

SOUTH AFRICAN POWERLIFTING FEDERATION
POWERLIFTING TOP 20 LIFTERS TO 9 NOVEMBER 2008.

WOMEN SINCE 2003							
DIV	NAME	RANK	DATE	WEIGHT	TOTAL	WILKS	POINTS
60Kg	V Botha	1	31-Jul-04	58.45	447.0	1.1371	508.28
48kg	J Kitamura	2	02-Dec-07	47.90	337.5	1.3265	447.69
52kg	J Kitamura	3	09-Oct-05	48,05	332.5	1.3234	440.03
56kg	L Steyn	4	06-Aug-05	54.95	367.5	1.1933	438.54
52kg	M Sinclair	5	02-Dec-07	49.00	332.5	1.3043	433.68
67.5kg	S Momberg	6	26-May-07	63.70	387.5	1.0650	412.69
56kg	L Steenkamp	7	02-Dec-07	54.98	345.0	1.1936	411.80
60kg	S de Waal	8	24-Jun-05	59.55	362.5	1.1214	406.51
56kg	L Pretorius	9	06-Sep-08	53.10	322.5	1.2266	395,57
67.5Kg	L de Wet	10	31-Jul-04	67.35	385.0	1.0217	393.35
56kg	L Basson	11	09-Sep-07	53.50	315.0	1.2194	384.11
60kg	S Viljoen	12	11-Sep-04	56.15	317.5	1.1741	372.79
52kg	G SMITH	13	04-Oct-08	51.40	290.0	1.2579	364.80
82.5kg	R Adamson	14	06-Aug-05	82.50	405.0	0.9000	364.50
67.5kg	Z Zwahlew	15	10-Dec-05	66.55	345.0	1.0306	355.56
67.5kg	C PETTIT	16	07-Jun-08	65.75	337.5	1.0403	351.09
60kg	S Matwan	17	11-Sep-04	56.65	292.5	1.1660	341.06
52kg	L Schmidt	18	11-Sep-04	51.95	272.5	1.2476	339.96
67.5kg	C De Wet	19	10-Dec-05	64.50	320.0	1.0551	337.63
90kg+	R Roets	20	29-Mar-03	90+	427.5	0.7891	337.34
75kg	C de Wet	21	10-Sep-06	67.90	330.0	1.0163	335.38
75Kg	H Strydom	22	03-Apr-04	71.20	340.0	0.9834	334.36
60kg	C Prinsloo	23	04-Aug-07	60.00	297.5	1.1149	331.68
82.5kg	E Smith	24	06-Sep-08	82.26	367.5	0.9013	331,24
56kg	H Durr	25	29-Mar-03	55.85	277.5	1.1791	327.20
60kg	H RANGE	26	04-Oct-08	56.10	272.5	1.1750	320.20
52kg	M Fitzgerald	27	11-Sep-04	51.55	252.5	1.2550	316.89
60kg	M De Oliveira	28	12-Apr-03	59.70	275.0	1.1192	307.78
60kg	C Pettit j	29	26-May-07	60.00	270.0	1.1149	301.02
82.5kg	A RAS	30	07-Jun-08	78.05	292.5	0.9280	271.43

