

South African Powerlifting Federation
SA Inter Provincia Powerlifting Championship, South Africa, Bloemfontein and PE, 10.08.2013
DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat					All Bench press					All Dead lift					TOTAL	W.pts.	Pts.
- 43 kg																								
1	Swart Marelize	1995	EP	40.41	1.4849	-10	40.0	45.0	50.0	1	32.5	37.5	37.5	1	92.5	97.5	102.5	1	190.0	282.12	12			
2	Welgemoed Robin	1996	EP	41.67	1.4580	-10	40.0	45.0	52.5	2	30.0	32.5	35.0	2	80.0	85.0	90.0	2	170.0	247.86	9			
- 52 kg																								
1	Barry Elisabeth	1973	EP	51.47	1.2565	-10	110.0	120.0	125.0	1	45.0	50.0	52.5	2	122.5	127.5	132.5	1	297.5	373.82	12			
2	September Alushka	1995	EP	50.24	1.2800	-10	60.0	67.5	67.5	2	55.0	60.0	65.0	1	112.5	115.0	120.0	2	240.0	307.20	9			
- 57 kg																								
1	Leighton Megan	1996	G	56.00	1.1766	-10	72.5	80.0	85.0	1	42.5	47.5	50.0	1	100.0	115.0	120.0	1	255.0	300.03	12			
- 72 kg																								
1	van Jaarseld Danel	1977	G	66.90	1.0272	-10	75.0	85.0	95.0	1	55.0	65.0	67.5	1	115.0	125.0	135.0	2	295.0	303.02	12			
2	Range Hesterki	1967	WP	68.46	1.0104	-10	65.0	70.0	75.0	2	50.0	60.0	67.5	2	127.5	135.0	145.0	1	280.0	282.91	9			
- 84 kg																								
1	Kruger Janita	1967	G	82.50	0.9000	-10	85.0	92.5	95.0	1	55.0	62.5	67.5	1	110.0	120.0	125.0	1	282.5	254.25	12			

Nation (points)

1	Eastern Province	42	[12+12+9+9]	1211.01 w.pts.
2	Gauteng	36	[12+12+12]	857.31 w.pts.
3	Western Province	9	[9]	282.91 w.pts.

Best Lifters of Open

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Barry Elisabeth	Eastern Provinc	51.47	1.2565	297.5	373.82
2	September Alushka	Eastern Provinc	50.24	1.2800	240.0	307.20
3	van Jaarseld Danel	Gauteng	66.90	1.0272	295.0	303.02

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.

EP = Eastern Province

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PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat				All Bench press				All Dead lift				TOTAL	W.pts.	Pts.
- 66 kg																					
1	Butler Duane	1984	WP	64.81	0.7972	-10 190.0	205.0	X	1	110.0	120.0	125.0	1	190.0	210.0	215.0	1	545.0	434.46	12	
- 74 kg																					
1	Bruce Christopher	1991	WP	73.42	0.7234	-10 160.0	180.0	~~185.0~~	1	85.0	95.0	102.5	1	180.0	200.0	207.5	1	490.0	354.44	12	
2	van Tonder Gerhard	1997	EP	71.88	0.7346	-10 120.0	130.0	137.5	2	80.0	82.5	~~85.0~~	2	180.0	190.0	~~195.0~~	2	410.0	301.20	9	
- 83 kg																					
1	van Rensburg Chris	1990	FS	77.40	0.6975	-10 160.0	170.0	~~180.0~~	2	~~125.0~~	~~125.0~~	125.0	2	210.0	220.0	230.0	1	525.0	366.18	12	
2	Barnard James	1990	FS	79.20	0.6871	-10 160.0	175.0	182.5	1	110.0	~~125.0~~	130.0	1	190.0	200.0	~~210.0~~	3	512.5	352.13	9	
3	van Tonder Heinrich	1995	EP	82.98	0.6676	-10 140.0	~~145.0~~	~~145.0~~	3	87.5	92.5	~~95.0~~	3	200.0	210.0	220.0	2	452.5	302.08	8	
- 93 kg																					
1	Engelbrecht Anton	1991	G	88.20	0.6451	-10 185.0	~~195.0~~	195.0	1	125.0	130.0	~~135.0~~	1	220.0	230.0	X	1	555.0	358.03	12	
2	Bezuidenhout Freddie	1996	EP	89.28	0.6411	-10 155.0	160.0	~~167.5~~	2	90.0	92.5	95.0	2	190.0	~~200.0~~	200.0	2	455.0	291.68	9	
- 105 kg																					
1	Phillips Mark	1968	G	97.20	0.6158	-10 245.0	260.0	270.0	1	165.0	170.0	~~175.0~~	3	245.0	265.0	275.0	2	715.0	440.29	12	
2	Marais Ashley	1986	WP	103.72	0.6002	-10 ~~240.0~~	240.0	260.0	2	~~160.0~~	160.0	~~170.0~~	5	220.0	230.0	240.0	7	660.0	396.10	9	
3	Hall Duane	1986	FS	97.10	0.6161	-10 ~~230.0~~	230.0	~~240.0~~	4	175.0	180.0	~~185.0~~	1	200.0	230.0	245.0	3	655.0	403.54	8	
4	Roos Shaun	1977	G	102.30	0.6032	-10 ~~240.0~~	~~240.0~~	240.0	3	150.0	~~160.0~~	~~160.0~~	6	230.0	240.0	245.0	4	635.0	383.03	7	
5	Hall Jonty	1992	FS	93.80	0.6257	-10 ~~200.0~~	200.0	~~220.0~~	5	150.0	160.0	165.0	4	210.0	230.0	240.0	6	605.0	378.54	6	
6	Conradie Mouton	1996	WP	104.81	0.5980	-10 160.0	175.0	185.0	6	~~105.0~~	110.0	120.0	7	220.0	230.0	245.0	5	550.0	328.88	5	
7	Ludik Andre	1957	EP	99.82	0.6090	-10 100.0	X	X	7	105.0	112.5	~~120.0~~	8	187.5	X	X	8	400.0	243.61	4	
—	Page Jorncy	1972	G	103.30	0.6011	-10 ~~265.0~~	~~265.0~~	~~265.0~~	Disq.	~~175.0~~	180.0	~~192.5~~	2	250.0	~~280.0~~	280.0	1	Out	—	—	
- 120 kg																					
1	Randall Devin	1985	FS	119.60	0.5754	-10 200.0	220.0	230.0	1	~~140.0~~	140.0	155.0	1	~~200.0~~	210.0	230.0	1	615.0	353.87	12	
2	Pieterse Frans	1989	FS	117.00	0.5785	-10 ~~180.0~~	200.0	210.0	2	125.0	135.0	140.0	2	200.0	~~210.0~~	210.0	2	560.0	323.96	9	

Nation (points)

1	Free Sate	56	[12+12+9+9+8+6]	2178.25 w.pts.
2	Western Province	38	[12+12+9+5]	1513.91 w.pts.
3	Gauteng	31	[12+12+7]	1181.36 w.pts.
4	Eastern Province	30	[9+9+8+4]	1138.59 w.pts.

Best Lifters of Open

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Phillips Mark	Gauteng	97.20	0.6158	715.0	440.29
2	Butler Duane	Western Provin	64.81	0.7972	545.0	434.46
3	Hall Duane	Free Sate	97.10	0.6161	655.0	403.54

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