

South African Powerlifting Federation
South African Bench Press Championships Men, South Africa, Pretoria, 26.10.2013

SCORESHEET

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Subjuniors												
- 53 kg												
1	Matras Revaldo	1996	NW	48.20	1.0653	15	60.0	65.0	70.0	65.0	69.24	12
2	Adjimudin Yusuf	1997	NC	49.70	1.0299	12	65.0	70.0	70.0	65.0	66.94	9
- 59 kg												
1	Jacobs Marco	1998	WP	58.50	0.8731	8	85.0	87.5	90.0	87.5	76.39	12
2	Maduma Amogelang	1997	G	56.70	0.8994	17	55.0	60.0	60.0	60.0	53.96	9
—	Thladi Kgahlisho	1997	G	57.60	0.8859	2	80.0	80.0	80.0	—	Out	—
- 66 kg												
1	Dladla Tshegotatso	1997	G	66.00	0.7852	14	100.0	105.0	107.5	105.0	82.44	12
2	Ndzamela Luxolo	1996	EP	64.70	0.7983	3	87.5	92.5	95.0	92.5	73.84	9
—	Zita Yola	1996	EP	63.90	0.8067	6	87.5	92.5	92.5	—	Out	—
- 74 kg												
1	Pietersen Sint Willis	1995	NW	68.10	0.7656	12	110.0	120.0	125.0	125.0	95.70	12
2	Thynsma Tian	1995	WP	73.90	0.7200	13	117.5	125.0	127.5	117.5	84.60	9
3	Baartman Lwazi	1995	EP	70.60	0.7445	11	97.5	102.5	107.5	102.5	76.31	8
4	Booyesen Petrus	1995	NC	69.20	0.7561	10	100.0	105.0	105.0	100.0	75.61	7
5	Daniels Navan	1995	NW	73.90	0.7200	7	95.0	105.0	105.0	95.0	68.40	6
6	Tshabedze Phila	1997	G	73.50	0.7228	5	65.0	70.0	75.0	70.0	50.59	5
- 93 kg												
1	Stander Sean	1996	WP	87.40	0.6483	16	160.0 ns	170.0	170.0 ns	170.0	110.21	12
- 105 kg												
1	Leitch Tristan	1999	WP	100.70	0.6069	1	120.0	125.0	127.5	125.0	75.86	12
2	Fourie Micael	1998	WP	102.30	0.6032	9	120.0	125.0	125.0	120.0	72.38	9
Nation (points)												
1	Western Province	54	[12+12+12+9+9] 419.45 w.pts.									
2	North West	30	[12+12+6] 233.34 w.pts.									
3	Gauteng	26	[12+9+5] 187.01 w.pts.									
4	Eastern Province	17	[9+8] 150.15 w.pts.									
5	Noord Kaap	16	[9+7] 142.55 w.pts.									

Best Lifters of Subjuniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Stander Sean	Western Provin	87.40	0.6483	170.0	110.21
2	Pietersen Sint Willis	North West	68.10	0.7656	125.0	95.70
3	Thynsma Tian	Western Provin	73.90	0.7200	117.5	84.60

Juniors

- 53 kg												
1	Faviers Andy	1991	WP	48.30	1.0629	13	80.0	~~82.5~~	82.5	82.5	87.68	12
- 59 kg												
1	Williams Clint	1994	NW	57.20	0.8919	19	90.0	97.5	~~100.0~~	97.5	86.96	12
- 66 kg												
1	Vers Ivan	1991	NW	62.00	0.8281	17	130.0	132.5	142.5	142.5	118.00	12
2	Vorster Marcel	1994	G	63.50	0.8111	5	135.0	~~142.5~~	~~142.5~~	135.0	109.49	9
3	Hendricks Jonathan	1991	NW	66.00	0.7852	10	100.0	102.5	117.5	117.5	92.26	8
4	Jafta Peter	1993	NW	60.30	0.8490	6	105.0	~~110.0~~	~~110.0~~	105.0	89.14	7
5	Vermeulen Arnold	1993	WP	63.10	0.8155	18	80.0	92.5	~~97.5~~	92.5	75.43	6
- 74 kg												
1	Moreshi Shane	1990	FS	72.60	0.7293	8	140.0	145.0	~~150.0~~	145.0	105.74	12
2	Petersen Owen	1992	NW	67.20	0.7738	9	90.0	110.0	120.0	120.0	92.85	9
- 83 kg												
1	Magapi Letlhogonolo	1993	NW	79.70	0.6843	3	130.0	~~140.0~~	~~140.0~~	130.0	88.95	12
- 93 kg												
1	Jantjies Romeo	1992	WP	91.70	0.6325	1	155.0	~~165.0~~	~~165.0~~	155.0	98.03	12
2	Botma Corne	1994	WP	83.90	0.6633	4	140.0	150.0	~~155.0~~	150.0	99.49	9
- 105 kg												
1	Wolfaardt Schalk	1994	NC	101.20	0.6057	15	145.0	~~155.0~~	~~155.0~~	145.0	87.82	12

Nation (points)

1	North West	60	[12+12+12+9+8+7]	568.19 w.pts.
2	Western Province	39	[12+12+9+6]	360.66 w.pts.
3	Free Sate	12	[12]	105.75 w.pts.
4	Noord Kaap	12	[12]	87.83 w.pts.
5	Gauteng	9	[9]	109.50 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Vers Ivan	North West	62.00	0.8281	142.5	118.00
2	Vorster Marcel	Gauteng	63.50	0.8111	135.0	109.49
3	Moreshi Shane	Free Sate	72.60	0.7293	145.0	105.74

