

Arnold Classic Powerlifting – Medals and Records

Sandton Convention Centre, 27-29 May 2016

(Complete results will be published on the SAPF website www.powerliftingsa.co.za)

Best Lifters

- Best Raw Powerlifter - Ladies : Michelle Letcher
- Best Raw Powerlifter – Men : Sean Manders
- Best Equipped Powerlifter - Ladies : Rouxchelle Roux
- Best Equipped Powerlifter – Men : Adrian Smith

- Best Raw Bench Presser Ladies : Lisa Basson
- Best Raw Bench presser – Men : Ricardo Fitzpatrick
- Best Equipped Bench Presser Ladies : Megan Leighton
- Best Equipped Bench Presser – Men : James Macintosh

Friday 27 May – Ladies Raw Powerlifting

Ladies Lightweight (43kg, 47kg, 52kg)

- 1) Giulia Muto
- 2) Mariska Casey
- 3) Stacey Bryant

Ladies Middleweight (57kg, 63kg)

- 1) Michelle Letcher
- 2) Laura Newman
- 3) Ilona Wilson

Ladies Heavyweight (72kg, 84kg, 84+kg)

- 1) Tracy Ludwig
- 2) Candice Coetzer
- 3) Bonita Hein

Master Ladies

- 1) Michelle Letcher
- 2) Tracy Ludwig
- 3) Bonita Hein

Friday 27 May – Ladies Equipped Powerlifting

- 1) Rouxchelle Roux

Saturday 28 May – Men's Raw Powerlifting

Lightweight Men (59kg, 66kg)

- 1) Michael Botha
- 2) Shahil Sukuram
- 3) Jose Carvalho

Middleweight Men (74kg, 83kg)

- 1) Jade Blake
- 2) Jean-Arthur Pretorius
- 3) Jason Stolzenberg

Heavyweight Men (93kg, 105kg)

- 1) Sean Manders
- 2) Franco Holder
- 3) Johann de Bruin

Super-Heavyweight Men (120kg, 120+kg)

- 1) Kyle Noonan
- 2) Edgar Katushabe
- 3) Johnde Victor

Master Men

- 1) Sean Manders
- 2) Tommy de Nysschen
- 3) Jose Carvalho

Saturday 28 May – Men's Equipped Powerlifting

- 1) Adrian Smith
- 2) Mark Phillips

Sunday 29 May – Men's Raw Bench Press

Lightweight Men (59kg, 66kg)

- 1) Michael Botha
- 2) Shahil Sukuram
- 3)

Middleweight Men (74kg, 83kg)

- 1) Ricardo Fitzpatrick
- 2) Jean-Arthur Pretorius
- 3) James Macintosh

Heavyweight Men (93kg, 105kg)

- 1) Jade Blake
- 4) Franco Holder
- 5) Joshua Capazorio

Sunday 29 May – Men’s Equipped Bench Press

- 1) James Macintosh
- 2) Tommie de Nysschen

Sunday 29 May – Women’s Raw Bench Press

- 1) Lisa Basson
- 2) Candice Coetzer
- 3) Tracy Ludwig

Sunday 29 May – Women’s Equipped Bench Press

- 1) Megan Leighton

Sunday 29 May – Double Deadlift Challenge

2 x Men:

- 1) Jean-Arthur Pretorius and Joshua Thomas
- 2) Adrian Smith and Jean van der Have
- 3) Sarel Gadney and Zane Haasbroek

2 x Women:

- 1) Tracy Ludwig and Jacqui Rees
- 2) Ilona Wilson and Candice Coetzer
- 3) Laura Newman and Andrea Peak

Mixed couples:

- 1) Tracy Ludwig and Ryan Saunders
- 2) Kash Hobbs and Dan Oppenheim
- 3) Shelley Vernon and Lindani Walaza

