

South African Powerlifting Federation
SA Unequipped Men Championships, South Africa, Potchefstroom, 26-28.03.2015
DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Pts.			
Subjuniors																					
- 53 kg																					
1	Langeveld Damon	1998	NW	52.35	0.9745	78	115.0	120.0	~~125.0~~	1	65.0	70.0	~~77.5~~	1	140.0	~~150.0~~	~~150.0~~	1	330.0	321.56	12
2	Matras Fiyra	2000	NW	53.00	0.9621	91	80.0	100.0	~~125.0~~	2	60.0	70.0	~~85.0~~	2	100.0	120.0	130.0	2	300.0	288.63	9
3	Williams Denzil	1997	NW	42.55	1.2342	6	90.0	~~100.0~~	~~100.0~~	3	50.0	55.0	60.0	3	110.0	115.0	120.0	3	270.0	333.23	8
4	Brown Justin	1999	NW	52.80	0.9658	31	80.0	90.0	~~95.0~~	4	55.0	~~60.0~~	~~65.0~~	4	100.0	110.0	120.0	4	265.0	255.93	7
- 59 kg																					
1	Kock Diwan	1997	NW	57.35	0.8897	69	120.0	130.0	~~140.0~~	1	75.0	80.0	85.0	2	160.0	~~170.0~~	~~170.0~~	3	375.0	333.61	12
2	Pietersen Claud	1997	NW	59.00	0.8662	67	110.0	~~120.0~~	120.0	3	80.0	85.0	~~95.0~~	3	140.0	155.0	165.0	2	370.0	320.49	9
3	Papala Emmanu	1998	NW	59.00	0.8662	34	90.0	~~100.0~~	100.0	9	50.0	75.0	~~85.0~~	5	140.0	150.0	175.0	1	350.0	303.17	8
4	Booyesen Eldeano	1997	EP	54.40	0.9369	94	90.0	100.0	110.0	5	90.0	~~97.5~~	97.5	1	120.0	132.5	140.0	6	347.5	325.57	7
5	Smith Michael	1999	NW	55.10	0.9250	46	100.0	110.0	120.0	2	60.0	70.0	~~80.0~~	6	120.0	135.0	140.0	7	330.0	305.25	6
6	Kleinsmith Keanan	1997	WP	58.70	0.8703	56	110.0	~~115.0~~	~~115.0~~	6	75.0	80.0	82.5	4	120.0	125.0	132.5	8	325.0	282.84	5
7	Otto Tonko	1998	NW	58.15	0.8780	28	80.0	100.0	105.0	7	60.0	67.5	70.0	7	120.0	~~140.0~~	145.0	5	320.0	280.96	4
8	Deelman Lorenzo	1998	NW	55.25	0.9225	54	100.0	~~110.0~~	~~110.0~~	8	60.0	65.0	~~67.5~~	8	150.0	~~160.0~~	~~165.0~~	4	315.0	290.58	3
9	Sey Brendon	1997	NW	59.00	0.8662	84	100.0	110.0	115.0	4	40.0	45.0	~~50.0~~	9	120.0	130.0	~~140.0~~	9	290.0	251.19	2
- 66 kg																					
1	Booyesen Orbert	1998	NW	62.45	0.8229	101	125.0	135.0	140.0	1	85.0	90.0	92.5	1	150.0	160.0	170.0	1	402.5	331.21	12
2	Longo Romeo	1997	NW	62.90	0.8178	49	115.0	120.0	130.0	2	90.0	~~92.5~~	~~92.5~~	2	~~150.0~~	~~150.0~~	150.0	4	370.0	302.58	9
3	Fine Damon	2000	G	65.00	0.7952	4	105.0	~~115.0~~	120.0	5	77.5	~~82.5~~	87.5	3	130.0	147.5	157.5	2	365.0	290.24	8
4	Donninger Tovi	1998	G	64.55	0.7998	42	105.0	115.0	120.0	4	75.0	~~80.0~~	82.5	4	150.0	~~165.0~~	~~165.0~~	5	352.5	281.94	7
5	van der Linde Ruben	1998	G	59.55	0.8588	100	90.0	110.0	120.0	3	70.0	80.0	~~85.0~~	5	140.0	150.0	~~155.0~~	3	350.0	300.56	6
6	Mqaba Vuyo	1998	NW	66.00	0.7852	62	~~95.0~~	95.0	~~105.0~~	6	65.0	70.0	~~72.5~~	6	150.0	~~155.0~~	~~160.0~~	6	315.0	247.33	5
7	Smith Rowan	2000	NW	62.45	0.8229	14	60.0	80.0	~~90.0~~	7	~~40.0~~	40.0	~~50.0~~	7	110.0	120.0	130.0	7	250.0	205.72	4
- 74 kg																					
1	Williams Jaydee	1997	NW	67.40	0.7719	40	140.0	150.0	~~165.0~~	1	80.0	90.0	92.5	3	170.0	~~200.0~~	~~200.0~~	2	410.0	316.47	12
2	Donninger Elan	1999	G	71.00	0.7414	52	125.0	140.0	147.5	2	87.5	92.5	97.5	2	145.0	~~157.5~~	~~167.5~~	4	390.0	289.14	9
3	Schoonraad Cornel	1997	NW	71.80	0.7352	104	~~100.0~~	~~105.0~~	105.0	4	100.0	110.0	112.5	1	140.0	155.0	165.0	3	382.5	281.21	8
—	Mbotho Mandla	1997	NW	74.00	0.7193	17	~~120.0~~	120.0	140.0	3	~~80.0~~	~~90.0~~	~~90.0~~	Disq.	150.0	165.0	175.0	1	Out	—	—
- 83 kg																					
1	Zondi Thato	2000	NW	74.70	0.7146	107	115.0	125.0	130.0	1	65.0	70.0	72.5	1	145.0	160.0	~~170.0~~	1	362.5	259.04	12
- 105 kg																					
1	Swart JP	1997	G	97.70	0.6144	41	~~160.0~~	170.0	~~180.0~~	1	100.0	110.0	~~115.0~~	1	200.0	~~215.0~~	~~215.0~~	1	480.0	294.91	12
- 120 kg																					
1	Schultz Liam	1997	G	116.40	0.5792	104	205.0	~~220.0~~	220.0	1	87.5	92.5	~~97.5~~	1	225.0	240.0	252.5	1	565.0	327.24	12
120+ kg																					
1	Victor Johnde	1998	FS	128.60	0.5667	47	175.0	185.0	200.0 n	1	105.0	120.0	127.5 nj	1	190.0	205.0 nj	225.0 nj	1	552.5/nj/	313.10	12
Nation (points)																					
1	North West	69	[12+12+12+12+12+9] 1882.42 w.pts.																		
2	Gauteng	54	[12+12+9+8+7+6] 1784.06 w.pts.																		
3	Free Sate	12	[12] 313.10 w.pts.																		
4	Eastern Cape	7	[7] 325.57 w.pts.																		
5	Western Province	5	[5] 282.85 w.pts.																		