Seniors

- 66 kg

1	Mattheysen Johannes	1988	NC	62.60	0.8212	11	145.0	150.0	155.0	155.0	127.28	12
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- 83 kg

1	Bester Peter	1989	WP	80.90	0.6779	3	190.0	202.5	202.5	190.0	128.80	12
2	Fitzpatrick Ricardo	1980	NC	80.43	0.6804	2	170.0	180.0	180.0	170.0	115.67	9

- 93 kg

1	Jacobs David	1981	G	91.50	0.6331	7	170.0	180.0	187.5	180.0	113.95	12
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- 105 kg

1	Botha Jaco	1978	G	103.60	0.6040	15	175.0	185.0	197.5	197.5	119.29	12
2	Janse van Rensburg Heinrich	1986	FS	98.00	0.6136	1	195.0	202.5	202.5	195.0	119.65	9
3	Roos Shaun	1977	G	103.20	0.6013	13	160.0	170.0	175.0	175.0	105.22	8
4	Janse van Rensburg Hennie	1981	G	104.20	0.5992	6	160.0	170.0	170.0	160.0	95.87	7

- 120 kg

1	Gie Andries	1980	WP	117.00	0.5785	14	240.0	250.0	250.0	240.0	138.84	12
2	Madikane Faku	1975	NW	106.80	0.5941	8	130.0	140.0	150.0	140.0	83.17	9

120+ kg

1	Nolan Eugene	1989	EP	149.10	0.5538	9	250.0	257.5	260.0	257.5	142.60	12
2	Sibiya Sizwe	1974	G	144.00	0.5565	4	190.0	220.0	220.0	220.0	122.43	9

Nation (points)

1	Gauteng	48	[12+12+9+8+7]	556.78 w.pts.
2	Western Province	24	[12+12]	267.64 w.pts.
3	Noord Kaap	21	[12+9]	242.96 w.pts.
4	Eastern Province	12	[12]	142.60 w.pts.
5	Free Sate	9	[9]	119.65 w.pts.
6	North West	9	[9]	83.17 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Nolan Eugene	Eastern Provinc	149.10	0.5538	257.5	142.60

2	Gie Andries	Western Provin	117.00	0.5785	240.0	138.84
3	Bester Peter	Western Provin	80.90	0.6779	190.0	128.80

Masters 1

- 105 kg

1	Page Jorncy	1972	G	105.00	0.5976	4	~~195.0~~	195.0	~~200.0~~	195.0	116.53	12
2	Welgemoed Cornel	1970	G	104.00	0.5996	3	180.0	~~190.0~~	~~190.0~~	180.0	107.92	9

- 120 kg

1	Cosmo Matthew	1971	G	117.40	0.5780	5	220.0	~~245.0~~	~~252.5~~	220.0	127.16	12
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Nation (points)

1	Gauteng	33	[12+12+9]	351.62 w.pts.
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Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Cosmo Matthew	Gauteng	117.40	0.5780	220.0	127.16
2	Page Jorncy	Gauteng	105.00	0.5976	195.0	116.53
3	Welgemoed Cornel	Gauteng	104.00	0.5996	180.0	107.92

Masters 2

- 66 kg

1	Bruce JC	1961	WP	65.50	0.7901	1	90.0	~~100.0~~	~~100.0~~	90.0	71.10	12
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- 74 kg

1	Quatse David	1962	NW	72.20	0.7322	8	80.0	85.0	97.5	85.0	62.23	12
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- 105 kg

1	Buckle Ian	1958	NW	102.30	0.6032	10	185.0	190.0	192.5 n2	192.5	116.11	12
2	Young Colin	1957	WP	102.50	0.6028	9	150.0	~~152.5~~	~~152.5~~	150.0	90.42	9

- 120 kg

1	Katzen Gary	1961	G	105.40	0.5968	6	130.0	~~160.0~~	~~177.5~~	130.0	77.58	12
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Nation (points)

1	North West	24	[12+12]	178.35 w.pts.
2	Western Province	21	[12+9]	161.53 w.pts.
3	Gauteng	12	[12]	77.58 w.pts.

Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Buckle Ian	North West	102.30	0.6032	192.5	116.11
2	Young Colin	Western Provin	102.50	0.6028	150.0	90.42
3	Katzen Gary	Gauteng	105.40	0.5968	130.0	77.58

Masters 3

- 83 kg

1	Vermaak Peter	1948	WP	80.50	0.6800	12	~~140.0~~	140.0	~~142.5~~	140.0	95.20	12
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- 93 kg

1	Coleman Neal	1950	WP	92.00	0.6315	11	~~150.0~~	150.0	152.5 n3	152.5	96.30	12
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- 105 kg

1	Krige Ado	1947	G	97.80	0.6142	13	~~145.0~~	147.5	~~157.5~~	147.5	90.59	12
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Nation (points)

1	Western Province	24	[12+12]	191.50 w.pts.
2	Gauteng	12	[12]	90.59 w.pts.

Best Lifters of Masters 3

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Coleman Neal	Western Provin	92.00	0.6315	152.5	96.30
2	Vermaak Peter	Western Provin	80.50	0.6800	140.0	95.20
3	Krige Ado	Gauteng	97.80	0.6142	147.5	90.59

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

NC = Noord Kaap

FS = Free Sate

NW = North West

G = Gauteng

WP = Western Province