

| 03/02/2018 |                            | PowerHouse Powerlifting - Men |             |               |  |                |  |  |  |      |       |        |            |  |       |       |        |            |  |       |        |        |            |       |                  |  |       |                       |                    |
|------------|----------------------------|-------------------------------|-------------|---------------|--|----------------|--|--|--|------|-------|--------|------------|--|-------|-------|--------|------------|--|-------|--------|--------|------------|-------|------------------|--|-------|-----------------------|--------------------|
|            | Equipped Bench             |                               | Bwt         | WtCls         |  | Wilks<br>Coeff |  |  |  | SQ-1 | SQ-2  | SQ-3   | Best<br>SQ |  | BP-1  | BP-2  | BP-3   | Best<br>BP |  | DL-1  | DL-2   | DL-3   | Best<br>DL | Total | (2)<br>Wilks Pts |  | Place |                       | Qual for<br>SA BP  |
| Open       | David Jacobsz              |                               | 93.95       | 105           |  | 0.6252         |  |  |  |      |       |        |            |  | 160   | -195  | 200    | 200        |  |       |        |        |            | 200   | 125.040          |  | 1     | Best Equipped Lifter  | Q                  |
|            | Hennie Jansen Van Rensburg |                               | 108.05      | 120           |  | 0.5918         |  |  |  |      |       |        |            |  | 170   | 180   | -190   | 180        |  |       |        |        |            | 180   | 106.524          |  | 1     |                       | Q                  |
|            |                            |                               |             |               |  |                |  |  |  |      |       |        |            |  |       |       |        |            |  |       |        |        |            |       |                  |  |       |                       |                    |
|            | Raw Powerlifting           |                               | Bwt<br>(kg) | WtCls<br>(kg) |  | Wilks<br>Coeff |  |  |  | SQ-1 | SQ-2  | SQ-3   | Best<br>SQ |  | BP-1  | BP-2  | BP-3   | Best<br>BP |  | DL-1  | DL-2   | DL-3   | Best<br>DL | Total | (2)<br>Wilks Pts |  | Place |                       | Qual for<br>SA Raw |
| Open       | Jason Eliason              |                               | 68.35       | 74            |  | 0.7634         |  |  |  | 150  | 155   | 0      | 155        |  | 90    | 100   | 0      | 100        |  | 180   | 0      | 0      | 180        | 435   | 332.079          |  | 1     |                       | Q                  |
|            | Darius Sangari             |                               | 73.05       | 74            |  | 0.726          |  |  |  | 130  | 140   | 145    | 145        |  | 110   | 120   | 127.5  | 127.5      |  | 135   | 150    | 0      | 150        | 422.5 | 306.735          |  | 2     |                       | Q                  |
|            | Charles Lee Fourie         |                               | 72.8        | 74            |  | 0.7278         |  |  |  | 135  | -140  | -140   | 135        |  | -80   | 80    | -87.5  | 80         |  | 180   | -197.5 | -197.5 | 180        | 395   | 287.481          |  | 3     |                       |                    |
|            | Patrick Mayer              |                               | 69.9        | 74            |  | 0.7502         |  |  |  | 105  | 115   | 125    | 125        |  | 70    | 80    | -90    | 80         |  | 110   | 120    | 130    | 130        | 335   | 251.317          |  | 4     |                       |                    |
|            | Archie Ayekpa              |                               | 80.6        | 83            |  | 0.6795         |  |  |  | 180  | 190   | 205    | 205        |  | 125   | 135   | 145    | 145        |  | 180   | 200    | 0      | 200        | 550   | 373.725          |  | 1     |                       | Q                  |
|            | Tony Mack                  |                               | 82.1        | 83            |  | 0.6719         |  |  |  | 160  | 172.5 | 182.5  | 182.5      |  | 90    | 102.5 | 0      | 102.5      |  | 200   | 0      | 0      | 200        | 485   | 325.871          |  | 2     |                       | Q                  |
|            | Pierre Mynhardt            |                               | 85.95       | 93            |  | 0.6542         |  |  |  | 190  | 200   | 210    | 210        |  | 120   | 130   | -137.5 | 130        |  | 230   | 250    | 255    | 255        | 595   | 389.249          |  | 1     | Best Open Lifter      | Q                  |
