

South African Powerlifting Federation
SA Raw Championships 2016 - Men, South Africa, Potchefstroom, 17-19.03.2016

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.			
Subjuniors														
- 53 kg														
1	Langeveld Damon	1998	NW	52.10	0.9793	125.0	1	80.0	1	160.0	1	365.0	357.44	12
- 59 kg														
1	Ntoagae Paseka	1999	NW	54.95	0.9275	100.0	2	70.0	1	165.0	1	335.0	310.71	12
2	Booyse Ross	1999	G	59.00	0.8662	120.0	1	67.5	2	115.0	2	302.5	262.02	9
—	Damara Galalon	1999	NW	57.30	0.8904	—	—	—	—	—	RD	—	—	—
- 66 kg														
1	van der Linde Ruben	1998	G	62.50	0.8223	152.5	1	95.0	1	170.0	2	417.5	343.31	12
2	Donninger Tovi	1998	G	64.95	0.7957	132.5	2	90.0	3	177.5	1	400.0	318.28	9
3	Hlanyane Mpho	2000	NW	60.55	0.8458	110.0	3	90.0	2	155.0	3	355.0	300.27	8
- 74 kg														
1	Donninger Elan	1999	G	71.50	0.7375	165.0	1	110.0	2	182.5	1	457.5	337.40	12
2	Booyesen Orbert	1998	NW	71.10	0.7406	152.5	2	110.0	1	180.0	2	442.5	327.71	9
—	Oosthuizen David	2000	G	0.00	3.0554	—	—	—	—	—	Out	—	—	—
- 83 kg														
1	Hammond Spencer	1998	G	79.35	0.6863	170.0	1	125.0	1	230.0	1	525.0	360.28	12
- 93 kg														
1	Ngaki Bulelani	2000	G	85.85	0.6547	192.5	1	120.0	1	232.5	1	545.0	356.81	12
- 120 kg														
1	Fourie Calvin	2000	G	112.50	0.5846	115.0	1	57.5	1	170.0	1	342.5	200.22	12

Nation (points)

1	Gauteng	69	[12+12+12+12+12+9]	1916.31 w.pts.
2	North West	41	[12+12+9+8]	1296.15 w.pts.

Best Lifters of Subjuniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Hammond Spencer	Gauteng	79.35	0.6863	525.0	360.28
2	Langeveld Damon	North West	52.10	0.9793	365.0	357.44
3	Ngaki Bulelani	Gauteng	85.85	0.6547	545.0	356.81

Juniors**- 53 kg**

1	Malefo David	1996	NW	52.50	0.9715	140.0	1	65.0	1	150.0	1	355.0	344.88	12
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- 59 kg

1	Matras Revaldo	1996	NW	57.90	0.8816	165.0	1	90.0	2	180.0	1	435.0	383.49	12
2	Koza Tshepo	1995	NW	58.40	0.8745	115.0	2	80.0	3	175.0	2	370.0	323.56	9
3	Pietersen Aubrey	1995	NW	54.00	0.9439	90.0	3	90.0	1	130.0	3	310.0	292.60	8

- 66 kg

1	Vorster Marcel	1994	G	63.75	0.8083	170.0	1	115.0	1	175.0	5	460.0	371.84	12
2	Phillips Roman	1993	WP	65.90	0.7862	157.5	2	110.0	2	187.5	2	455.0	357.72	9
3	Vermeulen Arnold	1993	WP	64.95	0.7957	140.0	5	95.0	6	215.0	1	450.0	358.06	8
4	Jafta Peter	1993	NW	64.65	0.7988	150.0	4	105.0	4	185.0	3	440.0	351.47	7
5	Aplan Patrick	1996	NW	60.80	0.8427	130.0	6	105.0	3	170.0	7	405.0	341.29	6
6	Longo Romeo	1997	NW	63.80	0.8078	150.0	3	80.0	7	175.0	6	405.0	327.15	5
7	Pietersen Claud	1997	NW	63.55	0.8106	120.0	7	95.0	5	170.0	8	385.0	312.06	4
8	Steenkamp Rodney	1993	G	64.00	0.8057	102.5	8	67.5	8	180.0	4	350.0	281.99	3