New SA Raw Powerlifting Records

MEN				
Subjunior	93kg	Bench	Taulu Kriel	122.5kg
Subjunior	120+kg	Squat	Johnde Victor	220kg
Subjunior	120+kg	Deadlift	Johnde Victor	247.5kg
Subjunior	120+kg	Total	Johnde Victor	612.5kg
Junior	83kg	Squat	Jade Blake	240kg
Junior	83kg	Bench	Jade Blake	170kg
Junior	83kg	Total	Jade Blake	660kg
Junior	93kg	Bench	Franco Holder	176kg
Open	93kg	Bench	Franco Holder	176kg
Open	105kg	Deadlift	Sean Manders	315kg
Open	105kg	Total	Sean Manders	775kg
Master 1	105kg	Deadlift	Sean Manders	315kg
Master 1	105kg	Total	Sean Manders	775kg
Master 2	74kg	Bench	Tommie de Nysschen	120kg
Master 2	83kg	Deadlift	Patrick Banda	220kg
WOMEN				
Subjunior	63kg	Deadlift	Caitlin Poxon	113.5kg
Junior	63kg	Squat	Megan Leighton	120kg
Junior	63kg	Total	Megan Leighton	320kg
Open	47kg	Bench	Mariska Casey	53kg
Open	57kg	Deadlift	Michelle Letcher	160.5kg
Open	63kg	Deadlift	Laura Newman	164.5kg
Open	84+kg	Squat	Tracy Ludwig	177.5kg
Open	84+kg	Bench	Tracy Ludwig	90kg
Open	84+kg	Deadlift	Tracy Ludwig	202.5kg
Open	84+kg	Total	Tracy Ludwig	470kg
Master 1	57kg	Deadlift	Michelle Letcher	160.5kg
Master 1	84+kg	Squat	Tracy Ludwig	177.5kg
Master 1	84+kg	Bench	Tracy Ludwig	90kg
Master 1	84+kg	Deadlift	Tracy Ludwig	202.5kg
Master 1	84+kg	Total	Tracy Ludwig	470kg

New SA Raw Bench Press Records

MEN				
Subjunior	93kg	Bench	Taulu Kriel	122.5kg
Junior	83kg	Bench	Jade Blake	170kg
Junior	93kg	Bench	Franco Holder	176kg
Open	83kg	Bench	Ricardo Fitzpatrick	175kg
Open	93kg	Bench	Franco Holder	176kg
WOMEN				
Master 1	84+kg	Bench	Tracy Ludwig	90kg

New SA Equipped Powerlifting Records

MEN				
Junior	93kg	Bench	Adrian Smith	177.5kg
WOMEN				
Subjunior	57kg	Squat	Rouxchelle Roux	110kg
Subjunior	57kg	Bench	Rouxchelle Roux	53kg
Subjunior	57kg	Deadlift	Rouxchelle Roux	120.5kg
Subjunior	57kg	Total	Rouxchelle Roux	283.5kg

New SA Equipped Bench Press Records

WOMEN				
Junior	57kg	Bench	Megan Leighton	90kg
Open	57kg	Bench	Megan Leighton	90kg

New Commonwealth Raw Records *(to be confirmed, possibly unofficial)*

MEN				
Subjunior	120+kg	Deadlift	Johnde Victor	247.5kg
WOMEN				
Master 1	57kg	Deadlift	Michelle Letcher	160.5kg

(All results pending outcome of anti-doping testing)

South African Powerlifting Federation
Arnold classic double deadlift men and women/ mix, Sa, Sandton, 27-29.05.2016

