

South African Powerlifting Federation
SA RAW POWERLIFTING CHAMPIONSHIP2017, SA, POTCHEFSTROOM, 14-17.03.2017
DETAILED SCORESHEET

SA Subjunior Record
SA SJ and Jun record

DETAILED SCORESHEET																					Qualified for SA team
PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press				All Dead lift			TOTAL	W.pts.	Pts.		
Subjuniors																					
- 47 kg																					
1	de Wet Mijuane	2006	G	45.30	1.3804	2 60.0	70.0	75.0	1	27.5	32.5	35.0	2	65.0	80.0	91.5	2	199.0	274.69	12	
2	Harding Patricia	2000	EP	45.50	1.1382	10 47.5	52.5	55.0	2	30.0	32.5	35.0	1	85.0	91.0	92.0	1	179.5	204.30	9	Q
- 57 kg																					
1	de Beer Rochelle	1999	EP	55.95	1.1774	43 70.0	77.5	82.5	1	37.5	42.5	47.5	1	100.0	107.5	112.5	1	242.5	285.53	12	Q
2	Colling Cayla	2000	EP	54.25	1.2063	25 55.0	62.5	67.5	2	30.0	35.0	37.5	2	90.0	95.0	102.5	2	207.5	250.29	9	Q
- 63 kg																					
1	Poxon Caitlin	2000	G	61.65	1.0918	4 100.0	107.5	107.5	1	45.0	50.0	52.5	1	117.5	122.5	127.5	1	275.0	300.24	12	Q
2	Vrettos Aneyke	2000	G	61.45	1.0945	3 65.0	75.0	85.0	2	35.0	40.0	47.5	2	70.0	80.0	90.0	2	212.5	232.59	9	
- 72 kg																					
1	Ferreira Nicole	?	EP	69.20	1.0028	15 102.5	107.5	113.0	1	52.5	57.5	57.5	1	135.0	145.0	145.0	1	315.5	316.38	12	Q
2	Burger Merchant	2000	FS	69.75	0.9973	4 80.0	92.5	100.0	2	42.5	50.0	50.0	3	100.0	112.5	122.5	2	265.0	264.28	9	Q
3	Morley Ciara	2000	G	70.25	0.7473	3 80.0	90.0	100.0	3	40.0	45.0	47.5	2	100.0	110.0	122.5	3	257.5	192.44	8	Q
- 84 kg																					
1	Rautenbach Jelhandri	?	FS	75.75	0.9448	6 95.0	105.0	115.0	1	52.5	60.0	70.5	1	125.0	140.0	150.0	1	335.5	316.98	12	Q
84+ kg																					
1	Rogers Megan	1999	G	99.80	0.8331	20 90.0	100.0	107.5	1	47.5	52.5	55.0	1	105.0	120.0	125.0	1	280.0	233.26	12	

Nation (points)

1 Gauteng	53	[12+12+12+9+8]	1222.30 w.pts.
2 Eastern Cape	42	[12+12+9+9]	1056.52 w.pts.
3 Free State	21	[12+9]	581.26 w.pts.

Best Lifters of Subjuniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Rautenbach Jelhandri	Free State	75.75	0.9448	335.5	316.98
2	Ferreira Nicole	Eastern Cape	69.20	1.0028	315.5	316.38
3	Poxon Caitlin	Gauteng	61.65	1.0918	275.0	300.24

Juniors

SA Junior Record

- 52 kg																						
1	Roux Rouchelle	1997	G	51.85	1.2494	38	97.5	102.5	102.5	1	47.5	52.5	54.5	1	100.0	115.0	128.0	1	257.0	321.10	12	Q
2	Vrettas Genevieve	1994	G	49.15	1.3014	84	70.0	77.5	82.5	2	37.5	42.5	47.5	2	85.0	95.0	102.5	2	225.0	292.80	9	Q
- 57 kg																						
1	Leighton Megan	1996	G	57.00	1.1604	64	115.0	123.0	128.0	1	65.0	67.5	70.5	1	137.5	148.0	148.0	1	331.0	384.09	12	Q
2	van Rensburg Michelle	1998	G	53.95	1.2114	75	50.0	60.0	70.0	2	30.0	35.0	37.5	2	75.0	80.0	85.0	2	180.0	218.06	9	
- 63 kg																						
1	Payne Sasha	1995	G	58.90	1.1310	1	97.5	105.0	110.0	1	57.5	62.5	65.5	1	125.0	135.5	140.0	1	307.5	347.78	12	Q
2	Power Dina	1994	G	62.95	1.0747	12	100.0	107.5	107.5	3	50.0	55.0	55.0	3	115.0	130.0	137.5	2	287.5	308.96	9	Q
3	Poxon Caitlin	2000	G	61.65	1.0918	4	100.0	107.5	107.5	2	45.0	50.0	52.5	2	117.5	122.5	127.5	3	275.0	300.24	12	Q
4	Harding Samantha	1998	EP	59.95	1.1156	17	55.0	62.5	67.5	4	35.0	37.5	40.0	4	100.0	112.5	117.5	4	225.0	251.01	8	
- 72 kg																						
1	Marshall Bronwyn	1998	EP	70.10	0.9939	10	92.5	97.5	100.0	1	40.0	47.5	50.0	1	105.0	115.0	117.5	1	265.0	263.38	12	
2	Fleetwood Chelsea	1996	G	70.40	0.9910	1	62.5	70.0	80.0	2	40.0	47.5	52.5	2	100.0	110.0	110.0	2	230.0	227.93	9	
- 84 kg																						
1	Jordaan Lezaan	1995	G	82.95	0.8975	5	135.0	140.0	150.0	1	70.0	75.0	77.5	1	150.0	175.0	182.5	1	400.0	358.98	12	Q
84+ kg																						
1	Steyn Kay-Lee	1994	NW	102.35	0.8272	8	120.0	130.0	132.5	1	40.0	45.0	50.0	3	120.0	140.0	145.0	1	327.5	270.90	12	
2	Quagliani Taskin	1997	G	90.35	0.8627	25	100.0	110.0	115.0	3	60.0	62.5	65.0	1	100.0	120.0	130.0	2	292.5	252.33	9	
3	Rogers Megan	1999	G	99.80	0.8331	20	90.0	100.0	107.5	2	47.5	52.5	55.0	2	105.0	120.0	125.0	3	280.0	233.26	8	