- 74 kg

1	Pietersen Sint Willis	1995	NW	71.75	0.7356	200.0	1	125.0	2	230.0	3	555.0	408.25	12
2	Dawood Abduragheem	1993	WP	71.90	0.7345	170.0	3	135.0	1	235.0	2	540.0	396.63	9
3	Stolzenberg Jason	1993	G	72.75	0.7282	175.0	2	120.0	3	242.5	1	537.5	391.38	8
4	Mafuna Shau	1993	G	74.00	0.7193	152.5	5	110.0	5	220.0	4	482.5	347.06	7
5	Williams Jaydee	1997	NW	74.00		160.0	4	100.0	6	200.0	5	460.0	330.88	6
6	Szeili Jason	1993	G	71.20	0.7398	140.0	8	110.0	4	200.0	6	450.0	332.91	5
7	Engelbrecht Dylan	1996	WP	72.25	0.7319	150.0	6	100.0	7	200.0	7	450.0	329.33	4
8	Mafika Bongani	1994	NW	66.60	0.7794	120.0	9	80.0	9	195.0	8	395.0	307.86	3
9	Swaha Zolane	1997	NW	66.50	0.7804	140.0	7	90.0	8	140.0	9	370.0	288.74	2

- 83 kg

1	Blake Jade	1994	WP	80.80	0.6785	225.0	1	155.0	1	240.0	2	620.0	420.67	12
2	Mogapi Letlhogonolo	1993	NW	80.30	0.6811	190.0	3	135.0	2	240.0	1	565.0	384.82	9
3	Pistorius Wilhelm	1995	G	78.00	0.6939	190.0	2	117.5	4	217.5	3	525.0	364.29	8
4	Routier Luke	1996	G	79.35	0.6863	180.0	4	125.0	3	205.0	4	510.0	349.98	7
5	Kgosiemang Koos	1993	NW	79.35	0.6863	140.0	5	90.0	5	180.0	5	410.0	281.36	6

- 93 kg

1	Smith Adrian	1995	G	91.50	0.6331	185.0	1	145.0	1	232.5	2	562.5	356.11	12
2	Mduladio Una	1994	G	86.65	0.6513	180.0	2	115.0	2	260.0	1	555.0	361.47	9

- 105 kg

1	Maritz Francios	1993	G	103.95	0.5997	280.0	1	177.5	1	270.0	1	727.5	436.28	12
2	Bezuidenhout Rinus	1995	NW	103.65	0.6021	250.0	2	132.5	3	265.0	2	647.5	389.85	9
3	Thomas Joshua	1997	G	102.90	0.6019	185.0	3	130.0	4	227.5	3	542.5	326.53	8
4	worst Zander	1995	G	100.85	0.6066	180.0	4	140.0	2	210.0	4	530.0	321.47	7

- 120 kg

1	Katushabe Edgar	1993	EP	117.45	0.5779	175.0	1	155.0	1	275.0	1	605.0	349.62	12
2	ndubane Amerko	1993	NW	106.75	0.5942	170.0	2	135.0	2	215.0	2	520.0	308.98	9

Nation (points)

1	North West	63	[12+12+12+9+9+9]	2234.88 w.pts.
2	Gauteng	61	[12+12+12+9+8+8]	2281.39 w.pts.
3	Western Province	42	[12+9+9+8+4]	1862.42 w.pts.
4	Eastern Cape	12	[12]	349.63 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Maritz Francios	Gauteng	103.95	0.5997	727.5	436.28
2	Blake Jade	Western Provin	80.80	0.6785	620.0	420.67
3	Pietersen Sint Willis	North West	71.75	0.7356	555.0	408.25

Seniors

- 59 kg

1	Tebogo Kgang	1991	G	54.80	0.9300	105.0	1	102.5	1	140.0	1	347.5	323.17	12
—	Sukuram Shahil	1987	G	0.00	3.0554	—	—	—	—	—	—	—	Out	—

