

04/02/2017

Powerhouse Powerlifting Qualifier - Men

Name	Team	BWT	Cat	YOB		SQ-1	SQ-2	SQ-3	Best SQ		BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	Unofficial SA record		Qualified for SA Raw							Qual/Dev
																				Best Lifter		Placing							
																				Total	Wilks	Open	SJ	J	M1	M2	M3		
Bokang Masunyane	Barbell Bullies	58.9	59	1994		100	110	120	120		-85	85	0	85	205	100	140	160	160	365	316.638	1		1					Q
Brian Mashile	PHP	63	66	2000		90	100	110	110		60	-65	70	70	180	100	110	120	120	300	244.980	1	1	1					Q
Chris Correia	Gau	72.7	74	1977		142.5	150	157.5	157.5		82.5	87.5	92.5	92.5	250	170	-185	185	185	435	316.898	1				1			Q
Devon Cronje	Barbell Bullies	69.4	74	1993		110	-120	120	120		-85	85	-90	85	205	160	180	-215	180	385	290.444	2							Q
Glen vd Linde	Gau	71	74	1971		120	127.5	0	127.5		100	105	0	105	232.5	120	130	0	130	362.5	268.758	3				2			Q
Joaquim de Jenga	Gau	81.5	83	1999		-185	185	190	190		120	130	-140	130	320	200	230	250	250	570	384.693	1	1	1					Q
Pierre Mynhardt	Gau	80.7	83	1991		180	190	-200	190		100	110	115	115	305	200	220	240	240	545	370.055	2							Q
Archie Ayekpa	Gau	77.8	83			-150	150	170	170		-110	110	-130	110	280	170	185	210	210	490	340.599	3							Q
Wayne Laubscher	Gau	86.9	93	1991		160	167.5	172.5	172.5		92.5	97.5	102.5	102.5	275	190	202.5	225	225	500	325.150	1							Dev
Shaun Swanepoel	PHP	84.5	93			120	130	140	140		120	130	-145	130	270	200	220	-230	220	490	323.694	2							Dev
Marc Steinhobel	Barbell Bullies	92.4	93			130	140	150	150		100	-110	110	110	260	200	230	-270	230	490	308.749	3							Q
Patrick Casey	Gau	90.2	93	1972		120	130	135	135		75	80	-82.5	80	215	-160	160	-172.5	160	375	239.138	4				1			Dev
Keno de Jesus	Barbell 1610	87.7	93	2003		25	30	32.5	32.5		30	37.5	40	40	72.5	40	55	70	70	142.5	92.212	5	1	1					Q
Steve Swanepoel	Gau	105	105			160	175	190	190		130	140	150	150	340	260	280	-300	280	620	370.512	1							Dev
Jeandre Bester	Gau	103	105	1994		160	180	200	200		120	-140	-140	120	320	220	235	-245	235	555	333.944	2		1					Dev
Jaques Stander	Chaos	104.6	105	1990		160	175	-180	175		110	115	-125	115	290	190	210	230	230	520	311.168	3							Q
Denis Bensch	Chaos	104.5	105	1965		145	155	-162.5	155		90	97.5	-105	97.5	252.5	150	165	180	180	432.5	258.894	4					1		Q
Alfred John	Gau	110	120			130	145	160	160		95	107.5	-112.5	107.5	267.5	180	200	210	210	477.5	281.009	1		1					Dev
Jean vd Have	Gau	127.8	120+	1988		260	270	-280	270		200	215	220	220	490	250	260	270	270	760	431.224	1							Dev

* Qual/Dev : Lifters chose to enter the Quallifying Comp or the Development comp. Lifters who entered the Qualifying comp and qualified to compete in SA Raw are highlighted in yellow