Nation (points)

1 Gauteng	66	[12+12+12+12+9+9]	2013.73 w.pts.
2 Eastern Cape	20	[12+8]	514.39 w.pts.
3 North West	12	[12]	270.91 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Leighton Megan	Gauteng	57.00	1.1604	331.0	384.09
2	Jordaan Lezaan	Gauteng	82.95	0.8975	400.0	358.98
3	Payne Sasha	Gauteng	58.90	1.1310	307.5	347.78

Seniors

SA Senior Record

- 47 kg

1 Casey Mariska	1978	G	46.75	1.3500	13	87.5	93.0	93.0	2	56.0	58.0	60.0	2	122.5	127.5	132.5	1	275.0	371.26	12	Q
2 Enslin Kirsten	1979	KZN	47.00	1.3449	23	90.0	92.5	93.5	1	55.0	59.0	60.5	1	115.0	120.0	122.5	2	274.0	368.50	9	Q

- 52 kg

1 Warburg Nicole	1984	G	51.35	1.2588	5	115.0	120.0	125.0	2	72.5	77.5	80.0	1	135.0	142.5	145.0	1	347.5	437.41	12	Q
2 Bezuidenhout Jeanri	1992	G	51.90	1.2485	37	127.5	133.0	136.0	1	60.0	65.0	67.5	3	132.5	137.5	X	3	330.5	412.62	9	Q
3 de Gouveia Gabriella	1990	G	52.00	1.2466	72	115.0	120.0	120.0	4	50.0	52.5	55.0	5	130.0	137.5	140.0	2	307.5	383.32	8	Q
4 Muto Giulia	1987	G	50.35	1.2778	44	110.0	117.5	120.0	3	60.0	65.0	67.5	2	115.0	120.0	X	4	300.0	383.35	7	Q
5 Parker Susan	1970	G	51.90	1.2485	28	60.0	70.0	X	5	50.0	55.0	60.0	4	105.0	115.0	115.0	5	230.0	287.15	6	

- 57 kg

1 Kriel Antoinette	1971	G	56.80	1.1636	46	110.0	117.5	122.5	2	87.5	92.5	95.5	1	145.0	155.0	165.5	1	383.5	446.24	12	Q
2 Leighton Megan	1996	G	57.00	1.1604	64	115.0	123.0	128.0	1	65.0	67.5	70.5	2	137.5	148.0	148.0	4	331.0	384.09	9	Q
3 Coetzee Toni	1984	G	56.45	1.1692	17	110.0	112.5	115.0	3	55.0	60.0	62.5	4	130.0	137.5	142.5	2	320.0	374.16	8	Q
4 Katz Lauren	1982	G	54.55	1.2010	61	90.0	100.0	105.0	4	60.0	65.0	X	3	115.0	125.0	135.0	5	290.0	348.30	7	Q
5 Mlithwa Allison	1981	WP	54.20	1.2071	12	80.0	80.0	90.0	8	52.5	57.5	60.0	5	120.0	130.0	140.0	3	277.5	334.97	6	
6 Moodie Jennifer	1990	G	55.70	1.1816	11	90.0	95.0	100.0	6	40.0	45.0	47.5	7	110.0	117.5	122.5	6	265.0	313.12	5	
7 Wolf Caroline	1979	G	56.55	0.9018	49	90.0	97.5	102.5	5	30.0	40.0	47.5	8	105.0	115.0	117.5	7	262.5	236.70	4	
8 Davies Zanalee	1986	G	55.30	1.1883	6	80.0	85.0	87.5	7	42.5	47.5	50.0	6	100.0	110.0	120.0	8	245.0	291.13	3	

