

MENS OVERALL RESULTS GAUTENG POWERLIFTING CHAMPIONSHIPS - 18/05/2013

M / W	BW	Name	Nation Province	Tot. Result	Wilks Points	Badge	Category	Date of Birth	Age Category	Power Place	Medal				
												Team	Points		
M	56.9	Kgahlisho Thladi	Cornerstone	345	309.26	Orange	59		S	1.	Gold				
M	54.8	Amogelang Maduma	Cornerstone	225	209.25	Yellow	59		S	2.	Silver	WP			
M	63	Marcel Vorster	Chaos	485	396.05	Brown	66		S	1.	Gold				
M	63.8	Tshegotatso Dladla	Cornerstone	340	274.65	Yellow	66		S	2.	Silver	Gauteng			
M	61.2	Uzair Variawa	Lenasia	297.5	249.25	Yellow	66		S	3.	Bronze	KZN			
M	73.8	Michael Wilkes	Chaos	Disq		#N/A	74		S	0.		FS			
M	73	Shaun Moller	Cosmo	555	403.15	Black	74		S	1.	Gold				
M	71.6	Thabang Mpe	Cornerstone	540	397.82	Black	74		S	2.	Silver	BEST LIFTERS			
M	73.2	Willem Parker	Chaos	532.5	386.01	Black	74		S	3.	Bronze	Men			
M	67.8	Ruan Smit	Chaos	435	334.21	Green	74		S	4.		S/J			
M	72.8	Luke Routier	St Stithians	420	305.68	Green	74		S	5.		J			
M	73.7	Ishaaq Docrat	Lenasia	372.5	268.72	Yellow	74		S	6.		S	Arno Lambrechts		
M	71.9	Phila Tsabedze	Cornerstone	220	161.59	Yellow	74		S	7.		M1			
M	70.8	Gregory Dixon	St Stithians	165	122.60	Yellow	74		S	8.		M2			
M	81.5	Mike Egan	Chaos	580	391.44	Brown	83		S	1.	Gold	M3			
M	78.7	Zhan Fourie	N West	540	372.55	Blue	83		S	2.	Silver				
M	81.3	Michael Barnard	Individual	525	354.85	Blue	83		S	3.	Bronze				
M	80.9	Martin Nel	Pitbull	472.5	320.31	Green	83		S	4.					
M	77.7	Wilhelm Pretorious	0	460	320.02	Green	83		S	5.					
M	89.4	Anton Engelbrecht	St Stithians	Disq		#N/A	93		S	0.					
M	91.2	Corne Hublinger	Chaos	680	431.26	Bronze	93		S	1.	Gold				
M	89.96	Pieter Fourie	Chaos	605	386.23	Brown	93		S	2.	Silver				
M	92.9	Dawid Diakowski	0	600	377.10	Brown	93		S	3.	Bronze				
M	90.4	David Jacobsz	Individual	575	366.28	Brown	93		S	4.					
M	92	David Hatton - Jones	Individual	575	363.11	Brown	93		S	5.					
M	92.4	George Parker	Chaos	550	346.56	Blue	93		S	6.					
M	90.8	Bernedict Ramakau	Cornerstone	490	311.44	Green	93		S	7.					
M	85.5	Rozelt Herbst	Chaos	345	226.39	Yellow	93		S	8.					
M	97.8	Jorncy Page	Cosmo	670	411.51	Black	105		S	1.	Gold				
M	99.8	Jeffery Cook	Lenasia	620	377.64	Brown	105		S	2.	Silver				
M	103.1	Shaun Roos	Chaos	620	372.93	Brown	105		S	3.	Bronze				
M	103.3	Hennie Janse Van Rensburg	Chaos	620	372.68	Brown	105		S	4.					
M	97.2	Mark Phillips	GMBC	610	375.64	Brown	105		S	5.					
M	96.1	Mitchell Jansenns	Henk de Wet	550	340.34	Green	105		S	6.					
M	103.8	Andre Kloppers	Cosmo	550	330.00	Green	105		S	7.					
M	103.1	Sammy Randa	Cornerstone	517.5	311.28	Orange	105		S	8.					
M	113	Jan Kruger	Chaos	650	379.54	Brown	120		S	1.	Gold				
M	117.2	Ben Roets	Cosmo	565	326.68	Green	120		S	2.	Silver				
M	119.8	Abraham Kabinde	Cornerstone	545	313.43	Green	120		S	3.	Bronze				
M	116.8	Johan Grove	Cosmo	540	312.50	Orange	120		S	4.					
M	116.4	Werth Muller	Chaos	510	295.39	Orange	120		S	5.					
M	112.3	Riegardt Lambrechts	Chaos	355	207.64	Yellow	120		S	6.					
M	126.4	Juan Booysse	Global	Disq		#N/A	120+		S	0.					
M	178.6	Arno Lambrechts	Chaos	865	466.06	Gold	120+		S	1.	Gold				
M	142.5	Sizwe Siya	Chaos	685	381.75	Brown	120+		S	2.	Silver				