- 66 kg

1	Botha Michael	1989	NW	65.95	0.7857	172.5	1	137.5	1	212.5	1	522.5	410.52	12
—	Butler Duane	1984	WP	0.00	3.0554	—	—	—	—	—	—	—	Out	—
—	Vers Iven	1991	NW	0.00	3.0554	—	—	—	—	—	—	—	Out	—
—	Phalatsi Jacobus	1980	NW	0.00	3.0554	—	—	—	—	—	—	—	Out	—
—	Lottering Rafiek	1980	WP	0.00	3.0554	—	—	—	—	—	—	—	Out	—

- 74 kg

1	Ramsey Andrew	1988	G	73.05	0.7260	200.0	1	125.0	4	247.5	1	572.5	415.63	12
2	Kariv Jonathan	1983	G	73.45	0.7231	200.0	2	140.0	1	225.0	2	565.0	408.57	9
3	Lazarides Nicholas	1992	G	72.95	0.7268	170.0	5	120.0	5	215.0	6	505.0	367.00	8
4	Ramaisa Tumelo	1987	NW	72.05	0.7333	170.0	4	110.0	8	220.0	5	500.0	366.67	7
5	Norman Ray	1986	G	73.90	0.7200	165.0	6	132.5	2	200.0	9	497.5	358.20	6

6	Cameron Cruz	1987	G	69.55	0.7531	140.0	11	115.0	6	220.0	3	475.0	357.72	5	
7	Hendricks Jonathan	1991	NW	69.85	0.7506	160.0	7	105.0	9	200.0	8	465.0	349.02	4	
8	Hollenbach Damian	1988	WP	70.40	0.7461	150.0	8	90.0	12	220.0	4	460.0	343.20	3	
9	Shalem Daniel	1991	G	72.50	0.7300	142.5	9	100.0	10	210.0	7	452.5	330.32	2	
10	Sehumelo Tebogo	1986	NW	68.80	0.7595	170.0	3	95.0	11	185.0	10	450.0	341.77	1	
11	Mokwena Israel	1979	NW	70.25	0.7473	125.0	13	125.0	3	185.0	11	435.0	325.09	1	
12	Carreira Chris	1977	G	73.40	0.7235	142.5	10	90.0	13	177.5	12	410.0	296.63	1	
13	Antonio Eugene	1984	NW	70.95	0.7418	140.0	12	115.0	7	130.0	13	385.0	285.59	1	
- 83 kg															
1	Pretorius Jean-Athur	1992	G	81.95	0.6726	212.5	2	147.5	1	280.0	1	640.0	430.49	12	
2	Gadney Sarel	1987	G	80.60	0.6795	215.0	1	140.0	3	220.0	6	575.0	390.71	9	
3	April Charlton	1984	WP	81.50	0.6749	210.0	3	115.0	7	240.0	2	565.0	381.31	8	
4	Russel Dwayne	1985	G	82.95	0.6678	207.5	4	115.0	8	235.0	3	557.5	372.27	7	
5	Begg Allistair	1976	WP	80.50	0.6800	192.5	5	130.0	5	230.0	4	552.5	375.70	6	x
6	Chili Philani	1985	KZN	74.40	0.7166	160.0	7	140.0	2	220.0	5	520.0	372.63	5	
7	Carlos Heriquelito	1987	NW	81.75	0.6737	180.0	6	132.5	4	185.0	8	497.5	335.14	4	
8	Laubscher Wayne	1981	G	82.60	0.6694	160.0	8	100.0	9	220.0	7	480.0	321.31	3	
—	Sibiya Edward	1991	NW	77.75	0.6954	—		120.0	6	—		—	Out	—	—
- 93 kg															
1	Nisbet Jason	1990	WP	91.30	0.6338	215.0	1	130.0	2	270.0	1	615.0	389.78	12	
2	Rundle Nathan	1985	G	92.20	0.6308	210.0	2	115.0	4	265.0	2	590.0	372.17	9	
3	Andrews Darwin	1976	KZN	92.20	0.6308	192.5	3	140.0	1	235.0	3	567.5	357.97	8	x
4	Walsh Kegan	1989	KZN	89.90	0.6388	180.0	4	125.0	3	230.0	4	535.0	341.75	7	
- 105 kg															
1	Manders Sean	1976	G	103.45	0.6008	300.0	1	175.0	2	285.0	2	760.0	456.57	12	x
2	Deetlefs Nicholas	1984	G	103.25	0.6012	250.0	2	200.0	1	265.0	4	715.0	429.85	9	
3	Capazario Joshua	1989	G	101.60	0.6048	220.0	5	155.0	3	290.0	1	665.0	402.19	8	
4	Van Zyl Wimpie	1988	NC	102.50	0.6028	240.0	3	150.0	5	260.0	5	650.0	391.82	7	
5	Bosman Terence	1996	G	103.20	0.6013	235.0	4	130.0	6	270.0	3	635.0	381.82	6	
6	Bekker Armand	1990	FS	96.55	0.6176	200.0	6	150.0	4	250.0	6	600.0	370.53	5	
- 120 kg															
1	Noonan Kyle	1990	G	117.40	0.5780	260.0	1	180.0	2	320.0	1	760.0	439.28	12	
2	Correia Gerard	1978	G	116.35	0.5793	255.0	2	200.0	1	290.0	2	745.0	431.54	9	
3	Sekano Enoch	1979	NW	113.65	0.5829	220.0	4	175.0	3	240.0	4	635.0	370.14	8	
4	Haupt Damien	1989	G	111.20	0.5866	230.0	3	130.0	4	250.0	3	610.0	357.82	7	
5	Mew Kyle	1991	G	110.05	0.5884	182.5	5	100.0	5	230.0	5	512.5	301.55	6	

