |    |       |                  |                  |              |              |                   |                  |        |              |        |    |
| 1             | Baptista Jonathan  | 01.01.88 | Gauteng | 82.35  | 0.6706 | 51  | 215.0            | 230.0            | 240.0            | 2  | 150.0 | 160.0            | 165.0            | 1            | 240.0        | <del>262.5</del>  | 262.5            | 1      | 645.0        | 432.54 | 12 |
| 2             | Daniels Marlon     | 01.01.75 | Gauteng | 81.40  | 0.6754 | 44  | 220.0            | 236.0            | <b>243.0</b>     | 1  | 150.0 | 160.0            | <del>165.5</del> | 2            | 200.0        | 215.0             | 222.5            | 9      | 618.0        | 417.40 | 9  |
| 3             | Lebatie Floyd      | 25.10.88 | Gauteng | 82.75  | 0.6687 | 56  | 172.5            | 185.0            | 205.0            | 4  | 132.5 | 137.5            | <del>140.0</del> | 4            | 215.0        | 230.0             | 237.5            | 2      | 580.0        | 387.85 | 8  |
| 4             | Ayekpa Archie      | 29.04.85 | Gauteng | 81.10  | 0.6769 | 60  | <del>190.0</del> | 200.0            | 207.5            | 3  | 135.0 | 142.5            | 147.5            | 3            | 205.0        | 220.0             | <del>240.0</del> | 7      | 575.0        | 389.22 | 7  |
| 5             | Lekopa Siphso      | 01.01.82 | NW      | 77.25  | 0.6984 | 52  | 190.0            | <del>200.0</del> | <del>200.0</del> | 7  | 100.0 | 110.0            | <del>120.0</del> | 10           | 220.0        | <del>235.0</del>  | 235.0            | 3      | 535.0        | 373.64 | 6  |
| 6             | Mack Tony          | 16.12.92 | Gauteng | 81.50  | 0.6749 | 53  | 190.0            | <del>200.0</del> | 200.0            | 6  | 105.0 | <del>112.5</del> | 112.5            | 8            | 200.0        | 220.0             | <del>230.0</del> | 8      | 532.5        | 359.38 | 5  |
| 7             | Khuzwayo Bandile   | 02.12.90 | Gauteng | 80.90  | 0.6779 | 55  | 180.0            | 190.0            | <del>200.0</del> | 8  | 105.0 | 112.5            | 117.5            | 6            | 210.0        | 222.5             | <del>235.0</del> | 5      | 530.0        | 359.29 | 4  |
| 8             | Philander Ismaeel  | 20.09.91 | WP      | 82.80  | 0.6685 | 61  | 180.0            | 195.0            | 205.0            | 5  | 100.0 | 110.0            | 112.5            | 9            | 200.0        | 240.0             | <del>245.0</del> | 13     | 517.5        | 345.95 | 3  |
| 9             | Laubscher Wayne    | 06.10.81 | Gauteng | 82.15  | 0.6716 | 62  | 160.0            | 170.0            | X                | 10 | 100.0 | <del>110.0</del> | <del>110.0</del> | 13           | 210.0        | 230.0             | <del>240.0</del> | 4      | 500.0        | 335.80 | 2  |
| 10            | Uren Bradley       | 26.12.91 | WP      | 80.35  | 0.6808 | 54  | 150.0            | 165.0            | <del>180.0</del> | 12 | 110.0 | <del>125.0</del> | 125.0            | 5            | 180.0        | 200.0             | <del>210.0</del> | 12     | 490.0        | 333.59 | 1  |
| 11            | Boonzaaier Jenovan | 03.05.88 | WP      | 81.45  | 0.6751 | 57  | 150.0            | 165.0            | <del>180.0</del> | 13 | 100.0 | <del>105.0</del> | <del>105.0</del> | 12           | 210.0        | 217.5             | 222.5            | 6      | 487.5        | 329.11 | 1  |
| 12            | Ramasimong Thabo   | 03.09.85 | NW      | 77.70  | 0.6957 | 58  | 140.0            | <del>165.0</del> | 165.0            | 11 | 90.0  | 105.0            | 115.0            | 7            | 165.0        | 185.0             | 200.0            | 11     | 480.0        | 333.94 | 1  |
| 13            | Thulo Kamogelo     | 02.04.91 | NW      | 74.55  | 0.7156 | 50  | 140.0            | 160.0            | 170.0            | 9  | 85.0  | 95.0             | <del>110.0</del> | 14           | 175.0        | 195.0             | <del>205.0</del> | 14     | 460.0        | 329.18 | 1  |
| 14            | Anthony Keaton     | 17.08.94 | Gauteng | 81.80  | 0.6734 | 45  | 55.0             | 62.5             | 67.5             | 14 | 52.5  | 57.5             | 60.0             | 15           | 110.0        | 120.0             | <del>130.0</del> | 15     | 247.5        | 166.67 | 1  |
| —             | Draai Morne        | 28.12.86 | NW      | 77.10  | 0.6993 | 59  | <del>165.0</del> | <del>165.0</del> | <del>165.0</del> | —  | 105.0 | <del>110.0</del> | <del>110.0</del> | 11           | 180.0        | 195.0             | 205.0            | 10     | DSQ          | —      | —  |
| <b>-93kg</b>  |                    |          |         |        |        |     |                  |                  |                  |    |       |                  |                  |              |              |                   |                  |        |              |        |    |
| 1             | Holder Elfranco    | 31.05.93 | NW      | 90.60  | 0.6363 | 68  | 210.0            | 220.0            | <del>230.0</del> | 1  | 180.0 | 187.5            | <del>190.0</del> | 1            | 270.0        | 280.0             | <del>285.0</del> | 1      | 687.5        | 437.46 | 12 |
| 2             | Bekker Armand      | 23.03.90 | FS      | 90.25  | 0.6375 | 67  | 190.0            | <del>205.0</del> | 205.0            | 3  | 140.0 | 145.0            | <del>150.0</del> | 2            | 250.0        | <del>265.0</del>  | 265.0            | 2      | 600.0        | 382.50 | 9  |
