

South African Powerlifting Federation
South African Powerlifting Championship men juniors, South Africa, Pretoria, 22.06.2013

DETAILED SCORESHEET																					
PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Pts.			
- 53 kg																					
1	Mjikwa Michael	1994	WP	52.60	0.9696	17	90.0	100.0	~~110.0~~	1	65.0	75.0	82.5	1	130.0	140.0	~~150.0~~	1	322.5	312.69	12
- 59 kg																					
1	Williams Clint	1994	NW	56.60	0.9010	23	160.0	~~180.0~~	~~180.0~~	1	80.0	~~90.0~~	95.0	1	160.0	175.0	185.0	1	440.0	396.44	12
2	Jafta Peter	1993	NW	58.80	0.8689	32	160.0	~~190.0~~	~~190.0~~	2	80.0	~~100.0~~	~~100.0~~	2	160.0	~~180.0~~	~~180.0~~	2	400.0	347.56	9
3	Hendrics Dillon	1994	NW	58.30	0.8759	24	90.0	100.0	110.0	3	30.0	40.0	~~60.0~~	3	120.0	130.0	135.0	3	285.0	249.63	8
- 66 kg																					
1	Khalapa Japhta	1992	NW	65.70	0.7881	20	200.0	~~210.0~~	~~210.0~~	1	~~100.0~~	110.0	~~120.0~~	3	200.0	220.0	225.0	1	535.0	421.63	12
2	Mpe Thabang	1990	G	65.80	0.7872	37	160.0	~~175.0~~	~~175.0~~	4	150.0	~~167.5~~	~~167.5~~	1	190.0	200.0	~~206.0~~	2	525.0	413.28	9
3	Vorster Marcel	1994	G	63.20	0.8144	26	175.0	185.0	~~195.0~~	2	130.0	137.5	142.5	2	170.0	~~186.0~~	185.0	4	512.5	417.38	8
4	Nsojjo Percy	1994	NW	62.90	0.8178	35	~~180.0~~	190.0	~~200.0~~	3	70.0	~~80.0~~	~~90.0~~	5	175.0	~~190.0~~	~~190.0~~	5	425.0	347.56	7
5	Bosman Jarome	1992	NW	60.80	0.8427	33	~~140.0~~	140.0	~~150.0~~	5	90.0	95.0	~~100.0~~	4	160.0	175.0	185.0	3	420.0	353.93	6
—	Pregnotato Ebrahim	1997	WP	63.50	0.8111	29	~~155.0~~	~~155.0~~	~~155.0~~	Disq.	X	X	X	Disq.	X	X	X	Disq.	Out	—	—
—	Hendricks Jonathan	1991	NW	65.80	0.7872	12	~~200.0~~	~~200.0~~	~~200.0~~	Disq.	X	X	X	Disq.	X	X	X	Disq.	Out	—	—
- 74 kg																					
1	Stefanou Nick	1991	G	72.70	0.7285	22	240.0	~~250.0~~	~~250.0~~	2	140.0	147.5	~~155.0~~	1	245.0	250.0	~~255.0~~	1	637.5	464.41	12
2	Jola Wonga	1992	EP	72.30	0.7315	21	~~225.0~~	225.0	~~230.0~~	3	132.5	140.0	~~147.5~~	2	227.5	237.5	245.0	2	610.0	446.21	9
3	Makuta Keke	1993	FS	73.60	0.7221	14	235.0	245.0	~~250.0~~	1	105.0	~~120.0~~	120.0	7	220.0	~~235.0~~	~~235.0~~	6	585.0	422.42	8
4	Bruce Christopher	1991	WP	73.30	0.7242	15	~~200.0~~	200.0	~~210.0~~	4	115.0	122.5	130.0	4	215.0	222.5	~~235.0~~	4	572.5	414.60	7
5	Mohloane Simon	1990	NW	72.20	0.7322	17	205.0	~~215.0~~	~~220.0~~	6	110.0	120.0	~~127.5~~	6	225.0	235.0	~~250.0~~	3	560.0	410.03	6
6	Gideon Adrian	1992	WP	68.00	0.7665	4	120.0	~~130.0~~	~~130.0~~	8	~~120.0~~	120.0	~~130.0~~	5	150.0	160.0	170.0	10	410.0	314.26	5
7	May Tebello	1993	NW	69.90	0.7502	1	100.0	105.0	115.0	9	50.0	60.0	65.0	8	~~160.0~~	~~160.0~~	160.0	11	340.0	255.06	4
—	Dawood Abduraghmaan	1993	WP	67.40	0.7719	8	~~160.0~~	~~160.0~~	~~175.0~~	Disq.	~~125.0~~	~~125.0~~	~~125.0~~	Disq.	190.0	~~190.0~~	~~190.0~~	9	Out	—	—
—	Dawood Abduragheem	1993	WP	71.30	0.7390	18	~~180.0~~	~~180.0~~	~~190.0~~	Disq.	130.0	~~140.0~~	~~140.0~~	3	~~220.0~~	220.0	~~230.0~~	5	Out	—	—
—	Parker Willem	1994	G	72.40	0.7307	16	205.0	215.0	~~225.0~~	5	~~140.0~~	~~140.0~~	~~140.0~~	Disq.	205.0	215.0	~~220.0~~	7	Out	—	—
—	van Rensburg Chris	1990	FS	72.70	0.7285	27	~~170.0~~	170.0	~~175.0~~	7	~~125.0~~	~~125.0~~	~~130.0~~	Disq.	210.0	~~220.0~~	~~220.0~~	8	Out	—	—
- 83 kg																					
1	Makuta Paul	1991	FS	80.30	0.6811	34	260.0	~~275.0~~	~~275.0~~	1	125.0	~~155.0~~	X	4	250.0	~~277.5~~	X	1	635.0	432.49	12
2	Egan Michael	1990	G	81.70	0.6739	35	195.0	~~207.5~~	~~210.0~~	2	157.5	162.5	~~165.0~~	1	200.0	222.5	~~242.5~~	2	580.0	390.86	9
3	Pregnotato Umar	1994	WP	75.00	0.7126	11	180.0	~~205.0~~	~~205.0~~	3	135.0	145.0	150.0	2	200.0	210.0	~~225.0~~	3	540.0	384.80	8
4	Mogapi Jacobus	1993	NW	78.80	0.6893	29	150.0	~~170.0~~	~~170.0~~	5	100.0	~~120.0~~	130.0	3	150.0	160.0	180.0	5	460.0	317.07	7