120+ kg

1	van der Have Jean	1988	G	120.85	0.5739	255.0	1	190.0	1	240.0	1	685.0	393.15	12
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Nation (points)

1	Gauteng	72	[12+12+12+12+12+12]	2458.31 w.pts.
2	North West	26	[8+7+5+4+1+1]	2087.86 w.pts.
3	Western Province	23	[12+8+3]	1114.31 w.pts.
4	Kwazulu Natal	21	[8+7+6]	1072.37 w.pts.
5	Noord Kaap	7	[7]	391.82 w.pts.
6	Free Sate	5	[5]	370.53 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Manders Sean	Gauteng	103.45	0.6008	760.0	456.57
2	Noonan Kyle	Gauteng	117.40	0.5780	760.0	439.28
3	Correia Gerard	Gauteng	116.35	0.5793	745.0	431.54

Masters 1**- 66 kg**

1	Tsimane Moses	1975	NC	59.35	0.8615	95.0	2	110.0	1	185.0	1	390.0	335.96	12
2	Carvalho Jose	1969	G	64.90	0.7962	130.0	1	90.0	2	160.0	2	380.0	302.55	9

- 83 kg

1	Begg Allistair	1976	WP	80.50	0.6800	192.5	1	130.0	1	230.0	1	552.5	375.70	12	x
2	Casey Patrick	1972	G	80.10	0.6822	130.0	2	75.0	2	165.0	2	370.0	252.41	9	

- 93 kg

1	Andrews Darwin	1976	KZN	92.20	0.6308	192.5	2	140.0	1	235.0	1	567.5	357.97	12	x
2	Mapoo Victor	1970	NW	85.80	0.6549	210.0	1	132.5	2	210.0	2	552.5	361.83	9	
3	Vermeulen Denzel	1970	WP	92.75	0.6290	165.0	3	90.0	3	205.0	3	460.0	289.34	8	

- 105 kg

1	Manders Sean	1976	G	103.45	0.6008	300.0	1	175.0	1	285.0	1	760.0	456.57	12	x
2	Ingel Nicolas	1971	G	97.90	0.6139	157.5	2	132.5	2	185.0	2	475.0	291.60	9	