| 3             | Page Jorncy        | 01.01.72 | Gauteng | 93.00  | 0.6282 | 65  | 185.0            | 197.5            | 207.5            | 2  | 135.0 | 145.0            | <del>150.0</del> | 3            | 220.0        | 235.0             | <del>250.0</del> | 4      | 587.5        | 369.07 | 8  |
| 4             | Davel Wessel       | 05.12.93 | Gauteng | 92.10  | 0.6311 | 71  | 185.0            | 200.0            | <del>205.0</del> | 4  | 120.0 | 127.5            | <del>132.5</del> | 5            | 220.0        | 235.0             | 247.5            | 3      | 575.0        | 362.88 | 7  |
| 5             | Mellet Stefan      | 06.08.87 | Gauteng | 92.50  | 0.6298 | 69  | 160.0            | 180.0            | <del>195.0</del> | 5  | 110.0 | 120.0            | 130.0            | 4            | 210.0        | 220.0             | <del>230.0</del> | 6      | 530.0        | 333.79 | 6  |
| 6             | Sparg Timothy      | 02.04.87 | Gauteng | 90.70  | 0.6359 | 70  | 165.0            | 172.5            | <del>180.0</del> | 6  | 92.5  | <del>95.0</del>  | <del>95.0</del>  | 6            | 220.0        | 230.0             | <del>240.0</del> | 5      | 495.0        | 314.77 | 5  |
| <b>-105kg</b> |                    |          |         |        |        |     |                  |                  |                  |    |       |                  |                  |              |              |                   |                  |        |              |        |    |
| 1             | Kruger Gerhard     | 12.12.97 | NW      | 101.05 | 0.6061 | 78  | 240.0            | 255.0            | 270.0            | 1  | 160.0 | 170.0            | 180.0            | 1            | 280.0        | 300.0             | 310.0            | 2      | 760.0        | 460.64 | 12 |
| 2             | De Bruin Johann    | 06.01.90 | Gauteng | 104.15 | 0.5993 | 83  | 235.0            | 245.0            | 250.0            | 2  | 145.0 | 152.5            | 157.5            | 4            | 290.0        | 310.0             | <b>330.0</b>     | 1      | 737.5        | 441.98 | 9  |
| 3             | Schoonraad Christo | 01.01.63 | Gauteng | 101.60 | 0.6048 | 79  | 225.0            | 240.0            | 247.5            | 3  | 140.0 | 145.0            | <del>147.5</del> | 5            | 230.0        | 242.5             | 253.0            | 4      | 638.0        | 385.86 | 8  |
| 4             | Senekal Petrus     | 07.09.94 | WP      | 101.85 | 0.6043 | 84  | 210.0            | <del>220.0</del> | <del>220.0</del> | 4  | 160.0 | <del>170.0</del> | <del>170.0</del> | 3            | 240.0        | 250.0             | 260.0            | 3      | 630.0        | 380.71 | 7  |
| 5             | Modisasdife Thabo  | 15.01.89 | NW      | 101.80 | 0.6044 | 80  | <del>200.0</del> | 200.0            | <del>220.0</del> | 6  | 165.0 | 170.0            | 180.0            | 2            | 210.0        | <del>220.0</del>  | 220.0            | 6      | 600.0        | 362.64 | 6  |
| 6             | Ndubane Amerko     | 09.10.93 | NW      | 97.55  | 0.6148 | 81  | 170.0            | 190.0            | 200.0            | 5  | 120.0 | <del>130.0</del> | <del>130.0</del> | 6            | 220.0        | 240.0             | 250.0            | 5      | 570.0        | 350.44 | 5  |
| <b>-120kg</b> |                    |          |         |        |        |     |                  |                  |                  |    |       |                  |                  |              |              |                   |                  |        |              |        |    |
| 1             | Roets Benjamin     | 30.04.82 | Gauteng | 117.35 | 0.5780 | 93  | 225.0            | <del>235.0</del> | X                | 1  | 160.0 | 170.0            | <del>175.0</del> | 1            | 225.0        | 245.0             | <del>260.0</del> | 1      | 640.0        | 369.92 | 12 |
| 2             | Smith Ashley       | 19.11.91 | Gauteng | 109.60 | 0.5892 | 92  | 205.0            | 215.0            | <del>220.0</del> | 2  | 120.0 | 130.0            | <del>140.0</del> | 2            | 205.0        | 220.0             | <del>235.0</del> | 2      | 565.0        | 332.90 | 9  |
| <b>120+kg</b> |                    |          |         |        |        |     |                  |                  |                  |    |       |                  |                  |              |              |                   |                  |        |              |        |    |
| 1             | Herbst Mathys      | 10.04.75 | Gauteng | 156.40 | 0.5500 | 96  | 280.0            | <b>310.0</b>     | <b>317.5</b>     | 1  | 170.0 | <del>180.0</del> | 185.0            | 1            | 290.0        | 310.0             | <b>317.5</b>     | 1      | <b>820.0</b> | 451.00 | 12 |
| 2             | Conradie Daniel    | 10.04.86 | WP      | 135.15 | 0.5619 | 100 | 210.0            | 212.5            | 235.0            | 3  | 175.0 | <del>185.0</del> | <del>185.0</del> | 2            | 235.0        | 250.0             | 255.0            | 3      | 665.0        | 373.66 | 9  |
| 3             | Carlson Paul       | 28.07.80 | WP      | 125.75 | 0.5692 | 99  | 220.0            | 240.0            | <del>250.0</del> | 2  | 160.0 | <del>180.0</del> | <del>190.0</del> | 3            | 260.0        | <del>300.0</del>  | <del>300.0</del> | 2      | 660.0        | 375.67 | 8  |

