

29/08/2015

Gauteng Raw Powerlifting Championships 2015



Unofficial SA rec

MEN : Open																		
Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?	Qual SA Raw Bench?	Qual SA Eq Bench?
53kg	Mitch Booyse	ST	53	85	92.5	97.5	55	-60	60	100	112.5	-120	270	259.767	1			
59kg	Ross Booyse	ST	56.9	90	97.5	102.5	55	60	62.5	85	95	102.5	267.5	239.787	1			
66kg	Ruben van der Linde		62.3	120	130	140	80	-85	85	140	160	x	385	317.471	1			
	Bernard van der Linde		63.35	80	-100	-100	60	72.5	x	100	130	x	282.5	229.588	2			
74kg	Dylan Treges	FE	72.8	150	165	180	130	140	-145	200	212.5	222.5	542.5	394.832	1	Q	Q	Q
	Andrew Ramsay	DE	72.45	185	192.5	x	100	110	-115	220	230	-250	532.5	388.938	2	Q	Q	
	Ray Norman	ST	72.6	130	140	150	120	127.5	-132.5	180	190	200	477.5	348.241	3	Q	Q	Q
	Shau Mafuna	ST	73.9	-140	140	-150	100	107.5	-112.5	180	200	-205	447.5	322.200	4	Q	Q	
	Jason Szeili	BB	70.8	120	130	-145	100	110	-115	160	180	-200	420	312.060	5	Q	Q	
	Tommie de Nysschen		73.35	135	145	150	95	-100	102.5	140	155	165	417.5	302.228	6			
	Jordan Dale		73.75	100	115	-120	85	-90	92.5	160	170	172.5	380	273.980	7			
83kg	Luke Routier	ST	77	165	175	185	110	120	-130	192.5	-200	200	505	353.449	1	Q	Q	
	Pieter Brits		82.3	150	165	175	100	-110	-110	200	215	-225	490	328.741	2	Q		
	Mark Nel	RW	78.95	165	175	-180	x	x	x	x	x	x	0	0.000	0			
93kg	Connor Scheckle		92.75	190	200	210	145	155	-160	190	210	-230	575	361.675	1	Q	Q	Q
	Una Mduladlo	BB	89.6	160	170	180	100	110	117.5	190	220	240	537.5	343.893	2	Q		
	Adrian Smith	ST	91.8	-165	165	-180	132.5	137.5	142.5	200	215	225	532.5	336.593	3	Q	Q	
	Brendon Shields		92.1	150	-160	160	-100	115	125	200	220	-245	505	318.705	4	Q		
	Dillon Davie	FE	90.7	140	-145	-150	100	107.5	-112.5	165	177.5	190	437.5	278.206	5			
	Chris-Jan Cornelius		86.45	135	155	167.5	75	-85	-85	170	185	-192.5	427.5	278.773	6			
	Patrick Casey	FE	91.25	130	-140	140	-85	90	92.5	170	185	195	427.5	271.035	7			