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125kg	B GREEN	1	07-Jun-08	119.35	930.0	0.5757	535.36
125+kg	A Lambrechts	2	06-Aug-05	175.75	982.5	0.5402	530.75
90kg	P Erasmus	3	14-Nov-04	89,02	820.0	0.6420	526.44
125+kg	C Dranias j	4	06-Aug-06	147.10	935.0	0.5548	518.74
90kg	A Randal	5	08-Aug-03	84.30	772.5	0.6615	511.01
67.5kg	D Ramokgadi	6	11-Sep-04	67.15	655.0	0.7742	507.13
125+kg	J Claasen	7	09-Sep-07	125.06	890.0	0.5698	507.12
125kg	JC Steyn	8	11-Sep-05	110.05	855.0	0.5884	503.08
125kg	J Claasens j	9	26-May-07	122.00	877.5	0.5728	502.63
67.5kg	H Shomalistos	10	09-Sep-07	65.45	635.0	0.7906	502.03
125+kg	F Naude	11	14-Nov-04	151,32	900.0	0.5526	497.34
100kg	E Bitek	12	26-May-07	97.75	802.5	0.6142	492.90
90kg	N Primich	13	08-Aug-03	89.70	770.0	0.6395	492.42
110kg	D Otto	14	31-Jul-04	110.00	830.0	0.5885	488.46
125kg	M vd Haer	15	31-Jul-04	117.20	840.0	0.5782	485.69
75kg	W Schmidt	16	18-Jul-05	74.50	675.0	0.7159	483.23
82.5kg	D. Van Wyk	17	10-Dec-05	82.50	720.0	0.6699	482.33
100kg	D Van Niekerk	18	06-Aug-05	95.10	775.0	0.6217	481.82
125kg	G Claasen	19	11-Sep-05	121.42	840.0	0.5734	481.66
110kg	M Cosmo	20	14-Nov-04	108,92	810.0	0.5903	478.14
82.5kg	W Schmidt	21	24-Jun-05	80.45	702.5	0.6803	477.91
100kg	L Jacobs	22	10-Dec-05	99.40	782.5	0.6101	477.40
75kg	W SCHMIDT	23	04-Oct-08	74.10	662.5	0.7186	476.10
67.5kg	M Daniels	24	04-Aug-07	66.90	612.5	0.7766	475.67
125kg	M van der Haer	25	07-May-05	116.00	820.0	0.5797	475.35
90kg	R Erens	26	31-Jul-04	89.00	740.0	0.6421	475.15
90kg	J Smith	27	06-Sep-08	88.60	735.0	0.6436	473,04
100kg	G Mathom	28	10-Jun-05	100.00	770.0	0.6086	468.62
125kg	R KLEINSMIT	29	07-Jun-08	121.00	810.0	0.5738	464.80
82.5kg	J De Waal sj	30	26-May-07	77.85	662.5	0.6945	460.11

SOUTH AFRICAN POWERLIFTING
ALL TIME BENCH TOP 25 LIST 16 OCTOBER 2008.

DIV	NAME	RANK	DATE	WEIGHT	TOTAL	FORMULA	POINTS
WOMEN SINCE 2003							
67.5kg	V Botha	1	29-Apr-06	64.75	112.5	1.0527	118.43
48kg	J Kitamura	2	16-Oct-04	47.90	87.5	1.3265	116.07
56kg	M Grobelaar	3	01-Apr-06	55.70	95.0	1.1816	112.25
60kg	S de Waal	4	20-May-06	60.00	100.0	1.1149	111.49
67.5kg	S Momberg	5	03-Mar-07	62.60	100.0	1.0792	107.92
67.5kg	V Huyser	6	07-Jun-03	67.10	105.0	1.0250	107.63
52kg	M Grobbelaar	7	03-Mar-07	51.61	85.0	1.2539	106.58
52kg	J Kitamura	8	03-Mar-07	49.91	82.5	1.2864	106.13
56kg	L Basson	9	03-Mar-07	52.52	67.5	1.2371	83.50
60kg	L Basson	10	22-Oct-05	59.05	70.0	1.1281	78.97
44kg	C Mhlongo	11	27-Aug-05	37.60	52.5	1.4936	78.41
56kg	A Venter	12	06-Sep-03	55.85	65.0	1.1783	76.59
56kg	L Pretorius sj	13	23-Feb-08	54.27	62.5	1.2059	75.37
60kg	H Durr	14	06-Sep-03	57.55	60.0	1.1509	69.05
60kg	M De Oliveira	15	12-Apr-03	59.70	60.0	1.1192	67.15
60kg	C Pettit	16	03-Mar-07	59.35	57.5	1.1244	64.65
67.5kg	H Lewis	17	01-Mar-03	64.25	60.0	1.0582	63.49
52kg	L Schmidt	18	28-Feb-04	51.95	50.0	1.2466	62.33
90+kg	Y Dos Santos	19	28-Feb-04	103.00	75.0	0.8258	61.94
60kg	S Viljoen	20	08-May-04	60.00	55.0	1.1149	61.32
60kg	K Smit	21	16-Oct-04	57.85	52.5	1.1463	60.18
75kg	C de Wet	22	20-May-06	69.00	57.5	1.0048	57.78
52kg	N Krynauw	23	03-Mar-07	50.62	45.0	1.2727	57.27
67.5kg	C de Wet	24	29-Apr-06	67.40	55.0	1.0217	56.19
60kg	E Smith	25	27-Aug-05	59.70	47.5	1.1192	53.16
75kg	A Ras m1	26	23-Feb-08	75.00	55.0	0.9506	52.28
90kg	R Adamson	27	28-Feb-04	86.25	57.5	0.8802	50.61
75kg	G Louridas	28	08-May-04	70.40	50.0	0.9910	49.55
56kg	L Steenkamp	29	20-May-06	55.40	40.0	1.1866	47.46
67.5kg	Feinstein	30	08-May-04	62.30	40.0	1.0831	43.32

