

SA Classic Powerlifting Championships 2017

Best Lifter Awards

Best Male SubJunior Lifter:	Joaquim de Jenga	(Gauteng)	406.09 Wilks
Best Male Junior Lifter:	Jerome Korf	(Western Cape)	435.93 Wilks
Best Male Senior Lifter:	Benedict Bucarizza	(Gauteng)	513.57 Wilks
Best Male Master 1 Lifter:	Mathys Herbst	(Gauteng)	429.18 Wilks
Best Male Master 2 Lifter:	Christo Schoonraad	(North West)	371.43 Wilks
Best Male Master 3 Lifter:	Andre Ludik	(Eastern Cape)	295.54 Wilks
Best Male Master 4 Lifter:	Dan Oppenheim	(Gauteng)	300.33 Wilks
Best Female SubJunior Lifter:	Jelhandrie Rautenbach	(Free State)	319.98 Wilks
Best Female Junior Lifter:	Megan Leighton	(Gauteng)	384.09 Wilks
Best Female Senior Lifter:	Antoinette Kriel	(Gauteng)	446.24 Wilks
Best Female Master 1 Lifter:	Antoinette Kriel	(Gauteng)	446.24 Wilks
Best Female Master 2 Lifter:	Candice Firmani	(Gauteng)	277.34 Wilks
Best Female Master 3 Lifter:	Susan Farrell	(Gauteng)	272.79 Wilks

Overall Best Male Lifter: **Benedict Bucarizza**

Overall Best Female Lifter: **Antoinette Kriel**

Top 20 Male Lifters based on Wilks points:

Top 20 Men based on Wilks				
1	Bucarizza Benedict	1991	G	513.57
2	Deetlefs Nicholas	1984	G	465.48
3	Maritz Francois	1993	G	458.70
4	Korf Jerome	1996	WP	435.93
5	Baptista Jonathan	1988	G	433.69
6	Ramsay Andrew	1988	G	429.29
7	Herbst Mathys	1975	G	429.18
8	Mouton Ian	1974	NC	421.05
9	Bezuidenhout Rinus	1995	NW	419.79
10	Smit Gian	1990	G	419.78
11	Nisbet Jason	1990	WP	419.72
12	Horn Malone	1970	KZN	418.17
13	Davids Abdul-Kareem	1994	WP	418.04
14	Van Zyl Wimpie	1988	NC	412.23
15	Stolzenberg Jason	1993	G	411.99
16	Pregmolato Umar	1994	WP	411.39
17	De Jenga Joaquim	1999	G	406.09
18	De Bruin Johann	1990	G	404.44
19	Kiggens Josh	1999	WP	402.14
20	Ramaisa Tumelo	1987	NW	399.90

Top 20 Female Lifters based on Wilks points:

Top 20 Women based on Wilks				
1	Kriel Antoinette	1971	G	446.24
2	Warburg Nicole	1984	G	437.41
3	Bezuidenhout Jeanri	1992	G	412.62
4	Botha Vicki	1973	NW	404.32
5	van Staden Sandri	1988	G	393.57
6	de Wet Laura	1977	G	391.44
7	Basson Lisa	1984	G	384.45
8	Leighton Megan	1996	G	384.09
9	Muto Giulia	1987	G	383.35
10	de Gouveia Gabriella	1990	G	383.32
11	Dade Caileigh	1989	G	380.46
12	Coetzee Toni	1984	G	374.16
13	Newman Laura	1983	G	373.98
14	Coetzer Candice	1985	G	371.96
15	Casey Mariska	1978	G	371.26
16	Enslin Kirsten	1979	KZN	368.50
17	Du Toit Chantelle	1985	G	364.13
18	Jordaan Lezaan	1995	G	358.98
19	Katz Lauren	1982	G	348.30
20	Payne Sasha	1995	G	347.78

SA University Championships – Best student lifters:

Best Male Student Lifter: Francois Maritz
Best Female Student Lifter: Jeanri Bezuidenhout