Best Lifters of Subjuniors

PL.	Lifter	Nation	B.Weight		WF		Total		W. points	
1	Kock Diwan	North West	57.35	1.0496	21	110.0	120.0	X	2	70.0
2	Williams Denzil	North West	42.55	0.9764	24	125.0	130.0	140.0	1	50.0
3	Booyesen Orbert	North West	62.45	0.9706	35	90.0	95.0	95.0	3	70.0

Juniors

- 53 kg

1	Kotze Iven	1996	NW	48.85	1.0496	21	110.0	120.0	X	2	70.0	75.0	80.0	2	160.0	160.0	170.0	1	355.0	372.60	12
2	Malefo David	1996	NW	52.25	0.9764	24	125.0	130.0	140.0	1	50.0	55.0	65.0	3	140.0	145.0	165.0	2	350.0	341.72	9
3	Shabalala Daniel	1995	NW	52.55	0.9706	35	90.0	95.0	95.0	3	70.0	75.0	80.0	1	120.0	135.0	140.0	3	310.0	300.87	8

- 59 kg

1	Williams Clint	1992	NW	56.85	0.8972	39	147.5	157.5	157.5	1	87.5	95.0	95.0	1	192.5	197.5	202.5	1	432.5	388.01	12
2	Matras Revaldo	1996	NW	53.90	0.9457	88	130.0	145.0	150.0	2	70.0	75.0	80.0	4	170.0	190.0	200.0	2	410.0	387.73	9
3	Pietersen Abraham	1995	NW	59.00	0.8662	57	130.0	130.0	150.0	3	75.0	85.0	87.5	2	150.0	170.0	180.0	3	395.0	342.14	8
4	Itumeleng Sereo	1994	NW	54.50	0.9352	7	80.0	90.0	100.0	5	45.0	50.0	60.0	5	130.0	140.0	152.5	4	300.0	280.56	7
—	Pietersen Aubri	1995	NW	54.40	0.9369	5	90.0	100.0	100.0	4	80.0	90.0	95.0	3	160.0	160.0	160.0	Disq.	Out	—	—

- 66 kg

1	Vermeulen Arnold	1993	WP	64.95	0.7957	13	130.0	142.5	147.5	3	90.0	95.0	97.5	7	185.0	195.0	210.0	3	432.5	344.14	12
2	Phillips Roman	1993	WP	64.55	0.7998	79	125.0	135.0	145.0	2	90.0	100.0	105.0	2	170.0	180.0	180.0	6	430.0	343.93	9
3	Jafta Peter	1993	NW	63.05	0.8160	25	130.0	140.0	150.0	4	100.0	105.0	110.0	1	170.0	180.0	200.0	5	425.0	346.82	8
4	Tsietsi Machere	1996	NW	59.60	0.8581	2	90.0	105.0	115.0	9	80.0	80.0	82.5	10	190.0	200.0	205.0	1	395.0	338.94	7
5	Poeng Vusi	1996	NW	63.55	0.8106	16	130.0	140.0	150.0	1	75.0	80.0	87.5	11	160.0	160.0	190.0	8	390.0	316.11	6
6	Ntotjo Percy	1994	NW	64.85	0.7968	77	120.0	135.0	150.0	5	60.0	70.0	75.0	13	170.0	185.0	200.0	4	390.0	310.73	5
7	Mafika Bongani	1994	NW	66.00	0.7852	95	110.0	120.0	120.0	11	75.0	80.0	80.0	12	195.0	200.0	210.0	2	385.0	302.30	4
8	Aplen Patrick	1996	NW	60.30	0.8490	73	100.0	105.0	120.0	7	85.0	95.0	95.0	5	120.0	145.0	147.5	12	362.5	307.76	3
9	Seleko Mpho	1994	NW	58.40	0.8745	76	100.0	105.0	110.0	12	90.0	95.0	97.5	4	130.0	140.0	155.0	10	355.0	310.44	2
10	Julius Cheslin	1996	NW	60.70	0.8439	37	115.0	122.5	127.5	6	80.0	87.5	92.5	8	120.0	130.0	140.0	13	355.0	299.58	1
11	Tusane Benjamin	1995	NW	64.75	0.7978	74	90.0	95.0	100.0	13	75.0	95.0	97.5	6	150.0	160.0	165.0	9	355.0	283.21	1
12	Llebitse Tebogo	1995	NW	63.45	0.8116	22	90.0	95.0	102.5	14	95.0	97.5	97.5	3	137.5	140.0	150.0	11	342.5	277.99	1
13	Kqosimang Koos	1993	NW	60.65	0.8445	102	100.0	110.0	120.0	8	35.0	40.0	50.0	14	130.0	150.0	160.0	7	330.0	278.70	1
14	Petersen Austin	1996	NW	61.40	0.8353	48	100.0	105.0	110.0	10	70.0	77.5	82.5	9	120.0	132.5	137.5	14	330.0	275.64	1

- 74 kg

1	Pietersen Sintewilles	1995	NW	74.00	0.7193	41	200.0	210.0	215.0	1	110.0	115.0	120.0	2	210.0	220.0	222.5	1	552.5	397.41	12
2	Cane Caylen	1992	G	73.80	0.7207	88	150.0	165.0	170.0	2	95.0	105.0	110.0	6	190.0	205.0	215.0	2	485.0	349.53	9
3	Mosiwa Edigile	1995	NW	70.40	0.7461	53	145.0	155.0	155.0	3	100.0	105.0	110.0	4	180.0	190.0	200.0	4	455.0	339.47	8
4	Mafuna Shau	1993	G	73.85	0.7204	26	125.0	140.0	145.0	4	105.0	110.0	115.0	5	170.0	182.5	187.5	5	442.5	318.75	7
5	Banda Lebogang	1992	NW	73.80	0.7207	80	130.0	140.0	X	5	110.0	115.0	120.0	1	170.0	180.0	180.0	7	440.0	317.10	6
6	Pietersen Owen	1992	NW	68.35	0.7634	107	120.0	135.0	150.0	6	80.0	100.0	110.0	3	140.0	180.0	200.0	6	425.0	324.44	5
7	Shange Lehlohonolo	1996	NW	68.85	0.7591	108	120.0	125.0	125.0	7	95.0	100.0	105.0	7	190.0	200.0	200.0	3	410.0	311.21	4
—	Paseka Banda	1994	NW	73.85	0.7204	-10	150.0	-	-	Disq.	100.0	-	-	Disq.	150.0	-	-	Disq.	Out	—	—

