

INTERNATIONAL POWERLIFTING FEDERATION
SA RAW POWERLIFTING 2019 MEN, POTCHEFSTROOM (SOUTH-AFRICA), 28-30.03.2019
DETAILED SCORESHEET

SA Record

PL.	Lifters	B.Date	Team	Weight	WF	Lot	All Squat			All Bench Press			All Deadlift			TOTAL		Pts.	IPF Pts	Qualified for Worlds		
Open																						
-59kg																						
1	Adam Imdadullah	08.08.89	FS	57,50	0.8874	6	157.5	165.0	172.5	1	82.5	87.5	90.0	1	170.0	185.0	185.0	1	417,5	12	524,10	
-66kg																						
1	Samuels Brandon	21.04.98	WP	64,60	0.7993	8	140.0	150.0	170.0	4	110.0	120.0	125.0	1	231.0	250.0	260.0	1	545,0	12	644,31	Q
2	Du Preez Nico	10.04.94	WP	62,00	0.8281	24	175.0	180.0	180.0	1	110.0	115.0	115.0	3	227.5	227.5	237.5	2	517,5	9	628,34	
3	Phukuile Jerry	13.12.90	NW	64,50	0.8004	21	170.0	170.0	175.0	2	100.0	110.0	115.0	4	190.0	205.0	212.5	4	497,5	8	581,48	
4	Eliason Jason	20.11.91	GP	65,90	0.7862	18	165.0	172.5	175.0	3	102.5	110.0	110.0	5	195.0	205.0	210.0	5	492,5	7	564,86	
5	Johnson Enrico	08.03.80	WP	63,65	0.8095	25	140.0	150.0	155.0	5	80.0	100.0	112.5	2	180.0	205.0	215.0	3	482,5	6	567,55	
6	Noble Joshua	22.01.94	WP	65,05	0.7947	19	130.0	145.0	160.0	6	80.0	90.0	97.5	6	160.0	180.0	200.0	6	415,0	5	467,63	
7	Ndlovu Phila	01.01.92	NW	61,40	0.8353	23	140.0	140.0	110.0	7	70.0	85.0	90.0	7	140.0	150.0	165.0	7	345,0	4	393,97	
-74kg																						
1	Lazarides Nicholas Odysse	12.11.92	GP	73,75	0.7210	51	185.0	195.0	200.0	2	122.5	130.0	135.0	4	215.0	227.5	230.0	2	560,0	12	599,89	
2	Daniels Marlon	25.11.75	GP	73,30	0.7242	29	200.0	212.5	212.5	1	145.0	151.5	151.5	1	200.0	213.0	220.5	5	558,0	9	600,17	
3	Dippenaar Conrad	23.01.90	GP	73,90	0.7200	46	175.0	185.0	190.0	4	132.5	137.5	137.5	3	215.0	225.0	230.0	3	547,5	8	583,72	
4	Sangari Darius	29.05.94	GP	73,10	0.7256	52	167.5	177.5	187.5	5	135.0	140.0	145.0	2	185.0	200.0	212.5	6	530,0	7	566,96	
5	Selading McDonald	24.11.90	NW	73,65	0.7217	47	120.0	130.0	140.0	7	95.0	100.0	105.0	5	160.0	170.0	190.0	7	420,0	6	429,16	
6	Fourie Charles-Lee	03.01.94	GP	69,70	0.7519	49	117.5	125.0	127.5	8	72.5	77.5	80.0	6	160.0	175.0	185.0	8	380,0	5	397,48	
—	Joubert Jeremy	19.12.85	WP	71,70	0.7360	48	170.0	185.0	190.0	3	151.0	151.0	151.0	—	220.0	230.0	250.0	1	DSQ	—	—	
—	Govender Nishalin	13.05.92	GP	71,85	0.7348	50	150.0	162.5	170.0	6	95.0	102.5	102.5	—	200.0	220.0	230.0	4	DSQ	—	—	
-83kg																						
1	Pretorius Jean-Arthur	29.10.92	GP	82,05	0.6721	75	210.0	220.0	225.0	2	147.5	155.0	157.5	1	270.0	288.0	295.0	1	665,5	12	676,16	Q
2	Jola Wonga	04.05.92	EC	77,90	0.6945	77	180.0	200.0	215.0	3	140.0	147.5	152.5	3	220.0	235.0	250.0	3	617,5	9	644,26	
3	Khuzwayo Bandile	02.12.90	GP	81,85	0.6731	74	185.0	202.5	220.0	1	115.0	122.5	130.0	4	230.0	245.0	260.0	2	610,0	8	613,73	
4	Scheckle Connor	24.11.87	GP	82,80	0.6685	67	195.0	205.0	205.0	5	150.0	157.5	160.0	2	220.0	230.0	235.0	4	582,5	7	577,59	
5	Lekopa Sipho	08.03.82	NW	79,55	0.6851	99	185.0	192.5	197.5	4	105.0	112.5	115.0	8	220.0	X	X	7	530,0	6	532,83	
6	Ebben Warren	20.04.84	GP	79,95	0.6830	70	160.0	167.5	172.5	7	105.0	110.0	115.0	7	205.0	217.5	225.0	5	507,5	5	504,78	