- 120 kg

1	Horn Malone	1970	KZN	115.35	0.5805	240.0	2	202.0	1	300.0	1	742.0	430.73	12	
2	Njoku Lawrence Ross	1972	G	116.20	0.5795	252.5	1	165.0	2	270.0	2	687.5	398.40	9	
3	Faku Madikane	1975	NW	111.25	0.5865	230.0	3	140.0	3	260.0	3	630.0	369.49	8	
4	Ceronio Lance	1973	G	115.70	0.5801	170.0	4	122.5	4	225.0	4	517.5	300.20	7	

120+ kg

1	Herbt Mathys	1975	G	143.25	0.5570	250.0	1	155.0	1	300.0	1	705.0	392.64	12
2	Du Preez Fanie	1973	G	137.70	0.5602	200.0	2	147.5	2	255.0	2	602.5	337.52	9

Nation (points)

1	Gauteng	60	[12+12+9+9+9+9]	1975.15 w.pts.
2	Western Province	21	[12+9]	665.04 w.pts.
3	North West	20	[12+8]	731.33 w.pts.
4	Kwazulu Natal	12	[12]	430.73 w.pts.
5	Noord Kaap	12	[12]	335.97 w.pts.

Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Sean Manders	Gauteng	103.45	0.6008	760.0	456.57
2	Horn Malone	Kwazulu Natal	115.35	0.5805	742.0	430.73
3	Njoku Lawrence Ross	Gauteng	116.20	0.5795	687.5	398.40

Masters 2**- 74 kg**

1	Lameyer Stanley	1959	WP	71.60	0.7367	162.5	1	85.0	2	180.0	1	427.5	314.93	12
2	De Nysschen Tommy	1963	NC	73.50	0.7228	147.5	2	110.0	1	165.0	2	422.5	305.38	9

- 83 kg

1	Quatse David	1962	NW	78.55	0.6907	185.0	1	100.0	1	217.5	1	502.5	347.10	12
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- 93 kg

1	Mobara Ebrahim	1964	G	91.00	0.6349	192.5	1	100.0	1	207.5	1	500.0	317.45	12
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- 105 kg

1	Schoonraad Christo	1963	NW	99.00	0.6111	230.0	1	125.0	1	230.0	1	585.0	357.49	12
2	Kobal Eric	1958	G	100.90	0.6064	130.0	2	117.5	2	185.0	2	432.5	262.26	9

- 120 kg

1	Oosthuizen Gerhardus	1964	KZN	115.75	0.5800	200.0	1	195.0	1	240.0	1	635.0	368.33	12
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120+ kg

1	Haupt Burton	1961	G	129.75	0.5658	200.0	1	145.0	1	240.0	1	585.0	330.99	12
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Nation (points)

1	Gauteng	33	[12+12+9]	910.71 w.pts.
2	North West	24	[12+12]	704.60 w.pts.

3 Kwazulu Natal	12	[12]	368.33 w.pts.
4 Western Province	12	[12]	314.94 w.pts.
5 Noord Kaap	9	[9]	305.38 w.pts.

Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Oosthuizen Gerhardus	Kwazulu Natal	115.75	0.5800	635.0	368.33
2	Schoonraad Christo	North West	99.00	0.6111	585.0	357.49
3	Quatse David	North West	78.55	0.6907	502.5	347.10

Masters 3

- 74 kg

1	Hassan Yunus	1952	G	71.55	0.7371	112.5	1	65.0	1	186.0	1	363.5	267.93	12
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Nation (points)

1	Gauteng	12	[12]	267.93 w.pts.
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Best Lifters of Masters 3

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Hassan Yunus	Gauteng	71.55	0.7371	363.5	267.93

Masters 4

- 83 kg

1	Oppenheim Dan	1945	G	77.15	0.6990	141.0	1	100.0	1	182.5	1	423.5	296.02	12
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Nation (points)

1	Gauteng	12	[12]	296.02 w.pts.
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Best Lifters of Masters 3

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Oppenheim Dan	Gauteng	77.15	0.6990	423.5	296.02

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.