	Jean Venter		90.3	~~180~~	~~190~~	190	~~130~~	~~130~~	~~130~~	190	210	225	0	0.000	0			
	Trent Williams		92.9	190	200	~~210~~	x	x	x	x	x	x	0	0.000	0			
105kg	Willem van der Walt	DE	100.1	175	195	210	145	157.5	~~165~~	200	230	250	617.5	375.625	1	Q	Q	Q
	Zander Worst	BB	103.6	150	180	~~185~~	125	135	140	190	220	240	560	336.224	2	Q	Q	
	Michael Spinks	BB	103.9	160	170	~~175~~	160	170	~~172.5~~	190	200	215	555	332.889	3	Q	Q	Q
	Graham Green	BB	94.1	~~180~~	180	x	130	x	x	210	x	x	520	324.844	4	Q		
	Thomas Payne	ST	93.5	170	180	190	120	~~125~~	~~125~~	190	205	~~215~~	515	322.699	5			
	Cameron Nelson	ST	103.85	145	160	172.5	90	95	100	165	180	200	472.5	283.453	6			
	Nic Ingel	ST	97.4	130	145	155	120	125	~~127.5~~	170	185	~~195~~	465	286.068	7			
	Eric Kobal	BB	98.65	105	115	~~117.5~~	105	112.5	~~115~~	180	~~205~~	~~205~~	407.5	249.390	8			
	Calvin Fourie	ST	103.3	85	95	100	45	50	~~55~~	115	130	135	285	171.314	9			
120kg	Liam Schultz	ST	119.3	245	~~265~~	~~265~~	92.5	97.5	~~100~~	250	265	277.5	620	356.934	1	Q		
	Jean van der Have	ST	112	190	205	215	160	167.5	~~172.5~~	200	220	~~235~~	602.5	352.643	2	Q	Q	
	Damien Haupt		110.55	180	200	215	115	~~125~~	~~125~~	200	215	230	560	329.056	3	Q		
120+ kg	Christian Ashcroft	ST	140	165	180	~~190~~	145	155	~~160~~	225	240	250	585	326.898	1	Q	Q	

MEN : Master 1																		
Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?	Qual SA Raw Bench?	Qual SA Eq Bench?
93kg	Patrick Casey	FE	91.25	130	-140	140	-85	90	92.5	170	185	195	427.5	271.035	1	Q		
105kg	Nic Ingel	ST	97.4	130	145	155	120	125	-127.5	170	185	-195	465	286.068	1	Q	Q	Q
MEN : Master 2																		
Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?	Qual SA Raw Bench?	Qual SA Eq Bench?
74kg	Tommie de Nysschen		73.35	135	145	150	95	-100	102.5	140	155	165	417.5	302.228	1	Q	Q	Q
105kg	Eric Kobal	BB	98.65	105	115	-117.5	105	112.5	-115	180	-205	-205	407.5	249.390	1		Q	
MEN : Junior																		
Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?	Qual SA Raw Bench?	Qual SA Eq Bench?
53kg	Mitch Booyse	ST	53	85	92.5	97.5	55	-60	60	100	112.5	-120	270	259.767	1	Q	Q	
59kg	Ross Booyse	ST	56.9	90	97.5	102.5	55	60	62.5	85	95	102.5	267.5	239.787	1			
66kg	Ruben van der Linde		62.3	120	130	140	80	-85	85	140	160	x	385	317.471	1	Q	Q	Q
	Bernard van der Linde		63.35	80	-100	-100	60	72.5	x	100	130	x	282.5	229.588	2		Q	
74kg	Shau Mafuna	ST	73.9	-140	140	-150	100	107.5	-112.5	180	200	-205	447.5	322.200	1	Q	Q	Q
	Jason Szeili	BB	70.8	120	130	-145	100	110	-115	160	180	-200	420	312.060	2	Q	Q	Q
	Jordan Dale		73.75	100	115	-120	85	-90	92.5	160	170	172.5	380	273.980	3	Q	Q	Q
83kg	Luke Routier	ST	77	165	175	185	110	120	-130	192.5	-200	200	505	353.449	1	Q	Q	Q
93kg	Adrian Smith	ST	91.8	-165	165	-180	132.5	137.5	142.5	200	215	225	532.5	336.593	1	Q	Q	Q
	Jean Venter		90.3	-180	-190	190	-130	-130	-130	190	210	-225	0	0.000	0			

