

South African Powerlifting Federation
Arnolds Double Deadlift, SA, JHB, 05-07.05.2017

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Squat	Bench.	Deadlift	TOTAL	W.Pts.	Place	
Seniors												
1	Lauren Norton + Caileigh Dade	1990	RSA	193.30	0.7691	—	—	350.0	2	350.0	269.19	1
2	Jacqui Rees + Lukha de Jesus	1990	RSA	202.40	0.7691	—	—	325.0	4	325.0	249.95	2
3	Jacqui Rees + Christi de Jager	1990	RSA	184.00	0.7691	—	—	310.0	5	310.0	238.42	3
4	Archie Ayekpa + Adrian Smith	1990	RSA	176.05	0.5401	—	—	430.0	1	430.0	232.24	4
5	Kay-Lee Steyn + Esmay Smith	1990	RSA	203.05	0.7691	—	—	300.0	6	300.0	230.73	5
6	Megan Leighton + Chantelle du Toit	1990	RSA	131.00	0.7872	—	—	270.0	7	270.0	212.54	6
7	Megan Rogers + Lukha de Jesus	1990	RSA	211.55	0.7691	—	—	270.0	8	270.0	207.65	7
8	Adrian Smith + Lukha de Jesus	1990	RSA	202.07	0.5315	—	—	350.0	3	350.0	186.02	8

South African Powerlifting Federation
ARNOLDS EQ BENCH MEN 2017, SA, JHB, 05-07.05.2017

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Open												
Middleweight (74kg, 83kg)												
73	Kodama Daiki	1973	Japan	72.30	0.7315	1	240.0	250.0	260.0	260.0	190.19	1
73	Govmeh Abdolhossein	1975	Iran	66.70	0.7785	-10	160.0	~~170.0~~	~~170.0~~	160.0	124.56	2
Heavyweight (93kg, 105kg)												
93	Smith Adrian	1995	RSA	91.85	0.6320	3	180.0	190.0	~~200.5~~	190.0	120.07	1
105	Janse van Rensburg Heinrich	1987	RSA	102.85	0.6020	2	185.0	~~200.0~~	~~200.0~~	185.0	111.37	2
Super Heavy weight (120kg, 120+kg)												
120+	Furman Ian	1967	RSA	127.75	0.5675	5	~~245.0~~	~~245.0~~	X	— Out	—	—

Best Lifters by Wilks points

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Kodama Diaki	Japan	72.30	0.7315	260.0	190.19
2	Govmeh Abdolhossein	Iran	66.70	0.7785	160.0	124.56
3	Smith Adrian	South Africa	91.85	0.6320	190.0	120.07

South African Powerlifting Federation
ARNOLDS EQ BENCH WOMEN 2017, SA, JHB, 05-07.05.2017

SA BP record

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Place
Open												
Middleweight (57kg, 63kg)												
63	Leighton Megan	1996	RSA	59.35	1.1243		90.0	95.0	100.0	95.0	106.81	1 J + O
Heavyweight (72kg, 84kg, 84+kg)												
72	Du Toit Chantelle	1985	RSA	71.05	0.9848	102.5		107.5	112.5	112.5	110.78	1 O
84	van Staden Sandri Rochelle	1988	RSA	81.45	0.9061	100.0		107.5	110.5	110.5	100.12	2 O
84+	Green Nicola	1983	RSA	87.90	0.8729	95.0		95.0	97.5	95.0	82.92	3

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Du Toit Chantelle	Gauteng	71.05	0.9848	112.5	110.78
2	Megan Leighton	Gauteng	59.35	1.1243	95.0	106.81
3	van Staden Sandri Rochelle	Gauteng	81.45	0.9061	110.5	100.12

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

South African Powerlifting Federation
ARNOLDS MEN EQUIPPED POWERLIFTING 2017, JHB, SANDTON, 05-07.05.2017
DETAILED SCORESHEET