7	Flugel Orrin	19.12.80	GP	82,30	0.6709	72	175.0	182.5	182.5	6	122.5	127.5	132.5	5	175.0	192.5	200.0	9	495,0	4	480,16	
8	Thulo Kamohelo	02.04.91	NW	76,30	0.7042	79	140.0	160.0	170.0	10	90.0	100.0	110.0	9	175.0	200.0	220.0	6	490,0	3	501,35	
9	Ramasimong Thabo	01.01.90	NW	77,70	0.6957	80	150.0	160.0	165.0	9	100.0	110.0	115.0	6	175.0	185.0	200.0	8	480,0	2	482,83	
10	Kgosiemang Koos	06.02.92	NW	74,60	0.7152	73	130.0	165.0	170.0	8	90.0	105.0	110.0	10	175.0	185.0	205.0	10	455,0	1	467,39	
-93kg																						
1	Smit Gian	05.04.90	GP	89,40	0.6406	97	230.0	240.0	245.0	1	150.0	155.0	160.0	1	250.0	265.0	272.5	2	677,5	12	651,49	Q
2	Wewege Tom	24.08.92	GP	91,50	0.6331	96	220.0	225.0	230.0	4	152.5	152.5	157.5	2	250.0	270.0	277.5	1	660,0	9	622,99	Q
3	Manders Sean	19.11.76	GP	91,65	0.6326	87	235.0	235.0	240.0	2	135.0	145.0	150.0	5	245.0	260.0	260.0	7	630,0	8	590,19	
4	Ayekpa Archie	18.04.89	GP	91,80	0.6321	98	207.5	217.5	222.5	5	142.5	152.5	160.0	3	230.0	250.0	262.5	4	625,0	7	584,21	
5	Smedley Deon	04.05.84	GP	89,75	0.6393	92	200.0	215.0	225.0	3	130.0	140.0	150.0	4	230.0	247.5	265.0	5	622,5	6	590,20	
6	Davel Wessel	05.12.93	GP	88,10	0.6455	95	190.0	200.0	207.5	7	120.0	125.0	125.0	6	240.0	250.0	260.0	3	585,0	5	556,40	
7	Walsh Kegan	16.08.89	FS	90,30	0.6373	100	180.0	195.0	202.5	6	110.0	122.5	130.0	7	230.0	245.0	252.5	6	570,0	4	531,11	
8	Laubscher Wayne	06.10.81	GP	91,40	0.6335	90	170.0	180.0	187.5	9	102.5	110.0	115.0	10	215.0	227.5	240.0	8	537,5	3	491,99	
9	Rabie Gerhard	27.05.92	GP	91,55	0.6330	94	180.0	190.0	197.5	8	112.5	122.5	130.0	8	185.0	205.0	225.0	10	537,5	2	491,45	
10	Boonzaaier Jenovan	03.05.88	WP	84,75	0.6594	93	175.0	192.5	192.5	10	105.0	115.0	120.0	9	220.0	232.5	240.0	9	522,5	1	501,12	
-105kg																						
1	Schoonraad Christo	23.03.63	GP	101,85	0.6043	103	230.0	247.0	247.0	1	120.0	130.0	130.0	4	230.0	253.5	261.5	3	638,5	12	560,53	
2	Katshabile Miga	03.03.89	NW	98,40	0.6126	112	195.0	210.0	220.0	2	125.0	130.0	140.0	2	245.0	255.0	265.0	2	615,0	9	548,50	
3	Le Grange Henning	23.10.80	GP	102,25	0.6034	111	185.0	192.5	202.5	6	125.0	130.0	135.0	3	235.0	245.0	255.0	4	592,5	8	512,79	
4	Lombard Mario	11.08.86	WP	100,80	0.6067	114	190.0	192.5	195.0	7	110.0	115.0	125.0	7	240.0	250.0	272.5	1	582,5	7	507,24	
5	Mellet Stefan	06.08.87	NW	101,15	0.6059	108	190.0	202.5	202.5	5	135.0	142.5	147.5	1	225.0	240.0	240.0	6	570,0	6	493,45	
6	Ndubane Amerko	09.10.93	NW	97,25	0.6157	109	180.0	195.0	205.0	3	110.0	120.0	125.0	6	220.0	235.0	235.0	5	565,0	5	500,79	
7	Van Wyk Derik	08.06.86	GP	100,85	0.6066	110	195.0	202.5	217.5	4	120.0	127.5	132.5	5	180.0	200.0	217.5	7	530,0	4	453,74	
-120kg																						
1	Bosman Terence	01.01.96	GP	117,00	0.5785	6	245.0	255.0	262.5	1	150.0	160.0	162.5	3	285.0	295.0	310.5	1	720,0	12	592,46	
2	Klinck Michael	14.09.91	GP	115,15	0.5808	12	255.0	270.0	270.0	2	162.5	167.5	172.5	1	245.0	262.5	262.5	4	667,5	9	548,13	
3	Smit Johannes	04.02.91	GP	112,45	0.5847	13	220.0	240.0	240.0	3	150.0	162.5	170.0	2	250.0	265.0	265.0	3	632,5	8	522,20	
2	Singh Shaeel	14.05.78	GP	115,05	0.5810	4	210.0	225.0	235.5	1	135.0	145.0	150.0	3	230.0	250.0	260.0	2	630,0	9	512,84	