5	Martin Ishityaag	1992	WP	81.20	0.6764	24	100.0	110.0	~~125.0~~	6	100.0	110.0	~~115.0~~	5	200.0	~~205.0~~	~~205.0~~	4	420.0	284.08	6
—	Rapoo Tshupo	1993	NW	76.50	0.7029	37	~~245.0~~	~~265.0~~	~~270.0~~	Disq.	X	X	X	Disq.	X	X	X	Disq.	Out	—	—
—	Phantle Jabulani	1991	NW	81.40	0.6754	31	~~270.0~~	~~270.0~~	~~270.0~~	Disq.	X	X	X	Disq.	X	X	X	Disq.	Out	—	—
—	Pietersen Jamilian	1993	NW	82.10	0.6719	25	~~160.0~~	160.0	~~170.0~~	4	~~80.0~~	~~80.0~~	X	Disq.	~~160.0~~	160.0	170.0	6	Out	—	—
- 93 kg																					
1	Diakowski David	1990	G	91.50	0.6331	7	~~245.0~~	245.0	255.0	2	165.0	177.5	182.5	1	270.0	285.0	300.0	1	737.5	466.91	12
2	Sikali Nelson	1991	NW	89.90	0.6388	36	~~240.0~~	245.0	255.0	1	120.0	130.0	135.0	4	260.0	275.0	280.0	2	670.0	427.99	9
3	Engelbrecht Anton	1991	G	90.50	0.6366	10	~~220.0~~	220.0	220.0	3	135.0	142.5	147.5	3	225.0	245.0	~~250.0~~	3	612.5	389.91	8
4	Ramosoeu Sidney	1990	NW	92.40	0.6301	16	180.0	195.0	~~205.0~~	4	90.0	100.0	105.0	7	~~210.0~~	210.0	225.0	4	525.0	330.80	7
5	Doubbell Vincent	1994	EP	90.10	0.6380	3	160.0	~~165.0~~	165.0	6	120.0	135.0	150.0	2	180.0	195.0	~~205.0~~	7	510.0	325.38	6
6	Omar Shuayb	1992	WP	83.20	0.6665	30	~~140.0~~	140.0	147.5	8	120.0	127.5	~~130.0~~	5	190.0	197.5	~~202.5~~	5	472.5	314.92	5
7	D'Alton Joshua	1994	WP	84.90	0.6588	4	140.0	152.5	~~160.0~~	7	~~110.0~~	110.0	~~115.0~~	6	190.0	197.5	~~202.5~~	6	460.0	303.04	4
8	Jacobus Seleke	1990	NW	84.30	0.6615	1	170.0	190.0	~~200.0~~	5	100.0	~~105.0~~	X	8	100.0	~~105.0~~	X	8	390.0	257.98	3
- 105 kg																					
1	Korf Albert	1993	EP	102.50	0.6028	5	~~250.0~~	~~250.0~~	250.0	2	~~100.0~~	~~100.0~~	190.0	1	245.0	260.0	265.0	2	705.0	424.97	12
2	Robbertse Juan	1992	NW	94.20	0.6244	3	240.0	255.0	270.0	1	155.0	160.0	~~170.0~~	2	250.0	~~260.0~~	X	3	680.0	424.59	9
3	Lubbe Antonie	1990	NW	95.20	0.6214	2	220.0	~~230.0~~	~~230.0~~	4	140.0	145.0	150.0	5	250.0	275.0	X	1	645.0	400.80	8
4	Cook Jeffrey	1992	G	97.90	0.6139	15	200.0	210.0	~~225.0~~	4	160.0	~~170.0~~	~~170.0~~	3	230.0	240.0	~~245.0~~	4	610.0	374.47	7
5	Derbyshire Zane	1990	NW	99.50	0.6098	7	~~180.0~~	180.0	~~200.0~~	6	140.0	150.0	160.0	4	~~200.0~~	210.0	230.0	5	570.0	347.58	6
6	Randa Sammy	1994	G	102.10	0.6037	13	~~200.0~~	205.0	~~215.0~~	5	107.5	115.0	~~120.0~~	6	200.0	~~210.0~~	210.0	6	530.0	319.96	5
- 120 kg																					
1	Bucarizza Benedict	1991	G	115.20	0.5808	9	320.0	340.0	~~350.0~~	2	210.0	217.5	225.0	1	280.0	305.0	~~315.0~~	2	870.0	505.29	12
2	Baretto Ricardo	1991	FS	112.90	0.5840	7	~~340.0~~	340.0	~~365.0~~	1	135.0	X	X	3	290.0	~~310.0~~	310.0	1	785.0	458.44	9
3	Smith Roelof	1990	NW	113.00	0.5839	1	250.0	285.0	300.0	3	170.0	175.0	180.0	2	250.0	~~252.5~~	~~252.5~~	3	730.0	426.24	8
4	Grove Johan	1991	G	118.70	0.5764	5	180.0	200.0	~~220.0~~	5	110.0	125.0	~~140.0~~	5	200.0	215.0	240.0	4	565.0	325.66	7
5	van Jaarsveld Cornelis	1994	FS	114.30	0.5820	14	190.0	205.0	~~215.0~~	4	110.0	120.0	125.0	4	200.0	225.0	~~240.0~~	5	555.0	323.01	6
120+ kg																					
1	Booyse Juan	1990	G	124.20	0.5706	2	260.0	285.0	~~295.0~~	1	242.5	250.0	257.5	1	240.0	250.0	~~252.5~~	1	792.5	452.20	12
Nation (points)																					
1	Gauteng	66	[12+12+12+12+9+9]		2692.97 w.pts.																
2	North West	59	[12+12+9+9+9+8]		2444.47 w.pts.																
3	Western Province	43	[12+8+7+6+5+5]		2025.38 w.pts.																
4	Free State	35	[12+9+8+6]		1636.38 w.pts.																
5	Eastern Province	27	[12+9+6]		1196.57 w.pts.																
Best Lifters of Juniors																					
PL.	Lifter		Nation	B.Weight	WF			Total										W. points			
1	Bucarizza Benedict		Gauteng	115.20	0.5808			870.0										505.29			
2	Diakowski David		Gauteng	91.50	0.6331			737.5										466.91			
3	Stefanou Nick		Gauteng	72.70	0.7285			637.5										464.41			