[illegible]

Badge	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Place			
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
Yellow	W	1	47	45.80	Larisse Du Preez	Cosmo	45.0	55.0	65.0	65.0	25.0	30.0	30.0	25.0	90.0	30.0	70.0	80.0	70.0	160.0	219.18				
Orange	W	2	57	55.60	Alicia Du Toit	Global	60.0	70.0	80.0	80.0	25.0	35.0	40.0	40.0	120.0	75.0	85.0	95.0	95.0	215.0	254.39	1.			
Yellow	W	3	63	58.90	Leanie Lewis	Cosmo	60.0	70.0	70.0	60.0	25.0	30.0	40.0	30.0	90.0	90.0	97.5	97.5	90.0	180.0	203.58				
#N/A	W	5	57	54.40	Molebogeng Letlole	Cornerstone	50.0	50.0	50.0	-----	20.0	25.0	25.0		Disq	50.0	50.0	60.0	50.0	Disq					
Green	W	4	57	55.90	Megan Leighton	St Stithians	80.0	85.0	90.0	85.0	42.5	47.5	50.0	47.5	132.5	100.0	110.0	115.0	110.0	242.5	285.74				
Yellow	W	6	84	84.00	Thembela Mdluli	Cornerstone	60.0	80.0	110.0	80.0	25.0	35.0	35.0	25.0	105.0	60.0	85.0	100.0	100.0	205.0	182.80				
Orange	W	8	72	70.20	Tamore Goosen	Cosmo	80.0	90.0	90.0	80.0	40.0	50.0	60.0	50.0	130.0	90.0	100.0	120.0	120.0	250.0	248.23	1.			
Silver	W	7	72	68.10	Michelle De Souza	St Stithians	145.0	155.0	165.0	165.0	72.5	77.5		72.5	237.5	162.5	172.5	190.0	172.5	410.0	415.82				
#N/A	W	9	63	62.70	Danel Van Jaarsveld	Iron Rodd's	110.0	110.0	110.0	-----				-----	Disq				-----	Disq		1.			
Yellow	W	10	84	81.60	Janita Kruger	Cosmo	65.0	90.0	90.0	90.0	45.0	60.0	60.0	45.0	135.0	85.0	100.0	110.0	110.0	245.0	221.77				
#N/A	W	12	84+	123.90	Juanita Visser	Cosmo	110.0	110.0	110.0	-----				-----	Disq				-----	Disq		1.			
Yellow	W	11	84+	85.10	Tanya Kruis	Cosmo	90.0	100.0	110.0	100.0	40.0	50.0	60.0	50.0	150.0	100.0	115.0	125.0	125.0	275.0	243.68				
Brown	M	13	66	63.00	Marcel Vorster	Chaos	170.0	180.0		180.0	120.0	130.0		130.0	310.0	165.0	175.0		175.0	485.0	396.05				
Orange	M	14	59	56.90	Kgahliso Thladi	Cornerstone	80.0	82.5	120.0	120.0	60.0	65.0	65.0	65.0	185.0	120.0	142.5	160.0	160.0	345.0	309.26				
Yellow	M	15	66	63.80	Tshegotatso Dladla	Cornerston	80.0	110.0	120.0	120.0	50.0	60.0	80.0	80.0	200.0	120.0	140.0	155.0	140.0	340.0	274.65				