4	Khumalo John	27.12.85	NW	105,40	0.5968	10	205.0	215.0	~~229.0~~	4	120.0	135.0	145.0	5	230.0	240.0	250.0	2	610,0	7	520,60
5	Serge Edlyn	03.04.83	GP	116,70	0.5788	11	200.0	210.0	~~229.0~~	5	150.0	~~157.5~~	~~157.5~~	4	230.0	~~260.0~~	~~260.0~~	5	590,0	6	470,92
120+kg																					
1	Conradie Dennis	10.04.86	WP	140,10	0.5587	20	235.0	250.0	260.0	1	180.0	190.0	192.5	1	250.0	265.0	270.0	2	722,5	12	538,68
2	Roux Ruan	06.07.91	GP	151,20	0.5527	19	230.0	~~250.0~~	250.0	2	127.5	130.0	132.5	4	270.0	285.0	300.0	1	682,5	9	484,29
3	Matambo John	07.11.89	NW	130,05	0.5656	17	205.0	215.0	225.0	3	130.0	145.0	155.0	2	230.0	250.0	~~265.0~~	3	630,0	8	478,09
4	de Bruyn Machiel	27.03.85	GP	151,85	0.5523	18	~~165.0~~	~~165.0~~	165.0	4	130.0	135.0	~~140.0~~	3	220.0	245.0	~~252.5~~	4	545,0	7	368,84

Nation (points)

1	Gauteng	57	[12+12+12+12+9]	2088.74 w.pts.
2	Western Cape	39	[12+9+7+6+5]	1937.95 w.pts.
3	North West	35	[9+8+6+6+6]	1786.53 w.pts.
4	Eastern Cape	9	[9]	428.85 w.pts.
5	Free State	4	[4]	363.26 w.pts.