SA record

Pl.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Place
Open																		
Lightweight (53kg, 59kg, 66kg)																		
66	Govmeh Abdolhossein	1975	Iran	65.95	0.7857	190.0	200.0	210.0	155.0	165.0	165.0	210.0	220.0	220.0	565.0	443.92	1	
Middleweight (74kg, 83kg)																		
83	Alexey Bakhirev	1981	Rus	74.45	0.7163	240.0	257.5	265.0	175.0	185.0	192.5	252.5	270.0	285.0	735.0	526.44	1	
Heavyweight (93kg, 105kg)																		
93	Royavi Fazel	1990	Iran	91.75	0.6323	300.0	310.0	320.0	100.0	190.0	202.5	260.0	272.5	280.0	785.0	496.35	1	
93	Smith Adrian	1995	RSA	92.50	0.6298	265.0	265.0	X	170.0	180.0	192.5	220.0	230.0	240.0	675.0	425.11	2	
105	Boveiri Iman	1990	Iran	101.90	0.6041	320.0	330.0	330.0	215.0	230.0	235.0	290.0	290.0	290.0	Disq.	Out	—	—
Super Heavyweight (120kg, +120kg)																		
120	Hosseinpour Mohsen	1990	Iran	113.30	0.5834	360.0	360.0	380.0	230.0	237.5	237.5	290.0	297.5	297.5	887.5	517.76	1	
120	Dastjerdi Mohammadreza	1990	Iran	114.05	0.5824	120.0	150.0	200.0	100.0	130.0	130.0	100.0	150.0	160.0	410.0	238.76	2	

Best Lifters by Wilks points

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Alexey Bakhirev	Russia	74.45	0.7163	735.0	526.44
2	Hosseinpour Mohsen	Iran	113.30	0.5834	887.5	517.76
3	Royavi Fazel	Iran	91.75	0.6323	785.0	496.35

South African Powerlifting Federation
ARNOLDS WOMEN EQUIPPED POWERLIFTING 2017, JHB, SANDTON, 05-07.05.2017
DETAILED SCORESHEET

SA record

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Place	
Open																			
Lightweight (43kg,47kg,52kg)																			
1	Roux Rouchelle	1997	RSA	51.90	1.2485		125.0	135.0	140.0	55.0	55.0	60.5	110.0	120.5	130.0	316.0	394.52	1	J + O
Heavyweight (72kg, 84kg, +84kg)																			
1	Du Toit Chantelle	1985	RSA	70.85	0.9867		150.0	160.0	160.0	102.5	108.0	115.0	155.0	165.0	170.0	417.5	411.92	1	
2	Rees Jacqui	1980	RSA	94.00	0.8496		145.0	157.5	170.0	90.0	95.0	105.5	155.0	170.0	177.5	435.0	369.57	2	

Best Lifters by Wilks total

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Chantelle du Toit	South Africa	70.85	0.9867	417.5	411.92
2	Roux Rouchelle	South Africa	51.90	1.2485	316.0	394.52
3	Jacqui Rees	South Africa	94.00	0.8496	435.0	369.57

South African Powerlifting Federation
ARNOLDS RAW BENCH MEN 2017, SA, JHB, 05-07.05.2017

SA BP record

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Open												
Lightweight (53kg, 59kg, 66kg)												
59	Thabang Modukanele	1990	RSA	57.70	0.8845		90.0	95.0	~~100.0~~	95.0	84.02	1
Middleweight (74kg, 83kg)												
74	Kodama Diaki	1973	Jap	72.30	0.7315		180.0	190.0	200.0	200.0	146.30	1
74	Mbembe Yonela	1980	RSA	73.55	0.7225		160.0	165.0	170.0	170.0	122.81	2
83	Fitzpatrick Ricardo	1980	RSA	82.65	0.6692		170.0	~~180.0~~	~~180.0~~	170.0	113.75	3
83	Ayekpa Archie	1985	RSA	80.50	0.6800		125.0	132.5	140.0	140.0	95.20	4
Heavyweight (93kg, 105kg)												
105	Deetlefs Nicholas	1984	RSA	104.30	0.5990		190.0	195.0	200.0	200.0	119.80	1
93	Jacobsz David	1981	RSA	91.25	0.6340		155.0	162.5	170.0	170.0	107.78	2
93	Blake Jade	2017	RSA	92.05	0.6313		165.0	~~172.5~~	~~172.5~~	165.0	104.16	3
105	Beykzad Abdollah	1990	Iran	104.00	0.5996		140.0	150.0	157.5	157.5	94.43	4
105	Young Colin	1967	RSA	104.00	0.5996		145.0	152.5	155.0	155.0	92.93	5
Super Heavyweight (120kg, +120kg)												
120+	Furman Ian	1967	RSA	127.70	0.5675		187.5	192.5	197.5	197.5	112.08	1
120	Van Wyk Craig	1967	RSA	119.10	0.5759		172.5	~~180.0~~	180.0	180.0	103.66	2
120	Dastjerdi Mohammadreza	1990	Iran	113.50	0.5831		100.0	120.0	~~130.0~~	120.0	69.97	3