SAPF  
SA RAW MEN 2018, POTCH (SOUTH-AFRICA), 16-18.03.2018  
DETAILED SCORESHEET

|              |                   |
|--------------|-------------------|
| SA PL record | SA PL + BP record |
| All Deadlift | TOTAL             |

| PL. | Lifters | B.Date | Team | Weight | WF | Lot | All Squat |  |  |  |  | All Bench Press |  |  |  |  | SA PL record |  |  | SA PL + BP record |  |  | W.pts. | Pts. |  |  |  |
|-----|---------|--------|------|--------|----|-----|-----------|--|--|--|--|-----------------|--|--|--|--|--------------|--|--|-------------------|--|--|--------|------|--|--|--|
|     |         |        |      |        |    |     |           |  |  |  |  |                 |  |  |  |  |              |  |  |                   |  |  |        |      |  |  |  |

**Best Lifters of Open**

| Rnk | Lifter          | Nation     | B.Weight | WF     | Total | W.Points | C.Rnk. |
|-----|-----------------|------------|----------|--------|-------|----------|--------|
| 1   | Kruger Gerhard  | North-West | 101.05   | 0.6061 | 760.0 | 460.64   | 1      |
| 2   | Herbst Mathys   | Gauteng    | 156.40   | 0.5500 | 820.0 | 451.00   | 1      |
| 3   | De Bruin Johann | Gauteng    | 104.15   | 0.5993 | 737.5 | 441.98   | 2      |

**Sub-Juniors**

| <b>-53kg</b>  |                    |          |         |        |        |    |       |       |       |   |       |       |       |   |       |       |       |   |       |        |    |
|---------------|--------------------|----------|---------|--------|--------|----|-------|-------|-------|---|-------|-------|-------|---|-------|-------|-------|---|-------|--------|----|
| 1             | Mulaudzi Tshepo    | 08.09.01 | Gauteng | 47.15  | 1.0922 | 2  | 60.0  | 65.0  | 70.0  | 1 | 55.0  | 60.0  | 65.0  | 1 | 120.0 | 125.0 | 135.0 | 1 | 270.0 | 294.89 | 12 |
| <b>-59kg</b>  |                    |          |         |        |        |    |       |       |       |   |       |       |       |   |       |       |       |   |       |        |    |
| 1             | Modukanele Thabang | 03.03.00 | EC      | 58.20  | 0.8773 | 7  | 90.0  | 100.0 | 107.5 | 1 | 90.0  | 95.0  | 100.0 | 1 | 140.0 | 155.0 | 162.5 | 1 | 370.0 | 324.60 | 12 |
| 2             | Mhari Panashe      | 13.12.01 | EC      | 58.95  | 0.8669 | 8  | 95.0  | 95.0  | 105.0 | 2 | 90.0  | 95.0  | 100.0 | 2 | 125.0 | 135.0 | 150.0 | 2 | 340.0 | 294.75 | 9  |
| <b>-66kg</b>  |                    |          |         |        |        |    |       |       |       |   |       |       |       |   |       |       |       |   |       |        |    |
| 1             | Moorcroft Louis    | 04.10.00 | Gauteng | 64.65  | 0.7988 | 18 | 120.0 | 130.0 | 140.0 | 1 | 100.0 | 105.5 | 107.5 | 1 | 140.0 | 150.0 | 160.0 | 1 | 407.5 | 325.51 | 12 |
| 2             | Katz Zachary       | 03.12.01 | Gauteng | 64.65  | 0.7988 | 19 | 115.0 | 122.5 | 130.0 | 2 | 70.0  | 75.0  | 77.5  | 2 | 135.0 | 145.0 | 150.0 | 2 | 350.0 | 279.58 | 9  |
| 3             | Visser Ricardo     | 08.11.04 | Gauteng | 65.00  | 0.7952 | 20 | 100.0 | 110.0 | 115.0 | 3 | 50.0  | 55.0  | 60.0  | 3 | 110.0 | 120.0 | 125.0 | 3 | 295.0 | 234.58 | 8  |
| <b>-74kg</b>  |                    |          |         |        |        |    |       |       |       |   |       |       |       |   |       |       |       |   |       |        |    |
| 1             | Tom Lutho          | 12.12.01 | EC      | 72.75  | 0.7282 | 34 | 130.0 | 140.0 | 152.5 | 2 | 70.0  | 80.0  | 90.0  | 1 | 170.0 | 185.0 | 195.0 | 1 | 437.5 | 318.59 | 12 |
| 2             | Daniels Xavier     | 17.02.00 | WP      | 69.90  | 0.7502 | 33 | 160.0 | 170.0 | 170.0 | 1 | 70.0  | 80.0  | 90.0  | 2 | 170.0 | 185.0 | 195.0 | 2 | 410.0 | 307.58 | 9  |
| <b>-83kg</b>  |                    |          |         |        |        |    |       |       |       |   |       |       |       |   |       |       |       |   |       |        |    |
| 1             | Fisher Ethan       | 29.01.01 | Gauteng | 79.95  | 0.6830 | 49 | 160.0 | 170.0 | 180.0 | 1 | 85.0  | 90.0  | 95.0  | 1 | 195.0 | 200.0 | 210.0 | 1 | 475.0 | 324.43 | 12 |
| <b>-93kg</b>  |                    |          |         |        |        |    |       |       |       |   |       |       |       |   |       |       |       |   |       |        |    |
| 1             | Adamstein Gabriel  | 02.04.01 | EC      | 87.45  | 0.6481 | 66 | 130.0 | 140.0 | 150.0 | 1 | 100.0 | 100.0 | X     | 1 | 175.0 | 185.0 | 207.5 | 1 | 425.0 | 275.44 | 12 |
| <b>-120kg</b> |                    |          |         |        |        |    |       |       |       |   |       |       |       |   |       |       |       |   |       |        |    |
| 1             | Marais Hein        | 03.03.00 | WP      | 118.85 | 0.5762 | 91 | 165.0 | 170.0 | 170.0 | 1 | 92.5  | 95.0  | 100.0 | 1 | 175.0 | 175.0 | 185.0 | 1 | 445.0 | 256.41 | 12 |
| <b>120+kg</b> |                    |          |         |        |        |    |       |       |       |   |       |       |       |   |       |       |       |   |       |        |    |
| 1             | Carter Ross        | 18.07.00 | KZN     | 125.00 | 0.5698 | 98 | 150.0 | 165.0 | 165.0 | 1 | 105.0 | 110.0 | 115.0 | 1 | 205.0 | 215.0 | 220.0 | 1 | 490.0 | 279.20 | 12 |