- 63 kg

1	Botha Vicki	1973	NW	61.15	1.0987	5	115.0	122.5	127.5	2	65.0	75.0	77.5	2	150.0	160.0	165.5	1	368.0	404.32	12	Q
2	Basson Lisa	1984	G	61.85	1.0891	14	115.0	120.0	125.0	4	75.5	80.5	80.5	1	135.0	147.5	157.5	2	353.0	384.45	9	Q
3	Newman Laura	1983	G	61.65	1.0919	15	122.5	127.5	132.5	1	57.5	62.5	65.0	3	150.0	160.0	160.0	3	342.5	373.98	8	Q
4	Wilson Ilona	1977	G	60.05	1.1141	22	115.0	117.5	120.0	3	50.0	52.5	55.0	9	132.5	137.5	142.5	5	310.0	345.38	7	
5	van Lill Tanya	1979	G	61.05	1.1000	7	115.0	115.0	117.5	5	55.0	60.0	60.0	5	127.5	132.5	135.0	7	305.0	335.51	6	
6	Taylor Lara	1988	G	62.55	1.0798	8	90.0	95.0	100.0	11	45.0	50.0	55.0	7	135.0	145.0	145.0	4	295.0	318.55	5	
7	McAlpine Debbie	1976	G	62.55	1.0798	6	115.0	117.5	120.0	6	52.5	55.0	55.0	10	120.0	125.0	125.0	9	292.5	315.85	4	
8	Power Dina	1994	G	62.95	1.0747	12	100.0	107.5	107.5	10	50.0	55.0	55.0	11	115.0	130.0	137.5	6	287.5	308.96	3	
9	De Jong Michelle	1981	G	62.90	1.0753	20	90.0	97.5	102.5	8	60.0	65.0	70.0	4	105.0	117.5	122.5	12	285.0	306.46	2	
10	Bath Tracy	1988	G	62.55	1.0798	10	97.5	105.0	110.0	7	50.0	55.0	60.0	8	115.0	120.0	122.5	10	280.0	302.35	1	
11	Power Ceri	1986	G	62.25	1.0837	11	95.0	100.0	107.5	9	50.0	55.0	57.5	6	100.0	117.5	122.5	11	272.5	295.32	1	
12	Britz Jessica	1989	G	62.05	1.0865	13	75.0	85.0	97.5	13	37.5	42.5	47.5	12	110.0	120.0	130.0	8	252.5	274.32	1	
13	Zwart Melissa	1993	NW	60.05	1.1141	2	75.0	80.0	85.0	12	35.0	42.5	45.0	13	85.0	95.0	100.0	14	230.0	256.25	1	
14	Coertzen Estè	1986	NW	57.90	1.1463	21	70.0	75.0	77.5	14	35.0	42.5	45.0	14	90.0	100.0	107.5	13	220.0	252.18	1	
—	Maritz Ilze-Mari	1988	EP	60.00	1.1149	19	X	X	X	Disq.	90.0	100.0	107.5		X	X	X	Disq.	Out	—	—	

- 72 kg

1 de Wet Laura	1977	G	71.85	0.9774	14	140.0	145.0	149.0	1	70.0	75.0	75.5	3	160.0	170.0	180.5	1	400.5	391.44	12	Q
2 Coetzer Candice	1985	G	70.30	0.9919	6	120.0	127.5	132.5	2	70.0	75.0	77.5	2	157.5	165.0	170.0	2	375.0	371.96	9	Q
3 Du Toit Chantelle	1985	G	70.55	0.9895	9	115.0	122.5	127.5	3	80.5	85.5	88.0	1	150.0	160.0	167.5	3	368.0	364.13	8	Q
4 Mahapa Mahlako	1982	G	71.20	0.9834	16	112.5	117.5	122.5	4	52.5	57.5	57.5	4	145.0	155.0	162.5	4	330.0	324.52	7	
5 van der Westhuizen Angelique	1982	G	71.75	0.9784	2	90.0	95.0	100.0	6	50.0	57.5	57.5	6	122.5	135.0	142.5	5	287.5	281.27	6	
6 Power Shana	1992	G	70.10	0.9939	5	90.0	100.0	105.0	5	50.0	55.0	55.0	5	110.0	120.0	120.0	6	275.0	273.32	5	

- 84 kg

1	van Staden Sandri	1988	G	80.80	0.9100	12	150.0	160.0	165.0	1	77.5	85.0	87.5	1	170.0	180.0	185.0	1	432.5	393.57	12	Q
2	Dade Calleigh	1989	G	82.40	0.9005	22	150.0	160.0	165.0	2	72.5	77.5	82.5	3	160.0	180.0	192.5	2	422.5	380.46	9	Q
3	Jordaan Lezaan	1995	G	82.95	0.8975	5	135.0	140.0	150.0	3	70.0	75.0	77.5	4	150.0	175.0	182.5	3	400.0	358.98	8	Q
4	McDougall Tia	1984	G	77.10	0.9347	3	110.0	117.5	125.0	4	70.0	75.0	77.5	2	120.0	X	X	8	322.5	301.44	7	
5	Tomboer Christolene	1985	WP	74.95	0.9510	4	90.0	100.0	115.0	5	50.0	55.0	60.0	5	130.0	140.0	150.0	4	315.0	299.56	6	
6	Hart Kelli	1984	KZN	83.65	0.8936	15	100.0	107.5	115.0	6	47.5	52.5	57.5	8	120.0	130.0	140.0	6	312.5	279.25	5	
7	Adonis Marlize	1983	WP	79.45	0.9185	26	100.0	100.0	115.0	8	50.0	60.0	60.0	6	130.0	140.0	140.0	5	300.0	275.56	4	
8	Taylor Rebecca	1990	KZN	80.95	0.9091	11	95.0	105.0	110.0	7	52.5	55.0	57.5	7	125.0	135.0	137.5	7	297.5	270.45	3	

84+ kg

1	Norton Lauren	1989	G	106.85	0.8183	27	140.0	145.0	150.0	1	85.0	90.0	95.0	1	170.0	180.0	187.5	1	425.0	347.77	12	Q
2	Heany SJ	1983	WP	90.15	0.8635	7	130.0	140.0	145.0	3	70.0	72.5	75.0	3	150.0	160.0	162.5	3	377.5	325.97	9	
3	Rees Jacqui	1980	G	94.45	0.8481	1	135.0	142.5	142.5	2	57.5	62.5	65.0	6	155.0	165.0	175.0	2	370.0	313.81	8	
4	De Jager Christie	1986	G	90.65	0.8615	21	105.0	115.0	122.5	6	82.5	85.0	92.5	2	130.0	150.0	165.0	4	350.0	301.52	7	
5	Watson Roellen	1985	G	91.95	0.8567	9	110.0	120.0	130.0	5	70.0	75.0	80.0	4	140.0	150.0	160.0	5	345.0	295.54	6	
6	Brook-Sofianos Megan	1992	G	101.65	0.8287	18	120.0	130.0	140.0	4	60.0	67.5	72.5	5	130.0	140.0	145.0	6	342.5	283.82	5	