Lifter on the Platform

OF GROUP

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

Flight 1
Gauteng Powerlifting Championships 2013
2013/05/18

	M / W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Place			
Badge							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points				
Black	M	17	74	73.20	Willem Parker	Chaos	195.0	212.5	212.5	195.0	125.0	135.0		125.0	320.0	190.0	200.0	212.5	212.5	532.5	386.01				
Green	M	23	74	72.80	Luke Routier	St Stithians	125.0	137.5	137.5	137.5	92.5	97.5	102.5	102.5	240.0	165.0	180.0	190.0	180.0	420.0	305.68				
Yellow	M	20	74	73.70	Ishaaq Docrat	Lenasia	120.0	130.0	132.5	132.5	80.0	90.0	90.0	80.0	212.5	160.0	180.0	180.0	160.0	372.5	268.72				
Green	M	22	74	67.80	Ruan Smit	Chaos	130.0	140.0	150.0	150.0	105.0	105.0	107.5	105.0	255.0	180.0	187.5	187.5	180.0	435.0	334.21				
Yellow	M	24	74	70.80	Gregory Dixon	St Stithians	40.0	40.0		40.0	70.0	75.0	80.0	75.0	115.0	50.0			50.0	165.0	122.60				
#N/A	M	21	74	73.80	Michael Wilkes	Chaos	200.0	200.0	200.0	-----	110.0	120.0		120.0	Disq				-----	Disq					
Yellow	M	25	66	61.20	Uzair Variawa	Lenasia	80.0	82.5	95.0	82.5	60.0	65.0	70.0	65.0	147.5	140.0	150.0	155.0	150.0	297.5	249.25				
Black	M	26	74	71.60	Thabang Mpe	Cornerstone	160.0	170.0	180.0	180.0	145.0	152.5	155.0	155.0	335.0	170.0	190.0	205.0	205.0	540.0	397.82				
Black	M	28	74	73.00	Shaun Moller	Cosmo	200.0	200.0	220.0	200.0	120.0	135.0	140.0	135.0	335.0	200.0	220.0	230.0	220.0	555.0	403.15				
Yellow	M	27	74	71.90	Phila Tsabedze	Cornerstone	50.0	52.5	55.0	52.5	45.0	55.0	55.0	55.0	107.5	90.0	110.0	112.5	112.5	220.0	161.59				
Yellow	M	30	59	54.80	Amogelang Maduma	Cornerstone	60.0	70.0	80.0	80.0	30.0	50.0	55.0	50.0	130.0	70.0	85.0	95.0	95.0	225.0	209.25				