Referees and Officials

Meet Director and Technical Controller : Hannie Smith

Referees: Heinrich JV Rensburg
 Andre Ludik
 Heather Leighton
 Dan Oppenheim
 Ilze-Mari Maritz
 Patrick Casey
 Cliff Hayim
 Megan Leighton
 Vicki Botha

Scorers and Announcers: Esmay Smith
 Johan Smith
 Hannie Smith
 Carol Anthony
 Rouxchelle Roux

SA Records

Old SA Unequipped Records revised prior to the start of SA Raw Champs as per AGM decision:

Men/Women	Weight Division	Age category	Lift	Record Holder	Weight
Men	53kg	Subjunior	Deadlift	<standard>	112.5
Men	53kg	Junior	Deadlift	<standard>	145.0
Men	120kg	Senior	Deadlift	Benedict Bucarizza	310.0
Men	120kg	Master 1	Squat	<standard>	212.5
Men	120kg	Master 1	Total	<standard>	590.0
Men	120+kg	Senior	Deadlift	Ian Mouton	313.0
Men	120+kg	Senior	Total	Ian Mouton	763.0
Women	63kg	Senior	Bench Press	Lisa Basson	75.0
Women	84kg	Senior	Bench press only	<standard>	85.0
Women	84kg	Master 1	Bench press only	<standard>	65.0

Please see the results sheets for the **167** record-breaking lifts during the championships.

The list below only shows the **123** records which remain in place at the end of the competition.

(There could be more claimed by Susan Farrell once the Master 3 Ladies record standards are published)

Powerlifting					
Men/Women	Weight Division	Age category	Lift	Record Holder	Weight
Men	53kg	Subjunior	Deadlift	Chaka Dalfie	155.0
Men	66kg	Subjunior	Bench press	Mpho Hlanyane	105.0
Men	83kg	Subjunior	Squat	Joaquim de Jenga	200.0
Men	83kg	Subjunior	Bench press	Joaquim de Jenga	140.0
Men	83kg	Subjunior	Deadlift	Joaquim de Jenga	252.5
Men	83kg	Subjunior	Total	Joaquim de Jenga	592.5
Men	93kg	Subjunior	Squat	Josh Kiggens	230.0
Men	93kg	Subjunior	Bench press	Josh Kiggens	142.5
Men	93kg	Subjunior	Deadlift	Josh Kiggens	262.5
Men	93kg	Subjunior	Total	Josh Kiggens	635.0
Men	66kg	Junior	Squat	Marcel Vorster	185.0
Men	66kg	Junior	Total	Marcel Vorster	487.5
Men	120+kg	Junior	Squat	Jerome Korf	275.0
Men	120+kg	Junior	Bench press	Jerome Korf	190.0
Men	120+kg	Junior	Deadlift	Jerome Korf	303.0
Men	120+kg	Junior	Total	Jerome Korf	770.0
Men	93kg	Senior	Deadlift	Jason Nisbet	295.0
Men	105kg	Senior	Total	Nicholas Deetlefs	777.5
Men	120kg	Senior	Squat	Ben Bucarizza	325.0
Men	120kg	Senior	Bench press	Ben Bucarizza	225.0
Men	120kg	Senior	Deadlift	Ben Bucarizza	340.0