	Trent Williams		92.9	190	200	-210	-150	x	x	x	x	x	0	0.000	0			
105kg	Zander Worst	BB	103.6	150	180	-185	125	135	140	190	220	240	560	336.224	1	Q	Q	Q
	Thomas Payne	ST	93.5	170	180	190	120	-125	-125	190	205	-215	515	322.699	2	Q	Q	Q
	Cameron Nelson	ST	103.85	145	160	172.5	90	95	100	165	180	200	472.5	283.453	3	Q		
	Calvin Fourie	ST	103.3	85	95	100	45	50	-55	115	130	135	285	171.314	4			
120kg	Liam Schultz	ST	119.3	245	-265	-265	92.5	97.5	-100	250	265	277.5	620	356.934	1	Q		
MEN : Sub Junior																		
Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?	Qual SA Raw Bench?	Qual SA Eq Bench?
53kg	Mitch Booyse	ST	53	85	92.5	97.5	55	-60	60	100	112.5	-120	270	259.767	1	Q	Q	Q
59kg	Ross Booyse	ST	56.9	90	97.5	102.5	55	60	62.5	85	95	102.5	267.5	239.787	1	Q		
66kg	Ruben van der Linde		62.3	120	130	140	80	-85	85	140	160	x	385	317.471	1	Q	Q	Q
	Bernard van der Linde		63.35	80	-100	-100	60	72.5	x	100	130	x	282.5	229.588	2	Q	Q	Q
74kg	Jordan Dale		73.75	100	115	-120	85	-90	92.5	160	170	172.5	380	273.980	1	Q	Q	Q
105kg	Cameron Nelson	ST	103.85	145	160	172.5	90	95	100	165	180	200	472.5	283.453	1	Q		
	Calvin Fourie	ST	103.3	85	95	100	45	50	-55	115	130	135	285	171.314	2	Q		
120kg	Liam Schultz	ST	119.3	245	-265	-265	92.5	97.5	-100	250	265	277.5	620	356.934	1	Q		

South African Powerlifting Federation

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LADIES : Open																Qual SA Raw?	Qual SA Raw Bench?	Qual SA Eq Bench?
Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place			
43kg	Mijuane de Wet	BB	35.85	30	35	40	20	22.5	25	50	60	70	135	212.868	1			
47kg	Mariska Casey	FE	45.9	85	90	95	50	-52.5	-52.5	110	120	-130	265	362.467	1	Q	Q	Q
52kg	Guilia Muto	BB	50.65	97.5	107.5	-110	50	55	-57.5	105	117.5	122.5	285	362.548	1	Q	Q	Q
	Jeanri Bezuidenhout		51.95	90	95	100	52.5	55	-57.5	110	117.5	-125	272.5	339.971	2	Q	Q	Q
57kg	Lauren Katz	BB	55.7	80	87.5	90	50	55	-57.5	110	-120	120	265	313.124	1	Q	Q	Q
	Carol Anthony	ST	57	65	70	75	42.5	45	47.5	105	115	122.5	245	284.298	2	Q	Q	
	Gillian Johnston	5E	54.35	77.5	85	90	40	45	-47.5	82.5	92.5	100	235	283.057	3	Q	Q	
	Sam Kay	YD	56.8	50	57.5	70	30	35	-40	75	85	90	195	226.902	4	Q		
63kg	Michelle Letcher	YD	58.3	100	110	115	45	55	65	140	150	160	340	387.634	1	Q	Q	Q
	Ronel Reyneke	BB	62.95	90	100	-107.5	52.5	57.5	-60	105	117.5	122.5	280	300.888	2	Q	Q	
	Roxy Firmani	BB	62.95	90	-95	-95	50	55	-57.5	110	120	-125	265	284.769	3	Q	Q	
	Carm Ingel	ST	62.45	82.5	92.5	-97.5	47.5	52.5	-55	95	107.5	110	255	275.680	4	Q	Q	
	Sasha Payne	FE	57.2	70	75	-80	45	47.5	x	110	120	x	242.5	280.621	5	Q		
	Candice Firmani	BB	62.55	75	85	87.5	45	-50	-50	95	105	110	242.5	261.852	6	Q		
72kg	Danel van Jaarsveld	FE	63.95	130	137.5	145	85	87.5	-90	-160	180	190	422.5	448.653	1	Q	Q	Q
	Storm Benjamin	DE	68.85	110	125	130	60	75	-77.5	160	x	x	365	367.336	2	Q	Q	Q
	Sarah Ezzideen	BB	69.65	100	110	-115	60	67.5	-70	120	140	150	327.5	326.943	3	Q	Q	Q
	Lericia Golden	YD	63.1	-90	100	-112.5	50	55	-60	120	130	140	295	316.447	4	Q	Q	
	Claire Pacariz	BB	65.5	85	90	95	40	45	47.5	90	105	110	252.5	263.408	5	Q		
	Caitlin Poxon	RW	63.65	40	50	-55	27.5	-32.5	-32.5	60	-70	70	147.5	157.191	6			