Best Lifters by Wilks total

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Kodama Diaki	Japan	72.30	0.7315	200.0	146.30
2	Mbembe Yonela	South Africa	73.55	0.7225	170.0	122.81
3	Deetlefs Nicholas	South Africa	104.30	0.5990	200.0	119.80

South African Powerlifting Federation
ARNOLDS RAW BENCH WOMEN 2017, SA, JHB, 05-07.05.2017

SA BP record

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Open												
Middleweight (57kg, 63kg)												
63	Kriel Antionette	1971	RSA	58.00	1.1447		87.5	92.5	96.0	92.5	105.88	1
Heavyweight (72kg, 84kg, 84+kg)												
84	Cruz Lizelle	1972	RSA	78.15	0.9272		90.0	105.0	110.0	105.0	97.36	1
84+	Norton Lauren	1989	RSA	109.05	0.8146		90.0	95.5	100.0	100.0	81.46	2
72	Dastjerdi Shamis	1990	Iran	64.05	1.0607		27.5	30.0	30.0	30.0	31.82	3

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Kriel Antionette	South Africa	58.00	1.1447	92.5	105.88
2	Cruz Lizelle	South Africa	78.15	0.9272	105.0	97.36
3	Norton Lauren	South Africa	109.05	0.8146	100.0	81.46

South African Powerlifting Federation
ARNOLDS RAW MEN 2017, JHN, SANDTON, 05-07.05.2017
DETAILED SCORESHEET

