

South African Powerlifting Federation
SA Equipped Men, SA, Potch, 29-30.07.2016

SA Record

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.			
Subjuniors														
- 53 kg														
1	Phillips Renaloo	1999	NW	51.70	0.9873	95.0	1	65.0	1	120.0	2	280.0	276.44	12
2	Dalfie Chaka	1999	NW	53.00	0.9621	80.0	2	60.0	2	140.0	1	280.0	269.38	9
—	Poloka Ngesi	2000	NW	53.00	0.9621	60.0	3	—		105.0	3	—	Out	—
- 59 kg														
1	Iorenzo Deelman	1998	NW	57.10	0.8934	170.0	1	65.0	3	170.0	2	405.0	361.82	12
2	Damara Noenie	1999	NW	58.10	0.8787	140.0	2	80.0	1	155.0	3	375.0	329.51	9
3	Paseka Ntwagne	2000	NW	55.90	0.9119	95.0	3	75.0	2	175.0	1	345.0	314.60	8
- 66 kg														
1	Otto Tonko	1998	NW	65.20	0.7932	165.0	1	85.0	2	170.0	3	420.0	333.14	12
2	Kotsi Tsepo	1998	NW	65.70	0.7881	135.0	2	80.0	3	190.0	1	405.0	319.18	9
—	Dunstev Ngesi	2000	NW	61.40	0.8353	70.0	3	50.0	4	—		—	Out	—
—	Kgosiemang Abel	1998	NW	62.00	0.8281	70.0	4	—		110.0	4	—	Out	—
—	Hlanyane Mpho	2000	NW	63.10	0.8155	—		97.5	1	175.0	2	—	Out	—
- 74 kg														
1	Booyesen Orbert	1998	NW	70.70	0.7437	200.0	1	120.0	1	180.0	1	500.0	371.85	12
—	Mooketsi Ontlametse	2002	NW	66.40	0.7813	—		40.0	2	75.0	2	—	Out	—
- 83 kg														
1	Nonzaba Mangaliso	1998	NW	80.00	0.6827	100.0	1	75.0	1	150.0	1	325.0	221.87	12

Nation (points)

1 North West 69 [12+12+12+12+12+9] 1894.66 w.pts.

Best Lifters of Subjuniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Booyesen Orbert	North West	70.70	0.7437	500.0	371.85
2	Iorenzo Deelman	North West	57.10	0.8934	405.0	361.82
3	Otto Tonko	North West	65.20	0.7932	420.0	333.14