- 83 kg

1	Rapoo Tshepo	1993	NW	81.45	0.6752	33	220.0	227.5	232.5	1	132.5	137.5	140.0	2	230.0	240.0	245.0	3	617.5	416.90	12
2	Pretorius Jean-Athur	1992	G	80.05	0.6825	15	180.0	200.0	207.5	3	135.0	142.5	142.5	3	250.0	265.0	272.5	1	607.5	414.58	9
3	Macintosh James	1993	G	82.45	0.6702	120	190.0	200.0	205.0	2	120.0	127.5	130.0	5	210.0	225.0	230.0	4	565.0	378.63	8
4	Mogapi Jacobus	1993	NW	79.45	0.6857	6	170.0	180.0	200.0	4	120.0	130.0	140.0	4	230.0	240.0	245.0	2	555.0	380.56	7
5	Young Neville	1992	G	81.90	0.6729	74	160.0	170.0	180.0	5	130.0	140.0	145.0	1	195.0	220.0	227.5	7	510.0	343.17	6
6	Conradie Luke	1996	WP	80.00	0.6827	106	135.0	150.0	155.0	7	95.0	102.5	102.5	6	200.0	215.0	222.5	5	480.0	327.69	5
7	Gumede Lebogang	1996	NW	76.60	0.7023	28	145.0	150.0	160.0	6	60.0	70.0	70.0	8	190.0	200.0	220.0	6	420.0	294.96	4
8	May Tebello	1993	NW	78.20	0.6927	66	120.0	130.0	140.0	8	60.0	70.0	72.5	7	160.0	175.0	180.0	8	372.5	258.03	3

- 93 kg

1	Williams Trent	1993	G	91.40	0.6335	93	180.0	195.0	205.0	1	150.0	165.0	170.0	2	250.0	260.0	270.0	1	645.0	408.60	12
2	Holder Franco	1993	NW	86.00	0.6540	75	180.0	200.0	~~210.0~~	2	170.0	175.0	~~180.0~~	1	240.0	250.0	~~260.0~~	2	625.0	408.75	9
3	Jacobs Brandon	1994	NW	91.75	0.6323	93	170.0	180.0	185.0	3	140.0	~~150.0~~	~~155.0~~	3	205.0	215.0	225.0	4	550.0	347.76	8
4	Smith Adrian	1995	G	92.05	0.6313	68	170.0	~~185.0~~	~~185.0~~	6	120.0	130.0	~~140.0~~	4	210.0	230.0	~~252.5~~	3	530.0	334.58	7
5	Nkagisang Olefile	1994	NW	83.90	0.6633	202	~~160.0~~	170.0	~~180.0~~	5	100.0	110.0	~~120.0~~	5	200.0	220.0	~~230.0~~	5	500.0	331.65	6
6	Kloppers Zander	1993	G	92.20	0.6308	44	160.0	170.0	180.0	4	100.0	110.0	~~120.0~~	6	180.0	190.0	~~205.0~~	7	480.0	302.78	5
7	Pietersen Jamillian	1993	NW	85.30	0.6570	98	~~140.0~~	140.0	~~155.0~~	7	90.0	95.0	105.0	7	160.0	180.0	190.0	6	435.0	285.79	4

- 105 kg

1	Maritz Francios	1993	G	103.70	0.6002	57	235.0	257.5 nj	265.0 nj	1	160.0	~~175.0~~	~~175.0~~	1	240.0	265.0	~~280.0~~	1	690.0	414.13	12
2	Kloppers Andre	1995	G	100.15	0.6082	58	200.0	220.0	~~230.0~~	2	130.0	140.0	~~150.0~~	2	230.0	250.0	~~260.0~~	2	610.0	371.00	9
3	Jantjies Herschelle	1995	EP	100.05	0.6084	65	150.0	157.5	162.5	4	130.0	135.0	~~137.5~~	3	210.0	215.0	~~217.5~~	3	512.5	311.83	8
4	Morley Naill	1995	G	104.45	0.5987	106	~~190.0~~	~~200.0~~	200.0	3	100.0	~~110.0~~	~~110.0~~	4	180.0	200.0	~~220.0~~	4	500.0	299.35	7

Nation (points)

1	North West	66	[12+12+12+12+9+9]	2371.43 w.pts.
2	Gauteng	59	[12+12+9+9+9+8]	2336.51 w.pts.
3	Western Province	26	[12+9+5]	1015.77 w.pts.
4	Eastern Cape	8	[8]	311.83 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Rapoo Tshelo	North West	81.45	0.6752	617.5	416.90
2	Pretorius Jean-Athur	Gauteng	80.05	0.6825	607.5	414.58
3	Maritz Francios	Gauteng	103.70	0.6002	690.0	414.13

Seniors

- 59 kg

1	Tebogo Kgang	1991	NW	59.00	0.8662	71	80.0	85.0	90.0	1	70.0	85.0	95.0	1	85.0	105.0	120.0	1	305.0	264.19	12
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- 66 kg

1	Botha Michael	1989	NW	65.30	0.7922	75	160.0	175.0	~~182.5~~	2	135.0	140.0	147.5	1	185.0	195.0	207.5	1	530.0	419.86	12
2	Vers Iven	1991	NW	63.95	0.8062	89	140.0	160.0	175.0	1	120.0	125.0	130.0	2	180.0	190.0	200.0	2	505.0	407.13	9
3	Mathe David	1991	NW	61.80	0.8305	20	130.0	135.0	140.0	3	80.0	85.0	90.0	3	160.0	170.0	185.0	3	415.0	344.65	8