SA PL record
SA PL + BP record

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Place	
Open																			
Lightweight (53kg, 59, 66kg)																			
66	Colman Liam	1999	RSA	63.60	0.8100	125.0	132.5	140.0	90.0	95.0	95.0	140.0	150.0	160.0	395.0	319.95	1		
59	Imdadullah Adam	1990	RSA	56.00	0.9103	120.0	135.0	142.5	75.0	85.0	85.0	155.0	167.5	180.0	377.5	343.63	2		
Middleweight (74kg, 83kg)																			
83	Alexey Bakhirev	1981	Rus	75.40	0.7099	212.5	227.5	232.5	145.0	155.0	162.5	257.5	272.5	282.5	670.0	475.63	1		
83	Taheripoor Amir	1990	Iran	82.50	0.6699	215.0	227.5	237.5	152.5	162.5	165.0	265.0	280.0	285.0	675.0	452.18	2		
74	Ramsay Andrew	1988	RSA	73.30	0.7242	205.0	215.0	220.5	130.0	135.0	140.0	235.0	245.0	255.0	610.5	442.12	3	O	
83	Coppenhall Matthew	1987	RSA	80.55	0.6798	210.0	220.0	227.5	145.0	152.5	155.0	240.0	250.0	252.5	635.0	431.64	4		
83	Baptista Jonathan	1988	RSA	82.30	0.6709	215.0	225.0	230.0	152.5	157.5	160.0	240.0	252.5	262.5	640.0	429.37	5		
83	Pretorius Jean-Athur	1992	RSA	81.75	0.6737	210.0	217.5	217.5	140.0	140.0	145.0	270.0	280.0	285.0	635.0	427.76	6		
83	De Jenga Joaquim	1999	RSA	79.55	0.6851	190.0	201.0	210.0	135.0	141.0	142.5	240.0	255.5	260.0	603.5	413.48	7	SJ	
83	Daniels Marlon	1975	RSA	80.75	0.6787	200.0	210.0	217.5	147.5	157.5	162.5	180.0	200.0	212.5	592.5	402.15	8	M1	
83	Van Houten Dylan	1988	RSA	79.55	0.6851	185.0	200.0	207.5	110.0	115.0	115.0	210.0	230.0	240.0	557.5	381.97	9		
83	Bayisayi Taurai	1991	Zim	82.60	0.6694	140.0	165.0	180.0	100.0	120.0	130.0	200.0	220.0	230.0	525.0	351.43	10		
74	Fourie Charles-Lee	1994	RSA	71.95	0.7341	130.0	135.0	135.0	75.0	80.0	82.5	175.0	190.0	195.0	405.0	297.31	11		
83	Banda Patrick	1960	RSA	81.75	0.6737	100.0	110.0	120.0	50.0	60.0	65.0	190.0	210.0	221.0	406.0	273.50	12	M2	
83	Ayekpa Archie	1985	RSA	80.85	0.6782	190.0	200.0	210.0	135.0	135.0	135.0	Disq.	220.0	235.0	250.0	Out	—	—	
Heavyweight (93kg, 105kg)																			
105	Deetlefs Nicholas	1984	RSA	104.45	0.5987	270.0	270.0	280.0	190.0	197.5	205.5	270.0	285.0	300.0	777.5	465.48	1		
93	Blake Jade	2017	RSA	91.70	0.6325	245.0	255.0	260.0	170.0	175.0	180.0	245.0	255.0	265.0	690.0	436.42	2	J + O	
105	Britz Jandre	1999	RSA	97.75	0.6143	205.0	222.0	225.0	125.0	125.0	125.0	220.0	235.0	250.0	585.0	359.36	3	SJ	
105	Schoonraad Christo	1963	RSA	102.55	0.6027	200.0	200.0	200.0	125.0	135.0	146.0	220.0	235.0	251.0	586.0	353.18	4	M2	
93	Casey Patrick	1972	RSA	91.70	0.6325	130.0	135.0	140.0	77.5	82.5	85.0	165.0	175.0	185.0	400.0	253.00	5		
93	De Jesus Keno	2003	RSA	88.75	0.6430	55.0	65.0	75.0	40.0	50.0	52.5	85.0	95.0	105.0	230.0	147.89	6		
105	De Jesus Lukha	1999	RSA	104.75	0.5981	170.0	175.0	175.0	72.5	72.5	72.5	Disq.	150.0	160.0	170.0	Out	—	—	
93	Klopper Thomas Frederick	1999	RSA	86.40	0.6523	X	X	X	Disq.	X	X	Disq.	X	X	X	Disq.	Out	—	—
Super Heavyweight (120kg, +120kg)																			
120	Jansen van Vuuren Anthonie	1977	RSA	118.45	0.5767	160.0	165.0	175.0	90.0	100.0	110.0	190.0	215.0	222.5	490.0	282.58	12		

Best Lifters Overall (by Wilks points)

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Alexey Bakhirev	Rus	75.40	0.7099	670.0	475.63
2	Deetlefs Nicholas	RSA	104.45	0.5987	777.5	465.48
3	Taheripoor Amir	Ira	82.50	0.6699	675.0	452.18

South African Powerlifting Federation
ARNOLDS RAW WOMEN 2017, JHB, SANDTON, 05-07.05.2017
DETAILED SCORESHEET