Nation (points)

1	Gauteng	72	[12+12+12+12+12+12]	2332.83 w.pts.
2	Western Province	29	[9+8+7+5]	1236.07 w.pts.
3	Kwazulu Natal	19	[9+6+4]	918.21 w.pts.
4	North West	3	[2+1]	508.44 w.pts.
—	Eastern Cape	—		

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Warburg Nicole	Gauteng	51.35	1.2588	347.5	437.41
2	Bezuidenhout Jeanri	Gauteng	51.90	1.2485	330.5	412.62
3	van Staden Sandri	Gauteng	80.80	0.9100	432.5	393.57

Masters 1

- 47 kg

1	Barry Elisabeth	1973	EP	46.60	1.3532	24	70.0	77.5	80.0	1	32.5	35.0	37.5	1	100.0	107.5	112.5	1	230.0	311.23	12	SA Master 1 Record
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- 52 kg

1	Parker Susan	1970	G	51.90	1.2485	28	60.0	70.0	X	1	50.0	55.0	60.0	1	105.0	115.0	115.0	1	230.0	287.15	12	Q
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- 57 kg

1	Kriel Antoinette	1971	G	56.80	1.1636	46	110.0	117.5	122.5	1	87.5	92.5	95.5	1	145.0	155.0	165.5	1	383.5	446.24	12	Q
2	Nadal Carm	1975	G	56.90	1.1620	76	70.0	75.0	82.5	2	45.0	50.0	50.0	2	72.5	85.0	95.0	3	222.5	258.54	9	Q
3	van Linge Louise	1972	G	56.65	1.1660	88	70.0	80.0	80.0	3	35.0	40.0	40.0	3	100.0	110.0	115.0	2	220.0	256.52	8	

- 63 kg

1	Botha Vicki	1973	NW	61.15	1.0987	5	115.0	122.5	127.5	1	65.0	75.0	77.5	1	150.0	160.0	165.5	1	368.0	404.32	12	Q
2	Wilson Ilona	1977	G	60.05	1.1141	22	115.0	117.5	120.0	2	50.0	52.5	55.0	3	132.5	137.5	142.5	2	310.0	345.38	9	Q
3	McAlpine Debbie	1976	G	62.55	1.0798	6	115.0	117.5	120.0	3	52.5	55.0	55.0	4	120.0	125.0	125.0	3	292.5	315.85	8	Q
4	Reyneke Ronel	1969	G	61.25	1.0973	18	107.5	115.0	115.0	4	57.5	62.5	65.0	2	115.0	130.0	130.0	4	285.0	312.73	7	Q

- 72 kg

1	de Wet Laura	1977	G	71.85	0.9774	14	140.0	145.0	149.0	1	70.0	75.0	75.5	1	160.0	170.0	180.5	1	400.5	391.44	12	Q
2	Hamman Michelle	1976	WP	67.70	0.7692	7	90.0	95.0	102.5	3	45.0	47.5	50.0	4	120.0	130.0	130.0	3	275.0	211.53	9	Q
3	Cripps Gaenor	1976	G	67.60	1.0195	12	85.0	90.0	90.0	4	45.0	47.5	50.0	5	115.0	115.0	132.5	2	265.0	270.16	8	
4	Mathewson Gail	1969	G	69.95	0.9953	17	70.0	80.0	80.0	5	50.0	55.0	57.5	2	110.0	117.5	125.0	4	262.5	261.26	7	
5	Pacariz Claire	1977	G	64.65	1.0533	11	90.0	100.0	107.5	2	40.0	45.0	50.0	3	100.0	107.5	110.0	5	260.0	273.85	6	

- 84 kg

1	Deborah Fenton	1974	G	83.60	0.8939	14	105.0	110.0	112.5	1	55.0	60.0	65.0	1	140.0	150.0	157.5	1	320.0	286.04	12	Q
2	Tanzer Marion	1968	G	81.40	0.9064	19	90.0	97.5	105.0	3	50.0	55.0	55.0	3	125.0	135.0	145.0	2	292.5	265.12	9	
3	Poxon Jodi	1975	G	80.75	0.9103	16	95.0	102.5	107.5	2	50.0	57.5	57.5	2	115.0	120.0	120.0	3	272.5	248.05	8	

Nation (points)

1	Gauteng	66	[12+12+12+12+9+9]	2021.40 w.pts.
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2 North West	12	[12]	404.32 w.pts.
3 Eastern Cape	12	[12]	311.24 w.pts.
4 Western Province	9	[9]	211.53 w.pts.

Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Kriel Antoinette	Gauteng	56.80	1.1636	383.5	446.24
2	Botha Vicki	North West	61.15	1.0987	368.0	404.32
3	de Wet Laura	Gauteng	71.85	0.9774	400.5	391.44

Masters 2

- 63 kg

1 Ramsay Jennifer	1962	G	60.25	1.1113	16	65.0	72.5	80.0	1	32.5	37.5	42.5	1	95.0	102.5	110.0	1	220.0	244.48	12	Q
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- 72 kg

1 Kruger Janita	1967	G	70.25	0.9924	8	85.0	90.0	92.5	2	45.0	50.0	55.0	2	115.0	125.5	130.5	1	268.0	265.96	12	Q
2 Firmani Candice	1967	G	66.05	1.0368	18	90.0	95.0	100.0	1	50.0	57.5	60.0	1	95.0	110.0	120.0	2	267.5	277.34	9	Q
3 Rubin Linda	1964	G	71.20	0.9834	13	50.0	55.0	60.0	3	37.5	40.0	42.5	3	77.5	87.5	92.5	3	192.5	189.30	8	

- 84 kg

1 Quagliani Bridgette	1967	G	82.85	0.8980	17	65.0	70.0	80.0	1	50.0	55.0	60.0	1	80.0	100.0	112.5	1	225.0	202.05	12	
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Nation (points)

1 Gauteng	62	[12+12+12+9+9+8]	1451.94 w.pts.
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Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Firmani Candice	Gauteng	66.05	1.0368	267.5	277.34
2	Kruger Janita	Gauteng	70.25	0.9924	268.0	265.96

Masters 3

- 63 kg

1 Farrell Susan	1951	G	57.75	1.1486	9	72.5	77.5	80.0	1	40.0	42.5	45.0	1	105.0	110.0	115.0	1	237.5	272.79	12	Q
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Best Lifters of Masters 3

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Farrell Susan	Gauteng	57.75	1.1486	237.5	272.79

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

NW = North West

G = Gauteng

WP = Western Province

South African Powerlifting Federation
SA RAW POWERLIFTING CHAMPIONSHIP 2017, SOUTH AFRICA, POTCHEFSTROOM, 16-18.03.2017
DETAILED SCORESHEET

SA Subjunior Record

DETAILED SCORESHEET																						Qualified for SA team
PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat				All Bench press				All Dead lift				TOTAL	W.pts.	Pts.	
Subjuniors																						
- 53 kg																						
1	Dalfie Chaka	1999	NW	51.80	0.9853	7	90.0	95.0	100.0	1	50.0	55.0	65.0	3	135.0	140.0	155.0	1	320.0	315.29	12	Q
2	Phillips Ronaldo	1999	NW	53.00	0.9621	8	95.0	~~100.0~~	~~100.0~~	2	60.0	65.0	70.0	1	120.0	~~125.0~~	~~125.0~~	3	285.0	274.19	9	
3	Lindi Sinovuyo	2000	EP	49.20	1.0413	21	80.0	87.5	92.5	3	60.0	65.0	~~70.0~~	2	110.0	120.0	~~132.5~~	2	277.5	288.96	8	
- 59 kg																						
1	Damarah Janalon	1999	NW	58.95	0.8669	24	130.0	~~135.0~~	~~135.0~~	1	60.0	65.0	75.0	1	160.0	165.0	170.0	1	375.0	325.06	12	Q
- 66 kg																						
1	Hlanyane Mpho	2000	NW	64.05	0.8052	17	~~120.0~~	~~120.0~~	120.0	2	97.5	100.0	105.0	1	170.0	185.0	~~195.0~~	1	410.0	330.11	12	Q
2	Ntoagae Paseka	1999	NW	59.20	0.8635	-10	100.0	110.0	115.0	3	80.0	85.0	~~90.0~~	2	~~175.0~~	175.0	~~180.0~~	2	375.0	323.81	9	Q
3	Lotter Daniel	2000	EP	62.80	0.8189	-10	105.0	112.5	115.0	4	75.0	77.5	~~80.0~~	4	145.0	152.5	~~155.0~~	3	345.0	282.52	8	
4	Mashile Brian	2000	G	63.75	0.8083	-10	120.0	130.0	~~135.0~~	1	70.0	80.0	~~85.0~~	3	120.0	135.0	~~145.0~~	4	345.0	278.88	7	
- 74 kg																						
1	Moerat Azeem	1999	WP	71.00	0.7414	2	140.0	150.0	~~155.0~~	1	80.0	90.0	~~95.0~~	1	140.0	150.0	155.0	1	395.0	292.85	12	Q
- 83 kg																						
1	De Jenga Joaquim	1999	G	79.50	0.6854	1	183.0	190.0	200.0	1	125.5	132.5	140.0	1	225.0	240.5	252.5	1	592.5	406.09	12	Q
2	Isaacs Mohammed Fareed	1999	WP	81.00	0.6774	45	185.0	192.5	~~200.0~~	2	125.0	~~130.0~~	130.0	2	190.0	200.0	212.5	2	535.0	362.40	9	Q
- 93 kg																						
1	Kiggens Josh	1999	WP	91.45	0.6333	72	210.0	227.5	230.0	1	130.0	140.0	142.5	1	230.0	252.5	262.5	1	635.0	402.14	12	Q
2	Klopper Thomas Frederick	1999	FS	87.00	0.6499	8	130.0	145.0	152.5	2	80.0	90.0	~~100.0~~	2	175.0	190.0	200.0	2	442.5	287.58	9	
3	Lensing Jaydin	1999	WP	92.15	0.6310	51	130.0	140.0	~~150.0~~	3	85.0	~~95.0~~	~~100.0~~	3	185.0	~~200.0~~	200.0	3	425.0	268.15	8	
4	De Jesus Keno	2003	G	87.20	0.6491	110	45.0	55.0	65.0	4	40.0	47.5	50.0	4	75.0	90.0	100.0	4	215.0	139.55	7	
- 105 kg																						
1	De Jesus Lukha	1999	G	103.75	0.6001	27	155.0	~~162.5~~	162.5	2	70.0	~~77.5~~	77.5	1	150.0	162.5	~~170.0~~	1	402.5	241.54	12	
—	Britz Jandre	1999	WP	97.55	0.6149	64	205.0	210.0	220.5	1	~~133.0~~	~~133.0~~	~~133.0~~	Disq.	~~225.0~~	X	X	Disq.	Out	—	—	

Nation (points)

1	North West	54	[12+12+12+9+9]	1568.49 w.pts.
2	Western Province	41	[12+12+9+8]	1325.56 w.pts.
3	Gauteng	38	[12+12+7+7]	1066.08 w.pts.
4	Eastern Cape	16	[8+8]	571.48 w.pts.
5	Free Sate	9	[9]	287.58 w.pts.