South African Powerlifting Federation
SA Raw Championships 2016 - Women, South Africa, Potchefstroom, 17-19.03.2016

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Pts.			
Subjuniors														
- 43 kg														
1	de Wet Mijuane	2000	G	42.00	1.4510	57.5	1	27.5	1	75.0	1	160.0	232.16	12
- 57 kg														
1	Roux Rouxchelle	1998	G	56.50	1.1684	90.0	1	37.5	1	105.0	1	232.5	271.65	12
- 63 kg														
1	Poxon Caitlin	2000	G	62.75	1.0772	72.5	1	37.5	1	102.5	1	212.5	228.90	12
- 72 kg														
1	Marshall Bronwyn	1998	EP	67.35	1.0223	100.0	1	50.0	1	120.0	1	270.0	276.00	12

Nation (points)

1	Gauteng	36	[12+12+12]	732.72 w.pts.
2	Eastern Cape	12	[12]	276.01 w.pts.

Best Lifters of Subjuniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Marshall Bronwyn	Eastern Cape	67.35	1.0223	270.0	276.00
2	Roux Rouxchelle	Gauteng	56.50	1.1684	232.5	271.65
3	de Wet Mijuane	Gauteng	42.00	1.4510	160.0	232.16

Juniors

- 63 kg														
1	Leighton Megan	1996	G	59.75	1.1185	105.5	1	65.0	1	130.0	2	300.5	336.10	12
2	Payne Sasha	1995	G	58.50	1.1371	80.0	2	52.5	2	135.0	1	267.5	304.17	9
- 72 kg														
1	Hobbs Kashka	1993	G	68.25	1.0126	112.5	1	67.5	1	150.0	1	330.0	334.15	12

Nation (points)

1	Gauteng	33	[12+12+9]	974.44 w.pts.
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Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
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1	Leighton Megan	Gauteng	59.75	1.1185	300.5	336.10
2	Hobbs Kashka	Gauteng	68.25	1.0126	330.0	334.15
3	Payne Sasha	Gauteng	58.50	1.1371	267.5	304.17

Seniors

- 47 kg

1	Casey Mariska	1978	G	46.00	1.3657	90.0	1	52.5	1	130.0	1	272.5	372.15	12
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- 52 kg

1	Kriel Antionette	1971	G	51.80	1.2504	115.0	3	85.0	1	140.0	1	340.0	425.13	12	x
2	Bezuidenhout Jeanri	1992	G	51.40	1.2578	115.5	2	60.0	3	125.0	3	300.5	377.96	9	
3	Muto Giulia	1987	G	50.40	1.2769	117.5	1	62.5	2	120.0	4	300.0	383.07	8	
4	van Heerden Farana	1988	NW	49.15	1.3014	100.0	4	40.0	7	125.0	2	265.0	344.85	7	
5	Carreira Kerri	1977	G	50.95	1.2664	92.5	5	52.5	5	117.5	5	262.5	332.41	6	
6	Bryant Stacey	1992	G	50.45	1.2759	90.0	6	52.5	4	115.0	6	257.5	328.55	5	
7	Johnston Gillian	1988	G	52.00	1.2466	90.0	7	50.0	6	115.0	7	255.0	317.88	4	
8	Naidoo Adell	1982	G	51.10	1.2635	65.0	8	25.0	8	100.0	8	190.0	240.06	3	

- 57 kg

1	Letcher Michelle	1970	G	56.55	1.1676	120.0	1	60.0	2	160.0	1	340.0	396.98	12	x
2	Katz Lauren	1982	G	53.50	1.2194	100.0	2	60.0	1	135.0	3	295.0	359.72	9	
—	Wilson Ilona	1977	G	56.90	0.8964	—		50.0	3	140.0	2	—	Out	—	—