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	2Men	2Women	Mixed
Seniors														
120+ kg														
1	*Pretorius&Thomas J&J	1990	RSA	194.45	0.5325	4	460.0	485.0	500.0	500.0	266.27	1		
2	*Smith&vanderhave A&J	1990	RSA	214.65	0.5318	8	400.0	450.0	487.5	450.0	239.31	2		
3	*Gadney&Haasbroek S&Z	1990	RSA	173.35	0.5414	13	380.0	390.0	400.0	400.0	216.58	3		
4	*Mistry&Mabuza K&N	1990	RSA	158.15	0.5492	11	300.0	330.0	370.0	370.0	203.18	4		
5	*sander&ludwig R&T	1990	RSA	229.95	0.5318	14	330.0	360.0	400.0	360.0	191.44			1
6	*Rees&Ludwig J&T	1990	RSA	205.90	0.5318	7	275.0	300.0	320.0	320.0	170.17		1	
7	*wilson&coetzer I&C	1990	RSA	125.00	0.5698	6	260.0	280.0	300.0	300.0	170.94		2	
8	*Oppenheim&Hobbs D&K	1990	RSA	147.45	0.5546	5	250.0	275.0	300.0	300.0	166.39			2
9	*Walaza&Vernon L&S	1990	RSA	139.50	0.5591	1	260.0	275.0	290.0	290.0	162.13			3
10	*Peak&Newman A&L	1990	RSA	129.15	0.5663	9	260.0	275.0	295.0	275.0	155.71		3	
11	*Ackerman&Mathewson M	1990	RSA	133.80	0.5628	3	220.0	240.0	260.0	240.0	135.07		4	
12	*Mason&Gain N&B	1990	RSA	139.50	0.5591	12	140.0	170.0	200.0	200.0	111.82		5	

Nation (points)

1 South Africa 47 [12+9+8+7+6+5] 1286.97 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	*Pretorius&Thomas J&J	South Africa	194.45	0.5325	500.0	266.27
2	*Smith&vanderhave A&J	South Africa	214.65	0.5318	450.0	239.31
3	*Gadney&Haasbroek S&Z	South Africa	173.35	0.5414	400.0	216.58

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.
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.
 RSA = South Africa

South African Powerlifting Federation
Arnold classic equipped bench men, SA, Sandton, 27-29.05.2016
SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
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Juniors

- 74 kg

1	Macintosh James	1993	RSA	73.40	0.7235	2	140.0	145.0	145.0	140.0	101.29	12
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Nation (points)

1	South Africa	12	[12]	101.29 w.pts.
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Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Macintosh James	South Africa	73.40	0.7235	140.0	101.29

Seniors

- 83 kg

—	Gadney Sarel	1987	RSA	80.45	0.6803	1	150.0	150.0	150.0	—	Out	—	—
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Nation (points)

—	South Africa	—
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Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
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Masters 1

120+ kg

—	Furman Ian	1967	RSA	125.95	0.5689	3	X	X	X	—	Out	—	—
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Nation (points)

—	South Africa	—
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Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
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Masters 2

- 74 kg

1	De Nysschen Tommy	1963	RSA	73.65	0.7218	4	115.0	125.0	135.0	125.0	90.21	12
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Nation (points)

1	South Africa	12	[12]	90.22 w.pts.
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Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	De Nysschen Tommy	South Africa	73.65	0.7218	125.0	90.21

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.

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RSA = South Africa

South African Powerlifting Federation
arnold classic raw pl men, SA, sandton, 27-29.05.2016