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.	
Juniors												
- 53 kg												
1	Kotze Iven	1996	NW	52.60	0.9696	185.0	120.0	180.0	485.0	nj	470.25	12 (and Bench only)
2	Kgang Moeketsi	1995	NW	53.00	0.9621	100.0	80.0	150.0	330.0		317.49	9
3	Vuyo Matshe	1997	NW	51.70	0.9873	60.0	65.0	125.0	250.0		246.82	8
- 59 kg												
1	Pietersen Aubrey	1995	NW	56.50	0.9025	115.0	100.0	145.0	360.0		324.90	12
2	Moeng Thabo	1993	NW	58.10	0.8787	70.0	55.0	125.0	250.0		219.67	9
3	Moatlhodi Katlego	1995	NW	58.30	0.8759	70.0	60.0	110.0	240.0		210.21	8
4	Dirite Mpho	1995	NW	56.90	0.8964	60.0	50.0	100.0	210.0		188.24	7
- 66 kg												
1	Jafta Peter	1993	NW	61.80	0.8305	200.0	110.0	180.0	490.0		406.94	12
2	Longo Romeo	1997	NW	64.60	0.7993	190.0	100.0	190.0	480.0		383.66	9
3	Machere Tsieti	1995	NW	61.20	0.8378	130.0	95.0	215.0	440.0		368.63	8
4	Aplan Patrick	1996	NW	62.70	0.8200	130.0	115.0	180.0	425.0		348.50	7
5	Pietersen Claud	1997	NW	62.50	0.8223	160.0	90.0	150.0	400.0		328.92	6
6	Khoza Tshepo	1995	NW	60.20	0.8503	130.0	85.0	180.0	395.0		335.86	5
7	Xokiane Velaphi	1995	NW	61.10	0.8390	85.0	80.0	130.0	295.0		247.50	4
8	Pheto Phillip	1997	NW	61.50	0.8341	90.0	80.0	110.0	280.0		233.54	3
- 74 kg												
1	Pietersen Sint Willis	1995	NW	72.50	0.7300	225.0	140.0	240.0	605.0		441.65	12
2	Mafika Bongani	1994	NW	73.30	0.7242	140.0	85.0	225.0	450.0		325.89	9
3	Gumede Lebogang	1996	NW	74.00	0.7193	160.0	70.0	215.0	445.0		320.08	8
4	Haccuis Teme	1993	NW	71.70	0.7360	120.0	110.0	160.0	390.0		287.04	7
5	Diratsage Monapule	1995	NW	67.50	0.7710	110.0	100.0	120.0	330.0		254.43	6
6	Tshotsetsi Kgotlaetsile	1996	NW	73.30	0.7242	70.0	70.0	110.0	250.0		181.05	5
- 83 kg												
1	Motshabi Hendrick	1993	NW	81.00	0.6774	115.0	110.0	160.0	385.0		260.79	12
- 93 kg												
1	Smith Adrian	1995	G	91.30	0.6338	263.0	178.0	240.0	681.0		431.61	12 (and Bench only)
2	Pietersen Jamillian	1993	NW	86.70	0.6511	200.0	110.0	200.0	510.0		332.06	9
- 120 kg												
1	Ndubane Amerko	1993	NW	111.10	0.5867	210.0	160.0	240.0	610.0		357.88	12

Nation (points)

1 North West 72 [12+12+12+12+12+12] 2333.70 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Kotze Iven	North West	52.60	0.9696	485.0	470.25
2	Pietersen Sint Willis	North West	72.50	0.7300	605.0	441.65
3	Smith Adrian	Gauteng	91.30	0.6338	681.0	431.61
4	Jafta Peter	North West	61.80	0.8305	490.0	406.94

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.				
Seniors															
- 59 kg															
1	Kgang tebogo	1990	NW	53.00	0.9621	130.0	1	100.0	1	150.0	1	380.0	365.59	12	
2	Motshabi Kenosi	1992	NW	55.30	0.9217	70.0	2	60.0	2	100.0	2	230.0	211.99	9	
- 74 kg															
1	Ramaisa Tumelo	1987	NW	72.20	0.7322	210.0	2	130.0	2	230.0	1	570.0	417.35	12	
2	Hendricks Jonathan	1991	NC	72.50	0.7300	220.0	1	130.0	3	210.0	2	560.0	408.80	9	
3	Sehumelo Tebogo	1992	NW	66.40	0.7813	207.5	3	110.0	4	200.0	3	517.5	404.32	8	
4	Mokwena Isreal	1979	NW	69.00	0.7578	155.0	4	130.0	1	190.0	4	475.0	359.95	7	
5	Mpane Gladwin	1992	NW	68.80	0.7595	120.0	5	100.0	5	180.0	5	400.0	303.80	6	
- 83 kg															
1	Sibaya Edward	1991	NW	79.10	0.6876	180.0	1	140.0	1	220.0	1	540.0	371.30	12	
- 93 kg															
1	Smith Adrian	1995	G	91.30	0.6338	263.0	1	178.0	1	240.0	1	681.0	431.61	12	
2	Seleka Bryan	1989	NW	87.60	0.6475	200.0	2	130.0	2	205.0	2	535.0	346.41	9	
- 120 kg															
1	Van der Have Jean	1990	G	118.90	0.5762	290.0	1	220.0	1	260.0	2	770.0	443.67	12	
2	Debe Aron	1988	NW	109.90	0.5887	190.0	2	140.0	2	285.0	1	615.0	362.05	9	
—	Sekano Enoch	1979	NW	117.70	0.5776	—	—	—	—	—	—	—	Out	—	—

Nation (points)