South African Powerlifting Federation
South African Powerlifting Championship men masters, South Africa, Pretoria, 21-22.06.2013
DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat				All Bench press				All Dead lift				TOTAL	W.pts.	Pts.
Masters 1																					
- 93 kg																					
1	Parker George	1971	G	91.10	0.6345	8	195.0	205.0	210.0	2	145.0	145.0	145.0	1	190.0	205.0	210.0	1	565.0	358.49	12
2	Mapoo Victor	1970	NW	87.00	0.6499	13	200.0	210.0	220.0	1	120.0	140.0	140.0	2	180.0	220.0	220.0	2	540.0	350.94	9
- 105 kg																					
1	Page Jorncy	1972	G	102.60	0.6026	4	240.0	240.0	260.0	1	175.0	175.0	180.0	1	240.0	262.5	272.5	1	692.5	417.30	12
- 120 kg																					
1	Cosmo Matthew	1971	G	112.40	0.5847	2	280.0	302.5 n1	310.0	1	220.0	232.5 n1	240.0	1	250.0	265.0	280.0	2	815.0	476.53	12
2	Kruger Jan	2013	G	112.60	0.5844	3	277.5	295.0	300.0	2	185.0	192.5	192.5	2	260.0	280.0	292.5 n1	1	762.5	445.60	9
Nation (points)																					
1	Gauteng	45	[12+12+12+9] 1697.93 w.pts.																		
2	North West	9	[9] 350.95 w.pts.																		
Best Lifters of Masters 1																					
PL.	Lifter	Nation		B.Weight		WF		Total		W. points											
1	Cosmo Matthew	Gauteng		112.40		0.5847		815.0		476.53											
2	Kruger Jan	Gauteng		112.60		0.5844		762.5		445.60											
3	Page Jorncy	Gauteng		102.60		0.6026		692.5		417.30											
Masters 2																					
- 66 kg																					
1	Christians Karl	1963	WP	64.00	0.8057	28	180.0	190.0	190.0	1	85.0	90.0	X	1	200.0	200.0	205.0	1	475.0	382.70	12
- 74 kg																					
1	Quatse David	1962	NW	71.70	0.7360	10	175.0	185.0	195.0	1	80.0	95.0	100.0	1	185.0	205.0	220.0	1	515.0	379.04	12
120+ kg																					
1	Robertson Willy J	1957	G	120.02	0.5749	1	120.0	X	X	1	200.0	210.0	215.0 n2	1	110.0	X	X	1	445.0	255.82	12
Nation (points)																					
1	Western Province	12	[12] 382.71 w.pts.																		
2	North West	12	[12] 379.04 w.pts.																		
3	Gauteng	12	[12] 255.82 w.pts.																		
Best Lifters of Masters 2																					
PL.	Lifter	Nation		B.Weight		WF		Total		W. points											
1	Christians Karl	Western Provin		64.00		0.8057		475.0		382.70											
2	Quatse David	North West		71.70		0.7360		515.0		379.04											
3	Robertson Willy J	Gauteng		120.02		0.5749		445.0		255.82											
Masters 3																					
- 83 kg																					
1	Oppenheim Dan	1945	G	75.50	0.7093	9	165.0	165.0	165.0	1	115.0	120.0	125.0	1	182.5	202.5	207.5	1	492.5	349.33	12
Nation (points)																					
1	Gauteng	12	[12] 349.33 w.pts.																		
Best Lifters of Masters 3																					
PL.	Lifter	Nation		B.Weight		WF		Total		W. points											
1	Oppenheim Dan	Gauteng		75.50		0.7093		492.5		349.33											