SA 3lift	
SA 3lift + BP	
SA 3lift + CW	

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.				
Subjuniors															
- 93 kg															
1	Kriel Taulu	1999	RSA	87.75	0.6469	180.0	1	122.5	1	225.0	1	527.5	341.23	12	+ BP
2	Barreto Miguel	1998	RSA	92.25	0.6306	167.5	2	90.0	2	175.0	2	432.5	272.75	9	
- 120 kg															
1	Fourie Calvin	2000	RSA	117.45	0.5779	125.0	1	55.0	1	180.0	1	360.0	208.04	12	
2	de Jesus Lukha	1999	RSA	114.00	0.5824	132.5	2	62.5	2	150.0	2	345.0	200.92	9	
120+ kg															
1	Victor Johnde	1998	RSA	139.00	0.5594	220.0	1	145.0	1	247.5	1	612.5	342.63	12	
Nation (points)															
1	South Africa	24	[12+12]	550.68	w.pt.										
Best Lifters of Subjuniors															
PL.	Lifter	Nation	B.Weight	WF	Total	W. points									
1	Victor Johnde	South Africa	139.00	0.5594	612.5	342.63									
2	Kriel Taulu	South Africa	87.75	0.6469	527.5	341.23									
3	Baretto Miguel	South Africa	92.25	0.6306	432.5	272.75									
Juniors															
- 74 kg															
1	Stolzenberg Jason	1993	RSA	73.45	0.7231	182.5	1	120.0	1	235.0	1	537.5	388.69	12	
- 83 kg															
1	Blake Jade	1994	RSA	83.00	0.6675	240.0	1	170.0	1	250.0	1	660.0	440.55	12	
- 93 kg															
1	Smith Adrian	1995	RSA	90.60	0.6363	250.0	1	177.5	1	225.0	2	652.5	415.18	12	Equipped
2	Holder Franco	1993	RSA	87.30	0.6487	190.0	2	176.0	2	255.0	1	621.0	402.84	9	J + O
- 120 kg															
1	Thomas Joshua	1997	RSA	112.20	0.5850	202.5	1	132.5	1	245.0	1	580.0	339.30	12	
120+ kg															
1	Katushabe Edgar	1993	RSA	130.55	0.5652	180.0	1	160.0	1	280.0	1	620.0	350.39	12	

Nation (points)

1 South Africa 69 [12+12+12+12+12+9] 2336.96 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Blake Jade	South Africa	83.00	0.6675	660.0	440.55
2	Smith Adrian	South Africa	90.60	0.6363	652.5	415.18
3	Holder Franco	South Africa	87.30	0.6487	621.0	402.84

Seniors**- 59 kg**

1 Sukuram Shahil 1987 RSA 58.15 0.8780 125.0 1 105.0 1 165.0 1 395.0 346.81 12

- 66 kg

1 Botha Michael 1989 RSA 65.40 0.7911 165.0 1 135.0 1 200.0 1 500.0 395.55 12

2 Ramalho Joey 1981 RSA 65.90 0.7862 115.0 2 67.5 2 160.0 2 342.5 269.27 9

- 74 kg

1 van Houten Dylan 1988 RSA 73.50 0.7228 190.0 1 105.0 3 235.0 1 530.0 383.08 12

2 Lazarides Nicholas 1992 RSA 71.55 0.7371 170.0 2 120.0 2 227.5 2 517.5 381.44 9

- 83 kg

1 Pretorius Jean-Athur 1992 RSA 82.50 0.6699 220.0 1 142.5 1 277.5 1 640.0 428.73 12

2 Gadney Sarel 1987 RSA 81.00 0.6774 200.0 2 140.0 3 220.0 2 560.0 379.34 9

3 Philani Chili 1985 RSA 74.20 0.7179 175.0 3 140.0 2 210.0 3 525.0 376.89 8

4 Norman Ray 1986 RSA 76.05 0.7058 170.0 4 135.0 4 205.0 4 510.0 359.95 7

- 93 kg

1 Green Graham 1978 RSA 92.15 0.6310 197.5 1 135.0 1 220.0 1 552.5 348.59 12

2 Haasbroek Zane 1981 RSA 90.35 0.6371 155.0 2 110.0 2 210.0 2 475.0 302.64 9

— Davie Dillon 1984 RSA 91.40 0.6335 — 102.5 3 205.0 3 — Out — —

- 105 kg

1 de Bruin Johann 1990 RSA 104.05 0.5995 200.0 2 155.0 1 280.0 1 635.0 380.68 12

2 Bekker Armand 1990 RSA 97.90 0.6139 205.0 1 145.0 2 260.0 2 610.0 374.47 9

2 Davis Denzel 1979 RSA 94.15 0.6245 170.0 3 100.0 4 220.0 3 490.0 306.02 8

3 de Buys Michael 1986 RSA 103.15 0.6014 150.0 4 117.5 3 180.0 4 447.5 269.12 7

- 120 kg

1 Noonan Kyle 1990 RSA 117.35 0.5780 230.0 1 160.0 1 300.0 1 690.0 398.85 12

120+ kg

1 Clack Edward 1992 RSA 136.20 0.5612 175.0 1 105.0 1 205.0 1 485.0 272.18 12

— Baretto Ricardo 1991 RSA 121.20 0.5736 — — — — Out — — Equipped

Nation (points)