|            | Wessel Davel               |                               | 92.35       | 93            |  | 0.6303         |  |  |  | 170  | 190   | -202.5 | 190        |  | 110   | 120   | -127.5 | 120        |  | 210   | 225    | 242.5  | 242.5      | 552.5 | 348.241          |  | 2     |                       | Q                  |
|            | Wayne Laubscher            |                               | 87.8        | 93            |  | 0.6467         |  |  |  | 160  | 170   | 175    | 175        |  | 100   | 107.5 | -110   | 107.5      |  | 210   | 220    | 230    | 230        | 512.5 | 331.434          |  | 3     |                       | Q                  |
|            | Timothy Sparg              |                               | 90.55       | 93            |  | 0.6364         |  |  |  | 155  | 165   | 172.5  | 172.5      |  | 80    | 85    | 90     | 90         |  | 205   | 227.5  | 0      | 227.5      | 490   | 311.836          |  | 4     |                       | Q                  |
|            | Rynhard Botha              |                               | 84.95       | 93            |  | 0.6586         |  |  |  | 100  | 130   | 142.5  | 142.5      |  | 65    | 72.5  | -82.5  | 72.5       |  | 150   | 165    | 180    | 180        | 395   | 260.147          |  | 5     |                       |                    |
|            | Hennie La Grange           |                               | 98.05       | 105           |  | 0.6135         |  |  |  | -180 | 187.5 | -195   | 187.5      |  | 120   | 127.5 | -132.5 | 127.5      |  | 230   | 242.5  | -247.5 | 242.5      | 557.5 | 342.026          |  | 1     |                       | Q                  |
|            | Ashley Smith               |                               | 111.35      | 120           |  | 0.5863         |  |  |  | 200  | 210   | -215   | 210        |  | 120   | 125   | 130    | 130        |  | 200   | 210    | 220    | 220        | 560   | 328.328          |  | 1     |                       | Q                  |
|            | Jacques Stander            |                               | 114.7       | 120           |  | 0.5815         |  |  |  | 180  | 195   | 210    | 210        |  | 120   | -130  | -130   | 120        |  | 215   | 230    | -250   | 230        | 560   | 325.640          |  | 2     |                       | Q                  |
|            | Benjamin Roets             |                               | 117.3       | 120           |  | 0.5781         |  |  |  | -200 | -200  | 200    | 200        |  | 140   | 150   | 0      | 150        |  | -200  | 200    | 0      | 200        | 550   | 317.955          |  | 3     |                       | Q                  |
|            | Louis Ferreira             |                               | 119.2       | 120           |  | 0.5758         |  |  |  | 170  | 185   | 0      | 185        |  | 127.5 | 140   | 0      | 140        |  | 210   | 220    | 0      | 220        | 545   | 313.811          |  | 4     |                       | Q                  |
|            |                            |                               |             |               |  |                |  |  |  |      |       |        |            |  |       |       |        |            |  |       |        |        |            |       |                  |  |       |                       |                    |
| SubJunior  | Tshepo Mulaudzi            |                               | 47.7        | 53            |  | 1.0779         |  |  |  | -65  | -65   | 65     | 65         |  | -45   | 45    | -55    | 45         |  | 80    | 85     | 110    | 110        | 220   | 237.138          |  | 1     |                       | Q(SJ)              |
|            | Louis Moorcroft            |                               | 63.6        | 66            |  | 0.81           |  |  |  | 110  | 120   | 130    | 130        |  | 90    | 100   | -107.5 | 100        |  | 122.5 | 130    | 150    | 150        | 380   | 307.800          |  | 1     |                       | Q(SJ/J)            |
|            | Zachary Katz               |                               | 65.75       | 66            |  | 0.7877         |  |  |  | 105  | 110   | 115    | 115        |  | 70    | 72.5  | 77.5   | 77.5       |  | 125   | 130    | 135    | 135        | 327.5 | 257.972          |  | 2     |                       | Q(SJ/J)            |
|            | Ricardo Visser             |                               | 63.75       | 66            |  | 0.8084         |  |  |  | 90   | 100   | 110    | 110        |  | 50    | 55    | -60    | 55         |  | 90    | 105    | 115    | 115        | 280   | 226.352          |  | 3     |                       | Q(SJ)              |
|            | Michael Bensch             |                               | 73.4        | 74            |  | 0.7235         |  |  |  | 75   | 90    | 110    | 110        |  | 65    | 75    | -87.5  | 75         |  | 107.5 | 130    | -145   | 130        | 315   | 227.903          |  | 1     |                       | Q(SJ)              |
