

SA Powerlifting Federation
GAUTENG BENCH PRESS CHAMPIONSHIPS, ST STITHIANS 23/08/2014
DETAILED SCORESHEET - RAW LADIES

PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Open									
52kg									
1.	Gulia Muto	1987	G	51.40	40.0	45.0	47.5	1	47.5
2	Mariska Casey	1978	G	49.55	35.0	40.0	42.5	2	40.0
57kg									
1.	Lauren Katz	1982	G	56.20	50.0	52.5	55.0	1	52.5
63kg									
1.	Megan Leighton	1996	G	58.75	52.5	57.5	60.0	1	60.0
2	Roxanne Firmani	1988	G	61.85	45.0	50.0	50.0	2	50.0
3	Ronel Reyneke	1969	G	62.70	50.0	50.0	50.0	3	50.0
4	Candice Firmani	1967	G	61.75	35.0	40.0	45.0	4	45.0
5	Shelby Bruce	1997	G	61.15	42.5	47.5	47.5	5	42.5
72kg									
1.	Danel van Jaarsveld	1977	G	64.70	65.0	67.5	70.0	1	67.5
2	Tarryn-Leigh Merifield	1987	G	71.50	60.0	70.0	70.0	2	60.0
3	Claire Pacariz	1977	G	64.65	30.0	35.0	40.0	3	40.0
84kg									
1.	Toni Fermani	1990	G	76.90	50.0	60.0	65.0	1	60.0
+84kg									
1.	Susan Kloppers	1971	G	45.00	45.0	50.0	50.0	1	50.0
PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Sub-Junior									
63kg									
1.	Megan Leighton	1996	G	58.75	52.5	57.5	60.0	1	60.0
2	Shelby Bruce	1997	G	61.15	42.5	47.5	47.5	2	42.5
PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Junior									
63kg									
1.	Megan Leighton	1996	G	58.75	52.5	57.5	60.0	1	60.0
2	Shelby Bruce	1997	G	61.15	42.5	47.5	47.5	2	42.5
PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Master I									
63kg									
1	Ronel Reyneke	1969	G	62.70	50.0	50.0	50.0	1	50.0
2	Candice Firmani	1967	G	61.75	35.0	40.0	45.0	2	45.0
+84kg									
1.	Susan Kloppers	1971	G	45.00	45.0	50.0	50.0	1	50.0

SA Powerlifting Federation
GAUTENG BENCH PRESS CHAMPIONSHIPS, ST STITHIANS 23/08/2014
DETAILED SCORESHEET - RAW MEN

PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Open									
59kg									
1.	Ruben van der Linde	1998	G	57.50	60.0	67.5	X	1	67.5
66kg									
1.	Marcel Vorster	1994	G	63.95	105.0	112.5	~~115.0~~	1	112.5
2	Mpho Rantao	1986	G	59.25	80.0	87.5	~~90.0~~	2	87.5
3	Kgahlishe Tladi	1997	G	64.40	70.0	80.0	82.5	3	82.5
4	Amagelang Maduma	1997	G	61.40	70.0	75.0	80.0	4	80.0
5	Robert Bruce	1997	G	66.00	80.0	~~85.0~~	~~85.0~~	5	80.0
74kg									
1.	Glen van der Linde	1971	G	70.65	100.0	110.0	X	1	110.0
2	Tshegofatso Dladla	1997	G	70.65	80.0	90.0	~~95.0~~	2	90.0
83kg									
1.	Marlon Daniels	1975	G	77.30	140.0	150.0	~~155.0~~	1	150.0
2	Neville Young	1992	G	81.60	125.0	132.5	137.5	2	137.5
3	Luke Routier	1996	G	79.00	107.5	112.5	117.5	3	117.5
4	Shau Mafuna	1993	G	74.25	95.0	~~100.0~~	100.0	4	100.0
5	Terrence Nhlabathi	1988	G	79.80	80.0	95.0	~~105.0~~	5	95.0
6	Patrick Banda	1960	G	77.50	60.0	65.0	~~70.0~~	6	65.0
93kg									
1.	Ryan Miller	1985	G	86.40	150.0	157.5	165.0	1	165.0
2	David Jacobsz	1981	G	90.50	140.0	~~150.0~~	150.0	2	150.0
3	Henk de Wet	1974	G	92.40	140.0	147.5	~~152.5~~	3	147.5
4	Graham Green	1978	G	91.75	130.0	135.0	~~140.0~~	4	135.0
5	Michael Thomas	1996	G	86.10	110.0	~~120.0~~	120.0	5	120.0
6	Dillon Davie	1984	G	90.05	100.0	105.0	~~110.0~~	6	105.0
7	Zander Kloppers	1993	G	92.30	95.0	~~100.0~~	100.0	7	100.0
8	Rob Huff	1952	G	91.15	90.0	95.0	100.0	8	100.0
9	Shevant Balgobind	1993	G	90.95	70.0	80.0	~~85.0~~	9	80.0
10	Dewald van der Heever	1996	G	88.65	60.0	~~80.0~~	~~80.0~~	10	60.0
105kg									
1.	Etienne Potgieter	1986	G	98.90	170.0	180.0	~~185.0~~	1	180.0
2	Shaun Roos	1977	G	104.00	155.0	165.0	172.5	2	172.5
3	Rob Freeme	1984	G	97.90	140.0	160.0	170.0	3	170.0
4	Craig Masson	1981	G	103.40	~~155.0~~	155.0	~~167.5~~	4	155.0
5	Corne Hubinger	1981	G	98.00	140.0	150.0	~~155.0~~	5	150.0
6	Ruan du Toit	1996	G	102.80	135.0	~~145.0~~	150.0	6	150.0
7	Michael Spinks	1982	G	100.95	120.0	135.0	~~145.0~~	7	135.0
8	Michael Klinck	1991	G	94.20	120.0	125.0	130.0	8	130.0
9	Gary Katzen	1961	G	104.65	120.0	130.0	~~145.0~~	9	130.0
10	Hendrik Burger	1984	G	96.20	80.0	90.0	~~100.0~~	10	90.0
11	Patrick Casey	1972	G	95.40	70.0	77.5	82.5	11	82.5
120kg									
1.	Kyle Noonan	1990	G	116.15	160.0	170.0	~~180.0~~	1	170.0
2	William Ainslie	1979	G	117.90	150.0	155.0	160.0	2	160.0
3	Franz de Waal	1977	G	110.50	110.0	117.5	127.5	3	127.5
4	Giovanni Scholtz	1996	G	114.75	100.0	~~110.0~~	~~110.0~~	4	100.0
5	Stefan de Bruyn	1996	G	110.05	80.0	~~90.0~~	90.0	5	90.0
+ 120kg									
1.	Ian Furman	1967	G	124.75	185.0	~~192.5~~	192.5	1	192.5
2	Daniel Louw	1986	G	128.25	160.0	~~202.5~~	~~202.5~~	2	160.0
3	Louis Joubert	1964	G	143.115	125.0	132.5	~~140.0~~	3	132.5
4	Ruan Roux	1991	G	120.45	105.0	112.5	~~120.0~~	4	112.5

PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Sub-Junior									
59kg									
1.	Ruben van der Linde	1998	G	57.50	60.0	67.5	X	1	67.5
66kg									
1	Kgahlishe Tladi	1997	G	64.40	70.0	80.0	82.5	1	82.5
2	Amagelang Maduma	1997	G	61.40	70.0	75.0	80.0	2	80.0
3	Robert Bruce	1997	G	66.00	80.0	85.0	85.0	3	80.0
74kg									
1	Tshegofatso Dladla	1997	G	70.65	80.0	90.0	95.0	1	90.0
83kg									
1	Luke Routier	1996	G	79.00	107.5	112.5	117.5	1	117.5

