

SA Powerlifting Federation
SA CLASSIC BENCH PRESS 2016, ST STITHIANS 21/11/2015
DETAILED SCORESHEET - RAW LADIES

Best
Lifter

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
					1	2	3			
Open										
47kg										
A	Mariska Casey		G	46.4	45	47.5	-50	1	47.5	64.472
52kg										
A	Giulia Muto		G	51.5	52.5	57.5	60	1	60	75.360
57kg										
A	Seritha Plaatjies		NW	56.15	70	75	80	1	80	93.928
A	Michelle Letcher		G	56.35	60	65	-70	2	65	76.108
A	Megan Leighton		G	56.2	60	-66	-66	3	60	70.398
63kg										
B	Danel Van Jaarsveld		G	61.05	82.5	-87.5	-87.5	1	82.5	90.758
B	Laura Newman		G	62.4	60	65	67.5	2	67.5	73.021
B	Ilona Wilson		G	59.7	50	55	-57.5	3	55	61.556
72kg										
C	Storm Benjamin		G	70.5	72.5	77.5	80	1	80	79.200
C	Candice Coetzer		G	68.65	70	-75	75	2	75	75.630
C	Laura De Wet		G	68.9	70	72.5	-75	3	72.5	72.928
84kg										
C	Sanet Momberg		EC	77.4	-120	120	122.5	1	122.5	114.244
C	Toni Firmani		G	78.75	60	65	70	2	70	64.624

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
					1	2	3			
Master 1										
57kg										
A	Michelle Letcher		G	56.35	60	65	-70	1	65	76.108
A	Carol Anthony		G	56.95	42.5	45	-47.5	2	45	52.254
63kg										
B	Ronel Reyneke		G	62.25	55	57.5	60	1	55	65.028
B	Candice Firmani		G	62.15	45	50	55	2	55	59.681
B	Carm Ingel		G	62.45	50	-55	55	3	55	59.460
72kg										
C	Laura De Wet		G	68.9	70	72.5	-75	1	72.5	72.928
C	Maureen Ackerman		G	64.85	67.5	-72.5	-72.5	2	67.5	70.936
C	Gail Matthewson		G	70.3	45	50	-60	3	50	49.595
84kg										
C	Sanet Momberg		EC	77.4	-120	120	122.5	1	122.5	114.244

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
					1	2	3			
Master 3										
57kg										
A	Lucille Davie (guest)		G	57	40	-42.5	-42.5	1	40	46.416

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
					1	2	3			
Junior										
57kg										
A	Megan Leighton		G	56.2	60	-66	-66	1	60	70.398
72kg										
C	Kim Halgreen		EC	71.65	82.5	85	-87.5	1	85	83.232
C	Kash Hobbs		G	70.85	65	-70	-70	2	65	64.135

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DETAILED SCORESHEET - RAW MEN

Best
Lifter

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
Open										
66kg										
A	Ivan Vers		NW	63	120	130	132.5	1	132.5	108.200
74kg										
B	Jonathan Kariv		G	73.8	135	142.5	-151	1	142.5	102.700
B	Ray Norman		G	73.6	130	135	-142.5	2	135	97.484
B	Kobus Bester		G	74	120	-130	-130	3	120	86.316
83kg										
C	Marlon Daniels		G	78.45	145	152.5	157.5	1	157.5	108.880
C	Neville Young		G	80.4	145	150	152.5	2	152.5	103.791
C	Jean-Arthur Pretorius		G	82.05	142.5	150	152.5	3	152.5	102.495
93kg										
A	Divan Strauss		NC	88.1	-165	165	-176	1	165	106.508
A	Connor Scheckle		G	91.65	150	160	-165	2	160	101.216
A	Adrian Smith		G	91.15	140	145	-147.5	3	145	91.973
A	Jared Anthony		G	92.3	137.5	-142.5	-142.5	4	137.5	86.694
105kg										
B	Nicholas Deetlefs		G	103.4	177.5	-185	-185	1	177.5	106.660
B	Craig Masson		G	103.95	170	-177.5	-180	2	170	101.949
B	Graham Green		G	96	135	145	-147.5	3	145	89.769
B	Michael Spinks		G	103.1	-170	-170	-177.5		0	0.000
120kg										
B	Malone Horn		KZN	115.1	195	200	207.5	1	207.5	120.537
B	Dave Edwards		G	117.2	195	205	-210	2	205	118.531
B	Jean Van der Have		G	117.3	185	-192.5	-192.5	3	185	106.949
+120kg										
C	Jose Farinha		FS	132.7	185	195	205	1	205	115.538
C	Barend Mouton		NC	137.5	192.5	202.5	-207.5	2	202.5	113.461
C	Kyle Noonan		G	122.2	175	-180	-180	3	175	100.205
C	Christian Ashcroft		G	138.75	-150	160	167.5	4	167.5	93.733