Men	120kg	Senior	Total	Ben Bucarizza	890.0
Men	120+kg	Senior	Total	Mathys Herbst	777.5
Men	66kg	Master 1	Bench press	Moses Tsimane	117.5
Men	66kg	Master 1	Deadlift	Moses Tsimane	200.0
Men	74kg	Master 1	Squat	Stanley Lameyer	165.0
Men	83kg	Master 1	Squat	Marlon Daniels	205.0
Men	83kg	Master 1	Bench press	Marlon Daniels	155.0
Men	83kg	Master 1	Total	Marlon Daniels	570.0
Men	120kg	Master 1	Squat	Madikane Faku	235.0
Men	120kg	Master 1	Total	Malone Horn	720.0
Men	120+kg	Master 1	Squat	Matthys Herbst	285.0
Men	120+kg	Master 1	Total	Matthys Herbst	777.5
Men	74kg	Master 2	Squat	Stanley Lameyer	165.0
Men	83kg	Master 2	Squat	Ian Hacker	185.5
Men	105kg	Master 2	Bench Press	Christo Schoonraad	145.5
Men	105kg	Master 2	Deadlift	Christo Schoonraad	250.0
Men	105kg	Master 2	Total	Christo Schoonraad	620.5
Men	120+kg	Master 2	Squat	Burton Haupt	210.0
Men	120+kg	Master 2	Bench Press	Burton Haupt	147.5
Men	120+kg	Master 2	Deadlift	Burton Haupt	242.5
Men	120+kg	Master 2	Total	Burton Haupt	600.0
Men	105kg	Master 3	Bench press	Colin Young	145.0
Men	120kg	Master 3	Bench press	Andre Ludik	137.5
Men	120kg	Master 3	Deadlift	Andre Ludik	210.0
Men	120kg	Master 3	Total	Andre Ludik	507.5
Women	47kg	Subjunior	Squat	Mijuane de Wet	75.0
Women	47kg	Subjunior	Deadlift	Patricia Harding	92.0
Women	47kg	Subjunior	Total	Mijuane de Wet	199.0
Women	63kg	Subjunior	Bench press	Caitlin Poxon	52.5
Women	63kg	Subjunior	Deadlift	Caitlin Poxon	122.5
Women	63kg	Subjunior	Total	Caitlin Poxon	275.0
Women	72kg	Subjunior	Squat	Nicole Ferreira	113.0
Women	72kg	Subjunior	Bench press	Nicole Ferreira	57.5
Women	72kg	Subjunior	Deadlift	Nicole Ferreira	145.0
Women	72kg	Subjunior	Total	Nicole Ferreira	315.5
Women	84kg	Subjunior	Squat	Jelhandrie Rautenbach	115.0
Women	84kg	Subjunior	Bench press	Jelhandrie Rautenbach	70.5
Women	84kg	Subjunior	Deadlift	Jelhandrie Rautenbach	150.0
Women	84kg	Subjunior	Total	Jelhandrie Rautenbach	335.5
Women	84+kg	Subjunior	Squat	Megan Rogers	107.5
Women	84+kg	Subjunior	Deadlift	Megan Rogers	120.0
Women	52kg	Junior	Squat	Rouxchelle Roux	102.5
Women	52kg	Junior	Bench press	Rouxchelle Roux	54.5
Women	52kg	Junior	Total	Rouxchelle Roux	257.0
Women	57kg	Junior	Squat	Megan Leighton	123.0
Women	57kg	Junior	Bench press	Megan Leighton	70.5