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.

G = Gauteng

WP = Western Province

NW = North West

South African Powerlifting Federation
South African Powerlifting Championship men Senior , South africa, Johannesburg, 21-22.06.2013
DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat				All Bench press				All Dead lift				TOTAL	W.pts.	Pts.
- 66 kg																					
1	Phaltsi Jacobs	2013	NW	62.50	0.8223	36	~~220.0~~	~~220.0~~	220.0	1	~~120.0~~	130.0	~~150.0~~	1	~~200.0~~	200.0	~~215.0~~	2	550.0	452.26	12
2	Butler Duane	1984	WP	64.50	0.8004	27	180.0	190.0	200.0	2	~~110.0~~	~~110.0~~	110.0	2	180.0	190.0	202.5	1	512.5	410.20	9
- 74 kg																					
1	Stefanou Nick	1991	G	72.70	0.7285	22	240.0	~~250.0~~	~~250.0~~	3	140.0	147.5	~~155.0~~	2	245.0	250.0	~~255.0~~	1	637.5	464.41	12
2	Moller Shaun	1987	G	72.00	0.7337	19	~~230.0~~	~~230.0~~	240.0	2	130.0	150.0	~~155.0~~	1	220.0	~~230.0~~	230.0	3	620.0	454.89	9
3	Makuta Keke	1993	FS	73.60	0.7221	14	235.0	245.0	~~250.0~~	1	105.0	~~120.0~~	120.0	5	220.0	~~235.0~~	~~235.0~~	6	585.0	422.42	8
4	Wilkes Micheal	1986	G	72.80	0.7278	13	~~200.0~~	200.0	210.0	4	145.0	~~150.0~~	~~150.0~~	3	200.0	220.0	~~230.0~~	5	575.0	418.48	7
5	Lekopa Peter	1984	NW	73.40	0.7235	33	190.0	210.0	~~220.0~~	5	100.0	~~110.0~~	~~110.0~~	6	220.0	~~240.0~~	240.0	2	550.0	397.92	6
—	Dawood Abduragheem	1993	WP	71.30	0.7390	18	~~180.0~~	~~180.0~~	~~180.0~~	Disq.	130.0	~~140.0~~	~~140.0~~	4	~~220.0~~	220.0	~~230.0~~	4	Out	—	—
- 83 kg																					
1	Coppenhall Matthew	1987	WP	80.00	0.6827	38	260.0	270.0	280.0	n 1	200.0	X	X	1	~~260.0~~	265.0	~~270.0~~	1	745.0	508.61	12
2	Makuta Paul	1991	FS	80.30	0.6811	34	260.0	~~275.0~~	~~275.0~~	2	125.0	~~155.0~~	X	4	250.0	~~277.5~~	X	2	635.0	432.49	9
3	Egan Michael	1990	G	81.70	0.6739	35	195.0	~~207.5~~	~~210.0~~	3	157.5	162.5	~~165.0~~	2	200.0	222.5	~~242.5~~	3	580.0	390.86	8
4	Pregolato Umar	1994	WP	75.00	0.7126	11	180.0	~~205.0~~	~~205.0~~	4	135.0	145.0	150.0	3	200.0	210.0	~~225.0~~	4	540.0	384.80	7
- 93 kg																					
1	Fourie Pieter	1988	G	88.40	0.6444	9	300.0	n 307.5	n 315.0	n 1	190.0	202.5	~~205.0~~	2	270.0	277.5	~~282.5~~	2	795.0	512.29	12
2	Potgieter Etienne	1986	G	90.60	0.6363	12	~~285.0~~	285.0	295.0	2	205.0	210.0	215.0	n 1	255.0	270.0	~~280.0~~	3	780.0	496.31	9
3	Diakowski David	1990	G	91.50	0.6331	7	~~245.0~~	245.0	255.0	4	165.0	177.5	182.5	4	270.0	285.0	300.0	1	737.5	466.91	8
4	Hublinger Corne	1981	G	90.40	0.6370	15	235.0	245.0	255.0	3	155.0	~~165.0~~	~~165.0~~	6	245.0	~~260.0~~	~~260.0~~	4	655.0	417.23	7