Best Lifters of Open

Rnk	Lifter	Nation	B.Weight	Total	IPF points	C.Rnk.
1	Pretorius Jean-Arthur	Gauteng	82,05	665.5	676,16	1
2	Smit Gian	Gauteng	89,40	677.5	651,49	1
3	Samuels Brandon	Western Cape	64,60	545.0	644,31	1

Sub-Juniors

-53kg																						
1	Mulaudzi Tshepo	08.09.01	GP	48,80	1.0508	4	~~80.0~~	80.0	~~95.0~~	2	60.0	65.0	70.0	1	~~135.0~~	135.0	140.0	1	290,0	12	399,65	Q
2	Du Plessis Xavier	25.02.02	WP	46,53	1.1089	2	70.0	85.0	92.5	1	50.0	57.5	60.0	2	115.0	130.0	135.0	2	287,5	9	416,68	
3	Ngobeni Tumelo	05.08.03	NW	47,70	1.0779	3	40.0	65.0	~~75.0~~	3	40.0	40.0	45.0	3	80.0	90.0	100.0	3	210,0	8	273,12	
-66kg																						
1	Wilson Christopher	16.05.02	GP	64,45	0.8009	17	107.5	112.5	115.0	1	55.0	60.0	65.0	1	130.0	145.0	150.0	1	330,0	12	357,35	
-74kg																						
1	Vieira Marco	03.03.02	GP	73,65	0.7217	44	140.0	150.0	~~167.5~~	1	90.0	97.5	~~102.5~~	1	~~170.0~~	185.0	~~200.0~~	2	432.5	12	444,45	Q
2	Katiso Johannes	29.10.01	FS	72,70	0.7285	45	125.0	135.0	145.0	2	75.0	~~85.0~~	85.0	2	170.0	180.0	195.0	1	425,0	9	439,70	Q
-83kg																						
1	Curtain Simon	06.04.02	EC	81,45	0.6751	65	110.0	117.5	122.5	1	85.0	90.0	92.5	1	192.5	202.5	210.0	1	425,0	12	403,34	Q
-93kg																						
1	Adamstein Gabriel	02.04.01	EC	92,90	0.6285	91	135.0	142.5	~~150.0~~	1	100.0	102.5	105.0	1	180.0	~~192.5~~	~~200.0~~	1	427,5	12	369,75	
-120kg																						
1	Meyer Melt	05.03.01	FS	108,95	0.5903	8	190.0	205.0	212.5	1	100.0	~~110.0~~	~~110.0~~	2	~~255.0~~	255.0	~~260.0~~	1	567,5	12	468,76	Q
2	Furman Justin	25.05.01	GP	110,05	0.5884	9	175.0	190.0	197.5	2	100.0	107.5	110.0	1	180.0	195.0	210.0	2	517,5	9	417,39	Q
120+kg																						
1	van der Merwe Martin	30.01.01	FS	120,90	0.5739	15	~~190.0~~	190.0	210.0	2	155.0	170.0	~~180.0~~	1	225.0	235.0	~~248.0~~	1	615.0	12	484,40	Q
2	Botha Heinrich	02.06.01	GP	139,90	0.5589	16	180.0	195.0	215.0	1	100.0	115.0	125.0	2	200.0	220.0	~~232.5~~	2	560,0	9	398,83	Q

Nation (points)

1	Gauteng	36	[12+12+12]	881.16 w.pts.
2	Eastern Cape	24	[12+12]	555.60 w.pts.
3	Western Cape	9	[9]	318.81 w.pts.
4	Free State	9	[9]	309.61 w.pts.
5	North West	8	[8]	226.36 w.pts.