- 74 kg

1	Hendricks Jonathan	1991	NW	67.75	0.7688	65	140.0	160.0	170.0	1	95.0	100.0	105.0	5	200.0	210.0	220.0	1	495.0	380.53	12
2	Banda John	1988	NW	72.70	0.7285	1	145.0	155.0	165.0	2	110.0	120.0	~~122.5~~	3	160.0	175.0	185.0	3	470.0	342.39	9
3	Makoena Tebogo	1979	NW	73.70	0.7214	123	110.0	120.0	130.0	5	120.0	130.0	~~140.0~~	1	170.0	185.0	200.0	2	460.0	331.84	8
4	Noman Ray	1986	G	72.95	0.7268	43	130.0	142.5	~~150.0~~	4	122.5	~~127.5~~	127.5	2	180.0	~~192.5~~	~~192.5~~	4	450.0	327.03	7
—	Treges Dylan	1989	G	70.50	0.7453	36	160.0	~~170.0~~	~~170.0~~	3	115.0	~~125.0~~	~~125.0~~	4	~~190.0~~	~~190.0~~	~~190.0~~	Disq.	Out	—	—

- 83 kg

1	Coppenhall Matthew	1987	WP	81.60	0.6744	39	230.0	242.5	~~245.0~~	1	155.0	162.5	167.5	1	250.0	255.0	~~257.5~~	2	665.0	448.47	12
2	Lekopa Peter	1984	NW	80.65	0.6793	52	190.0	200.0	210.0	2	110.0	115.0	120.0	5	255.0	265.0	~~275.0~~	1	595.0	404.15	9
3	Mathe Dan	1988	NW	80.35	0.6808	48	150.0	170.0	~~190.0~~	3	~~140.0~~	145.0	150.0	2	~~190.0~~	220.0	240.0	3	560.0	381.27	8
4	April Charlton	1984	WP	81.25	0.6762	34	160.0	~~180.0~~	~~180.0~~	4	100.0	110.0	~~120.0~~	6	220.0	~~240.0~~	240.0	4	510.0	344.83	7
5	Begg Alistair	1976	WP	81.50	0.6749	7	160.0	~~180.0~~	~~190.0~~	5	130.0	140.0	~~150.0~~	4	200.0	~~220.0~~	~~220.0~~	6	500.0	337.45	6
6	Motihaoleng France	1987	NW	76.65	0.7020	19	120.0	135.0	145.0	6	100.0	130.0	140.0	3	120.0	190.0	200.0	5	485.0	340.47	5

- 93 kg

1	Anthony Darryn	1985	G	92.15	0.6310	60	235.0	245.0	250.0	1	155.0	162.5	165.0	1	245.0	265.0	275.0	2	690.0	435.35	12
2	Sitsili Nelson	1991	NW	88.45	0.6442	2	210.0	225.0	230.0	2	120.0	135.0	~~140.0~~	6	280.0	~~290.0~~	~~290.0~~	1	645.0	415.50	9
3	Hubinger Corne	1981	G	91.50	0.6331	43	230.0	~~240.0~~	~~240.0~~	3	140.0	~~150.0~~	~~150.0~~	5	240.0	250.0	270.0	3	640.0	405.18	8
4	Jacobsz David	1981	G	90.20	0.6377	42	~~225.0~~	225.0	~~230.0~~	4	145.0	152.5	155.0	3	220.0	235.0	245.0	6	625.0	398.56	7

5	Petersen Iqeraan	1984	WP	93.00	0.6282	21	190.0	215.0	~~220.0~~	5	150.0	160.0	~~165.0~~	2	210.0	230.0	245.0	7	620.0	389.48	6
6	Green Graham	1978	G	92.40	0.6301	31	180.0	200.0	210.0	6	135.0	145.0	~~147.5~~	4	240.0	260.0	~~265.0~~	4	615.0	387.51	5
7	Pienaar Robert	1991	KZN	90.40	0.6370	201	160.0	175.0	185.0	8	110.0	120.0	~~130.0~~	9	220.0	240.0	250.0	5	555.0	353.53	4
8	Russel Dwayne	1985	G	87.25	0.6489	12	185.0	192.5	200.0	7	110.0	120.0	~~127.5~~	7	220.0	232.5	~~242.5~~	8	552.5	358.51	3
9	O'Shea Brendan	1981	G	87.45	0.6481	76	150.0	165.0	172.5	9	115.0	120.0	~~125.0~~	8	190.0	205.0	215.0	9	507.5	328.91	2
10	Lerefolo Lucky	1981	NW	88.80	0.6428	210	165.0	~~170.0~~	~~170.0~~	10	85.0	90.0	97.5	10	190.0	200.0	210.0	10	472.5	303.72	1

- 105 kg

1	Roos Shaun	1977	G	103.90	0.5998	46	230.0	240.0	250.0	1	150.0	160.0	~~165.0~~	5	250.0	260.0	270.0	1	680.0	407.86	12
2	Van Zyl Wimpie	1988	NC	104.10	0.5994	5	220.0	230.0	~~240.0~~	4	130.0	140.0	145.0	8	240.0	260.0	270.0	2	645.0	386.61	9
3	Benade Pieter	1977	NC	101.95	0.6040	96	200.0	230.0	X	3	160.0	170.0	~~175.0~~	2	230.0	240.0	~~255.0~~	6	640.0	386.56	8
4	Gadney Sarel	1987	G	101.35	0.6054	37	240.0	~~260.0~~	~~260.0~~	2	140.0	145.0	~~152.5~~	7	240.0	~~250.0~~	250.0	5	625.0	378.37	7
5	Masson Craig	1982	G	103.45	0.6008	63	175.0	190.0	~~205.0~~	7	~~160.0~~	160.0	167.5	3	230.0	245.0	255.0	3	612.5	367.95	6
6	Bekker Armand	1990	FS	95.20	0.6214	1	175.0	177.5	~~195.0~~	8	120.0	130.0	137.5	9	200.0	225.0	240.0	4	555.0	344.87	5
7	Klinck Mihael	1991	G	99.15	0.6107	51	175.0	185.0	195.0	5	132.5	140.0	145.0	6	205.0	~~220.0~~	~~220.0~~	7	545.0	332.83	4
8	Spinks Michael	1982	G	99.90	0.6088	78	150.0	165.0	170.0	9	155.0	160.0	~~170.0~~	4	170.0	195.0	~~200.0~~	9	525.0	319.62	3
9	Retief Ruan	1979	G	100.30	0.6079	64	180.0	~~190.0~~	190.0	6	115.0	120.0	~~130.0~~	10	190.0	200.0	~~215.0~~	8	510.0	310.02	2
10	Veldman Frikkie	1987	G	101.40	0.6053	90	75.0	X	X	10	170.0	180.0	X	1	75.0	X	X	10	330.0	199.74	1