5	Engelbrecht Anton	1991	G	90.50	0.6366	10	~~220.0~~	~~220.0~~	220.0	5	135.0	142.5	147.5	7	225.0	245.0	~~250.0~~	5	612.5	389.91	6
6	Jacobs David	1981	G	91.00	0.6349	5	~~210.0~~	210.0	~~225.0~~	6	160.0	~~180.0~~	~~180.0~~	5	210.0	220.0	~~230.0~~	7	590.0	374.59	5
—	Ramakau Benedict	1985	G	91.80	0.6321	6	~~170.0~~	~~170.0~~	~~170.0~~	Disq.	~~110.0~~	~~110.0~~	X	Disq.	X	X	X	Disq.	Out	—	—
—	Jones David Hatton	1988	G	93.00	0.6282	14	~~230.0~~	~~230.0~~	~~230.0~~	Disq.	185.0	~~190.0~~	~~195.0~~	3	200.0	220.0	240.0	6	Out	—	—
- 105 kg																					
1	Page Jorncy	1972	G	102.60	0.6026	4	~~240.0~~	240.0	~~260.0~~	4	~~175.0~~	175.0	180.0	2	240.0	262.5	272.5	1	692.5	417.30	12
2	Robbertse Juan	1992	NW	94.20	0.6244	3	240.0	255.0	270.0	1	155.0	160.0	~~170.0~~	4	250.0	~~260.0~~	X	4	680.0	424.59	9
3	Janse van Rensburg Henni	1981	G	104.50	0.5986	16	230.0	~~250.0~~	250.0	3	150.0	160.0	~~170.0~~	5	240.0	260.0	~~275.0~~	2	670.0	401.06	8
4	Marais Ashley	1986	WP	104.00	0.5996	6	220.0	240.0	~~255.0~~	5	150.0	160.0	167.5	3	200.0	220.0	~~230.0~~	6	627.5	376.24	7
5	Seleke Peter	1975	NW	98.40	0.6126	12	220.0	~~235.0~~	~~235.0~~	6	120.0	130.0	~~140.0~~	6	240.0	255.0	~~262.5~~	3	605.0	370.62	6
6	Janse van Rensburg Heinri	1986	FS	99.00	0.6111	2	175.0	180.0	~~190.0~~	7	202.5	~~210.0~~	~~210.0~~	1	175.0	~~200.0~~	200.0	7	582.5	355.96	5
—	Roos Shaun	1977	G	102.60	0.6026	11	240.0	~~250.0~~	250.0	2	~~160.0~~	~~160.0~~	~~160.0~~	Disq.	230.0	240.0	~~245.0~~	5	Out	—	—
- 120 kg																					
1	Bucarizza Benedict	1991	G	115.20	0.5808	9	320.0	340.0	n 350.0	2	210.0	217.5	225.0	1	280.0	305.0	~~315.0~~	2	870.0	505.29	12
2	Baretto Ricardo	1991	FS	112.90	0.5840	7	~~340.0~~	340.0	n 365.0	1	135.0	X	X	4	290.0	~~310.0~~	310.0	1	785.0	458.44	9
3	Kruger Jan	2013	G	112.60	0.5844	3	277.5	~~295.0~~	~~300.0~~	3	185.0	~~192.5~~	192.5	2	260.0	~~280.0~~	292.5	3	762.5	445.60	8
4	Roets Ben	1982	G	114.90	0.5812	8	190.0	215.0	~~225.0~~	4	140.0	~~165.0~~	~~165.0~~	3	200.0	220.0	240.0	4	595.0	345.81	7
5	Faku Madikane	1975	NW	107.80	0.5923	8	~~180.0~~	~~200.0~~	200.0	5	~~130.0~~	130.0	~~150.0~~	5	200.0	230.0	~~250.0~~	5	560.0	331.68	6
120+ kg																					
1	Booyse Juan	1990	G	124.20	0.5706	2	260.0	285.0	~~295.0~~	2	242.5	n 250.0	n 257.5	n 1	240.0	250.0	~~252.5~~	2	792.5	452.20	12
2	Sibiya Sizwe	1974	G	143.40	0.5568	3	275.0	290.0	~~300.0~~	1	175.0	185.0	200.0	2	265.0	~~285.0~~	285.0	1	775.0	431.52	9

Nation (points)

1	Gauteng	69	[12+12+12+12+12+9]	2847.83 w.pts.
2	North West	39	[12+9+6+6+6]	1977.09 w.pts.
3	Western Province	35	[12+9+7+7]	1679.87 w.pts.
4	Free Sate	31	[9+9+8+5]	1669.33 w.pts.