04/02/2017

Powerhouse Powerlifting Qualifier - Women

Name	Team	BWT	Cat	YOB		SQ-1	SQ-2	SQ-3	Best SQ		BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	Total	Wilks	Placing						Qual/Dev
																						Open	SJ	J	M1	M2	M3	
Kerri Carreira	Gau	50.9	52	1997		82.5	90	95	95		42.5	-47.5	50	50	145	107.5	117.5	122.5	122.5	267.5	339.003	1			1			Q
Genevieve Vrettas	Gau	50.2	52			55	62.5	70	70		32.5	37.5	42.5	42.5	112.5	70	80	90	90	202.5	259.362	2		1				Q
Nicole Warburg	Gau	54.4	57			100	110	115	115		60	67.5	72.5	72.5	187.5	125	135	140	140	327.5	394.179	1						Q
Toni Coetzee	YAWC	56.7	57	1984		90	97.5	102.5	102.5		52.5	57.5	60	60	162.5	127.5	132.5	140	140	302.5	352.473	2						Q
Lauren Katz	Barbell Bullies	56.1	57	1982		75	85	95	95		40	50	60	60	155	90	100	120	120	275	323.125	3						Q
Gillian Johnston	YAWC	56.2	57	1988		87.5	95	-100	95		47.5	52.5	-55	52.5	147.5	90	95	0	95	242.5	284.525	4						Q
Caroline Wolf	Barbell 1610	56.4	57	1979		80	0	0	80		30	0	0	30	110	85	0	0	85	195	228.169	5						Q
Michelle Jv Rensburg	11:11	54.3	57	1998		57.5	62.5	-65	62.5		32.5	-35	-35	32.5	95	80	82.5	-85	82.5	177.5	213.958	6		1				Q
Ilona Wilson	YAWC	59.1	63	1977		100	110	115	115		45	50	-52.5	50	165	120	132.5	137.5	137.5	302.5	341.250	1						Q
Sandra McGeehan	Gau	62.2	63	1978		-75	75	80	80		40	-45	45	45	125	100	0		100	225	243.990	2						Q
Susan Farrell	Gau	60.2	63	1951		60	65	70	70		32.5	37.5	42.5	42.5	112.5	97.5	105	110	110	222.5	247.420	3					1	Q
Jessica Britz	Barbell Bullies	60.9	63	1989		50	60	70	70		30	35	40	40	110	80	90	110	110	220	242.462	4						Q
Chanel Geyser	Gau	61.8	63			55	-65	65	65		30	-35	35	35	100	80	85	92.5	92.5	192.5	209.787	5		1				Dev
Elsie Roux	PHP	62.3	63			45	52.5	55	55		30	-35	-35	30	85	80	90	100	100	185	200.373	6			1			Dev
Lisa Basson	SoS	65.4	72	1984		90	100	105	105		60	70	75	75	180	100	120	140	140	320	334.208	1						Q
Debbie McAlpine	YAWC	68.7	72	1976		100	107.5	115	115		47.5	52.5	55	55	170	100	110	120	120	290	292.291	2			1			Dev
Dina Power	Barbell Bullies	67.1	72	1994		80	95	105	105		40	50	-57.5	50	155	100	120	130	130	285	292.125	3		1				Q
Michelle de Jong	Gau	66	72	1981		85	92.5	100	100		55	60	-62.5	60	160	100	115	-125	115	275	285.285	4						Q
Ceri Power	Barbell Bullies	65.5	72	1986		70	80	90	90		40	45	-52.5	45	135	90	100	115	115	250	260.800	5						Q
Chelsea Fleetwood	11:11	71.9	72			60	67.5	72.5	72.5		40	42.5	45	45	117.5	100	-110	110	110	227.5	222.245	6						Q
Rene Selepe	PHP	66.6	72	2000		30	32.5	35	35		25	27.5	30	30	65	55	65	75	75	140	144.284	7	1	1				Dev
Angelique vd Westhuizen	Gau	74.4	84			75	-85	85	85		45	52.5	57.5	57.5	142.5	115	125	130	130	272.5	260.374	1						Q
Linda Rubin	SoS	75.4	84	1964		55	60	-65	60		37.5	40	-42.5	40	100	70	80	85	85	185	175.287	2				1		Q
Michelle vd Have	PHP	91.8	84+			40	45	47.5	47.5		32.5	37.5	-40	37.5	85	55	65	75	75	160	137.152	1						Dev

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