SA PL record
SA PL + BP record

DETAILED SCORESHEET																	
PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat		All Bench press			All Dead lift			TOTAL	W.pts.	Place
Open																	
Lightweight (47kg, 52kg)																	
47	Casey Mariska	1978	RSA	46.85	1.3480	85.0	90.0	94.0	57.5	61.0	62.5	122.5	133.0	135.0	289.5	390.24	1
Middleweight (57kg, 63kg)																	
57	Letcher Michelle	1970	RSA	56.25	1.1725	105.0	112.5	117.5	62.5	65.0	67.5	145.0	152.5	157.5	340.0	398.65	1
63	Leighton Megan	1996	RSA	59.50	1.1221	115.0	121.0	125.0	67.5	71.0	71.0	141.0	150.0	152.5	342.5	384.31	2
63	Newman Laura	1983	RSA	62.95	1.0747	125.0	127.5	130.0	60.0	62.5	65.0	145.0	152.5	160.0	347.5	373.44	3
63	Payne Sasha	1995	RSA	59.65	1.1200	100.0	107.5	112.5	60.0	62.5	65.0	130.0	141.5	150.5	316.5	354.46	4
63	Wilson Ilona	1977	RSA	60.40	1.1092	105.0	112.5	117.5	45.0	50.0	52.5	125.0	132.5	145.0	312.5	346.62	5
63	Reyneke Ronel	1969	RSA	62.65	1.0785	105.0	112.5	117.5	60.0	65.0	67.5	115.0	130.0	132.5	312.5	337.04	6
63	Poxon Caitlin	2000	RSA	62.40	1.0818	100.0	107.5	112.5	50.0	55.0	55.0	110.0	115.0	120.0	277.5	300.19	7
57	Johnston Gillian	1988	RSA	55.90	1.1783	92.5	97.5	100.0	52.5	55.0	55.0	100.0	110.0	110.0	250.0	294.57	8
63	Farrell Susan	1951	RSA	58.50	1.1371	75.0	80.0	85.0	40.0	45.0	45.5	105.0	115.5	120.0	250.0	284.27	9
57	van Linge Louise	1972	RSA	56.60	1.1668	75.0	80.0	85.0	37.5	40.0	42.5	100.0	110.0	115.0	240.0	280.03	10
57	Anthony Carol	1966	RSA	56.35	1.1709	65.0	70.0	75.0	32.5	35.0	37.5	100.0	112.5	120.0	225.0	263.45	11
63	Nyati Memory	1989	Zim	62.75	1.0772	30.0	35.0	40.0	25.0	27.5	30	50.0	60.0	70.0	140.0	150.81	12
Heavyweight (72kg, 84kg, +84kg)																	
72	Power Dina	1994	RSA	66.65	1.0300	100.0	110.0	113.5	50.0	55.0	60.0	130.0	150.5	157.0	330.5	340.41	1
84	Foggitt Tarryn-leigh	1987	RSA	82.15	0.9020	115.0	125.0	132.5	70.0	75.0	80.0	130.0	150.0	160.0	365.0	329.23	2
84	Hein Bonita	1970	RSA	78.45	0.9253	100.0	115.0	120.0	55.0	65.0	70.0	140.0	150.0	157.5	342.5	316.89	3
72	McAlpine Debbie	1976	RSA	69.60	0.9988	117.5	122.5	127.5	55.0	57.5	60.0	120.0	127.5	132.5	315.0	314.62	4
84	Otto Dominique	1994	Nam	84.00	0.8917	95.0	105.0	110.0	65.0	70.0	73.0	100.0	135.0	150.0	330.0	294.26	5
84+	Marangoni Pia	1978	RSA	88.00	0.8724	120.0	127.5	130.0	50.0	55.0	60.0	115.0	135.0	155.0	320.0	279.16	6
72	Firmani Candice	1967	RSA	66.20	1.0351	90.0	100.5	100.5	50.0	58.0	58.5	100.0	110.0	120.0	269.0	278.44	7
72	Pacariz Claire	1977	RSA	64.30	1.0576	90.0	100.0	110.0	40.0	45.0	50.0	100.0	110.0	112.5	260.0	274.97	8
72	Fleetwood Chelsea	1996	RSA	70.95	0.9857	90.0	97.5	97.5	47.5	50.0	50.0	110.0	115.0	122.5	252.5	248.88	9
72	Mathewson Gail	1969	RSA	70.90	0.9862	70.0	80.0	90.0	50.0	55.0	57.5	100.0	112.5	127.5	250.0	246.55	10
84	Poxon Jodi	1975	RSA	82.40	0.9005	100.0	105.0	X	50.0	X	X	115.0	X	X	270.0	243.13	11
84+	Rogers Megan	1999	RSA	102.20	0.8275	100.0	108.0	112.5	50.0	55.0	57.5	105.0	115.0	122.5	292.5	242.04	12
72	Morley Ciara	2000	RSA	69.25	0.7556	95.0	105.0	110.0	45.0	50.0	52.5	110.0	120.0	122.5	282.5	213.47	13
72	Rubin Linda	1964	RSA	72.00	0.9760	57.5	62.5	65.0	40.0	42.5	45.0	80.0	90.0	95.0	205.0	200.08	14
84	Cruz Lizelle	1972	RSA	78.40	0.9256	160.0	160.0	160.0	Disq.	X	X	X	X	X	Disq.	Out	—

Best Lifters by Wilks points

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Letcher Michelle	Gauteng	56.25	1.1725	340.0	398.65
2	Casey Mariska	Gauteng	46.85	1.3480	289.5	390.24
3	Leighton Megan	Gauteng	59.50	1.1221	342.5	384.31