Best Lifters of Open

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Fourie Pieter	Gauteng	88.40	0.6444	795.0	512.29
2	Coppenhall Matthew	Western Provin	80.00	0.6827	745.0	508.61
3	Bucarizza Benedict	Gauteng	115.20	0.5808	870.0	505.29

Abbreviations:

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

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat				All Bench press				All Dead lift				TOTAL	W.pts.	Pts.
- 53 kg																					
1	Matras Revaldo	1996	NW	46.80	1.1015	18	110.0	120.0	130.0	1	50.0	55.0	60.0	1	130.0	145.0	150.0	1	325.0	357.98	12
2	Booyesen Orbert	1998	NW	52.90	0.9639	19	90.0	90.0	115.0	2	50.0	60.0	60.0	2	120.0	130.0	135.0	2	260.0	250.61	9
- 59 kg																					
1	Maduma Amogelang	1997	G	56.80	0.8979	21	80.0	100.0	105.0	1	40.0	42.5	55.0	2	130.0	140.0	150.0	1	297.5	267.12	12
—	Thladi Kgahliso	1997	G	57.20	0.8919	22	135.0	135.0	140.0	Disq.	X	X	X	Disq.	X	X	X	Disq.	Out	—	—
—	Daniels Bradley	1996	NW	58.80	0.8689	34	110.0	110.0	110.0	Disq.	50.0	60.0	60.0	1	130.0	150.0	160.0	2	Out	—	—
- 66 kg																					
1	Lizwe Bonolo	1995	NC	63.50	0.8111	20	100.0	115.0	120.0	3	90.0	95.0	95.0	1	170.0	180.0	192.5	1	382.5	310.24	12
2	Dladla Tshegotatso	1997	G	62.50	0.8223	30	120.0	130.0	150.0	1	75.0	80.0	100.0	2	170.0	180.0	195.0	2	380.0	312.47	9
3	Laubsher Ruan	1997	FS	65.90	0.7862	31	100.0	105.0	115.0	2	50.0	60.0	65.0	4	125.0	145.0	145.0	3	300.0	235.86	8
4	Pietersen Austin	1997	NW	61.80	0.8305	25	80.0	100.0	100.0	4	40.0	50.0	50.0	3	60.0	120.0	125.0	4	250.0	207.62	7
—	Pregmolato Ebrahim	1997	WP	63.50	0.8111	29	155.0	155.0	155.0	Disq.	X	X	X	Disq.	X	X	X	Disq.	Out	—	—
- 74 kg																					
1	Beresford Paul Roger	1996	WP	71.00	0.7414	7	130.0	140.0	155.0	1	100.0	105.0	105.0	1	180.0	190.0	195.0	1	455.0	337.33	12
2	Pietersen Sintewilles	1995	NW	67.60	0.7701	6	120.0	120.0	135.0	2	65.0	75.0	85.0	4	120.0	165.0	175.0	3	395.0	304.18	9
3	van Tonder Gerhard	1997	EP	73.30	0.7242	5	115.0	125.0	135.0	3	80.0	85.0	85.0	5	160.0	175.0	185.0	2	390.0	282.43	8
4	Daniels Navan	1995	NW	73.10	0.7256	2	100.0	120.0	125.0	5	90.0	95.0	97.5	3	140.0	150.0	165.0	4	360.0	261.21	7
5	Baartman Lwazi	1995	EP	69.00	0.7578	3	95.0	95.0	105.0	4	95.0	100.0	100.0	2	150.0	165.0	165.0	5	350.0	265.23	6
—	Tshabedze Phila	1997	G	72.50	0.7300	23	110.0	120.0	120.0	Disq.	X	X	X	Disq.	140.0	X	X	Disq.	Out	—	—
- 83 kg																					
1	van Tonder Heinrich	1995	NW	82.40	0.6704	26	165.0	170.0	175.0	2	105.0	110.0	115.0	1	200.0	212.5	215.0	1	500.0	335.20	12
2	Pistorius Wilhelm	1995	G	76.60	0.7023	28	175.0	185.0	185.0	1	95.0	100.0	105.0	2	175.0	185.0	190.0	2	465.0	326.56	9
- 93 kg																					
1	Bezuidenhout Freddie	1996	EP	87.30	0.6487	11	170.0	180.0	190.0	1	105.0	115.0	115.0	1	190.0	200.0	205.0	1	485.0	314.61	12
- 105 kg																					
1	Kloppers Andre	1995	G	103.40	0.6009	1	200.0	240.0 ns	260.0	1	120.0	140.0	152.5	1	200.0	222.5	230.0	1	602.5	362.04	12
2	Braxton Alexander	1998	WP	97.70	0.6																

