

SA Powerlifting Federation
GAUTENG BENCH PRESS CHAMPIONSHIPS, ST STITHIANS 15/08/2015
DETAILED SCORESHEET - RAW LADIES

DETAILED SCORESHEET - RAW LADIES										Qualified
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	for SA's
Open					1	2	3			
47kg										
1	Mariska Casey	1978	G	46.10	45.00	50.00	52.50	1	52.5	Q
57kg										
1.	Lauren Katz	1982	G	55.10	50.00	-55.00	55.00	1	55.0	Q
2	Lucille Davie	1953	G	56.95	30.00	35.00	37.50	2	37.5	
63kg										
1.	Megan Leighton	1996	G	59.85	57.50	62.50	65.00	1	65.0	Q
2	Carm Ingel	1975	G	61.95	47.50	52.50	-55.00	2	52.5	Q
72kg										
1.	Danel van Jaarsveld	1977	G	65.4	82.50	85.00	87.50	1	87.5	Q
2	Sarah Ezzideen	1987	G	69.65	60.00	65.00	-67.50	2	65.0	Q
3	Ronel Reyneke	1969	G	64.95	52.50	57.50	-60.00	3	57.5	Q
4	Candice Firmani	1967	G	63.3	45.00	50.00	-52.50	4	50.0	
84kg										
1.	Toni Fermani	1990	G	77.8	60.00	67.50	-70.00	1	67.5	Q
2	Kash Hobbs	1993	G	79.60	57.50	62.50	67.50	2	67.5	Q
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified
										for SA's
Junior										
63kg										
1.	Megan Leighton	1996	G	59.85	57.50	62.50	65.00	1	65.0	Q
84kg										
1	Kash Hobbs	1993	G	79.60	57.50	62.50	67.50	1	67.5	Q
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified
										for SA's
Master I										
63kg										
1	Carm Ingel	1975	G	61.95	47.50	52.50	-55.00	1	52.5	Q
72kg										
1	Ronel Reyneke	1969	G	64.95	52.50	57.50	-60.00	1	57.5	Q
2	Candice Firmani	1967	G	63.3	45.00	50.00	-52.50	2	50.0	Q
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified
										for SA's
Master 3										
57kg										
1	Lucille Davie	1953	G	56.95	30.00	35.00	37.50	1	37.5	