Best Lifters of Subjuniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	De Jenga Joaquim	Gauteng	79.50	0.6854	592.5	406.09
2	Kiggens Josh	Western Provin	91.45	0.6333	635.0	402.14
3	Isaacs Mohammed Fareed	Western Provin	81.00	0.6774	535.0	362.40

Juniors

SA Junior Record

SA Jun+ Open Record

- 59 kg																					
1	Bokang Masunyane	1994	G	58.25	0.8766	19	130.0	145.0	155.0	1	70.0	77.5	77.5	3	140.0	170.0	190.0	1	395.0	346.25	12
2	Langeveld Damon	1998	NW	53.20	0.9583	22	140.0	145.0	145.0	2	75.0	80.0	80.0	2	150.0	160.0	160.0	2	375.0	359.36	9
3	Pietersen Aubrey	1995	NW	55.65	0.9160	23	90.0	100.0	105.0	3	90.0	95.0	100.0	1	110.0	135.0	140.0	3	335.0	306.86	8
- 66 kg																					
1	Vorster Marcel	1994	G	64.30	0.8025	16	170.0	180.0	185.0	1	110.0	117.5	122.5	1	170.0	180.0	190.0	3	487.5	391.21	12
2	van der Linde Ruben	1998	G	65.65	0.7886	15	160.0	170.5	180.5	2	95.0	100.0	102.5	2	190.0	200.0	207.5	2	470.5	371.03	9
3	Van Niekerk Arno	1996	G	64.70	0.7983	4	140.0	147.5	155.0	3	87.5	95.0	100.0	3	185.0	195.0	205.0	1	455.0	363.22	8
- 74 kg																					
1	Booyesen Orbert	1998	NW	72.20	0.7322	105	140.0	150.0	165.0	2	105.0	110.0	112.5	1	160.0	170.0	180.0	2	442.5	323.99	12

2	Fourie Charles-Lee	1994	G	72.90	0.7271	9	130.0	135.0	140.0	3	75.0	80.0	82.5	2	187.5	195.0	200.0	1	410.0	298.11	9	
—	Pietersen Sint Willis	1995	NW	73.55	0.7225	85	180.0	190.0	200.0	1	115.0	115.0	X	Disq.	X	X	X	Disq.	Out	—	—	
- 83 kg																						
1	Davids Abdul-Karnem	1994	WP	80.55	0.6798	6	210.0	220.0	225.0	1	150.0	155.0	160.0	1	220.0	230.0	235.0	1	615.0	418.04	12	Q
2	Pregmolato Umar	1994	WP	75.50	0.7093	33	190.0	200.0	210.0	2	140.0	150.0	155.0	2	225.0	235.0	235.0	2	580.0	411.39	9	Q
3	Williams Jaydee	1997	NW	79.65	0.6846	88	175.0	185.0	195.0	3	102.5	115.0	117.5	3	190.0	205.0	210.0	4	510.0	349.14	8	
4	Gumedle Lebogang	1996	G	78.00	0.6939	40	145.0	155.0	160.0	4	60.0	70.0	80.0	5	195.0	215.0	225.0	3	440.0	305.31	7	
5	Wilkinson Matthew	1994	G	82.20	0.6714	54	130.0	137.5	137.5	5	80.0	90.0	100.0	4	160.0	180.0	190.0	5	427.5	287.02	6	
- 93 kg																						
1	Hammond Spencer	1998	WP	87.90	0.6463	102	185.0	200.0	210.0	2	130.0	135.0	140.0	2	240.0	250.0	257.5	2	600.0	387.78	12	Q
2	Scheepers Eugene	1995	WP	89.10	0.6417	16	195.0	205.0	220.0	1	130.0	137.5	140.0	3	222.5	235.0	240.0	3	600.0	385.02	9	Q
3	Mudlalo Una	1994	G	89.85	0.6390	89	180.0	195.0	200.0	3	110.0	115.0	125.0	4	240.0	270.0	280.0	1	595.0	380.17	8	Q
4	Smith Adrian	1995	G	91.95	0.6317	50	190.0	200.0	205.0	4	150.0	157.5	157.5	1	220.0	235.0	245.0	4	592.5	374.25	7	Q
- 105 kg																						
1	Bezuidenhout Rinus	1995	NW	103.95	0.5997	-10	257.5	270.0	X	1	130.0	140.0	145.0	3	290.0	303.0	303.0	2	700.0	419.79	12	Q
2	Bosman Terence	1996	G	103.60	0.6040	34	220.0	230.0	230.0	2	135.0	142.5	147.5	2	270.0	290.0	305.0	1	657.5	397.13	9	Q
3	Worst Zander	1995	G	101.25	0.6056	47	180.0	200.0	200.0	3	140.0	147.5	150.0	1	220.0	250.0	260.0	3	600.0	363.36	8	
- 120 kg																						
1	Els Marcelle	1998	NW	119.90	0.5750	10	230.0	230.0	240.0	1	140.0	155.0	165.0	1	260.0	280.0	290.0	1	685.0	393.87	12	Q
2	Flanagan Grant	1994	WP	105.60	0.5964	16	160.0	165.0	170.0	2	105.0	110.0	112.5	2	220.0	237.5	237.5	2	502.5	299.69	9	
120+ kg																						
1	Korf Jerome	1996	WP	129.25	0.5662	6	275.0	X	X	1	190.0	195.0	X	1	305.0	312.0	X	1	770.0	435.93	12	Q
2	Victor Johnde	1998	FS	140.15	0.5587	9	200.0	215.0	225.0	2	120.0	140.0	150.0	2	225.0	240.0	255.0	2	605.0	338.01	9	

Nation (points)

1	Western Province	63	[12+12+12+9+9+9]	2337.87 w.pts.
2	North West	61	[12+12+12+9+8+8]	2153.03 w.pts.
3	Gauteng	59	[12+12+9+9+9+8]	2183.93 w.pts.
4	Free Sate	9	[9]	338.01 w.pts.