Best Lifters of Subjuniors

Rnk	Lifter	Nation	B.Weight	Total	IPF points	C.Rnk.
1	van der Merwe Martin	Free State	120,90	615.0	484,40	1
2	Meyer Melt	Free State	108,95	567.5	468,76	1
3	Marco Vieira	Gauteng	73,65	432.5	444,45	1

Juniors

-53kg																						
1	Monaheng Boitumelo	25.08.97	NW	50,55	1.0112	-10	90.0	100.0	~~110.0~~	1	80.0	~~90.0~~	~~90.0~~	1	130.0	145.0	~~155.0~~	1	325,0	12	441,70	
-66kg																						
1	Samuels Brandon	21.04.98	WP	64,60	0.7993	8	140.0	150.0	170.0	1	110.0	120.0	125.0	1	231.0	250.0	~~260.0~~	1	545,0	12	644,31	Q
2	Manamela Karabo	07.12.99	GP	66,00	0.7852	16	150.0	~~160.0~~	~~160.0~~	2	90.0	~~95.0~~	~~95.0~~	6	200.0	205.0	215.0	2	455,0	9	514,74	

3	Longo Romeo	06.03.97	NW	66,00	0.7852	14	135.0	137.5	145.0	3	90.0	95.0	100.0	4	~~190.0~~	190.0	~~195.0~~	4	435,0	8	488,38
4	Ntoagae Paseka	04.02.99	NW	60,90	0.8415	22	110.0	125.0	~~130.0~~	5	85.0	90.0	~~95.0~~	5	190.0	195.0	200.0	3	415,0	7	494,65
5	Louis Moorcroft	10.04.00	GP	64,40	0.8014	10	120.0	130.0	135.0	4	90.0	100.0	105.0	3	145.0	150.0	155.0	6	395,0	6	444,76
6	Motuang Thabang	23.11.97	NW	65,90	0.7862	13	100.0	110.0	120.0	6	95.0	100.0	110.0	2	140.0	150.0	160.0	5	390,0	5	429,62

-74kg																					
1	Routier Luke	28.09.96	GP	72,75	0.7282	39	175.0	185.0	~~195.0~~	1	115.0	122.5	125.0	1	200.0	215.0	~~220.0~~	3	525,0	12	562,84
2	Wynand Kuhn	02.09.99	GP	70,85	0.7426	33	140.0	150.0	~~155.0~~	8	110.0	115.0	120.0	2	220.0	225.0	~~230.0~~	1	495,0	9	536,61
3	Oosthuizen Ruan	02.06.96	GP	72,95	0.7267	42	155.0	162.5	167.5	3	105.0	112.5	~~120.0~~	7	185.0	200.0	210.0	5	490,0	8	518,57
4	Ramajoe Micheal	15.09.97	NW	66,95	0.7761	37	130.0	140.0	150.0	6	110.0	~~115.0~~	115.0	5	195.0	205.0	~~210.0~~	6	470,0	7	528,38
5	Daniels Xavier	17.02.00	WP	69,65	0.7523	35	~~170.0~~	~~180.0~~	180.0	2	80.0	90.0	~~100.0~~	12	180.0	200.0	~~202.5~~	7	470,0	6	512,02
6	Mncwango Siphakamiso	03.06.97	GP	73,10	0.7256	32	140.0	150.0	160.0	4	115.0	120.0	~~125.0~~	3	170.0	185.0	~~200.0~~	11	465,0	5	487,02
7	Mdluli Caneous	26.08.00	GP	72,80	0.7278	31	135.0	150.0	~~165.0~~	9	95.0	100.0	102.5	9	~~195.0~~	205.0	210.0	4	462,5	4	485,47
8	Kotsi Tshupo	13.11.97	NW	68,10	0.7656	41	~~140.0~~	140.0	150.0	7	80.0	90.0	~~95.0~~	11	220.0	~~240.0~~	~~240.0~~	2	460,0	3	508,32
9	Booyesen Obert	18.07.98	NW	71,50	0.7375	40	140.0	152.5	~~160.0~~	5	107.5	112.5	~~115.0~~	6	~~175.0~~	185.0	~~190.0~~	10	450,0	2	476,69
10	Baatjies Jason	12.10.99	WP	70,05	0.7490	34	130.0	140.0	~~150.0~~	10	90.0	100.0	~~102.5~~	10	170.0	190.0	~~210.0~~	8	430,0	1	459,11
—	du Toit Lance	21.05.96	GP	69,90	0.7502	36	~~160.0~~	~~167.5~~	~~170.0~~	—	105.0	112.5	117.5	4	170.0	185.0	~~205.0~~	9	DSQ	—	—
—	Morley Regan	21.05.96	GP	73,40	0.7235	30	~~150.0~~	~~150.0~~	~~150.0~~	—	105.0	~~110.0~~	~~110.0~~	8	160.0	180.0	~~200.0~~	12	DSQ	—	—