- 120 kg

1	Bucarizza Benedict	1991	G	118.40	0.5768	22	300.0	307.5	312.5 n	1	202.5	210.0 n	215.0 n	1	310.0	~~332.5~~	~~332.5~~	1	837.5/n/	483.07	12
2	Edwards Dave	1985	G	118.95	0.5761	19	250.0	265.0	272.5	2	200.0	205.0	~~210.5~~	2	~~270.0~~	270.0	302.5	2	780.0	449.39	9
3	Capazario Joshua	1989	G	114.30	0.5820	50	230.0	~~237.5~~	~~237.5~~	4	157.5	165.0	~~172.5~~	4	250.0	272.5	285.0	4	680.0	395.76	8
4	Wardropper Geoffrey	1991	KZN	115.90	0.5799	250	220.0	230.0	235.0	3	140.0	150.0	~~157.5~~	5	282.5	295.0	~~297.5~~	3	680.0	394.33	7
5	Sekano Enoch	1979	NW	113.80	0.5827	13	180.0	200.0	~~205.0~~	5	160.0	170.0	~~180.0~~	3	220.0	225.0	~~230.0~~	5	595.0	346.70	6

120+ kg

1	Mouton Ian	1974	NC	135.35	0.5617	66	220.0	240.0 n1	X	2	201.0 n1	210.0 n1	X	1	290.0 n1	305.0 n1	313.0 n1	1	763.0	428.61	12
2	Nooman Kyle	1990	G	121.60	0.5732	100	220.0	242.5	252.5	1	175.0	~~180.0~~	~~180.0~~	3	302.0 n	312.5 n	~~325.0~~	2	740.0	424.16	9
3	Farinha Jose	1981	FS	131.05	0.5647	103	175.0	200.0	215.0	4	180.0	~~200.0~~	~~200.0~~	2	275.0	295.0	307.5	3	702.5	396.73	8
4	van der Berg Hardus	1986	EP	128.20	0.5670	80	225.0	235.0	~~240.0~~	3	155.0	165.0	172.5	4	~~255.0~~	~~260.0~~	260.0	4	667.5	378.47	7

Nation (points)

1	North West	63	[12+12+12+9+9+9]	2291.38 w.pts.
2	Gauteng	62	[12+12+12+9+9+8]	2605.04 w.pts.
3	Western Province	31	[12+7+6+6]	1520.25 w.pts.
4	Noord Kaap	29	[12+9+8]	1201.79 w.pts.
5	Free Sate	13	[8+5]	741.61 w.pts.
6	Kwazulu Natal	11	[7+4]	747.87 w.pts.
7	Eastern Cape	7	[7]	378.47 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Bucarizza Benedict	Gauteng	118.40	0.5768	837.5	483.07
2	Edwards Dave	Gauteng	118.95	0.5761	780.0	449.39
3	Coppenhall Matthew	Western Provin	81.60	0.6744	665.0	448.47

Masters 1

- 74 kg

1	Pregnotato Faik	1971	WP	73.85	0.7204	102	130.0	140.0	~~145.0~~	2	105.0	110.0	~~118.0~~	2	170.0	185.0	~~211.0~~	1	435.0	313.35	12
2	van der Linde Glen	1971	G	70.20	0.7478	30	120.0	140.0	145.0	1	90.0	100.0	110.0	1	140.0	150.0	X	2	405.0	302.85	9

- 83 kg

1	Gearing Andrew	1975	G	82.60	0.6694	121	165.0	180.0	190.0	1	130.0	140.0	~~150.0~~	1	210.0	~~220.0~~	220.0	1	550.0	368.17	12
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- 93 kg

1	de Wet Henk	1974	G	92.80	0.6288	26	180.0	200.0	210.0	1	140.0	150.0	~~157.5~~	1	245.0	270.0	~~282.5~~	1	630.0	396.14	12
2	Ingel Nicolas	1971	G	92.00	0.6315	99	125.0	140.0	150.0	3	115.0	120.0	~~125.0~~	2	165.0	~~177.5~~	182.5	3	452.5	285.75	9
3	Vermeulen Denzel	1970	WP	92.70	0.6292	36	130.0	150.0	~~170.0~~	4	80.0	90.0	X	4	192.5	202.5	210.0	2	450.0	283.14	8
4	Kloppers Tony	1971	G	92.30	0.6305	108	140.0	165.0	~~170.0~~	2	85.0	~~90.0~~	~~90.0~~	5	180.0	~~190.0~~	~~190.0~~	5	430.0	271.11	7
5	Casey Patrick	1972	G	90.55	0.6364	79	115.0	130.0	~~150.0~~	5	85.0	90.0	~~95.0~~	3	170.0	180.0	~~190.0~~	4	400.0	254.58	6

- 105 kg

1	Welgemoed Cornel	1970	G	104.30	0.5990	17	~~180.0~~	180.0	~~205.0~~	2	145.0	~~155.0~~	~~155.0~~	1	225.0	245.0	255.0	1	580.0	347.42	12
2	Seleka Piet	1975	NW	104.85	0.5979	81	180.0	200.0	~~215.0~~	1	115.0	125.0	~~130.0~~	2	230.0	250.0	~~255.5~~	2	575.0	343.79	9

- 120 kg

1	Cosmo Matthew	1971	G	116.20	0.5795	9	285.0	~~302.5~~	~~307.5~~	1	160.0	170.0	180.0	1	180.0	200.0	225.0	2	690.0	399.85	12
2	Faku Madikane	1975	NW	108.85	0.5904	69	200.0	220.0	~~230.0~~	2	130.0	135.0	140.0	2	250.0	260.0	270.0	1	630.0	371.95	9

120+ kg

1	Mouton Ian	1974	NC	135.35	0.5617	66	220.0	240.0 n1	X	1	201.0 n1	210.0 n1	X	1	290.0 n1	305.0 n1	313.0 n1	1	763.0	428.61	12
2	Meyer Jean	1972	G	141.35	0.5580	45	~~220.0~~	220.0	240.0 n	2	160.0 n1	175.0 n1	~~190.0~~	2	240.0 n1	265.0 n1	~~280.0~~	2	680.0	379.44	9

Nation (points)

1	Gauteng	66	[12+12+12+12+9+9]	2193.89 w.pts.
2	Western Province	20	[12+8]	596.49 w.pts.
3	North West	18	[9+9]	715.74 w.pts.

Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Mouton Ian	Northern Cape	135.35	0.5617	763.0	428.61
2	Cosmo Matthew	Gauteng	116.20	0.5795	690.0	399.85
3	de Wet Henk	Gauteng	92.80	0.6288	630.0	396.14

Masters 2

- 66 kg

1	Christians Karl	1963	WP	64.45	0.8009	29	140.0	~~150.0~~	150.0	1	80.0	85.0	~~90.0~~	1	180.0	191.0	~~192.5~~	1	426.0	341.18	12
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- 74 kg

1	De Nysschen Tommy	1963	NC	72.50	0.7300	47	125.0	135.0	142.5	1	92.5	97.5	100.0	1	145.0	155.0	~~165.0~~	1	397.5	290.17	12
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- 83 kg

1	Quatse David	1962	WP	80.05	0.6825	92	155.0	165.0	175.0	1	75.0	95.0	100.0	1	175.0	200.0	216.0	2	491.0	335.08	12
2	Banda Patrick	1960	G	78.70	0.6899	84	100.0	110.0	120.0	2	55.0	65.0	~~70.0~~	2	200.0	210.0	217.5	1	402.5	277.68	9

- 93 kg

1	Mobara Ebrahim	1964	WP	89.70	0.6395	62	160.0	175.0	185.0 n	1	90.0	~~92.5~~	92.5	1	180.0	205.0	212.5	1	490.0	313.35	12
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- 105 kg

1	Young Colin	1957	WP	104.90	0.5978	101	150.0	160.0	165.0	1	~~137.5~~	~~142.5~~	142.5	1	200.0	210.0	~~217.5~~	1	517.5	309.36	12
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- 120 kg

1	Oosthuizen Gerhardus	1964	KZN	118.70	0.5764	32	160.0	180.0	~~200.0~~	1	180.0 n2	190.0 n2	197.5 n2	1	212.5	230.0	245.0 n2	1	622.5	358.80	12
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Nation (points)

1	Western Province	48	[12+12+12+12]	1298.98 w.pts.
2	Kwazulu Natal	12	[12]	358.81 w.pts.
3	Noord Kaap	12	[12]	290.17 w.pts.
4	Gauteng	9	[9]	277.68 w.pts.

Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
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1	Oosthuizen Gerhardus	Kwazulu Natal	118.70	0.5764	622.5	358.80
2	Christians Karl	Western Provin	64.45	0.8009	426.0	341.18
3	Quatse David	Western Provin	80.05	0.6825	491.0	335.08

Masters 3

- 74 kg

1	Hassan Yunus	1952	G	72.15	0.7326	11	100.0	~~110.0~~	~~115.0~~	1	50.0	60.0	65.0	1	170.0	180.0	187.5	1	352.5	258.24	12
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- 93 kg

1	Huff Robert	1952	G	92.60	0.6295	4	~~150.0~~	150.0	~~165.0~~	1	95.0	~~105.0~~	~~105.0~~	1	150.0	160.0	170.0	1	415.0	261.24	12
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Nation (points)

1	Gauteng	24	[12+12]	519.48 w.pts.
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Best Lifters of Masters 3

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Huff Robert	Gauteng	92.60	0.6295	415.0	261.24
2	Hassan Yunus	Gauteng	72.15	0.7326	352.5	258.24

Masters 4

- 83 kg

1	Oppenheim Dan	1945	G	78.15	0.6930	95	120.0	130.0	140.0 n	1	95.0	100.0	102.5	1	157.5	~~167.5~~	172.5	1	415.0	287.59
2	Jaffa Paul	1944	WP	82.15	0.6717	3	80.0	~~100.0~~	X	2	~~90.0~~	90.0	95.0	2	155.0	165.0	170.0	2	345.0	231.71

Best Lifters of Masters 4

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Oppenheim Dan	Gauteng	78.15	0.6930	415.0	287.59
2	Jaffa Paul	Western Provin	82.15	0.6717	345.0	231.71

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 Cape KZN = Kwazulu Natal

FS = Free Sate NC = Noord Kaap

G = Gauteng NW = North West

WP = Western Province

South African Powerlifting Federation
SA Unequipped Women Championships, South Africa, Potchefstroom, 26-28.03.2015
DETAILED SCORESHEET