|            | Ethan Fisher               |                               | 79.85       | 83            |  | 0.6835         |  |  |  | -150 | 155   | 160    | 160        |  | 80    | 85    | 92.5   | 92.5       |  | 185   | 192.5  | 202.5  | 202.5      | 455   | 310.992          |  | 1     | Best SubJunior Lifter | Q(SJ/J)            |
|            | Kuthula Mhlanga            |                               | 76.3        | 83            |  | 0.7042         |  |  |  | 110  | -120  | -120   | 110        |  | 110   | 115   | 117.5  | 117.5      |  | 110   | 117.5  | 130    | 130        | 357.5 | 251.752          |  | 2     |                       | Q(SJ)              |
|            |                            |                               |             |               |  |                |  |  |  |      |       |        |            |  |       |       |        |            |  |       |        |        |            |       |                  |  |       |                       |                    |
| Junior     | Karabo Manamela            |                               | 65.85       | 66            |  | 0.7867         |  |  |  | 130  | 150   | -160   | 150        |  | 70    | 80    | -92.5  | 80         |  | 180   | 190    | 200    | 200        | 430   | 338.281          |  | 1     |                       | Q(J)               |
|            | Arno van Niekerk           |                               | 70.55       | 74            |  | 0.7449         |  |  |  | 155  | 162.5 | 170    | 170        |  | 90    | 95    | 100    | 100        |  | 190   | 200    | 210    | 210        | 480   | 357.552          |  | 1     |                       | Q(J/O)             |
|            | Kailash Rajih              |                               | 74          | 74            |  | 0.7193         |  |  |  | 125  | 135   | -140   | 135        |  | 65    | 75    | -80    | 75         |  | 140   | -155   | -170   | 140        | 350   | 251.755          |  | 2     |                       | Q(J)               |

|          |                      |  |        |     |  |        |  |  |  |     |      |      |     |  |     |       |      |      |  |     |      |       |       |       |         |  |   |                      |        |
|----------|----------------------|--|--------|-----|--|--------|--|--|--|-----|------|------|-----|--|-----|-------|------|------|--|-----|------|-------|-------|-------|---------|--|---|----------------------|--------|
|          | Jaco Kleynhans       |  | 82.95  | 83  |  | 0.6677 |  |  |  | 150 | 165  | 175  | 175 |  | 120 | 127.5 | 135  | 135  |  | 200 | 215  | 222.5 | 222.5 | 532.5 | 355.550 |  | 1 |                      | Q(J/O) |
|          | Joaquim de Jenga     |  | 84.7   | 93  |  | 0.6597 |  |  |  | 0   | 0    |      | 0   |  | 140 | 150   | 155  | 155  |  | 260 | 275  | 285   | 285   | 0     | 0.000   |  |   |                      |        |
|          | Gerhard Kruger       |  | 100.8  | 105 |  | 0.6067 |  |  |  | 200 | -210 | -220 | 200 |  | 120 | -150  | 170  | 170  |  | 230 | 260  | 300   | 300   | 670   | 406.489 |  | 1 | Best Junior Lifter   | Q(J/O) |
|          | Cameron Van Der Walt |  | 95     | 105 |  | 0.622  |  |  |  | 125 | 135  | -140 | 135 |  | 70  | 80    | 82.5 | 82.5 |  | 140 | -160 | -190  | 140   | 357.5 | 222.365 |  | 2 |                      |        |
|          |                      |  |        |     |  |        |  |  |  |     |      |      |     |  |     |       |      |      |  |     |      |       |       |       |         |  |   |                      |        |
| Master 1 | Glen van der Linde   |  | 72.4   | 74  |  | 0.7307 |  |  |  | 120 | 130  | 140  | 140 |  | 100 | 110   | 0    | 110  |  | 110 | 120  | 0     | 120   | 370   | 270.359 |  | 1 |                      | Q(M1)  |
|          | Shaun Blackmore-Reed |  | 91.75  | 93  |  | 0.6323 |  |  |  | 160 | -165 | 165  | 165 |  | 110 | 115   | 120  | 120  |  | 190 | 200  | 205   | 205   | 490   | 309.827 |  | 1 | Best Master 1 Lifter | Q(M1)  |
|          | Sean Robinson        |  | 104.2  | 105 |  | 0.5992 |  |  |  | 130 | 140  | 160  | 160 |  | 100 | 110   | -125 | 110  |  | 180 | 195  | 220   | 220   | 490   | 293.608 |  | 1 |                      | Q(M1)  |
|          | Michael Poxon        |  | 103.25 | 105 |  | 0.6012 |  |  |  | 160 | 165  | 170  | 170 |  | -95 | 95    | 97.5 | 97.5 |  | 160 | 170  | 180   | 180   | 447.5 | 269.037 |  | 2 |                      | Q(M1)  |
|          |                      |  |        |     |  |        |  |  |  |     |      |      |     |  |     |       |      |      |  |     |      |       |       |       |         |  |   |                      |        |
| Master 2 | Denis Bensch         |  | 108.4  | 120 |  | 0.5912 |  |  |  | 175 | 185  | 0    | 185 |  | 115 | -125  | -125 | 115  |  | 180 | 200  | 0     | 200   | 500   | 295.600 |  | 1 | Best Master 2 Lifter | Q(M2)  |