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
Junior										
66kg										
A	Ruben Van der Linde		G	63.5	87.5	-92.5	-92.5	1	87.5	70.971
A	Bernard Van der Linde		G	65.9	80	87.5	-90	2	87.5	68.792
74kg										
B	Jason Szeili		G	71.05	100	110	-112.5	1	110	81.510
83kg										
C	Neville Young		G	80.4	145	150	152.5	1	152.5	103.791
C	Jean-Arthur Pretorius		G	82.05	142.5	150	152.5	2	152.5	102.495
C	James Macintosh		G	77.95	130	-137.5	137.5	3	137.5	95.452
C	Luke Routier		G	78.85	115	122.5	-127.5	4	122.5	84.403
93kg										
A	Elfranco Holder		NW	84.15	165	-172.5	-172.5	1	165	109.247
A	Adrian Smith		G	91.15	140	145	-147.5	2	145	91.973
120kg										
B	Sebastiaan Loubser		EC	109	160	175	182.5	1	182.5	107.712

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
Sub-Junior										
66kg										
A	Mpho Hlanyane		NW	60.85	87.5	90	-92.5	1	90	75.789
A	Ruben Van der Linde		G	63.5	87.5	-92.5	-92.5	2	87.5	70.971
A	Tovi Donninger		G	65.6	82.5	87.5	-90	3	87.5	69.046
A	Bernard Van der Linde		G	65.9	80	87.5	-90	4	87.5	68.792
72kg										
B	Yonela Mbembe		EC	70.2	130	140	-150	1	140	104.692
B	Obert Booyens		NW	68.3	100	105	-107.5	2	105	80.199
B	Elan Donninger		G	69.6	92.5	97.5	-102.5	3	97.5	73.388
B	Ignatius Muller		EC	73.2	97.5	-102.5	-102.5	4	97.5	70.678
B	Nkcubeko Ndongeni		EC	69.55	85	92.5	-100	5	92.5	69.662

83kg										
C	Zizwe Mqedlana	G	82.05	90	-97.5	100		1	100	67.210
C	Pieter Uys	G	82.4	90	-97.5	-97.5		2	90	60.336
93kg										
A	Bulelani Ngaki	G	86.95	90	110	117.5		1	117.5	76.387
+ 120kg										
C	Johnde Victor	FS	128.85	125	135	142.5		1	142.5	80.726

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
Master 1										
83kg										
C	Marlon Daniels		G	78.45	145	152.5	157.5	1	157.5	108.880
93kg										
A	Glenn Silver		G	91.9	130	137.5	140	1	140	88.452
105kg										
B	Cornel Welgemoed		G	105	135	147.5	-165.5	1	147.5	88.146
B	Nic Ingel		G	97.15	120	125	130	2	130	80.067
120kg										
B	Malone Horn		KZN	115.1	195	200	207.5	1	207.5	120.537
+120kg										
C	Barend Mouton		NC	137.5	192.5	202.5	-207.5	1	202.5	113.461
C	Fanie Du Preez		G	136.6	135	142.5	147.5	2	147.5	82.733