93kg									
1	Michael Thomas	1996	G	86.10	110.0	~~120.0~~	120.0	1	120.0
2	Dewald van der Heever	1996	G	88.65	60.0	~~80.0~~	~~80.0~~	2	60.0
105kg									
1	Ruan du Toit	1996	G	102.80	135.0	~~145.0~~	150.0	1	150.0
120kg									
1	Giovanni Scholtz	1996	G	114.75	100.0	~~110.0~~	~~110.0~~	1	100.0
2	Stefan de Bruyn	1996	G	110.05	80.0	~~90.0~~	90.0	2	90.0

PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Junior									
59kg									
1.	Ruben van der Linde	1998	G	57.50	60.0	67.5	X	1	67.5
66kg									
1.	Marcel Vorster	1994	G	63.95	105.0	112.5	~~115.0~~	1	112.5
2	Kgahlishe Tladi	1997	G	64.40	70.0	80.0	82.5	2	82.5
3	Amagelang Maduma	1997	G	61.40	70.0	75.0	80.0	3	80.0
4	Robert Bruce	1997	G	66.00	80.0	~~85.0~~	~~85.0~~	4	80.0
74kg									
1	Tshegofatso Dladla	1997	G	70.65	80.0	90.0	~~95.0~~	1	90.0
83kg									
1	Neville Young	1992	G	81.60	125.0	132.5	137.5	1	137.5
2	Luke Routier	1996	G	79.00	107.5	112.5	117.5	2	117.5
3	Shau Mafuna	1993	G	74.25	95.0	~~100.0~~	100.0	3	100.0
93kg									
1	Michael Thomas	1996	G	86.10	110.0	~~120.0~~	120.0	1	120.0
2	Zander Kloppers	1993	G	92.30	95.0	~~100.0~~	100.0	2	100.0
3	Shevant Balgobind	1993	G	90.95	70.0	80.0	~~85.0~~	3	80.0
4	Dewald van der Heever	1996	G	88.65	60.0	~~80.0~~	~~80.0~~	4	60.0
105kg									
1	Ruan du Toit	1996	G	102.80	135.0	~~145.0~~	150.0	1	150.0
2	Michael Klinck	1991	G	94.20	120.0	125.0	130.0	2	130.0
120kg									
1	Giovanni Scholtz	1996	G	114.75	100.0	~~110.0~~	~~110.0~~	1	100.0
2	Stefan de Bruyn	1996	G	110.05	80.0	~~90.0~~	90.0	2	90.0

PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Master I									
74kg									
1.	Glen van der Linde	1971	G	70.65	100.0	110.0	X	1	110.0
93kg									
1	Henk de Wet	1974	G	92.40	140.0	147.5	~~152.5~~	1	147.5
105kg									
1	Patrick Casey	1972	G	95.40	70.0	77.5	82.5	1	82.5
+ 120kg									
1.	Ian Furman	1967	G	124.75	185.0	~~192.5~~	192.5	1	192.5
PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Master II									
83kg									
1	Patrick Banda	1960	G	77.50	60.0	65.0	~~70.0~~	1	65.0
105kg									
1	Gary Katzen	1961	G	104.65	120.0	130.0	~~145.0~~	1	130.0
+ 120kg									
1	Louis Joubert	1964	G	143.115	125.0	132.5	~~140.0~~	1	132.5
PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Master III									
93kg									
1	Rob Huff	1952	G	91.15	90.0	95.0	100.0	1	100.0

SA Powerlifting Federation
GAUTENG BENCH PRESS CHAMPIONSHIPS, ST STITHIANS 23/08/2014
DETAILED SCORESHEET - EQUIPPED LADIES

PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Open									
84kg									
1.	Janita Kruger	1967	G	83.9	80.0	~~82.5~~	82.5	1	82.5
PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Master I									
84kg									
1.	Janita Kruger	1967	G	83.9	80.0	~~82.5~~	82.5	1	82.5

SA Powerlifting Federation
GAUTENG BENCH PRESS CHAMPIONSHIPS, ST STITHIANS 23/08/2014
DETAILED SCORESHEET - EQUIPPED MEN

PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Open									
59kg									
1.	Ruben van der Linde	1998	G	57.50	60.0	72.5	X	1	72.5
66kg									
1	Kgahlishe Tladi	1997	G	64.40	80.0	90.0	95.0	1	95.0
2	Amagelang Maduma	1997	G	61.40	80.0	85.0	85.0	2	85.0
74kg									
1.	Glen van der Linde	1971	G	70.65	120.0	130.0	135.0	1	135.0
2	Tshegofatso Dladla	1997	G	70.65	115.0	115.0	120.0	2	120.0
93kg									
1	David Jacobsz	1981	G	90.50	170.0	180.0	187.5	1	180.0
105kg									
1	Shaun Roos	1977	G	104.00	195.0	205.0	210.0	1	210.0
2	Clyde Keevy	1990	G	101.40	170.0	190.0	200.0	2	190.0
3	Corne Hubinger	1981	G	98.00	165.0	175.0	182.5	3	182.5
4	Andre Kloppers	1995	G	104.80	170.0	175.0	175.0	4	170.0
5	Ruan du Toit	1996	G	102.80	162.5	185.0	185.0	5	162.5
120kg									
1.	Jorncy Page	1972	G	105.30	200.0	205.0	205.0	1	205.0
2	Giovanni Scholtz	1996	G	114.75	110.0	115.0	120.0	2	115.0
3	Stefan de Bruyn	1996	G	110.05	90.0	95.0	100.0	3	100.0
+ 120kg									
1.	Ian Furman	1967	G	124.75	240.0	245.0	250.0	1	245.0

PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Sub-Junior									
59kg									
1.	Ruben van der Linde	1998	G	57.50	60.0	72.5	X	1	72.5
66kg									
1	Kgahlishe Tladi	1997	G	64.40	80.0	90.0	95.0	1	95.0
2	Amagelang Maduma	1997	G	61.40	80.0	~~85.0~~	85.0	2	85.0
74kg									
1	Tshegofatso Dladla	1997	G	70.65	~~115.0~~	115.0	120.0	1	120.0
105kg									
1	Ruan du Toit	1996	G	102.80	162.5	~~185.0~~	~~185.0~~	1	162.5
120kg									
1	Giovanni Scholtz	1996	G	114.75	~~110.0~~	115.0	~~120.0~~	1	115.0
2	Stefan de Bruyn	1996	G	110.05	90.0	95.0	100.0	2	100.0

SA Powerlifting Federation
GAUTENG BENCH PRESS CHAMPIONSHIPS, ST STITHIANS 23/08/2014

DETAILED SCORESHEET - EQUIPPED MEN

PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Junior									
59kg									
1.	Ruben van der Linde	1998	G	57.50	60.0	72.5	X	1	72.5
66kg									
1	Kgahlishe Tladi	1997	G	64.40	80.0	90.0	95.0	1	95.0
2	Amagelang Maduma	1997	G	61.40	80.0	~~85.0~~	85.0	2	85.0
74kg									
1	Tshegofatso Dladla	1997	G	70.65	~~115.0~~	115.0	120.0	1	120.0
105kg									
1	Andre Kloppers	1995	G	104.80	170.0	~~175.0~~	~~175.0~~	1	170.0
2	Ruan du Toit	1996	G	102.80	162.5	~~185.0~~	~~185.0~~	2	162.5
120kg									
1	Giovanni Scholtz	1996	G	114.75	~~110.0~~	115.0	~~120.0~~	1	115.0
2	Stefan de Bruyn	1996	G	110.05	90.0	95.0	100.0	2	100.0
PL.	Lifters	BY	Nation	Weight		All Bench press		Place	TOTAL
Master I									
74kg									
1.	Glen van der Linde	1971	G	70.65	120.0	130.0	135.0	1	135.0
120kg									
1.	Jorncy Page	1972	G	105.30	200.0	~~205.0~~	205.0	1	205.0
+ 120kg									
1.	Ian Furman	1967	G	124.75	240.0	245.0	~~250.0~~	1	245.0