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Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.
EP = Eastern Province NC = Noord Kaap
FS = Free State NW = North West
G = Gauteng WP = Western Province

South African Powerlifting Federation
South African Powerlifting Championship women Junior, South Africa, Pretoria, 21-22.06.2013
DETAILED SCORESHEET

Pl.	Lifters	BY	Nation	Weight	WF	Lot	All Squat					All Bench press				All Dead lift				TOTAL	W.pts.	Pts.
Juniors																						
- 47 kg																						
1	Du Preez Larisse	1992	G	45.90	1.3678	3	40.0	50.0	65.0	1	35.0	37.5	45.0	1	60.0	80.0	105.0	1	167.5	229.10	12	
- 57 kg																						
1	Leighton Megan	1996	G	56.00	1.1766	9	77.5	82.5	87.5	1	42.5	47.5	47.5	1	105.0	115.0	117.5	1	250.0	294.15	12	
- 72 kg																						
1	Goosen Tamore	1993	G	68.70	1.0079	13	70.0	80.0	90.0	1	40.0	55.0	62.5	1	90.0	112.5	125.0	1	257.5	259.53	12	
- 84 kg																						
1	Mdluli Thembela	1996	G	82.80	0.8983	14	80.0	100.0	110.0	1	30.0	40.0	50.0	1	80.0	110.0	130.0	1	260.0	233.55	12	
84+ kg																						
1	Visser Juanita	1991	G	125.80	0.7930	16	120.0	160.0	180.0	1	80.0	95.0	95.0	1	150.0	175.0	190.0	1	450.0	356.85	12	

Nation (points)

1 Gauteng 60 [12+12+12+12+12] 1373.20 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Visser Juanita	Gauteng	125.80	0.7930	450.0	356.85
2	Leighton Megan	Gauteng	56.00	1.1766	250.0	294.15
3	Goosen Tamore	Gauteng	68.70	1.0079	257.5	259.53

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.
 G = Gauteng

South African Powerlifting Federation
South African Powerlifting Championship women masters, South Africa, Pretoria, 21-22.06.2013
DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat				All Bench press				All Dead lift				TOTAL	W.pts.	Pts.
Masters 1																					
- 52 kg																					
1	Barry Elisabeth	1973	EP	51.20	1.2616	5	105.0	~~110.0~~	~~110.0~~	1	42.5	50.0	~~55.0~~	2	115.0	127.5	130.0	1	285.0	359.55	12
—	Smith Gillian	1968	EP	52.00	1.2466	6	~~100.0~~	~~100.0~~	~~100.0~~	Disq.	60.0	62.5	~~65.0~~	1	105.0	112.5	~~117.5~~	2	Out	—	—
- 72 kg																					
1	De Souza Michelle	1966	G	68.40	1.0110	12	150.0	160.0	170.0	1	65.0	72.5	77.5	1	165.0	~~175.0~~	175.0	1	422.5	427.14	12
- 84 kg																					
1	Kruger Janita	1967	G	81.40	0.9064	15	85.0	95.0	105.0	1	50.0	~~62.5~~	~~62.5~~	1	100.0	110.0	115.0	1	270.0	244.72	12
Nation (points)																					
	1 Gauteng	24	[12+12] 671.88 w.pts.																		
	2 Eastern Province	12	[12] 359.56 w.pts.																		
Best Lifters of Masters 1																					
PL.	Lifter	Nation		B.Weight		WF		Total		W. points											
1	De Souza Michelle	Gauteng		68.40		1.0110		422.5		427.14											
2	Barry Elisabeth	Eastern Provinc		51.20		1.2616		285.0		359.55											
3	Kruger Janita	Gauteng		81.40		0.9064		270.0		244.72											

Abbreviations:

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 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