DETAILED SCORESHEET																					
PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Pts.			
Seniors																					
- 47 kg																					
1	Casey Mariska	1978	G	45.60	1.3741	1	80.0	80.0	85.0	1	42.5	45.0	45.0	1	110.0	120.0	120.0	1	245.0	336.65	12
- 52 kg																					
1	Muto Giulia	1987	G	50.40	1.2769	24	95.0	102.5	107.5	2	50.0	55.0	55.0	1	110.0	120.0	125.0	2	282.5	360.72	12
2	van Heerden Farana	1988	NW	48.25	1.3194	25	90.0	100.0	110.0 n	1	30.0	35.0	40.0	3	110.0	120.0	127.5	1	277.5	366.11	9
3	Barry Elisabeth	1973	EP	51.00	1.2654	8	75.0	82.5	85.0	3	35.0	37.5	40.0	4	115.0	115.0	117.5	3	240.0	303.69	8
4	Johnston Gillian	1988	G	51.87	1.2491	23	75.0	80.0	85.0	4	40.0	45.0	47.5	2	90.0	90.0	100.0	5	222.5	277.91	7
5	Pringle Helizca	1991	FS	47.15	1.3418	10	60.0	67.5	72.5	5	35.0	40.0	42.5	5	90.0	100.0	105.0	4	207.5	278.42	6
- 57 kg																					
1	Kriel Antionette	1971	G	55.30	1.1883	11	115.0	122.5	127.5 n	1	80.0	85.0 n	90.0	1	145.0	152.5	157.5	2	365.0	433.72	12
2	Letcher Michelle	1970	G	56.10	1.1750	17	105.0	112.5	117.5	2	55.0	62.5	67.5	3	127.5	142.5	158.0 n	1	333.0	391.27	9
3	Plaatjies Seritha	1982	NW	55.30	1.1883	12	85.0	100.0	105.0	3	60.0	70.0	72.5	2	125.0	135.0	142.5	3	312.5	371.34	8
4	Leighton Megan	1996	G	56.50	1.1684	21	90.0	95.0	100.0	4	52.5	57.5	60.0 nj	4	110.0	110.0	117.5	5	270.0	315.46	7
5	Pretorius Yvonne	1980	NW	55.40	1.1866	16	80.0	90.0	90.0	5	50.0	55.0	55.0	5	100.0	110.0	115.0	4	250.0	296.65	6
- 63 kg																					
1	van Jaarsveld Danell	1977	G	62.65	1.0785	9	125.0 n	130.0	X	1	77.5 n	82.5	82.5	1	140.0	155.0	163.0 n	1	365.5	394.21	12
2	Newman Laura	1983	G	62.00	1.0871	5	110.0	117.5	117.5	2	55.0	60.0	62.5	2	127.5	145.0	157.5	2	325.0	353.30	9
3	Wilson Ilona	1977	G	62.25	0.8252	14	105.0	112.5	117.5	3	50.0	55.0	57.5	4	127.5	142.5	150.0	3	300.0	247.56	8
4	Firmani Romy	1988	G	59.95	1.1156	27	80.0	90.0	97.5	4	50.0	55.0	55.0	3	110.0	120.0	130.0	4	272.5	304.00	7
5	Gadney Sune	1988	G	61.00	1.1007	26	75.0	80.0	85.0	5	35.0	40.0	45.0	5	100.0	115.0	120.0	5	240.0	264.16	6
- 72 kg																					
1	de Wet Laura	1974	G	70.15	0.9934	2	130.0	140.0	147.5	1	60.0	70.0	72.5	2	150.0 n1	160.0	170.0 n1	1	380.0/n1/	377.49	12
2	Coetzer Candice	1985	G	66.85	1.0277	5	115.0	120.0	122.5	2	60.0	65.0	71.0 n	1	140.0	150.0	157.5	2	348.5	358.17	9
3	Ackerman Maureen	1975	G	67.20	1.0239	29	110.0	115.0	117.5	3	62.5	67.5	67.5	3	125.0	132.5	137.5	5	320.0	327.64	8
4	Ezzideen Sarah	1987	G	67.90	1.0163	15	90.0	100.0	110.0	4	50.0	60.0	65.0	4	120.0	130.0	140.0	3	315.0	320.13	7
5	Bradley Nadine	1990	FS	70.65	0.9886	24	95.0	107.5	112.5	6	60.0	60.0	65.0	6	135.0	150.0	160.0	7	302.5	299.03	6
6	Scott Nicole	1980	G	69.70	0.9978	10	95.0	102.5	110.0	8	50.0	57.5	62.5	8	122.5	135.0	140.0	4	300.0	299.34	5
7	Theron Brendali	1987	NW	71.05	0.9848	3	95.0	110.0	120.0	5	55.0	60.0	65.0	7	120.0	130.0	140.0	8	300.0	295.42	4
8	Booley Farhana	1973	G	69.75	0.9973	21	90.0	100.0	105.0	7	55.0	60.0	62.5	5	110.0	120.0	125.0	10	292.5	291.71	3
9	Joubert Toni	1986	G	68.90	1.0059	19	80.0	90.0	95.0	9	45.0	50.0	52.5	9	100.0	115.0	125.0	9	267.5	269.07	2
10	Conradie Karin	1984	WP	69.30	1.0018	100	70.0	80.0	90.0	10	42.5	50.0	52.5	10	105.0	120.0	135.0	6	267.5	267.98	1
- 84 kg																					
1	van Staden Sandri Rochelle	1988	G	76.60	0.9384	8	127.5	137.5	145.0	1	60.0	70.0	75.0	1	155.0	170.0	177.5 n	1	397.5/n/	373.01	12
2	Mcdougall Tia	1984	G	74.40	0.9555	6	105.0	115.0	117.5	2	65.0	70.0	72.5	2	120.0	135.0	140.0	2	330.0	315.31	9
3	Firmani Toni	1990	G	74.80	0.9522	13	90.0	100.0	110.0	3	60.0	65.0	67.5	3	120.0	130.0	137.5	3	307.5	292.80	8
84+ kg																					
1	Dade Cailleigh	1989	G	96.90	0.8407	30	150.0	160.0	170.0	1	60.0	65.0	70.0	2	145.0	160.0	175.0	1	410.0	344.68	12
2	De Jager Christe	1986	G	102.45	0.8269	11	115.0	115.0	130.0	2	70.0	75.0	80.0	1	140.0	X	X	2	350.0	289.43	9
Nation (points)																					
1	Gauteng	72	[12+12+12+12+12+12] 2283.86 w.pts.																		
2	North West	27	[9+8+6+4] 1329.54 w.pts.																		
3	Free Sate	12	[6+6] 577.46 w.pts.																		
4	Eastern Cape	8	[8] 303.70 w.pts.																		
5	Western Province	1	[1] 267.98 w.pts.																		
Best Lifters of Seniors																					
PL.	Lifter	Nation		B.Weight		WF		Total		W. points											
1	Kriel Antionette	Gauteng		55.30		1.1883		365.0		433.72											
2	van Jaarsveld Danell	Gauteng		62.65		1.0785		365.5		394.21											
3	Letcher Michelle	Gauteng		56.10		1.1750		333.0		391.27											

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 Cape G = Gauteng WP = Western Province
FS = Free Sate NW = North West

South African Powerlifting Federation
SA Unequipped Women Championships, South Africa, Potchefstroom, 26-28.03.2015
DETAILED SCORESHEET