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	
Master 2										
66kg										
A	JC Bruce		WP	64.95	82.5	-87.5	-87.5	1	82.5	65.645
74kg										
B	Tommie De Nysschen		G	73	100	107.5	110	1	110	79.904
105kg										
B	Eric Kobal		G	97.4	110	-115	115	1	115	70.748

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	
Master 3										
93kg										
A	Robert Huff		G	92.27	95	100	-105	1	100	63.060

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	
Master 4										
83kg										
C	Dan Oppenheim		G	77.05	90	97.5	-103	1	97.5	68.211
C	William Kempen		WP	81.05	80	90	-100	2	90	60.948

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DETAILED SCORESHEET - EQUIPPED LADIES

Best
Lifter

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
					1	2	3			
Open										
57kg										
A	Megan Leighton		G	56.7	77.5	82.5	-87.5	1	82.5	96.129
63kg										
A	Danel Van Jaarsveld		G	62.25	95	-97.5	-97.5	1	95	102.961
72kg										
A	Ilze-Mari Maritz		EC	68.65	95	102.5	110	1	110	110.924
+84kg										
A	Christie De Jager		G	100.35	105	-112.5	-112.5	1	105	87.329
PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	
					1	2	3			
Junior										
57kg										
A	Megan Leighton		G	56.7	77.5	82.5	-87.5	1	82.5	96.129

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DETAILED SCORESHEET - EQUIPPED MEN

Best
Lifter

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
Open										
66kg										
A	Ivan Vers		NW	62.8	145	150	160	1	160	131.024
74kg										
A	Jonathan Kariv		G	73.7	165	172.5	-177.5	1	172.5	124.442
A	Kobus Bester		G	73.95	130	135	140	2	140	100.758
83kg										
B	Marlon Daniels		G	78.05	180	-190	-190	1	180	124.848
93kg										
B	Adrian Smith		G	91.15	-160	-160	167.5	1	167.5	106.245
105kg										
B	Shaun Roos		G	104.2	192.5	200	202.5	1	202.5	121.338
B	Craig Masson		G	104.8	200	-210	-210	2	200	119.600
120kg										
B	Andries Gie		WP	118.75	-230	230	242.5	1	242.5	139.753
B	Jean Van der Have		G	117.35	200	215	-230	2	215	124.270
B	Hein Van Zyl		NC	105.1	-160	160	-170	3	160	95.584
+120kg										
B	Eugene Nolan		EC	141.25	-290	-290	-300		0	0.000

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
Junior										
66kg										
A	Ruben Van der Linde		G	63.5	90	-105	105	1	105	85.166
83kg										
B	Luke Routier		G	78.85	-130	130	140	1	140	96.460
93kg										
B	Adrian Smith		G	91.15	-160	-160	167.5	1	167.5	106.245
120kg										
B	Edgar Katushabe		EC	117.95	-187.5	-187.5	-187.5		0	0.000

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
Sub-Junior										
66kg										
A	Ruben Van der Linde		G	63.5	90	-105	105	1	105	85.166
74kg										
A	Obert Booyens		NW	67.8	117.5	125	-130	1	125	96.037

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	Wilks
Master 1										
83kg										
B	Marlon Daniels		G	78.05	180	-190	-190	1	180	124.848
105kg										
B	Mark Phillips		G	99.45	185	-190	-190	1	185	112.831
B	Nic Ingel		G	97.4	140	145	150	2	150	92.280

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	
Master 2										
66kg										
A	JC Bruce		WP	64.9	90	95	-105	1	95	75.639
74kg										
A	Tommie De Nysschen		WP	73.4	115	-125	-125	1	115	83.203

PL.	Lifters	BY	Nation	Weight	All Bench press			Place	TOTAL	
Master 4										
83kg										
C	Dan Oppenheim		G	77.45	100	105	110	1	110	76.692
C	William Kempen		WP	81.05	90	-95	95	2	95	64.334