Lifter on the Platform

OF GROUP

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

Flight 2
Gauteng Powerlifting Championships 2013
2013/05/18

Badge	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Place			
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
Brown	M	31	83	81.50	Mike Egan	Chaos	~~180.0~~	<u>200.0</u>		200.0	<u>160.0</u>	~~170.0~~		160.0	360.0	<u>195.0</u>	<u>210.0</u>	<u>220.0</u>	220.0	580.0	391.44				
Blue	M	34	83	81.30	Michael Barnard	Individual	<u>170.0</u>	<u>172.5</u>	<u>180.0</u>	180.0	~~140.0~~	<u>115.0</u>	~~125.0~~	115.0	295.0	<u>210.0</u>	<u>220.0</u>	<u>230.0</u>	230.0	525.0	354.85				
Green	M	32	83	80.90	Martin Nel	Pitbull	<u>150.0</u>	<u>165.0</u>	~~172.5~~	165.0	<u>122.5</u>	<u>127.5</u>	~~132.5~~	127.5	292.5	<u>170.0</u>	~~180.0~~	<u>180.0</u>	180.0	472.5	320.31				
Blue	M	33	83	78.70	Zhan Fourie	N West	<u>180.0</u>	<u>200.0</u>	~~220.0~~	200.0	<u>130.0</u>	<u>140.0</u>	~~150.0~~	140.0	340.0	~~200.0~~	<u>200.0</u>	~~205.0~~	200.0	540.0	372.55				
Brown	M	44	93	90.40	David Jacobsz	Individual	<u>200.0</u>	<u>215.0</u>		215.0	<u>160.0</u>			160.0	375.0	<u>200.0</u>			200.0	575.0	366.28	1.			
Yellow	M	35	93	85.50	Rozelt Herbst	Chaos	<u>105.0</u>	~~107.5~~	<u>110.0</u>	110.0	<u>70.0</u>	<u>75.0</u>	~~80.0~~	75.0	185.0	<u>140.0</u>	<u>150.0</u>	<u>160.0</u>	160.0	345.0	226.39	1.			
Bronze	M	36	93	91.20	Corne Hublinger	Chaos	<u>240.0</u>	<u>250.0</u>		250.0	~~160.0~~	<u>160.0</u>	~~175.0~~	160.0	410.0	<u>250.0</u>	<u>270.0</u>		270.0	680.0	431.26				
Brown	M	42	93	92.00	David Hatton - Jones	Individual	<u>200.0</u>	~~220.0~~	<u>230.0</u>	230.0	<u>145.0</u>	~~165.0~~	~~200.0~~	145.0	375.0	<u>200.0</u>			200.0	575.0	363.11				
#N/A	M	41	93	89.40	Anton Engelbrecht	St Stithians	<u>220.0</u>	~~235.0~~	~~235.0~~	220.0	~~140.0~~	~~140.0~~	~~140.0~~	-----	Disq				-----	Disq					
Blue	M	38	93	92.40	George Parker	Chaos	~~190.0~~	<u>200.0</u>		200.0	<u>140.0</u>	<u>150.0</u>		150.0	350.0	<u>190.0</u>	<u>200.0</u>		200.0	550.0	346.56				
Brown	M	43	93	92.90	Dawid Diakowski		<u>180.0</u>			180.0	<u>140.0</u>	<u>160.0</u>		160.0	340.0	<u>220.0</u>	<u>260.0</u>		260.0	600.0	377.10				
Green	M	45	83	77.70	Wilhelm Pretorious		~~175.0~~	~~175.0~~	<u>175.0</u>	175.0	<u>95.0</u>	~~100.0~~	<u>100.0</u>	100.0	275.0	<u>175.0</u>	<u>185.0</u>	~~195.0~~	185.0	460.0	320.02	1.			
Brown	M	37	93	89.96	Pieter Fourie	Chaos	<u>225.0</u>			225.0	<u>135.0</u>	<u>190.0</u>	<u>200.0</u>	200.0	425.0	<u>180.0</u>			180.0	605.0	386.23				
Green	M	52	93	90.80	Benedict Ramakau	Cornerstone	<u>160.0</u>	<u>170.0</u>	~~180.0~~	170.0	<u>90.0</u>	<u>100.0</u>	<u>110.0</u>	110.0	280.0	<u>180.0</u>	<u>200.0</u>	<u>210.0</u>	210.0	490.0	311.44				

Lifter on the Platform

OF GROUP

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

Flight 3
Gauteng Powerlifting Championships 2013
2013/05/18

Badge	M / W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Place			
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points				
Brown	M	46	105	103.10	Shaun Roos	Chaos	~~225.0~~	230.0	~~240.0~~	230.0	150.0	160.0		160.0	390.0	210.0	220.0	230.0	230.0	620.0	372.93				
Brown	M	57	105	99.20	Lee-David Carolisson	N West	180.0	~~220.0~~	220.0	220.0	~~160.0~~	170.0	~~180.0~~	170.0	390.0	200.0	220.0	~~230.0~~	220.0	610.0	372.47				
Green	M	56	105	103.80	Andre Kloppers	Cosmo	185.0	200.0	230.0	230.0	100.0	120.0	140.0	140.0	370.0	180.0	~~200.0~~	~~220.0~~	180.0	550.0	330.00				
Black	M	49	105	97.80	Jorncy Page	Cosmo	220.0	235.0	~~245.0~~	235.0	160.0	170.0	~~175.0~~	170.0	405.0	230.0	250.0	265.0	265.0	670.0	411.51				
Brown	M	47	105	103.30	Hennie Janse Van Rensburg	Chaos	220.0	230.0		230.0	140.0	150.0	160.0	160.0	390.0	230.0			230.0	620.0	372.68				
Brown	M	48	105	97.20	Mark Phillips	GMBC	230.0			230.0	150.0			150.0	380.0	230.0			230.0	610.0	375.64				
Green	M	40	105	96.10	Mitchell Jansenns	Henk de We	180.0	~~195.0~~	~~195.0~~	180.0	120.0	130.0	~~140.0~~	130.0	310.0	240.0	~~250.0~~		240.0	550.0	340.34				
Brown	M	50	105	93.70	Anthonie Lubbe	N West	200.0	220.0	~~235.0~~	220.0	~~110.0~~	135.0	~~155.0~~	135.0	355.0	230.0	255.0	265.0	265.0	620.0	388.12				
Brown	M	54	105	99.80	Jeffery Cook	Lenasia	200.0	210.0	~~220.0~~	210.0	160.0	170.0	~~175.0~~	170.0	380.0	230.0	~~240.0~~	240.0	240.0	620.0	377.64				