**Best Lifters of Subjuniors**

| Rnk | Lifter             | Nation  | B.Weight | WF     | Total | W.Points | C.Rnk. |
|-----|--------------------|---------|----------|--------|-------|----------|--------|
| 1   | Moorcroft Louis    | Gauteng | 64.65    | 0.7988 | 407.5 | 325.51   | 1      |
| 2   | Modukanele Thabang | EC      | 58.20    | 0.8773 | 370.0 | 324.60   | 1      |
| 3   | Fisher Ethan       | Gauteng | 79.95    | 0.6830 | 475.0 | 324.43   | 1      |

**Juniors**

| <b>-59kg</b> |                  |          |         |       |        |    |       |       |       |   |       |       |       |   |       |       |       |   |       |        |    |
|--------------|------------------|----------|---------|-------|--------|----|-------|-------|-------|---|-------|-------|-------|---|-------|-------|-------|---|-------|--------|----|
| 1            | Chaka Delvie     | 13.05.98 | NW      | 55.35 | 0.9209 | 1  | 120.0 | 125.0 | 130.0 | 1 | 50.0  | 55.0  | 60.0  | 3 | 135.0 | 155.0 | 170.0 | 1 | 355.0 | 326.92 | 12 |
| 2            | Matjala Dumisane | 01.01.95 | NW      | 52.82 | 0.9654 | 6  | 90.0  | 95.0  | 105.0 | 4 | 90.0  | 95.0  | 97.5  | 1 | 125.0 | 135.0 | 145.0 | 2 | 337.5 | 325.82 | 9  |
| 3            | Pietersen Aubrey | 23.11.95 | NW      | 54.15 | 0.9412 | 5  | 100.0 | 100.0 | 105.0 | 3 | 90.0  | 95.0  | 100.0 | 2 | 120.0 | 130.0 | 140.0 | 4 | 325.0 | 305.89 | 8  |
| —            | Langeveld Damon  | 22.02.98 | NW      | 51.00 | 1.0016 | 4  | 110.0 | 115.0 | 120.0 | 2 | 70.0  | 70.0  | 70.0  | — | 140.0 | 140.0 | 145.0 | 3 | DSQ   | —      | —  |
| <b>-66kg</b> |                  |          |         |       |        |    |       |       |       |   |       |       |       |   |       |       |       |   |       |        |    |
| 1            | Samuels Brandon  | 21.04.98 | WP      | 64.65 | 0.7988 | 12 | 130.0 | 150.0 | 160.0 | 2 | 110.0 | 117.5 | 120.0 | 1 | 216.0 | 220.0 | 230.0 | 1 | 510.0 | 407.39 | 12 |
| 2            | Van Niekerk Arno | 01.01.96 | Gauteng | 64.85 | 0.7967 | 16 | 165.0 | 175.0 | 175.0 | 1 | 97.5  | 102.5 | 105.0 | 3 | 200.0 | 212.5 | 212.5 | 3 | 477.5 | 380.42 | 9  |
| 3            | Sauls Byron      | 18.02.98 | WP      | 65.95 | 0.7857 | 14 | 140.0 | 150.0 | 155.0 | 3 | 75.0  | 80.0  | 80.0  | 5 | 200.0 | 210.0 | 221.0 | 2 | 446.0 | 350.42 | 8  |
| 4            | Martin Simel     | 07.02.98 | NW      | 61.80 | 0.8305 | 10 | 140.0 | 145.0 | 147.5 | 4 | 85.0  | 90.0  | 100.0 | 4 | 160.0 | 165.0 | 170.0 | 5 | 402.5 | 334.28 | 7  |
| 5            | Pietersen Claude | 30.06.97 | NW      | 64.55 | 0.7999 | 28 | 90.0  | 120.0 | 130.0 | 5 | 95.0  | 100.0 | 105.0 | 2 | 150.0 | 170.0 | 185.0 | 4 | 395.0 | 315.96 | 6  |
| <b>-74kg</b> |                  |          |         |       |        |    |       |       |       |   |       |       |       |   |       |       |       |   |       |        |    |
| 1            | Manamela Karabo  | 12.07.99 | Gauteng | 67.10 | 0.7747 | 15 | 140.0 | 150.0 | 160.0 | 1 | 85.0  | 92.5  | 95.0  | 3 | 190.0 | 190.0 | 200.0 | 2 | 455.0 | 352.49 | 12 |