PL.		Lifters	BY	Nation	Weight	WF	Lot	All Squat				All Bench press				All Dead lift				TOTAL	W.pts.	Pts.
Subjuniors																						
- 43 kg																						
—		de Wet Mijuanne	2006	G	33.10	1.6385	101	X	X	X	Disq.	X	X	X	Disq.	45.0	55.0	62.5	1	Out	—	—
- 57 kg																						
1		de Beer Rochell	1999	EP	53.50	1.2194	6	65.0	70.0	77.5	1	37.5	40.0	42.5	1	90.0	97.5	105.0	1	225.0	274.36	12
- 63 kg																						
1		Bruce Shelby	1997	G	61.40	1.0952	3	65.0	75.0	~~82.5~~	1	35.0	40.0	42.5	1	90.0	100.0	112.5 nj	1	230.0	251.89	12
- 72 kg																						
1		Marshall Bronwyn	1998	EP	68.70	1.0079	28	85.0	~~92.5~~	92.5	1	40.0	~~45.0~~	~~45.0~~	1	107.5	112.5	115.0	1	247.5	249.45	12
Nation (points)																						
1		Eastern Cape	24	[12+12]	523.82 w.pts.																	
2		Gauteng	12	[12]	251.90 w.pts.																	
Best Lifters of Subjuniors																						
PL.		Lifter	Nation		B.Weight		WF		Total		W. points											
1		de Beer Rochell	Eastern Cape		53.50		1.2194		225.0		274.36											
2		Bruce Shelby	Gauteng		61.40		1.0952		230.0		251.89											
3		Marshall Bronwyn	Eastern Cape		68.70		1.0079		247.5		249.45											
Juniors																						
- 52 kg																						
1		September Alushka	1995	WP	51.50	1.2560	7	75.0	~~80.0~~	~~80.0~~	1	47.5	50.0	53.5 ns	1	115.0	120.0	127.5 nj	1	256.0	321.53	12
- 57 kg																						
1		Bryant Stacey	1992	G	54.80	1.1967	19	105.0 nj	~~115.0~~	~~115.0~~	1	57.5	60.0 nj	~~65.0~~	1	110.0	117.5	120.0	2	285.0	341.05	12
2		Leighton Megan	1996	G	56.50	1.1684	21	90.0	95.0	100.0	2	52.5	57.5	60.0 nj	2	~~110.0~~	110.0	~~117.5~~	3	270.0	315.46	9
3		Payne Sasha	1995	G	56.40	1.1701	22	~~75.0~~	75.0	~~80.0~~	3	40.0	45.0	~~50.0~~	3	110.0	120.0	122.5	1	242.5	283.74	8
- 63 kg																						
1		Golden Lericia	1993	NW	62.20	1.0844	1	90.0	95.0	100.0	2	50.0	52.5	~~55.0~~	2	120.0	132.5	133.0 nj	1	285.5	309.59	12
2		Nel Lize	1993	NW	62.35	1.0825	25	95.0	~~97.5~~	~~97.5~~	3	~~55.0~~	55.0	~~57.5~~	1	125.0	127.5	132.5	2	282.5	305.79	9
3		Jacobs Suzaan	1993	NW	62.20	1.0844	20	95.0	100.0	105.0	1	45.0	~~50.0~~	~~50.0~~	3	125.0	127.5 nj	~~130.0~~	3	277.5	300.92	8
- 72 kg																						
1		Strydom Ansome	1993	NW	66.80	1.0283	17	85.0	90.0	97.5	1	45.0	50.0	~~57.5~~	1	105.0	110.0	115.0	1	262.5	269.92	12
- 84 kg																						
1		Swart Leandre	1995	G	80.75	0.9103	4	105.0	112.5	120.0	1	60.0	65.0	~~70.0~~	1	140.0 nj	147.5 nj	~~152.5~~	1	332.5	302.67	12
2		Goosen Tammy	1993	G	75.00	0.9506	26	~~110.0~~	110.0	~~115.0~~	2	55.0	60.0	~~65.0~~	2	135.0	142.5 nj	~~150.0~~	2	312.5	297.06	9
Nation (points)																						
1		Gauteng	50	[12+12+9+9+8]	1540.01 w.pts.																	
2		North West	41	[12+12+9+8]	1186.24 w.pts.																	
3		Western Province	12	[12]	321.54 w.pts.																	
Best Lifters of Juniors																						
PL.		Lifter	Nation		B.Weight		WF		Total		W. points											
1		Bryant Stacey	Gauteng		54.80		1.1967		285.0		341.05											
2		September Alushka	Western Province		51.50		1.2560		256.0		321.53											
3		Leighton Megan	Gauteng		56.50		1.1684		270.0		315.46											
Masters 1																						
- 52 kg																						
1		Barry Elisabeth	1973	EP	51.00	1.2654	8	75.0	82.5	85.0	1	35.0	37.5	40.0	1	~~115.0~~	115.0	~~117.5~~	1	240.0	303.69	12
- 57 kg																						
1		Kriel Antionette	1971	G	55.30	1.1883	11	115.0	122.5	127.5 n	1	80.0	85.0 n	~~90.0~~	1	145.0	152.5	~~157.5~~	2	365.0	433.72	12
2		Letcher Michelle	1970	G	56.10	1.1750	17	105.0	112.5	~~117.5~~	2	55.0	62.5	~~67.5~~	2	127.5	142.5	158.0 n	1	333.0	391.27	9
- 63 kg																						
1		Reyneke Ronel	1969	G	61.35	1.0959	15	80.0	90.0	~~97.5~~	2	45.0	50.0	52.5	1	100.0	115.0	117.5	1	260.0	284.93	12
2		Ingle Carm	1975	G	60.50	1.1078	4	85.0	92.5	~~97.5~~	1	45.0	50.0	~~52.5~~	2	100.0	107.5	~~115.0~~	2	250.0	276.95	9
3		Firmani Candice	1967	G	60.95	1.1014	18	75.0	~~82.5~~	82.5	3	45.0	50.0	~~52.5~~	3	90.0	100.0	~~105.0~~	3	232.5	256.07	8
- 72 kg																						
1		de. Wet Laura	1974	G	70.15	0.9934	2	130.0	140.0	~~147.5~~	1	60.0	70.0	~~72.5~~	1	150.0 n1	160.0	170.0 n1	1	380.0/n1/	377.49	12
2		Ackerman Maureen	1975	G	67.20	1.0239	29	110.0	115.0	~~117.5~~	2	62.5	~~67.5~~	67.5	2	125.0	132.5	137.5	2	320.0	327.64	9
3		Booley Farhana	1973	G	69.75	0.9973	21	90.0	100.0	105.0	3	55.0	60.0	62.5	3	110.0	120.0	125.0	3	292.5	291.71	8
84+ kg																						
1		Kloppers Susan	1971	G	86.95	0.8771	18	110.0	~~115.0~~	~~115.0~~	1	55.0	60.0	~~65.0~~	1	115.0	125.0	135.0	1	305.0	267.53	12
—		Burger Gerda	1975	G	89.55	0.8659	9	90.0	~~100.0~~	~~100.0~~	2	~~55.0~~	~~55.0~~	~~55.0~~	Disq.	90.0	115.0	125.0	2	Out	—	—
Nation (points)																						
1		Gauteng	66	[12+12+12+12+9+9]	2082.61 w.pts.																	
2		Eastern Cape	12	[12]	303.70 w.pts.																	
Best Lifters of Masters 1																						
PL.		Lifter	Nation		B.Weight		WF		Total		W. points											
1		Kriel Antionette	Gauteng		55.30		1.1883		365.0		433.72											
2		Letcher Michelle	Gauteng		56.10		1.1750		333.0		391.27											
3		de. Wet Laura	Gauteng		70.15		0.9934		380.0		377.49											