Women	63kg	Junior	Deadlift	Sasha Payne	140.0
Women	72kg	Subjunior	Squat	Nicole Ferreira	113.0
Women	84kg	Junior	Squat	Lezaan Jordaan	150.0
Women	84kg	Junior	Bench press	Lezaan Jordaan	75.0
Women	84kg	Junior	Deadlift	Lezaan Jordaan	175.0
Women	84kg	Junior	Total	Lezaan Jordaan	400.0
Women	47kg	Senior	Squat	Kirsten Enslin	93.5
Women	47kg	Senior	Bench press	Kirsten Enslin	60.5
Women	47kg	Senior	Total	Mariska Casey	275.0
Women	52kg	Senior	Squat	Jeanri Bezuidenhout	133.0
Women	52kg	Senior	Deadlift	Nicole Warburg	145.0
Women	52kg	Senior	Total	Nicole Warburg	347.5
Women	57kg	Senior	Bench press	Antoinette Kriel	95.5
Women	57kg	Senior	Deadlift	Antoinette Kriel	165.5
Women	57kg	Senior	Total	Antoinette Kriel	383.5
Women	63kg	Senior	Bench press	Lisa Basson	75.5
Women	63kg	Senior	Total	Vicki Botha	368.0
Women	72kg	Senior	Bench press	Chantelle du Toit	85.5
Women	72kg	Senior	Deadlift	Laura de Wet	180.5
Women	72kg	Senior	Total	Laura de Wet	400.5
Women	84kg	Senior	Bench press	Sandri van Staden	87.5
Women	84kg	Senior	Total	Sandri van Staden	432.5
Women	84+kg	Senior	Bench press	Lauren Norton	95.0
Women	47kg	Master 1	Squat	Elisabeth Barry	80.0
Women	57kg	Master 1	Bench press	Antoinette Kriel	95.5
Women	57kg	Master 1	Deadlift	Antoinette Kriel	165.5
Women	57kg	Master 1	Total	Antoinette Kriel	383.5
Women	63kg	Master 1	Squat	Vicki Botha	127.5
Women	63kg	Master 1	Bench press	Vicki Botha	75.0
Women	63kg	Master 1	Deadlift	Vicki Botha	165.5
Women	63kg	Master 1	Total	Vicki Botha	368.0
Women	72kg	Master 1	Deadlift	Laura de Wet	180.5
Women	72kg	Master 1	Total	Laura de Wet	400.5
Women	72kg	Master 2	Squat	Candice Firmani	100.0
Women	72kg	Master 2	Bench press	Candice Firmani	57.5
Women	72kg	Master 2	Deadlift	Janita Kruger	125.5
Women	72kg	Master 2	Total	Janita Kruger	268.0
Women	84kg	Master 2	Bench press	Bridgette Quagliani	55.0

Bench Press Only					
Men/Women	Weight Division	Age category	Lift	Record Holder	Weight
Men	66kg	Subjunior	Bench press	Mpho Hlanyane	105.0
Men	83kg	Subjunior	Bench press	Joaquim de Jenga	140.0
Men	93kg	Subjunior	Bench press	Josh Kiggins	142.5
Men	120+kg	Junior	Bench press	Jerome Korf	190.0

Men	105kg	Master 3	Bench press	Colin Young	145.0
Men	120kg	Master 3	Bench press	Andre Ludik	137.5
Women	63kg	Subjunior	Bench press	Caitlin Poxon	52.5
Women	72kg	Subjunior	Bench press	Nicole Ferreira	57.5
Women	84kg	Subjunior	Bench press	Jelhandrie Rautenbach	70.5
Women	52kg	Junior	Bench press	Rouxchelle Roux	54.5
Women	57kg	Junior	Bench press	Megan Leighton	70.5
Women	84kg	Junior	Bench press	Lezaan Jordaan	75.0
Women	47kg	Senior	Bench press	Kirsten Enslin	60.5
Women	47kg	Senior	Bench press	Kirsten Enslin	60.5
Women	57kg	Senior	Bench press	Antoinette Kriel	95.5
Women	84kg	Senior	Bench press	Sandri van Staden	87.5
Women	57kg	Master 1	Bench press	Antoinette Kriel	95.5
Women	72kg	Master 2	Bench press	Candice Firmani	57.5

Congratulations to all the lifters!

Qualifiers for SA Team

The lifters who have qualified for selection for the SA Team to compete in the 2017 Classic international competitions (the 2017 World Classic Championships in Minsk, Belarus, the 2017 Commonwealth Powerlifting Championships in Potchefstroom, SA and the 2017 African Powerlifting Championships in Algeria), are all identified by a 'Q' in the last column of the results sheets.

SA Champs category winners who have qualified get first choice of a spot in the team, with the remaining qualifiers as reserves. Where there are vacant spots in the team, the Selectors may offer a place to a reserve lifter, in order of Wilks total. All lifters selected in this way who compete in the World Champs will be eligible for Colours (Junior Protea colours for Subjuniors and Juniors, Protea colours for Open lifters, and Federation(Green) Colours for Master lifters). If there are still open spots in the team, the selectors may offer a place to a lifter who achieved one badge below the qualifying standard, to compete under Federation (blue) colours.