Lifter on the Platform

OF GROUP

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

Flight 4
Gauteng Powerlifting Championships 2013
2013/05/18

Badge	M / W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks				
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place			
Green	M	60	120	117.20	Ben Roets	Cosmo	<u>185.0</u>	<u>200.0</u>	~~220.0~~	200.0	<u>110.0</u>	<u>130.0</u>	<u>150.0</u>	150.0	350.0	<u>180.0</u>	<u>215.0</u>	~~230.0~~	215.0	565.0	326.68				
Brown	M	58	120	113.00	Jan Kruger	Chaos	<u>220.0</u>	<u>250.0</u>		250.0	<u>140.0</u>	<u>150.0</u>		150.0	400.0	<u>220.0</u>	<u>250.0</u>		250.0	650.0	379.54				
Orange	M	63	105	103.10	Sammy Randa	Cornerstone	~~180.0~~	~~195.0~~	<u>200.0</u>	200.0	<u>95.0</u>	<u>107.5</u>	~~117.5~~	107.5	307.5	<u>200.0</u>	<u>210.0</u>	~~220.0~~	210.0	517.5	311.28				
Black	M	67	120	117.10	Stephan Groenewald	N West	<u>220.0</u>	<u>250.0</u>	<u>270.0</u>	270.0	<u>150.0</u>	<u>165.0</u>	<u>175.0</u>	175.0	445.0	<u>220.0</u>	<u>250.0</u>	<u>270.0</u>	270.0	715.0	413.48				
Yellow	M	66	120	112.30	Riegardt Lambrechts	Chaos	<u>100.0</u>	<u>107.5</u>	<u>115.0</u>	115.0	<u>75.0</u>	<u>80.0</u>	~~85.0~~	80.0	195.0	<u>140.0</u>	<u>150.0</u>	<u>160.0</u>	160.0	355.0	207.64				
Green	M	64	120	119.80	Abraham Kabinde	Cornerstone	~~170.0~~	~~190.0~~	<u>200.0</u>	200.0	<u>100.0</u>	<u>120.0</u>	<u>130.0</u>	130.0	330.0	~~200.0~~	<u>215.0</u>	~~220.0~~	215.0	545.0	313.43				
Orange	M	65	120	116.40	Werth Muller	Chaos	~~160.0~~	<u>162.5</u>	<u>170.0</u>	170.0	~~130.0~~	<u>130.0</u>	~~140.0~~	130.0	300.0	<u>210.0</u>	~~225.0~~	~~240.0~~	210.0	510.0	295.39				
#N/A	M	68	120+	126.40	Juan Booyse	Global	~~300.0~~	~~310.0~~	~~310.0~~	-----				-----	Disq				-----	Disq		1.			
Brown	M	69	120+	142.50	Sizwe Siya	Chaos	~~240.0~~	<u>250.0</u>		250.0	<u>165.0</u>	<u>175.0</u>		175.0	425.0	<u>240.0</u>	<u>260.0</u>		260.0	685.0	381.75				
Orange	M	70	120	116.80	Johan Grove	Cosmo	~~195.0~~	~~190.0~~	<u>190.0</u>	190.0	<u>90.0</u>	<u>100.0</u>	<u>120.0</u>	120.0	310.0	<u>180.0</u>	<u>215.0</u>	<u>230.0</u>	230.0	540.0	312.50				
Gold	M	71	120+	178.60	Arno Lambrechts	Chaos	<u>320.0</u>	~~420.0~~	~~440.0~~	320.0	<u>220.0</u>	~~202.5~~	~~202.5~~	220.0	540.0	<u>300.0</u>	<u>325.0</u>		325.0	865.0	466.06				

Lifter on the Platform

OF GROUP

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

Flight 5
Gauteng Powerlifting Championships 2013
2013/05/18