**SAPF**  
**SA RAW MEN 2018, POTCH (SOUTH-AFRICA), 16-18.03.2018**  
**DETAILED SCORESHEET**

| PL.           | Lifters              | B.Date   | Team    | Weight | WF     | Lot | All Squat |                  | All Bench Press  |   |       |                  |                  | SA PL record |       | SA PL + BP record |                  | W.pts. | Pts.         |        |    |
|---------------|----------------------|----------|---------|--------|--------|-----|-----------|------------------|------------------|---|-------|------------------|------------------|--------------|-------|-------------------|------------------|--------|--------------|--------|----|
|               |                      |          |         |        |        |     |           |                  |                  |   |       |                  |                  |              |       |                   | All Deadlift     |        |              | TOTAL  |    |
| 2             | Ramaioe Michael      | 15.09.97 | NW      | 67.55  | 0.7706 | -10 | 120.0     | 130.0            | <del>140.0</del> | 5 | 95.0  | 100.0            | 110.0            | 1            | 190.0 | 200.0             | 215.0            | 1      | 455.0        | 350.62 | 9  |
| 3             | Booyesen Obert       | 18.07.98 | NW      | 72.50  | 0.7300 | 29  | 130.0     | 150.0            | 155.0            | 2 | 105.0 | 110.0            | <del>115.0</del> | 2            | 170.0 | 180.0             | <del>190.0</del> | 4      | 445.0        | 324.85 | 8  |
| 4             | Fourie Charles-lee   | 03.01.94 | Gauteng | 71.50  | 0.7375 | 31  | 120.0     | 127.5            | 135.0            | 4 | 77.5  | <del>82.5</del>  | <del>82.5</del>  | 4            | 182.5 | 190.0             | <del>197.5</del> | 3      | 402.5        | 296.84 | 7  |
| 5             | Rajh Kailash         | 05.12.97 | Gauteng | 73.00  | 0.7264 | 30  | 125.0     | 135.0            | 142.5            | 3 | 70.0  | 77.5             | <del>80.0</del>  | 5            | 150.0 | 160.0             | 170.0            | 5      | 390.0        | 283.30 | 6  |
| <b>-83kg</b>  |                      |          |         |        |        |     |           |                  |                  |   |       |                  |                  |              |       |                   |                  |        |              |        |    |
| 1             | Pieterse Sint-Willes | 06.01.95 | NW      | 82.70  | 0.6689 | 32  | 160.0     | 180.0            | 205.0            | 1 | 115.0 | 120.0            | 130.0            | 1            | 225.0 | 235.0             | 240.0            | 1      | 575.0        | 384.62 | 12 |
| 2             | Niewenhuizen Arno    | 23.10.99 | Gauteng | 80.35  | 0.6808 | 48  | 180.0     | 190.0            | 195.0            | 2 | 87.5  | 92.5             | <del>97.5</del>  | 3            | 210.0 | 220.0             | 227.5            | 3      | 515.0        | 350.61 | 9  |
| 3             | Gumede Lebohang      | 14.02.96 | NW      | 82.95  | 0.6677 | 46  | 145.0     | <del>160.0</del> | 165.0            | 3 | 65.0  | 70.0             | X                | 4            | 195.0 | 220.0             | 230.0            | 2      | 465.0        | 310.48 | 8  |
| 4             | Williams Jaydee      | 01.01.97 | NW      | 80.95  | 0.6777 | 47  | 150.0     | <del>190.0</del> | <del>190.0</del> | 4 | 100.0 | 110.0            | 112.5            | 2            | 200.0 | <del>212.5</del>  | <del>212.5</del> | 4      | 462.5        | 313.44 | 7  |
| <b>-105kg</b> |                      |          |         |        |        |     |           |                  |                  |   |       |                  |                  |              |       |                   |                  |        |              |        |    |
| 1             | Kruger Gerhard       | 12.12.97 | NW      | 101.05 | 0.6061 | 78  | 240.0     | 255.0            | 270.0            | 1 | 160.0 | 170.0            | 180.0            | 1            | 280.0 | <b>300.0</b>      | <b>310.0</b>     | 1      | <b>760.0</b> | 460.64 | 12 |
| <b>-120kg</b> |                      |          |         |        |        |     |           |                  |                  |   |       |                  |                  |              |       |                   |                  |        |              |        |    |
| 1             | Els Marcelle         | 17.07.98 | NW      | 117.00 | 0.5785 | 90  | 230.0     | 245.0            | 255.0            | 1 | 150.0 | <del>160.0</del> | <del>160.0</del> | 2            | 270.0 | <del>285.0</del>  | 285.0            | 1      | 690.0        | 399.17 | 12 |
| 2             | Bosman Terence       | 01.01.96 | Gauteng | 109.90 | 0.5887 | 89  | 230.0     | 240.0            | 250.0            | 2 | 140.0 | 150.0            | <del>160.0</del> | 1            | 270.0 | <del>290.0</del>  | <del>290.0</del> | 2      | 670.0        | 394.43 | 9  |
| <b>120+kg</b> |                      |          |         |        |        |     |           |                  |                  |   |       |                  |                  |              |       |                   |                  |        |              |        |    |
| 1             | Du Toit Andre        | 18.03.96 | FS      | 122.50 | 0.5723 | 97  | 185.0     | 195.0            | <del>205.0</del> | 1 | 100.0 | <del>110.0</del> | <del>110.0</del> | 1            | 200.0 | <del>220.0</del>  | 220.0            | 1      | 515.0        | 294.73 | 12 |