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Korf Jerome	Western Provin	129.25	0.5662	770.0	435.93
2	Bezuidenhout Rinus	North West	103.95	0.5997	700.0	419.79
3	Davids Abdul-Karnem	Western Provin	80.55	0.6798	615.0	418.04

Seniors

- 59 kg

1	Adam Imdadullah	1989	FS	54.30	0.9386	1	120.0	137.5	140.0	1	70.0	70.0	80.0	1	155.0	170.0	170.0	1	375.0	351.97	12	
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- 66 kg

1	Lazarides Nicholas	1992	G	65.85	0.7867	12	150.0	160.0	165.0	1	112.5	117.5	117.5	1	200.0	210.0	217.5	1	495.0	389.41	12	
2	Eliason Jason	1991	G	65.45	0.7906	-10	140.0	150.0	157.5	2	90.0	100.0	105.0	3	170.0	180.0	185.0	4	447.5	353.79	9	
3	Martin Ishtiyaaq	1992	NW	61.85	0.8299	-10	135.0	140.0	150.0	3	80.0	85.0	90.0	4	175.0	185.0	200.0	2	435.0	361.00	8	
4	Jafta Peter	1993	NW	65.55	0.7896	14	100.0	120.0	130.0	4	90.0	100.0	110.0	2	120.0	170.0	190.0	3	430.0	339.52	7	

- 74 kg

1	Ramsay Andrew	1988	G	73.25	0.7246	119	200.0	215.0	220.5	1	130.0	137.5	142.5	2	240.0	255.0	255.0	2	592.5	429.29	12	Q
2	Stolzenberg Jason	1993	G	73.50	0.7228	-10	190.0	200.0	205.0	2	120.0	125.0	127.5	3	225.0	232.5	237.5	3	570.0	411.99	9	
3	Ramaisa Tumelo	1987	NW	72.90	0.7271	-10	175.0	185.0	190.0	5	117.5	120.0	127.5	4	230.0	240.0	242.5	1	550.0	399.90	8	
4	Kariv Jonathan	1983	G	73.65	0.7218	4	190.0	197.5	202.5	4	125.0	135.0	140.0	1	210.0	220.0	222.5	7	547.5	395.15	7	
5	Van Houten Dylan	1988	G	73.90	0.7200	96	190.0	200.0	207.5	3	110.0	115.0	X	6	210.0	227.5	240.0	4	537.5	387.00	6	
6	Moodley Sashen	1993	G	72.70	0.7285	114	145.0	155.0	165.0	8	105.0	115.0	117.5	5	200.0	215.0	230.0	6	477.5	347.85	5	
7	Quan Richard	1985	G	73.35	0.7238	95	135.0	145.0	155.0	7	80.0	90.0	100.0	9	160.0	180.0	200.0	9	435.0	314.87	4	
8	Ntlokwana Sibulele	1993	EP	70.75	0.7433	49	110.0	117.5	122.5	10	100.0	107.5	107.5	7	155.0	170.0	180.0	8	410.0	304.77	3	
9	Mzinganye Thabo	1985	NW	72.90	0.7271	32	120.0	130.0	140.0	9	80.0	90.0	100.0	8	140.0	150.0	160.0	10	390.0	283.56	2	

SA Senior Record

— Philani Chili	1984	KZN	72.00	0.7337	-10	170.0	~~180.0~~	~~180.0~~	6	~~140.0~~	~~140.0~~	~~140.0~~	Disq.	180.0	205.0	220.0	5	Out	—	—	
- 83 kg																					
1 Baptista Jonathan	1988	G	82.00	0.6724	66	215.0	222.5	227.5	1	145.0	152.5	160.0	1	245.0	257.5	~~262.5~~	2	645.0	433.69	12	Q
2 Smit Gian	1990	G	82.15	0.6717	83	210.0	217.5	222.5	2	142.5	~~147.5~~	~~147.5~~	2	240.0	260.0	~~282.5~~	1	625.0	419.78	9	Q
3 Ayekpa Archie	1985	G	80.40	0.6806	103	175.0	~~190.0~~	195.0	4	130.0	140.0	~~145.0~~	4	210.0	220.0	230.0	4	565.0	384.53	8	
4 Mynhardt Pierre	1991	G	81.30	0.6759	84	190.0	200.0	~~210.0~~	3	110.0	117.5	~~122.5~~	8	~~230.0~~	247.5	~~252.5~~	3	565.0	381.88	7	
5 Norman Raymond	1986	G	77.20	0.6987	29	160.0	170.0	177.5	5	120.0	130.0	132.5	5	195.0	205.0	~~212.5~~	8	515.0	359.83	6	
6 Mokoena Tebogo	1979	NW	76.15	0.7051	-10	125.0	135.0	155.0	8	120.0	130.0	140.0	3	160.0	190.0	210.0	7	505.0	356.10	5	
7 Laubscher Wayne	1981	G	81.65	0.6742	86	162.5	~~167.5~~	167.5	6	97.5	102.5	~~107.5~~	9	195.0	212.5	227.5	5	497.5	335.38	4	
8 Snoyman Howard	1982	G	81.20	0.6764	75	145.0	160.0	~~165.0~~	7	117.5	122.5	~~125.0~~	7	205.0	~~225.0~~	~~225.0~~	9	487.5	329.74	3	
— Jola Wonga	1992	EP	76.75	0.7014	57	~~200.0~~	~~200.0~~	~~200.0~~	Disq.	120.0	130.0	~~140.0~~	6	210.0	225.0	~~247.5~~	6	Out	—	—	