-83kg																					
1	Du Plesiss Rhowan	16.09.96	WP	81,40	0.6754	60	180.0	185.0	~~190.0~~	1	120.0	~~125.0~~	~~125.0~~	4	210.0	~~220.0~~	225.0	4	530,0	12	524,16
2	Crawford Cameron	08.10.98	GP	77,75	0.6954	57	~~165.0~~	170.0	180.0	2	110.0	115.0	120.0	2	200.0	215.0	~~225.0~~	5	515,0	9	523,98
3	Mwamba Jean Elie	02.06.98	GP	81,35	0.6756	61	155.0	160.0	167.5	3	110.0	120.0	~~125.0~~	3	210.0	220.0	227.5	3	515,0	8	507,15
4	Thekiso Khotso	17.10.98	NW	81,45	0.6751	63	150.0	160.0	~~170.0~~	5	90.0	~~97.5~~	~~97.5~~	6	205.0	225.0	230.0	2	480,0	7	466,51
5	Isaacs Amir	26.06.00	WP	80,75	0.6787	58	140.0	160.0	~~180.0~~	4	80.0	~~97.5~~	~~97.5~~	7	200.0	230.0	~~240.0~~	1	470,0	6	457,88
6	De Aimade Fernando	14.12.97	FS	81,70	0.6739	59	~~150.0~~	~~155.0~~	155.0	6	90.0	100.0	~~107.5~~	5	170.0	185.0	200.0	6	455,0	5	436,82
7	Muller Ignatius	11.11.98	EC	81,50	0.6749	62	110.0	120.0	~~130.0~~	7	117.5	125.0	~~132.5~~	1	125.0	140.0	165.0	7	410,0	4	385,93

-93kg																					
1	Naidoo Sereshan	22.12.96	GP	92,30	0.6305	88	190.0	~~202.5~~	202.5	1	110.0	117.5	~~122.5~~	2	200.0	210.0	222.5	1	542,5	12	494,12
2	Burger Paul	30.09.97	NW	92,15	0.6310	89	150.0	160.0	~~170.0~~	2	110.0	120.0	~~127.5~~	1	190.0	200.0	X	2	480,0	9	427,91

-105kg																					
1	Blunt Hayden	30.10.97	GP	103,55	0.6005	-10	190.0	200.0	X	1	115.0	125.0	130.0	1	215.0	225.0	~~230.0~~	1	555,0	12	471,21

-120kg																					
1	Bosman Terence	01.01.96	GP	117,00	0.5785	6	245.0	255.0	262.5	1	150.0	160.0	162.5	1	285.0	295.0	~~310.5~~	1	720,0	12	592,46
2	Els Anrich	11.08.97	EC	114,00	0.5824	7	230.0	242.5	250.0	2	107.5	115.0	~~120.0~~	2	260.0	~~275.0~~	~~275.0~~	2	625,0	9	510,85

Nation (points)

1	Gauteng	54	[12+12+12+9+9]	1783.35 w.pts.
2	North West	43	[12+9+8+7+7]	1687.07 w.pts.
3	Western Cape	37	[12+12+6+6+1]	1788.22 w.pts.
4	Free State	5	[5]	306.63 w.pts.
5	Eastern Cape	4	[4]	276.71 w.pts.

Best Lifters of Juniors

Rnk	Lifter	Nation	B.Weight	Total	IPF points	C.Rnk.
1	Samuels Brandon	Western Cape	64,60	545.0	644,31	1
2	Bosman Terence	Gauteng	117,00	720.0	592,46	1
3	Routier Luke	Gauteng	72,75	525.0	562,84	1