**Best Lifters of Juniors**

| Rnk | Lifter          | Nation     | B.Weight | WF     | Total | W.Points | C.Rnk. |
|-----|-----------------|------------|----------|--------|-------|----------|--------|
| 1   | Kruger Gerhard  | North-West | 101.05   | 0.6061 | 760.0 | 460.64   | 1      |
| 2   | Samuels Brandon | WP         | 64.65    | 0.7988 | 510.0 | 407.39   | 1      |
| 3   | Els Marcelle    | North-West | 117.00   | 0.5785 | 690.0 | 399.17   | 1      |

**Masters 1**

|               |                          |          |         |        |        |    |       |                  |                  |   |       |                  |                  |   |                  |                  |                  |   |              |        |    |
|---------------|--------------------------|----------|---------|--------|--------|----|-------|------------------|------------------|---|-------|------------------|------------------|---|------------------|------------------|------------------|---|--------------|--------|----|
| <b>-74kg</b>  |                          |          |         |        |        |    |       |                  |                  |   |       |                  |                  |   |                  |                  |                  |   |              |        |    |
| 1             | Matabane Patrick         | 01.01.69 | NW      | 72.10  | 0.7330 | 27 | 150.0 | 160.0            | <del>170.0</del> | 1 | 100.0 | <del>110.0</del> | <del>110.0</del> | 2 | 170.0            | 180.0            | 185.0            | 1 | 445.0        | 326.19 | 12 |
| 2             | Van Der Linde Glen       | 01.01.71 | Gauteng | 71.50  | 0.7375 | 26 | 130.0 | 140.0            | 150.0            | 2 | 105.0 | 110.0            | <del>115.0</del> | 1 | 130.0            | 140.0            | X                | 2 | 400.0        | 295.00 | 9  |
| <b>-83kg</b>  |                          |          |         |        |        |    |       |                  |                  |   |       |                  |                  |   |                  |                  |                  |   |              |        |    |
| 1             | Daniels Marlon           | 01.01.75 | Gauteng | 81.40  | 0.6754 | 44 | 220.0 | <b>236.0</b>     | <b>243.0</b>     | 1 | 150.0 | 160.0            | <del>165.5</del> | 1 | 200.0            | 215.0            | <del>222.5</del> | 1 | <b>618.0</b> | 417.40 | 12 |
| <b>-93kg</b>  |                          |          |         |        |        |    |       |                  |                  |   |       |                  |                  |   |                  |                  |                  |   |              |        |    |
| 1             | Page Jorncy              | 01.01.72 | Gauteng | 93.00  | 0.6282 | 65 | 185.0 | 197.5            | 207.5            | 1 | 135.0 | 145.0            | <del>150.0</del> | 1 | 220.0            | 235.0            | <del>250.0</del> | 1 | 587.5        | 369.07 | 12 |
| 2             | Harding Steve            | 02.02.72 | EC      | 91.55  | 0.6330 | 64 | 147.5 | <del>155.0</del> | 155.0            | 2 | 110.0 | <del>115.0</del> | <del>115.0</del> | 2 | 195.0            | 202.5            | 210.0            | 2 | 467.5        | 295.93 | 9  |
| <b>-105kg</b> |                          |          |         |        |        |    |       |                  |                  |   |       |                  |                  |   |                  |                  |                  |   |              |        |    |
| 1             | Green Graham             | 03.03.78 | Gauteng | 102.60 | 0.6026 | 76 | 200.0 | 215.0            | 222.5            | 1 | 135.0 | 140.0            | X                | 2 | 230.0            | 245.0            | 252.5            | 1 | 615.0        | 370.60 | 12 |
| 2             | Johnson Charles          | 11.02.70 | WP      | 100.45 | 0.6075 | 74 | 160.0 | <del>200.0</del> | <del>220.0</del> | 4 | 140.0 | 155.0            | <del>162.5</del> | 1 | 240.0            | <del>245.0</del> | <del>250.0</del> | 2 | 555.0        | 337.16 | 9  |
| 3             | Vermeulen Denzel         | 11.02.70 | WP      | 102.95 | 0.6018 | 75 | 160.0 | 170.0            | 185.0            | 2 | 80.0  | 92.5             | 100.0            | 3 | 170.0            | 190.0            | 205.0            | 3 | 490.0        | 294.88 | 8  |
| 4             | Poxon Michael            | 15.09.75 | Gauteng | 100.95 | 0.6063 | 77 | 160.0 | 170.0            | <del>185.0</del> | 3 | 92.5  | 95.0             | <del>100.0</del> | 4 | 170.0            | 180.0            | <del>195.0</del> | 4 | 445.0        | 269.80 | 7  |
| <b>-120kg</b> |                          |          |         |        |        |    |       |                  |                  |   |       |                  |                  |   |                  |                  |                  |   |              |        |    |
| 1             | Horn Malone              | 01.01.70 | KZN     | 108.80 | 0.5905 | 87 | 170.0 | 190.0            | 205.0            | 2 | 160.0 | 170.0            | 180.0            | 1 | <del>250.0</del> | 270.0            | <del>300.0</del> | 1 | 655.0        | 386.78 | 12 |
| 2             | Faku Madikane            | 01.01.75 | NW      | 109.75 | 0.5889 | 88 | 220.0 | 230.0            | <del>240.0</del> | 1 | 90.0  | <del>100.0</del> | <del>100.0</del> | 3 | 260.0            | 270.0            | <del>275.0</del> | 2 | 590.0        | 347.45 | 9  |
| 3             | Jansen van Vuuren Anthon | 11.10.77 | Gauteng | 119.50 | 0.5755 | 86 | 170.0 | 180.0            | 190.0            | 3 | 100.0 | 110.0            | <del>115.0</del> | 2 | 200.0            | 220.0            | <del>225.0</del> | 3 | 520.0        | 299.26 | 8  |
| <b>120+kg</b> |                          |          |         |        |        |    |       |                  |                  |   |       |                  |                  |   |                  |                  |                  |   |              |        |    |
| 1             | Herbst Mathys            | 10.04.75 | Gauteng | 156.40 | 0.5500 | 96 | 280.0 | <b>310.0</b>     | <b>317.5</b>     | 1 | 170.0 | <del>180.0</del> | 185.0            | 1 | 290.0            | 310.0            | <b>317.5</b>     | 1 | <b>820.0</b> | 451.00 | 12 |
| 2             | Els Dawie                | 03.09.72 | NW      | 137.55 | 0.5603 | 95 | 250.0 | 265.0            | 270.0            | 2 | 150.0 | 165.0            | <del>170.0</del> | 2 | 240.0            | <del>250.0</del> | X                | 2 | 675.0        | 378.20 | 9  |