- 63 kg

1	Newman Laura	1983	G	62.50	1.0805	130.0	2	62.5	3	164.0	2	356.5	385.19	12	
2	Plaatjies Seritha	1982	NW	57.80	1.1478	115.0	5	82.5	1	142.5	6	340.0	390.25	9	
3	Prinsloo Rolane	1988	G	61.30	1.0966	110.0	7	75.0	2	152.5	3	337.5	370.10	8	
4	Peak Andrea	1982	G	62.50	1.0805	120.0	3	55.0	5	140.0	7	315.0	340.35	7	
5	Themistocleous Nicole	1985	G	62.55	1.0798	120.0	4	50.0	9	145.0	5	315.0	340.15	6	
6	Ackerman Maureen	1975	G	62.80	1.0765	112.5	6	60.0	4	140.0	8	312.5	336.40	5	x
7	Arnesen Kristen	1986	G	60.65	1.1056	90.0	9	50.0	7	145.0	4	285.0	315.09	4	
8	Gadney Sune	1988	G	58.85	1.1318	90.0	8	50.0	6	120.0	9	260.0	294.25	3	
9	McGeehan Sandra	1978	G	61.90	1.0884	85.0	11	50.0	8	120.0	10	255.0	277.54	2	
10	Rubin Romy	1990	G	60.40	1.1092	85.0	10	47.5	10	115.0	11	247.5	274.52	1	
—	van Jaarsveld Danel	1977	G	60.45	1.1085	135.0	1	—		165.0	1	—	Out	—	—

- 72 kg

1	Benjamin Storm	1990	G	69.55	0.9993	140.0	1	80.0	1	177.5	2	397.5	397.22	12	
2	de. Wet Laura	1974	G	70.20	0.9929	140.0	2	75.0	3	175.5	3	390.5	387.72	9	x
3	Werth Elzanne	1988	G	71.20	0.9834	135.0	3	62.5	10	167.5	5	365.0	358.94	8	

4	Scott Nicole	1980	G	70.25	0.9924	115.0	6	62.5	9	167.5	4	345.0	342.37	7	
5	Green Adderly	1988	WP	70.05	0.9944	105.0	9	60.0	11	178.0	1	343.0	341.06	6	
6	Ezzideen Sarah	1987	G	68.05	1.0148	120.0	5	67.5	6	155.0	7	342.5	347.55	5	
7	Mcdougall Tia	1984	G	71.90	0.9769	127.5	4	70.0	5	145.0	9	342.5	334.58	4	
8	Du Toit Chantelle	1985	G	70.20	0.9929	105.0	10	80.0	2	135.0	12	320.0	317.72	3	
10	Leach Mari	1979	G	66.35	1.0333	112.5	7	62.5	7	140.0	11	315.0	325.50	2	
11	Firmani Roxy	1988	G	70.15	0.9934	100.0	11	62.5	8	145.0	8	307.5	305.47	1	
12	De Jong Michelle	1981	G	65.40	1.0444	95.0	12	57.5	12	140.0	10	292.5	305.48	1	
13	Pacariz Claire	1977	G	67.35	1.0223	105.0	8	45.0	13	110.0	13	260.0	265.78	1	
—	Coetzer Candice	1985	G	68.35	1.0115	—	—	70.0	4	160.0	6	—	Out	—	—

- 84 kg

1	van Staden Sandri Rochelle	1988	G	80.85	0.9097	150.0	2	80.0	1	182.5	1	412.5	375.25	12
2	Dade Cailleigh	1989	G	83.55	0.8942	162.5	1	65.0	3	170.0	2	397.5	355.42	9
3	Firmani Toni	1990	G	75.60	0.9459	120.0	3	65.0	2	135.0	3	320.0	302.68	8
4	Rees Jacqui	1980	G	83.75	0.8931	92.5	4	50.0	4	130.0	4	272.5	243.35	7

84+ kg

1	Ludwig Tracy	1973	KZN	115.35	0.8054	172.5	1	85.0	1	192.5	1	450.0	362.45	12	x
2	Norton Lauren	1989	G	95.95	0.8436	130.0	2	75.0	2	165.0	2	370.0	312.11	9	

Nation (points)

1	Gauteng	72	[12+12+12+12+12+12]	2314.68 w.pts.
2	North West	16	[9+7]	735.11 w.pts.
3	Kwazulu Natal	12	[12]	362.45 w.pts.
4	Western Province	6	[6]	341.06 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Kriel Antionette	Gauteng	51.80	1.2504	340.0	425.13
2	Benjamin Storm	Gauteng	69.55	0.9993	397.5	397.22
3	Michelle Letcher	Gauteng	56.55	1.1676	340.0	396.98
4	Plaatjies Seritha	North West	57.80	1.1478	340.0	390.25