Masters 1

-66kg																					
1	Tsimane Moses	20.09.75	NW	64,20	0.8035	7	90.0	~~110.0~~	~~115.0~~	1	90.0	105.0	~~115.0~~	1	155.0	~~185.0~~	185.0	1	380,0	12	425,78
-74kg																					
1	Daniels Marlon	25.11.75	GP	73,30	0.7242	29	200.0	~~212.5~~	~~212.5~~	1	145.0	~~151.5~~	~~151.5~~	1	200.0	213.0	~~220.5~~	1	558,0	12	600,17
-83kg																					
1	Begg Allistair	22.01.76	WP	80,25	0.6814	55	180.0	200.0	~~210.0~~	2	130.0	~~140.0~~	~~140.0~~	1	200.0	~~240.0~~	245.0	1	575,0	12	581,66
2	Matabane Patrick	07.04.73	NW	78,35	0.6919	56	160.0	175.0	~~185.0~~	3	100.0	110.0	115.0	2	170.0	172.5	185.0	2	475,0	9	473,99
—	Forget Chris	28.11.79	NW	81,65	0.6741	71	230.0	~~243.5~~	~~243.5~~	1	X	X	X	—	X	X	X	—	DSQ	—	—
-93kg																					
1	Manders Sean	19.11.76	GP	91,65	0.6326	87	~~235.0~~	235.0	~~240.0~~	1	135.0	145.0	150.0	1	245.0	~~260.0~~	~~260.0~~	2	630,0	12	590,19
2	Page Jorncy	25.09.72	GP	92,80	0.6288	85	200.0	210.0	~~215.0~~	2	132.5	137.5	142.5	2	220.0	235.0	250.0	1	602,5	9	556,18
3	Botha Jerry	11.03.74	GP	89,80	0.6391	83	~~170.0~~	170.0	185.0	3	110.0	120.0	~~125.0~~	3	200.0	225.0	~~245.0~~	3	530,0	8	489,72
4	Pryce Neil	16.12.71	GP	89,35	0.6408	84	145.0	152.5	160.0	4	100.0	110.0	115.0	4	200.0	~~215.0~~	215.0	4	490,0	7	447,91

Q
Q

Q

Q
Q
Q (RES)

5	Harding Steve	02.02.72	EC	92,05	0.6313	86	125.0	135.0	~~140.0~~	5	95.0	102.5	~~107.5~~	5	175.0	185.0	195.0	5	432,5	6	377,46	
-105kg																						
1	Johnson Johnny	11.02.70	WP	100,15	0.6082	105	~~210.0~~	220.0	225.0	2	160.0	170.0	~~178.0~~	1	245.0	255.0	~~260.0~~	1	650,0	12	578,14	Q
2	Green Graham	03.03.78	GP	99,80	0.6091	104	205.0	215.0	227.5	1	135.0	142.5	145.0	2	220.0	235.0	240.0	2	612,5	9	541,09	Q
-120kg																						
1	Ferreira Louis	07.06.79	GP	117,70	0.5776	3	195.0	205.0	215.0	3	145.0	155.0	~~162.5~~	1	255.0	265.0	275.0	1	645,0	12	520,13	Q
2	Singh Shaeel	14.05.78	GP	115,05	0.5810	4	210.0	225.0	~~235.5~~	1	135.0	145.0	~~150.0~~	3	230.0	250.0	260.0	2	630,0	9	512,84	Q
3	Breetzke Simon	06.03.78	GP	116,10	0.5796	5	190.0	205.0	215.0	2	140.0	147.5	~~152.5~~	2	232.5	~~245.0~~	250.0	3	612,5	8	493,60	Q (RES)

Nation (points)

1	Gauteng	50	[12+12+9+9+8]	1808.75 w.pts.
2	Western Cape	24	[12+12]	787.14 w.pts.
3	North West	21	[12+9]	633.98 w.pts.
4	Free State	12	[12]	370.49 w.pts.
5	Eastern Cape	7	[7]	273.04 w.pts.