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EP = Eastern Province

G = Gauteng

South African Powerlifting Federation
South African Powerlifting Championship women Senior, South Africa, Johannesburg, 21-22.06.2013
DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat				All Bench press				All Dead lift				TOTAL	W.pts.	Pts.
Seniors																					
- 52 kg																					
1	Barry Elisabeth	1973	EP	51.20	1.2616	5	105.0	~~110.0~~	~~110.0~~	1	42.5	50.0	~~55.0~~	2	115.0	127.5	130.0	1	285.0	359.55	12
—	Smith Gillian	1968	EP	52.00	1.2466	6	~~100.0~~	~~100.0~~	~~100.0~~	Disq.	60.0	62.5	~~65.0~~	1	105.0	112.5	~~117.5~~	2	Out	—	—
- 57 kg																					
1	Leighton Megan	1996	G	56.00	1.1766	9	77.5	82.5	87.5	1	42.5	~~47.5~~	47.5	1	105.0	115.0	~~117.5~~	1	250.0	294.15	12
- 72 kg																					
1	De Souza Michelle	1966	G	68.40	1.0110	12	150.0	160.0	170.0	1	65.0	72.5	77.5	2	165.0	~~175.0~~	175.0	1	422.5	427.14	12
2	Maritz Ilze-Mari	1988	EP	66.20	1.0351	11	~~117.5~~	117.5	122.5	2	90.0	95.0	~~100.0~~	1	120.0	125.0	~~130.0~~	2	342.5	354.52	9
Nation (points)																					
1	Gauteng	24	[12+12]	721.30 w.pts.																	
2	Eastern Province	21	[12+9]	714.08 w.pts.																	
Best Lifters of Seniors																					
PL.	Lifter	Nation		B.Weight		WF		Total		W. points											
1	De Souza Michelle	Gauteng		68.40		1.0110		422.5		427.14											
2	Barry Elisabeth	Eastern Provinc		51.20		1.2616		285.0		359.55											
3	Maritz Ilze-Mari	Eastern Provinc		66.20		1.0351		342.5		354.52											

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 Province G = Gauteng

South African Powerlifting Federation
South African Powerlifting Championship women Subjunior, South Africa, Pretoria, 21-22.06.2013
DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat				All Bench press				All Dead lift				TOTAL	W.pts.	Pts.
- 43 kg																					
1	Welgemoed Robin	1996	EP	40.40	1.4851	1	65.0	70.0	~~75.0~~	1	30.0	35.0	~~40.0~~	1	75.0	80.0	~~85.0~~	2	185.0	274.74	12
2	Swart Marelize	1995	EP	41.30	1.4660	2	~~55.0~~	~~55.0~~	55.0	2	30.0	~~35.0~~	~~35.0~~	2	85.0	92.5	97.5	1	182.5	267.54	9
- 52 kg																					
1	September Alushka	1995	EP	48.80	1.3083	4	60.0	65.0	70.0	1	40.0	45.0	~~50.0~~	1	110.0	117.5	~~120.0~~	1	232.5	304.17	12
- 57 kg																					
1	Leighton Megan	1996	G	56.00	1.1766	9	77.5	82.5	87.5	1	42.5	~~47.5~~	47.5	1	105.0	115.0	~~117.5~~	1	250.0	294.15	12
2	du Toit Alicia	1996	G	54.90	1.1950	7	60.0	75.0	82.5	2	30.0	40.0	~~42.5~~	3	80.0	95.0	~~102.5~~	3	217.5	259.91	9
3	Fourie Haylie	1997	EP	55.00	1.1933	8	40.0	50.0	~~67.5~~	3	35.0	40.0	42.5	2	75.0	80.0	100.0	2	192.5	229.71	8
—	Letlole Molebogeng	1998	G	52.60	1.2356	10	~~40.0~~	~~40.0~~	~~40.0~~	Disq.	X	X	X	Disq.	X	X	X	Disq.	Out	—	—
- 84 kg																					
1	Mdluli Thembele	1996	G	82.80	0.8983	14	80.0	~~100.0~~	110.0	1	30.0	40.0	~~50.0~~	1	80.0	110.0	~~130.0~~	1	260.0	233.55	12

Nation (points)

1	Eastern Province	41	[12+12+9+8]	1076.18 w.pts.
2	Gauteng	33	[12+12+9]	787.62 w.pts.

Best Lifters of Subjuniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	September Alushka	Eastern Provinc	48.80	1.3083	232.5	304.17
2	Leighton Megan	Gauteng	56.00	1.1766	250.0	294.15
3	Welgemoed Robin	Eastern Provinc	40.40	1.4851	185.0	274.74

- 47 kg

1	Du Preez Larisse	1992	G	45.90	1.3678	3	40.0	50.0	~~65.0~~	1	~~35.0~~	37.5	~~45.0~~	1	60.0	80.0	~~105.0~~	1	167.5	229.10	12
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- 72 kg

1	Goosen Tamore	1993	G	68.70	1.0079	13	70.0	80.0	90.0	1	~~40.0~~	55.0	~~62.5~~	1	90.0	112.5	~~125.0~~	1	257.5	259.53	12
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84+ kg

1	Visser Juanita	1991	G	125.80	0.7930	16	120.0	160.0	180.0	1	80.0	~~95.0~~	95.0	1	150.0	175.0	~~190.0~~	1	450.0	356.85	12
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Nation (points)

1	Gauteng	36	[12+12+12]	845.49 w.pts.
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Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Visser Juanita	Gauteng	125.80	0.7930	450.0	356.85
2	Goosen Tamore	Gauteng	68.70	1.0079	257.5	259.53
3	Du Preez Larisse	Gauteng	45.90	1.3678	167.5	229.10

Abbreviations:

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