1 South Africa 72 [12+12+12+12+12+12] 2335.51 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Pretorius Jean-Athur	South Africa	82.50	0.6699	640.0	428.73
2	Noonan Kyle	South Africa	117.35	0.5780	690.0	398.85
3	Botha Michael	South Africa	65.40	0.7911	500.0	395.55

Masters 1

- 66 kg

1 Carvalho Jose 1969 RSA 64.45 0.8009 125.0 1 80.0 1 150.0 1 355.0 284.31 12

- 83 kg

1 Casey Patrick 1972 RSA 82.40 0.6704 132.5 1 80.0 1 160.0 1 372.5 249.72 12

- 105 kg

1 Manders Sean 1976 RSA 103.85 0.5999 290.0 1 170.0 2 315.0 1 775.0 464.92 12 O+M1

2 Phillips Mark 1968 RSA 100.00 0.6086 250.0 2 177.5 1 240.0 2 667.5 406.24 9 Equipped

Nation (points)

1 South Africa 45 [12+12+12+9] 1405.21 w.pts.

Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Manders Sean	South Africa	103.85	0.5999	775.0	464.92
2	Phillips Mark	South Africa	100.00	0.6086	667.5	406.24
3	Carvalho Jose	South Africa	64.45	0.8009	355.0	284.31

Masters 2

- 74 kg

1 De Nysschen Tommy 1963 RSA 73.65 0.7218 130.0 1 120.0 1 155.0 1 405.0 292.30 12

- 83 kg

1 Banda Patrick 1960 RSA 78.80 0.6893 120.0 1 65.0 1 220.0 1 405.0 279.16 12

Nation (points)

1 South Africa 24 [12+12] 571.48 w.pts.

Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	De Nysschen Tommy	South Africa	73.65	0.7218	405.0	292.30
2	Banda Patrick	South Africa	78.80	0.6893	405.0	279.16

Abbreviations:

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RSA = South Africa

South African Powerlifting Federation
Arnold Classic raw bench women, SA, Sandton, 27-29.05.2016

SA record

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
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Juniors

- 57 kg

1	Leighton Megan	1996	RSA	57.00	1.1604	4	90.0	97.5	103.0	90.0	104.43	12
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Equipped J + O

Nation (points)

1 South Africa 12 [12] 104.44 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Leighton Megan	South Africa	57.00	1.1604	90.0	104.43

Seniors

57kg

1	Wilson Ilona	1977	RSA	56.90	1.1620	7	50.0	50.0	55.0	50.0	58.10	12
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- 72 kg

1	Basson Lisa	1984	RSA	65.20	1.0467	1	75.0	80.0	80.0	75.0	78.50	12
2	Coetzer Candice	1985	RSA	68.10	1.0142	3	75.0	80.0	80.0	75.0	76.06	9
3	Peak Andrea	1982	RSA	64.65	1.0533	2	55.0	57.5	62.5	57.5	60.56	8

Nation (points)

1 South Africa 41 [12+12+9+8] 273.23 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Basson Lisa	South Africa	65.20	1.0467	75.0	78.50
2	Coetzer Candice	South Africa	68.10	1.0142	75.0	76.06
3	Peak Andrea	South Africa	64.65	1.0533	57.5	60.56

Masters 1

72kg

1	Mathewson Gail	1969	RSA	69.40	1.0008	6	57.5	62.5	62.5	57.5	57.54	12
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84+ kg