1	North West	57	[12+12+12+12+9]	2241.54 w.pts.
2	Gauteng	24	[12+12]	408.80 w.pts.
2	Noord Kaap	9	[9]	408.80 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Van der Have Jean	Gauteng	118.90	0.5762	770.0	443.67
2	Smith Adrian	Gauteng	91.30	0.6338	681.0	431.61
3	Ramaisa Tumelo	North West	72.20	0.7322	570.0	417.35

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.			
Masters 1														
- 66 kg														
1	Tsimane Moses	1975	NW	61.90	0.8293	165.0	1	130.0	1	205.0	1	500.0	414.65	12
- 93 kg														
1	Mapoo Victor	1970	NW	85.40	0.6566	250.0	1	142.5	1	230.0	1	622.5	408.73	12
120+ kg														
1	Herbt Mathys	1975	G	148.00	0.5543	315.0	1	210.0	1	300.0	1	825.0	457.29	12

Nation (points)

1	North West	24	[12+12]	823.38 w.pts.
2	Gauteng	12	[12]	457.30 w.pts.

Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Herbt Mathys	Gauteng	148.00	0.5543	825.0	457.29
2	Tsimane Moses	North West	61.90	0.8293	500.0	414.65
3	Mapoo Victor	North West	85.40	0.6566	622.5	408.73

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.			
Masters 2														
- 83 kg														
1	Quatse David	1962	NW	79.10	0.6876	195.0	1	100.0	1	200.0	1	495.0	340.36	12

Nation (points)

1	North West	12	[12]	340.36 w.pts.
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Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Quatse David	North West	79.10	0.6876	495.0	340.36

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.				
Masters 4															
1	Oppenheim Dan	1945	G	75.30	0.7106	177.5	1	122.5	1	203.0	1	503.0	n4	357.43	12

Nation (points)

1 Gauteng 12 [12] 357.43 w.pts.

Best Lifters of Masters 4

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Oppenheim Dan	Gauteng	75.30	0.7106	503.0	357.43

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.

G = Gauteng
 NC = Noord Kaap

NW = North West

South African Powerlifting Federation
SA Equipped Powerlifting Women, SA, potch, 30.07.2016

SA record

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.
Subjuniors											
- 57 kg											
1	Roux Rouchelle	1998	RSA	56.60	1.1668	120.0	60.0	115.0	295.0	ns	344.20 12
Nation (points)											
1	South Africa	12	[12]	344.21 w.pts.							
Best Lifters of Subjuniors											
PL.	Lifter	Nation		B.Weight	WF	Total	W. points				
1	Roux Rouchelle	South Africa		56.60	1.1668	295.0	344.20				
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Juniors											
- 57 kg											
1	Roux Rouchelle	1998	RSA	56.60	1.1668	120.0	60.0	115.0	295.0	nj	344.20 12
Nation (points)											
1	South Africa	12	[12]	344.21 w.pts.							
Best Lifters of Juniors											
PL.	Lifter	Nation		B.Weight	WF	Total	W. points				
1	Roux Rouchelle	South Africa		56.60	1.1668	295.0	344.20				
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Seniors											
- 57 kg											
1	Roux Rouchelle	1998	RSA	56.60	1.1668	120.0	60.0	115.0	295.0		344.20 12
- 72 kg											
1	Du Toit Chantelle	1985	RSA	70.80	0.9871	140.0	95.5	152.5	388.0	n	382.99 12
- 84 kg											
1	van Staden Sandri Rochelle	1988	RSA	78.00	0.9283	140.0	77.5	165.0	382.5		355.07 12
84+ kg											
1	Rees Jacqui	1980	RSA	90.70	0.8613	110.0	55.0	160.0	325.0		279.92 12

Nation (points)

1 South Africa 36 [12+12+12] 1017.99 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Du Toit Chantelle	South Africa	70.80	0.9871	388.0	382.99
2	van Staden Sandri Rochelle	South Africa	78.00	0.9283	382.5	355.07
3	Roux Rouchelle	South Africa	56.60	1.1668	295.0	344.20
4	Rees Jacqui	South Africa	90.70	0.8613	325.0	279.92

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