DETAILED SCORESHEET - RAW MEN

DETAILED SCORESHEET - RAW MEN										Qualified
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	for SA's
Open										
59kg										
1.	Mario Roussouw	1995	G	56.80	50.00	65.00	-72.50	1	65.0	
2	Mitch Booyse	1999	G	52.75	55.00	60.00	-65.00	2	60.0	
3	Ross Booyse	1999	G	56.55	55.00	60.00	-62.50	3	60.0	
66kg										
1.	Curtly Lister	1995	G	60.45	-80.00	80.00	87.50	1	87.5	
2	Ruben van der Linde		G	63.00	80.00	87.50	X	2	87.5	
3	Pierre de Klerk	1975	G	65.40	50.00	60.00	62.50	3	62.5	
4	Eckardt Engelbrecht		G	61.70	60.00	-72.50	-72.50	4	60.0	
74kg										
1.	Dylan Treges	1989	G	72.80	120.00	130.00	-135.00	1	130.0	Q
2	Ray Norman	1986	G	73.20	120.00	130.00	-135.00	2	130.0	Q
3	Elan Donninger	1999	G	72.90	95.00	100.00	-105.00	3	100.0	
4	Tommie de Nysschen	1963	G	73.95	95.00	-100.00	100.00	4	100.0	
5	Tovi Donninger	1998	G	68.40	85.00	90.00	-95.00	5	90.0	
6	Jordan Dale	1997	G	72.85	-85.00	85.00	90.00	6	90.0	
8	Alf Maartens	1957	G	71.80	47.50	55.00	-60.00	8	55.0	
83kg										
1.	Marlon Daniels	1975	G	77.65	145.00	-155.00	-155.00	1	145.0	Q
2	Kobus Bester		G	76.00	125.00	135.00	-137.50	2	135.0	Q
3	Shau Mafuna	1993	G	76.85	95.00	105.00	-115.00	3	105.0	
4	Jonathan Routledge	1987	G	82.95	90.00	97.50	105.00	4	105.0	
5	Pieter Uys		G	82.35	80.00	90.00	-95.00	5	90.0	
6	Quinten Koekemoer		G	75.20	70.00	-80.00	-80.00	6	70.0	
93kg										
1.	Connor Scheckle	1987	G	93.00	140.00	150.00	155.00	1	155.0	Q
2	Neville Young		G	83.55	140.00	147.50	152.50	2	152.5	Q
3	Jean-Arthur Pretorius	1992	G	83.75	130.00	137.50	140.00	3	140.0	Q
4	Glenn Silver	1972	G	91.35	125.00	132.50	137.50	4	137.5	Q
5	Graham Green	1978	G	92.95	127.50	135.00	X	5	135.0	Q
6	Adrian Smith	1995	G	92.65	135.00	-142.50	-142.50	6	135.0	Q
7	Dillon Davie	1984	G	90.55	105.00	-110.00	110.00	7	110.0	
8	Patrick Casey	1972	G	92.55	85.00	90.00	X	8	90.0	
9	Jordan Delpont	1999	G	87.45	75.00	80.00	-85.00	9	80.0	
105kg										
1.	Henk de Wet	1974	G	99.30	150.00	160.00	X	1	160.0	Q
2	Sarel Gadney	1987	G	101.95	140.00	150.00	157.50	2	157.5	Q
3	Jared Anthony	1983	G	99.55	130.00	135.00	142.50	3	142.5	Q
4	Rudan de Lange	1998	G	101.30	125.00	135.00	-142.50	4	135.0	Q
5	Nic Ingel	1971	G	97.95	115.00	120.00	125.00	5	125.0	
6	Herman Oosthuizen		G	94.05	105.00	110.00	120.00	6	120.0	
7	Warren Bakos	1972	G	103.95	110.00	115.00	-120.00	7	115.0	
8	De Wet Linde	1996	G	95.25	95.00	105.00	110.00	8	110.0	
9	Eric Kobal		G	98.05	100.00	107.50	110.00	9	110.0	
10	Hendrik Burger	1984	G	98.50	95.00	105.00	107.50	10	107.5	
11	Keaton le Roux	1999	G	100.75	50.00	60.00	72.50	11	72.5	
120kg										
1.	Nicholas Deetlefs	1984	G	111.00	170.00	180.00	185.00	1	185.0	Q
2	Craig Masson	1981	G	110.75	165.00	175.00	182.50	2	182.5	Q
3	Michael Spinks	1982	G	107.25	160.00	170.00	-175.00	3	170.0	Q
4	Jean van der Have	1988	G	111.10	165.00	-175.00	-175.00	4	165.0	Q
5	Taylor Barry Peters	1993	G	118.15	140.00	-150.00	-150.00	5	140.0	Q
6	Ryan Saunders	1981	G	114.70	105.00	110.00	-115.00	6	110.0	
7	Christiaan Schoeman		G	105.55	90.00	-110.00	-100.00	6	90.0	
+ 120kg										
1.	Ian Furman	1967	G	127.70	175.00	182.50	187.50	1	187.5	Q
2	Kyle Noonan		G	123.95	175.00	185.00	-190.00	2	185.0	Q
3	Danie Mouton	1977	G	126.05	170.00	185.00	-192.50	3	185.0	Q
4	Mark Reeves	1965	G	139.10	105.00	-112.50	112.50	4	112.5	

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
Sub-Junior										
53kg										
1	Mitch Booyse	1999	G	52.75	55.00	60.00	-65.00	1	60.0	Q
59kg										
1	Ross Booyse	1999	G	56.55	55.00	60.00	-62.50	1	60.0	
66kg										
1	Ruben van der Linde		G	63.00	80.00	87.50	X	1	87.5	Q
2	Eckardt Engelbrecht		G	61.70	60.00	-72.50	-72.50	2	60.0	
74kg										
1	Elan Donninger	1999	G	72.90	95.00	100.00	-105.00	1	100.0	Q
2	Tovi Donninger	1998	G	68.40	85.00	90.00	-95.00	2	90.0	Q
3	Jordan Dale	1997	G	72.85	-85.00	85.00	90.00	3	90.0	Q
83kg										
1	Pieter Uys		G	82.35	80.00	90.00	-95.00	1	90.0	Q
2	Quinten Koekemoer		G	75.20	70.00	-80.00	-80.00	2	70.0	
93kg										