Masters 1

- 52 kg

1	Kriel Antionette	1971	G	51.80	1.2504	115.0	1	85.0	1	140.0	1	340.0	425.13	12	x
2	Parker Susie	1970	G	51.35	1.2588	75.0	2	47.5	2	120.0	2	242.5	305.24	9	

- 57 kg

1	Letcher Michelle	1970	G	56.55	1.1676	120.0	1	60.0	1	160.0	1	340.0	396.98	12	x
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- 63 kg

1	Ackerman Maureen	1975	G	62.80	1.0765	112.5	2	60.0	1	140.0	1	312.5	336.40	12	x
2	Reyneke Ronel	1969	G	61.70	1.0911	115.0	1	57.5	3	120.0	2	292.5	319.14	9	
3	Firmani Candice	1967	G	61.60	1.0925	95.0	4	57.5	2	117.5	3	270.0	294.97	8	
4	Ingel Carm	1975	G	60.70	1.1049	95.0	3	55.0	4	100.0	4	250.0	276.22	7	
5	Terblanche Irma	1972	G	62.70	1.0779	70.0	5	45.0	5	100.0	5	215.0	231.74	6	

- 72 kg

1	de Wet Laura	1974	G	70.20	0.9929	140.0	1	75.0	1	175.5	1	390.5	387.72	12	x
2	Hazel Johrene	1975	G	63.15	1.0720	95.0	2	45.0	3	120.0	2	260.0	278.73	9	
3	Gottlieb-Tanzer Marion	1968	G	71.90	0.9769	90.0	3	47.5	2	120.0	3	257.5	251.55	8	
4	Van Linge Marieke	1972	G	63.05	1.0734	80.0	4	35.0	4	110.0	4	225.0	241.50	7	

84+ kg

1	Ludwig Tracy	1973	KZN	115.35	0.8054	172.5	1	85.0	1	192.5	1	450.0	362.45	12	x
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Nation (points)

1	Gauteng	66	[12+12+12+12+9+9]	1888.07 w.pts.
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Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Kriel Antionette	Gauteng	51.80	0.9929	340.0	425.13
2	Letcher Michelle	Gauteng	56.55	1.1676	340.0	396.98
3	de Wet Laura	Gauteng	70.20	1.0765	390.5	387.72
4	Ludwig Tracy	Gauteng	115.35	0.8054	450.0	362.45

Masters 2**- 63 kg**

1	Anthony Carol	1966	G	58.50	1.1371	75.0	1	45.0	1	127.5	1	247.5	281.43	12
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Nation (points)

1	Gauteng	12	[12]	281.43 w.pts.
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Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Anthony Carol	Gauteng	58.50	1.1371	247.5	281.43

2016 SA Raw Championships – Overall results (pending results of Doping Control testing):

Best Lifters:

Division	Winner	Province	Wilks
Subjunior Men	Spencer Hammond	WP	360.28
Junior Men	Francois Maritz	G	436.28
Open Men	Sean Manders	G	456.57
Master 1 Men	Sean Manders	G	456.57
Master 2 Men	Gerhardus Oosthuizen	KZN	368.33
Master 3 Men	Yunus Hassen	G	267.93
Master 4 Men	Dan Oppenheim	G	296.02
Division	Winner	Province	Wilks
Subjunior Women	Bronwyn Marshall	EP	276.00
Junior Women	Megan Leighton	G	336.10
Open Women	Antoinette Kriel	G	425.12
Master 1 Women	Antoinette Kriel	G	425.12
Master 2 Women	Carol Anthony	G	281.42

The winners of the 2016 SA Masters Games Powerlifting medals were:

Master Women:

Gold – Antoinette Kriel

Silver – Michelle Letcher

Bronze – Laura de Wet

Master 1 Men:

Gold – Sean Manders

Silver – Malone Horn

Bronze – Lawrence Ross Njoku

Master 2/3/4 Men:

Gold – Gerhardus Oosthuizen

Silver – Christo Schoonraad

Bronze – David Quatse