**Best Lifters of Masters 1**

| Rnk | Lifter        | Nation  | B.Weight | WF     | Total | W.Points | C.Rnk. |
|-----|---------------|---------|----------|--------|-------|----------|--------|
| 1   | Herbst Mathys | Gauteng | 156.40   | 0.5500 | 820.0 | 451.00   | 1      |

**SAPF**  
**SA RAW MEN 2018, POTCH (SOUTH-AFRICA), 16-18.03.2018**  
**DETAILED SCORESHEET**

| PL.              | Lifters            | B.Date   | Team    | Weight | WF     | Lot      | All Squat   |   |       |       |       | All Bench Press |       |       |       |   | SA PL record |        | SA PL + BP record |  | W.pts. | Pts. |
|------------------|--------------------|----------|---------|--------|--------|----------|-------------|---|-------|-------|-------|-----------------|-------|-------|-------|---|--------------|--------|-------------------|--|--------|------|
|                  |                    |          |         |        |        |          |             |   |       |       |       |                 |       |       |       |   | All Deadlift |        | TOTAL             |  |        |      |
| 2                | Daniels Marlon     | Gauteng  |         | 81.40  | 0.6754 | 618.0    | 417.40      | 1 |       |       |       |                 |       |       |       |   |              |        |                   |  |        |      |
| 3                | Horn Malone        | KZN      |         | 108.80 | 0.5905 | 655.0    | 386.78      | 1 |       |       |       |                 |       |       |       |   |              |        |                   |  |        |      |
| <b>Masters 2</b> |                    |          |         |        |        |          |             |   |       |       |       |                 |       |       |       |   |              |        |                   |  |        |      |
| <b>-83kg</b>     |                    |          |         |        |        |          |             |   |       |       |       |                 |       |       |       |   |              |        |                   |  |        |      |
| 1                | Quatse David       | 01.01.62 | NW      | 81.20  | 0.6764 | 42 145.0 | 175.0 177.5 | 1 | 75.0  | 85.0  | 95.0  | 2               | 175.0 | 200.0 | 205.0 | 2 | 477.5        | 322.98 | 12                |  |        |      |
| 2                | De Nysschen Tommie | 30.05.63 | NC      | 77.70  | 0.6957 | 41 145.0 | 115.0 130.0 | 2 | 110.0 | 115.5 | 117.5 | 1               | 125.0 | 140.0 | 150.0 | 3 | 397.5        | 276.54 | 9                 |  |        |      |
| 3                | Banda Patrick      | 12.06.60 | Gauteng | 81.35  | 0.6756 | 40 80.0  | X X         | 3 | 55.0  | 65.0  | 70.0  | 3               | 200.0 | 222.0 | 225.0 | 1 | 370.0        | 249.97 | 8                 |  |        |      |
| <b>-93kg</b>     |                    |          |         |        |        |          |             |   |       |       |       |                 |       |       |       |   |              |        |                   |  |        |      |
| 1                | Mobara Ebrahim     | 01.01.64 | WP      | 91.15  | 0.6343 | 63 180.0 | 195.0 200.0 | 1 | 107.5 | 115.0 | 123.5 | 1               | 150.0 | 200.0 | 230.0 | 1 | 545.0        | 345.69 | 12                |  |        |      |
| <b>-105kg</b>    |                    |          |         |        |        |          |             |   |       |       |       |                 |       |       |       |   |              |        |                   |  |        |      |
| 1                | Schoonraad Christo | 01.01.63 | Gauteng | 101.60 | 0.6048 | 79 225.0 | 240.0 247.5 | 1 | 140.0 | 145.0 | 147.5 | 1               | 230.0 | 242.5 | 253.0 | 1 | 638.0        | 385.86 | 12                |  |        |      |
| 2                | Bensch Denis       | 14.12.65 | Gauteng | 104.25 | 0.5991 | 73 175.0 | 182.5 187.5 | 2 | 115.0 | 120.0 | 125.0 | 2               | 195.0 | 205.0 | 212.5 | 2 | 520.0        | 311.53 | 9                 |  |        |      |
| <b>120+kg</b>    |                    |          |         |        |        |          |             |   |       |       |       |                 |       |       |       |   |              |        |                   |  |        |      |
| 1                | Haupt Burton       | 15.09.61 | Gauteng | 134.70 | 0.5622 | 94 160.0 | 180.0 200.0 | 1 | 120.0 | 130.0 | 140.0 | 1               | 210.0 | 230.0 | X     | 1 | 560.0        | 314.83 | 12                |  |        |      |