84kg	Sandri van Staden	CH	77.65	120	137.5	x	62.5	72.5	x	145	170	x	380	353.704	1	Q	Q
	Kash Hobbs	ST	75.6	85	~~92.5~~	92.5	62.5	~~67.5~~	~~67.5~~	110	120	130	285	269.582	2	Q	Q
84+kg	Jodi Poxon	RW	85	~~90~~	~~90~~	90	50	~~55~~	~~55~~	~~110~~	~~110~~	110	250	221.650	1		

LADIES : Master 1																	
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Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?	Qual SA Raw Bench?	Qual SA Eq Bench?
57kg	Carol Anthony	ST	57	65	70	75	42.5	45	47.5	105	115	122.5	245	284.298	1	Q	Q	Q
63kg	Michelle Letcher	YD	58.3	100	110	115	45	55	65	140	150	160	340	387.634	1	Q	Q	Q
	Ronel Reyneke	BB	62.95	90	100	~~107.5~~	52.5	57.5	~~60~~	105	117.5	122.5	280	300.888	2	Q	Q	Q
	Carm Ingel	ST	62.45	82.5	92.5	~~97.5~~	47.5	52.5	~~55~~	95	107.5	110	255	275.680	3	Q	Q	Q
	Candice Firmani	BB	62.55	75	85	87.5	45	~~50~~	~~50~~	95	105	110	242.5	261.852	4	Q	Q	
84+kg	Jodi Poxon	RW	85	~~90~~	~~90~~	90	50	~~55~~	~~55~~	~~110~~	~~110~~	110	250	221.650	1			

LADIES : Junior																	
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Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?	Qual SA Raw Bench?	Qual SA Eq Bench?
43kg	Mijuane de Wet	BB	35.85	30	35	40	20	22.5	25	50	60	70	135	212.868	1			
52kg	Jeanri Bezuidenhout		51.95	90	95	100	52.5	55	~~57.5~~	110	117.5	~~125~~	272.5	339.971	1	Q	Q	Q
63kg	Sasha Payne	FE	57.2	70	75	~~80~~	45	47.5	x	110	120	x	242.5	280.621	1	Q	Q	
72kg	Lericia Golden	YD	63.1	~~90~~	100	~~112.5~~	50	55	~~60~~	120	130	140	295	316.447	1	Q	Q	Q
	Caitlin Poxon	RW	63.65	40	50	~~55~~	27.5	~~32.5~~	~~32.5~~	60	~~70~~	70	147.5	157.191	2			
84kg	Kash Hobbs	ST	75.6	85	~~92.5~~	92.5	62.5	~~67.5~~	~~67.5~~	110	120	130	285	269.582	1	Q	Q	Q

LADIES : Sub Junior																		
Cat	Name	Team	Bwt	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Wilks	Place	Qual SA Raw?	Qual SA Raw Bench?	Qual SA Eq Bench?
43kg	Mijuane de Wet	BB	35.85	30	35	40	20	22.5	25	50	60	70	135	212.868	1	Q		
72kg	Caitlin Poxon	RW	63.65	40	50	-55	27.5	-32.5	-32.5	60	-70	70	147.5	157.191	1	Q		