1	Jordan Delpont	1999	G	87.45	75.00	80.00	-85.00	1	80.0	
105kg										
1	Rudan de Lange	1998	G	101.30	125.00	135.00	-142.50	1	135.0	Q
2	Keaton le Roux	1999	G	100.75	50.00	60.00	72.50	2	72.5	
120kg										
1	Christiaan Schoeman		G	105.55	90.00	-110.00	-100.00	1	90.0	
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
Junior										
53kg										
1	Mitch Booyse	1999	G	52.75	55.00	60.00	-65.00	1	60.0	Q
59kg										
1.	Mario Roussouw	1995	G	56.80	50.00	65.00	-72.50	1	65.0	
2	Ross Booyse	1999	G	56.55	55.00	60.00	-62.50	2	60.0	
66kg										
1.	Curtly Lister	1995	G	60.45	-80.00	80.00	87.50	1	87.5	Q
2	Ruben van der Linde		G	63.00	80.00	87.50	X	2	87.5	Q
3	Eckardt Engelbrecht		G	61.70	60.00	-72.50	-72.50	3	60.0	
74kg										
1	Elan Donninger	1999	G	72.90	95.00	100.00	-105.00	1	100.0	Q
2	Tovi Donninger	1998	G	68.40	85.00	90.00	-95.00	2	90.0	Q
3	Jordan Dale	1997	G	72.85	-85.00	85.00	90.00	3	90.0	Q
83kg										
1	Shau Mafuna	1993	G	76.85	95.00	105.00	-115.00	1	105.0	Q
2	Pieter Uys		G	82.35	80.00	90.00	-95.00	2	90.0	Q
3	Quinten Koekemoer		G	75.20	70.00	-80.00	-80.00	3	70.0	
93kg										
1	Neville Young		G	83.55	140.00	147.50	152.50	1	152.5	Q
2	Jean-Arthur Pretorius	1992	G	83.75	130.00	137.50	140.00	2	140.0	Q
3	Adrian Smith	1995	G	92.65	135.00	-142.50	-142.50	3	135.0	Q
4	Jordan Delpont	1999	G	87.45	75.00	80.00	-85.00	4	80.0	
105kg										
1	Rudan de Lange	1998	G	101.30	125.00	135.00	-142.50	1	135.0	Q
2	De Wet Linde	1996	G	95.25	95.00	105.00	110.00	2	110.0	Q
3	Keaton le Roux	1999	G	100.75	50.00	60.00	72.50	3	72.5	
120kg										
1	Taylor Barry Peters	1993	G	118.15	140.00	-150.00	-150.00	1	140.0	Q
2	Christiaan Schoeman		G	105.55	90.00	-110.00	-100.00	2	90.0	
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
Master 1										
66kg										
1	Pierre de Klerk	1975	G	65.40	50.00	60.00	62.50	1	62.5	
83kg										
1.	Marlon Daniels	1975	G	77.65	145.00	-155.00	-155.00	1	145.0	Q
93kg										
1	Glenn Silver	1972	G	91.35	125.00	132.50	137.50	1	137.5	Q
2	Patrick Casey	1972	G	92.55	85.00	90.00	X	2	90.0	
105kg										
1.	Henk de Wet	1974	G	99.30	150.00	160.00	X	1	160.0	Q
2	Nic Ingel	1971	G	97.95	115.00	120.00	125.00	2	125.0	Q
3	Herman Oosthuizen		G	94.05	105.00	110.00	120.00	3	120.0	Q
4	Warren Bakos	1972	G	103.95	110.00	115.00	-120.00	4	115.0	Q
+ 120kg										
1.	Ian Furman	1967	G	127.70	175.00	182.50	187.50	1	187.5	Q
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
Master 2										
74kg										
1	Tommie de Nysschen	1963	G	73.95	95.00	-100.00	100.00	1	100.0	Q
2	Alf Maartens	1957	G	71.80	47.50	55.00	-60.00	2	55.0	
105kg										
1	Eric Kobal		G	98.05	100.00	107.50	110.00	1	110.0	Q
+ 120kg										
1	Mark Reeves	1965	G	139.10	105.00	-112.50	112.50	1	112.5	Q

SA Powerlifting Federation
GAUTENG BENCH PRESS CHAMPIONSHIPS, ST STITHIANS 15/08/2015
DETAILED SCORESHEET - EQUIPPED LADIES

DETAILED SCORESHEET - EQUIPPED LADIES										Qualified for SA's
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	
Open					1	2	3			
63kg										
1.	Megan Leighton	1996	G	59.85	70.00	-75.00	-75.00	1	70.0	Q
72kg										
1.	Danel van Jaarsveld	1977	G	65.4	95.00	100.00	105.00	1	105.0	Q
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified for SA's
Junior										
63kg										
1.	Megan Leighton	1996	G	59.85	70.00	-75.00	-75.00	1	70.0	Q

SA Powerlifting Federation
GAUTENG BENCH PRESS CHAMPIONSHIPS, ST STITHIANS 15/08/2015
DETAILED SCORESHEET - EQUIPPED MEN

DETAILED SCORESHEET - EQUIPPED MEN										Qualified
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	for SA's
Open										
74kg										
1	Tommie de Nysschen	1963	G	73.95	110.00	115.00	-117.50	1	115.0	
2	Ray Norman	1986	G	73.20	-130.00	-140.00	-140.00			
83kg										
1	Kobus Bester		G	76.00	140.00	145.00	-150.00	1	145.0	Q
2	Mark Nel	1980	G	78.00	-120.00	120.00	-127.50	2	120.0	
93kg										
1	Adrian Smith	1995	G	92.65	150.00	-160.00	-160.00	1	150.0	Q
105kg										
1	Hendrik Burger	1984	G	98.50	105.00	115.00	120.00	1	120.0	
120kg										
1	Craig Masson	1981	G	110.75	190.00	200.00	-210.00	1	200.0	Q
2	Jean van der Have	1988	G	111.10	-195.00	-195.00	-195.00			
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified
Junior										
93kg										
1	Adrian Smith	1995	G	92.65	150.00	-160.00	-160.00	1	150.0	Q
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Qualified
Master 2										
74kg										
1	Tommie de Nysschen	1963	G	73.95	110.00	115.00	-117.50	1	115.0	Q