**Best Lifters of Masters 2**

| Rnk | Lifter             | Nation     | B.Weight | WF     | Total | W.Points | C.Rnk. |
|-----|--------------------|------------|----------|--------|-------|----------|--------|
| 1   | Schoonraad Christo | Gauteng    | 101.60   | 0.6048 | 638.0 | 385.86   | 1      |
| 2   | Mobara Ebrahim     | WP         | 91.15    | 0.6343 | 545.0 | 345.69   | 1      |
| 3   | Quatse David       | North-West | 81.20    | 0.6764 | 477.5 | 322.98   | 1      |

**Masters 3**

|               |              |          |         |        |        |          |             |   |       |       |       |   |       |       |       |   |       |        |    |  |  |
|---------------|--------------|----------|---------|--------|--------|----------|-------------|---|-------|-------|-------|---|-------|-------|-------|---|-------|--------|----|--|--|
| <b>-74kg</b>  |              |          |         |        |        |          |             |   |       |       |       |   |       |       |       |   |       |        |    |  |  |
| 1             | Hassen Yunus | 18.05.54 | Gauteng | 70.95  | 0.7418 | 25 100.0 | 110.0 120.0 | 1 | 60.0  | 65.0  | 70.0  | 1 | 187.5 | 195.0 | 200.0 | 1 | 375.0 | 278.18 | 12 |  |  |
| <b>-105kg</b> |              |          |         |        |        |          |             |   |       |       |       |   |       |       |       |   |       |        |    |  |  |
| 1             | Young Colin  | 01.01.57 | WP      | 105.00 | 0.5976 | 72 145.0 | 160.0 X     | 1 | 150.0 | 162.0 | X     | 1 | 190.0 | 210.0 | 218.0 | 1 | 540.0 | 322.70 | 12 |  |  |
| <b>-120kg</b> |              |          |         |        |        |          |             |   |       |       |       |   |       |       |       |   |       |        |    |  |  |
| 1             | Ludik Andre  | 30.06.57 | EC      | 114.45 | 0.5818 | 85 150.0 | 160.0 162.5 | 1 | 107.5 | 112.5 | 115.0 | 1 | 207.5 | 215.0 | 220.0 | 1 | 492.5 | 286.54 | 12 |  |  |

**Best Lifters of Masters 3**

| Rnk | Lifter       | Nation  | B.Weight | WF     | Total | W.Points | C.Rnk. |
|-----|--------------|---------|----------|--------|-------|----------|--------|
| 1   | Young Colin  | WP      | 105.00   | 0.5976 | 540.0 | 322.70   | 1      |
| 2   | Ludik Andre  | EC      | 114.45   | 0.5818 | 492.5 | 286.54   | 1      |
| 3   | Hassen Yunus | Gauteng | 70.95    | 0.7418 | 375.0 | 278.18   | 1      |

**Masters 4**

|              |               |          |         |       |        |         |             |   |      |      |      |   |       |       |       |   |       |        |    |  |  |
|--------------|---------------|----------|---------|-------|--------|---------|-------------|---|------|------|------|---|-------|-------|-------|---|-------|--------|----|--|--|
| <b>-66kg</b> |               |          |         |       |        |         |             |   |      |      |      |   |       |       |       |   |       |        |    |  |  |
| 1            | Oppenheim Dan | 30.06.45 | Gauteng | 65.80 | 0.7872 | 9 105.0 | 110.0 116.0 | 1 | 75.0 | 81.0 | 82.5 | 1 | 136.0 | 145.0 | 152.5 | 1 | 351.0 | 276.31 | 12 |  |  |

**Best Lifters of Masters 4**

| Rnk | Lifter        | Nation  | B.Weight | WF     | Total | W.Points | C.Rnk. |
|-----|---------------|---------|----------|--------|-------|----------|--------|
| 1   | Oppenheim Dan | Gauteng | 65.80    | 0.7872 | 351.0 | 276.31   | 1      |

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