1	Ludwig Tracy	1973	RSA	116.90	0.8034	8	82.5	90.5	90.5	82.5	66.28	12
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Nation (points)

1 South Africa 24 [12+12] 123.83 w.pts.

Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Ludwig Tracy	South Africa	116.90	0.8034	82.5	66.28
2	Mathewson Gail	South Africa	69.40	1.0008	57.5	57.54

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.
Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.
RSA = South Africa

South African Powerlifting Federation
Arnold classic raw pl women, SA, johannesburg, 27-29.05.2016

SA 3lift
SA 3lift + BP
SA 3lift + CW

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.	
Subjuniors												
- 57 kg												
1	Roux Rouxchelle	1998	RSA	56.95	1.1612	110.0	53.0	120.5	283.5	329.20	12	Equipped
- 63 kg												
1	Poxon Caitlin	2000	RSA	62.15	1.0851	80.0	45.0	113.5	238.5	258.79	12	
- 72 kg												
1	Morley Ciara	2000	RSA	70.15	0.7482	100.0	47.5	120.0	267.5	200.14	12	
Nation (points)												
1	South Africa	36	[12+12+12]	788.14 w.pts.								
Best Lifters of Subjuniors												
PL.	Lifter	Nation	B.Weight	WF	Total	W. points						
1	Roux Rouxchelle	South Africa	56.95	1.1612	283.5	329.20						
2	Poxon Caitlin	South Africa	62.15	1.0851	238.5	258.79						
3	Morley Ciara	South Africa	70.15	0.7482	267.5	200.14						
Juniors												
- 63 kg												
1	Leighton Megan	1996	RSA	58.55	1.1363	120.0	65.0	135.0	320.0	363.61	12	
Nation (points)												
1	South Africa	12	[12]	363.62 w.pts.								
Best Lifters of Juniors												
PL.	Lifter	Nation	B.Weight	WF	Total	W. points						
1	Leighton Megan	South Africa	58.55	1.1363	320.0	363.61						
Seniors												
- 47 kg												
1	Casey Mariska	1978	RSA	46.15	1.3625	90.0	53.0	122.5	265.5	361.75	12	
- 52 kg												

1	Muto Giulia	1987	RSA	51.10	1.2635	115.0	1	60.0	1	130.0	1	305.0	385.36	12
2	Bryant Stacey	1992	RSA	50.15	1.2817	97.5	2	52.5	2	120.0	2	270.0	346.07	9
—	Johnston Gillian	1988	RSA	51.70	1.2522	—		50.0	3	117.5	3	—	Out	—
- 57 kg														
1	Wilson Ilona	1977	RSA	56.15	1.1741	122.5	1	55.0	1	147.5	1	325.0	381.58	12
2	Rubin Romy	1990	RSA	56.70	1.1652	87.5	2	50.0	2	110.0	2	247.5	288.38	9
- 63 kg														
1	Newman Laura	1983	RSA	62.25	1.0837	125.0	1	65.0	1	164.5	1	354.5	384.18	12
2	Peak Andrea	1982	RSA	62.80	1.0765	120.0	2	55.0	2	140.0	2	315.0	339.09	9
- 72 kg														
1	Coetzer Candice	1985	RSA	68.10	1.0142	127.5	1	75.0	1	160.0	1	362.5	367.64	12
2	Firmani Roxy	1988	RSA	70.10	0.9939	105.0	3	60.0	2	130.0	2	295.0	293.20	9
3	Pacariz Claire	1977	RSA	67.95	1.0158	107.5	2	45.0	3	112.5	3	265.0	269.18	8
4	Nordhoff Karin	1990	RSA	69.65	0.9983	60.0	4	32.5	4	90.0	4	182.5	182.18	7
84+ kg														
1	Rees Jacqui	1980	RSA	87.65	0.8740	110.0	1	50.0	1	150.0	1	310.0	270.92	12

Nation (points)