Best Lifters of Masters 1

Rnk	Lifter	Nation	B.Weight	Total	IPF points	C.Rnk.
1	Daniels Marlon	Gauteng	73,30	558.0	600,17	1
2	Sean Manders	Gauteng	91,65	630,0	590,19	1
3	Begg Alistair	Western Cape	80,25	575.0	581,66	1

Masters 2

-83kg																						
1	Quatse David	07.08.62	NW	80,05	0.6824	-10	~~140.0~~	140.0	145.0	1	65.0	70.0	80.0	2	140.0	180.0	195.0	2	420,0	12	402,75	
2	Banda Patrick	12.06.60	GP	82,80	0.6685	54	100.0	115.0	122.5	3	~~60.0~~	60.0	~~65.0~~	3	190.0	220.0	~~238.0~~	1	402,5	9	372,91	
3	de Nysschen Tommie	30.05.63	FS	79,75	0.6841	66	110.0	120.0	125.0	2	115.0	120.5	~~125.0~~	1	125.0	135.0	140.0	3	385,5	8	363,74	
-93kg																						
1	Mobara Ebrahim	12.09.64	WP	89,95	0.6386	82	190.0	202.0	~~207.5~~	1	110.0	115.0	~~117.5~~	1	170.0	200.0	232.5	1	549,5	12	510,29	Q
-105kg																						
1	Schoonraad Christo	23.03.63	GP	101,85	0.6043	103	230.0	~~247.0~~	247.0	1	120.0	~~130.0~~	130.0	1	230.0	253.5	261.5	1	638,5	12	560,53	Q
-120kg																						
1	Bensch Dennis	14.12.65	GP	115,00	0.5811	2	155.0	175.0	182.5	2	105.0	115.0	125.0	1	180.0	195.0	212.5	2	520,0	12	408,63	
2	Mudge Cliff	04.09.68	GP	118,20	0.5770	1	180.0	190.0	203.0	1	70.0	75.0	80.0	2	190.0	210.0	220.0	1	503,0	9	386,00	
120+kg																						
1	van der Berg Hercules	27.11.66	GP	159,75	0.5483	14	~~210.0~~	211.0	235.0	1	~~155.0~~	155.0	~~170.0~~	1	220.0	245.5	~~270.0~~	1	635,5	12	432,53	Q

Nation (points)

1	Gauteng	21	[12+9]	654.92 w.pts.
2	Western Cape	12	[12]	350.91 w.pts.
3	North West	12	[12]	286.61 w.pts.
4	Free State	8	[8]	263.72 w.pts.

Best Lifters of Masters 2

Rnk	Lifter	Nation	B.Weight	Total	IPF points	C.Rnk.
1	Schoonraad Christo	Gauteng	101,85	638.5	560,53	1
2	Mobara Ebrahim	Western Cape	89,95	549.5	510,29	1
3	van der Berg Hercules	Gauteng	159,75	635.5	432,53	1

Masters 3

-74kg																						
1	Hassan Yunus	01.05.54	GP	71,80	0.7352	-10	110.0	120.0	130.0	1	60.0	70.0	~~80.0~~	1	185.0	197.5	210.0	1	410,0	12	425,35	Q
-83kg																						
1	Lameyer Stanley	25.10.59	WP	79,15	0.6874	53	170.0	195.0	~~200.0~~	1	90.0	~~100.0~~	100.0	1	200.0	~~228.5~~	228.5	1	495,0	12	493,85	Q
-105kg																						
1	Young Colin	06.09.57	WP	102,60	0.6026	102	140.0	X	X	1	160.0	167.0	X	1	175.0	X	X	1	482,0	12	400,48	Q

Nation (points)

1	Western Cape	24	[12+12]	630.72 w.pts.
2	Gauteng	12	[12]	301.43 w.pts.

Best Lifters of Masters 3

Rnk	Lifter	Nation	B.Weight	Total	IPF points	C.Rnk.
1	Lameyer Stanley	Western Cape	79,15	495.0	493,85	1
2	Hassan Yunus	Gauteng	71,80	410.0	425,35	1
3	Young Colin	Western Cape	102,60	482.0	400,48	1

Masters 4

-74kg

1	Oppenheim Dan	30.06.45	GP	73,05	0.7260	300	~~125.0~~	125.0	133.0	1	70.0	75.0	80.0	1	160.0	175.0	185.5	1	398,5	12	405,45	Q
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Nation (points)

1	Gauteng	12	[12]	289.31 w.pts.
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Best Lifters of Masters 4

Rnk	Lifter	Nation	B.Weight	Total	IPF points	C.Rnk.
1	Oppenheim Dan	Gauteng	73,05	398.5	405,45	1