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DIV	NAME	RANK	DATE	WEIGHT	TOTAL	FORMULA	POINTS
MEN SINCE 2003							
125+kg	C Muller	1	03-Mar-07	127.30	292.5	0.5678	166.08
90kg	P Erasmus	2	22-Oct-05	89.85	252.5	0.6388	161.30
125kg+	A v Heerden	3	06-Sep-03	131.90	280.0	0.5642	157.98
125kg	B Green	4	03-Mar-07	118.24	257.5	0.5769	148.56
125kg	C Muller	5	01-Apr-06	124.00	260.0	0.5708	148.41
110kg	M Cosmo	6	29-May-06	108.80	247.5	0.5905	146.14
125kg	W Welmans	7	16-Oct-04	123.55	252.5	0.5712	144.23
100kg	G Mahlakwane	8	03-Mar-07	90.40	225.0	0.6370	143.32
125kg	Ian Furman	9	28-Feb-04	122.15	250.0	0.5726	143.15
110kg	G Carreira	10	03-Mar-07	101.57	232.5	0.6049	140.64
100kg	Y Williams	11	22-Oct-05	97.35	225.0	0.6152	138.42
125+kg	A la Grange	12	16-Oct-04	138.80	245.0	0.5595	137.08
125kg	M vd Haer	13	07-May-05	116.00	235.0	0.5797	136.23
82.5kg	G Malakakwane	14	22-Oct-05	80.60	200.0	0.6795	135.90
100kg	R Hein	15	22-Oct-05	97.20	220.0	0.6158	135.48
90kg	N Primich	16	06-Sep-03	88.90	210.0	0.6424	134.90
110kg	L Roslee	17	22-Oct-05	108.75	227.5	0.5905	134.34
125kg	A de Noon	18	22-Oct-05	114.15	230.0	0.5821	133.88
110kg	J McGinn	19	06-Sep-03	110.00	225.0	0.5885	132.41
52kg	K Wright	20	04-Aug-07	47.90	122.5	1.0728	131.42
110kg	I Buckle	21	22-Oct-05	104.80	217.5	0.598	130.07
100kg	W Coetzee	22	16-Oct-04	94.30	207.5	0.6241	129.50
90kg	E Booyens	23	23-Feb-08	89.00	200.0	0.6421	128.42
125+kg	Z van Pletsen	24	03-Mar-07	134.70	225.0	0.5622	126.49
100kg	R Botha	25	07-May-05	97.60	205.0	0.6147	126.01
90kg	P Benade	26	29-Apr-06	87.00	190.0	0.6499	123.48
67.5kg	J Kariv	27	03-Mar-07	66.50	157.5	0.7804	122.91
100kg	Johnny Kay	28	28-Feb-04	99.40	200.0	0.6101	122.02
90kg	A Randall	29	07-May-05	85.10	185.0	0.6579	121.71
125+kg	F Naude	30	22-Oct-05	150.10	220.0	0.5532	121.70
90kg	D Allen	31	22-Oct-05	89.95	190.0	0.6384	121.30
100kg	E Bitek	32	06-Sep-03	95.15	195.0	0.6214	121.17
75kg	E Popov	33	16-Oct-04	71.95	165.0	0.7337	121.06
52kg	M Chinian	34	22-Oct-05	45.05	105.0	1.1501	120.76
125kg	J Claasen	35	03-Mar-07	121.23	210.0	0.5736	120.45
125kg	R Kleinsmit j	36	23-Feb-08	122.56	210.0	0.5722	120.16
125+kg	H Smith	37	04-Dec-04	140.25	215.0	0.5587	120.12
100kg	R Hein	38	02-Apr-05	96.00	192.5	0.6191	119.18
52kg	K Wright	39	29-Apr-06	46.75	107.5	1.1042	118.70
82.5kg	K vd Walt	40	22-Oct-05	80.85	175.0	0.6779	118.63
125+kg	M Myburg	41	16-Oct-04	141.55	212.5	0.5579	118.55
110kg	C Schoonraad	42	26-Feb-05	101.75	195.0	0.6044	117.86
52kg	M Chinian	43	27-Aug-05	44.20	100.0	1.1781	117.81
60kg	M Daniels	44	07-May-05	58.60	135.0	0.8717	117.68
48kg	K Wright j	45	01-Apr-06	46.20	105.0	1.1181	117.40
100kg	R Le Roux	46	22-Oct-05	96.80	190.0	0.6169	117.21
67.5kg	H Shomalistos	47	03-Mar-07	65.06	147.5	0.7946	117.20