1 South Africa 72 [12+12+12+12+12+12] 2064.99 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Muto Giulia	South Africa	51.10	1.2635	305.0	385.36
2	Newman Laura	South Africa	62.25	1.0837	354.5	384.18
3	Ilona Wilson	South Africa	56.15	1.1741	325.0	381.58

Masters 1

- 57 kg															
1	Letcher Michelle	1970	RSA	56.20	1.1733	117.5	1	70.0	1	160.5	1	348.0	408.30	12	O+M1 &CW M1
- 63 kg															
1	Ingel Carm	1975	RSA	61.75	1.0905	92.5	1	55.0	1	105.0	1	252.5	275.33	12	
- 84 kg															
1	Hein Bonita	1970	RSA	82.00	0.9028	120.0	1	60.0	1	155.0	1	335.0	302.43	12	
84+ kg															
1	Ludwig Tracy	1973	RSA	117.75	0.8024	177.5	1	90.0	1	202.5	1	470.0	377.10	12	O+M1+BP(M1)

Nation (points)

1 South Africa 48 [12+12+12+12] 1363.19 w.pts.

Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Letcher Michelle	South Africa	56.20	1.1733	348.0	408.30
2	Ludwig Tracy	South Africa	117.75	0.8024	470.0	377.10
3	Hein Bonita	South Africa	82.00	0.9028	335.0	302.43

Masters 2**- 84 kg**

1 Rubin Linda 1964 RSA 72.75 0.9693 45.0 1 32.5 1 75.0 1 152.5 147.82 12

Nation (points)

1 South Africa 12 [12] 147.83 w.pts.

Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Rubin Linda	South Africa	72.75	0.9693	152.5	147.82

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.

Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

RSA = South Africa

South African Powerlifting Federation
Arnold classic raw bench men, SA, Sandton, 27-29.05.2016

SA record

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Juniors												
- 74 kg												
1	Macintosh James	1993	RSA	73.40	0.7235	3	120.0	127.5	132.5	127.5	92.24	12
2	Ismail Aasif Ahmed	1995	RSA	73.85	0.7204	11	125.0	125.0	125.0	125.0	90.04	9
- 93 kg												
1	Holder Franco	1993	RSA	87.65	0.6473	4	167.5	175.0	181.0	175.0	113.27	12
2	Blake Jade	1994	RSA	85.25	0.6573	5	165.0	172.5	172.5	172.5	113.37	9

Nation (points)

1 South Africa 42 [12+12+9+9] 408.94 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Blake Jade	South Africa	85.25	0.6573	172.5	113.37
2	Holder Franco	South Africa	87.65	0.6473	175.0	113.27
3	Macintosh James	South Africa	73.40	0.7235	127.5	92.24

Seniors

- 59 kg												
1	Sukuram Shahil	1987	RSA	58.30	0.8759	8	100.0	100.0	107.5	100.0	87.59	12
- 66 kg												
1	Botha Michael	1989	RSA	65.35	0.7916	10	120.0	135.0	140.0	140.0	110.83	12
- 83 kg												
1	Fitzpatrick Ricardo	1980	RSA	82.97	0.6676	6	160.0	175.0	180.0	175.0	116.83	12
2	Pretorius Jean-Athur	1992	RSA	82.65	0.6692	7	140.0	145.0	150.0	145.0	97.02	9
- 105 kg												
1	Capazario Joshua	1989	RSA	100.55	0.6073	2	150.0	160.0	160.0	150.0	91.08	12

Nation (points)

1 South Africa 57 [12+12+12+12+9] 503.37 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Fitzpatrick Ricardo	South Africa	82.97	0.6676	175.0	116.83
2	Botha Michael	South Africa	65.35	0.7916	140.0	110.83
3	Pretorius Jean-Athur	South Africa	82.65	0.6692	145.0	97.02

Masters 1

120+ kg

—	Furman Ian	1967	RSA	125.95	0.5689	1	X	X	X	—	Out	—	—
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Nation (points)

—	South Africa	—
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Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
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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.

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RSA = South Africa