- 93 kg																					
1 Nisbet Jason	1990	WP	92.80	0.6288	-10	215.0	225.0	~~235.0~~	1	130.0	142.5	147.5	2	275.0	295.0	~~300.0~~	1	667.5	419.72	12	Q
2 Smith Adrian	1995	G	91.95	0.6317	50	190.0	200.0	~~205.0~~	3	150.0	~~157.5~~	157.5	1	220.0	235.0	~~245.0~~	2	592.5	374.25	9	
3 Page Jorncy	1972	G	92.90	0.6285	81	190.0	205.0	210.0	2	140.0	147.5	~~152.5~~	3	215.0	230.0	235.0	3	592.5	372.38	8	
4 Vucetic Vuk	1993	G	91.60	0.6328	59	160.0	165.0	~~170.0~~	5	120.0	~~125.0~~	125.0	5	215.0	220.0	222.5	4	512.5	324.31	7	
5 Miles Chesney	1987	G	92.10	0.6311	35	135.0	145.0	152.5	6	115.0	120.0	127.5	4	195.0	210.0	~~230.0~~	5	490.0	309.23	6	
— Malgas Severiano	1985	WP	90.15	0.6379	92	175.0	~~180.0~~	~~180.0~~	4	~~160.0~~	~~160.0~~	~~160.0~~	Disq.	~~220.0~~	X	X	Disq.	Out	—	—	

- 105 kg																					
1 Deetlefs Nicholas	1984	G	104.45	0.5987	107	260.0	275.0	285.0	1	197.5	~~205.5~~	~~205.5~~	1	280.0	295.0	~~300.0~~	1	777.5	465.48	12	Q
2 Bezuidenhout Rinus	1995	NW	103.95	0.5997	-10	257.5	270.0	X	2	130.0	140.0	~~145.0~~	8	290.0	~~303.0~~	~~303.0~~	3	700.0	419.79	9	Q
3 Van Zyl Wimpie	1988	NC	102.95	0.6018	74	235.0	245.0	255.0	3	145.0	150.0	~~152.5~~	5	260.0	270.0	280.0	4	685.0	412.23	8	
4 De Bruin Johann	1990	G	103.15	0.6014	63	220.0	235.0	240.0	4	145.0	152.5	~~155.0~~	3	280.0	~~300.0~~	~~300.0~~	5	672.5	404.44	7	
5 Bosman Terence	1996	G	103.60	0.6040	34	220.0	~~230.0~~	~~230.0~~	7	135.0	142.5	147.5	7	270.0	290.0	~~305.0~~	2	657.5	397.13	6	
6 Gobey Keegan	1987	G	102.85	0.6020	91	210.0	~~220.0~~	~~220.0~~	8	140.0	147.5	150.0	4	250.0	270.0	~~285.0~~	6	630.0	379.26	5	
7 de Wet Henk	1974	G	100.70	0.6069	36	200.0	220.0	X	6	150.0	160.0	~~165.0~~	2	240.0	~~275.0~~	~~275.0~~	8	620.0	376.27	4	
8 Klinck Michael	1991	G	103.10	0.6015	23	215.0	230.0	~~240.0~~	5	140.0	150.0	~~155.0~~	6	225.0	240.0	~~247.5~~	9	620.0	372.93	3	
9 Galvin Ryan	1980	KZN	103.55	0.6023	31	180.0	200.0	~~215.0~~	10	132.5	~~140.0~~	~~140.0~~	9	235.0	~~245.0~~	~~245.0~~	10	567.5	341.80	2	
10 Claassen JD	1980	G	103.15	0.6014	5	190.0	200.0	~~210.0~~	9	100.0	107.5	~~110.0~~	12	230.0	250.0	~~265.0~~	7	557.5	335.28	1	
11 Wessels Norman	1980	G	100.45	0.6075	-10	~~160.0~~	170.0	180.0	12	110.0	115.0	~~122.5~~	11	210.0	230.0	~~250.0~~	11	525.0	318.93	1	
12 Stander Jacques	1990	G	104.60	0.5984	118	165.0	175.0	185.0	11	110.0	117.5	125.0	10	200.0	~~230.0~~	~~230.0~~	12	510.0	305.18	1	

- 120 kg																					
1 Bucarizza Benedict	1991	G	118.15	0.5770	14	300.0	320.0	325.0	1	225.0	~~232.5~~	~~232.5~~	1	300.0	330.0	340.0	1	890.0	513.57	12	Q
2 Maritz Francois	1993	G	111.45	0.5862	12	280.0	290.0	300.0	2	185.0	192.5	~~200.0~~	2	280.0	290.0	~~297.5~~	2	782.5	458.70	9	Q
3 Modisadife Thabo	1988	NW	105.01	0.5976	8	180.0	190.0	~~220.0~~	4	150.0	165.0	175.0	3	190.0	205.0	225.0	4	590.0	352.57	8	
4 Ndubane Amerko	1993	NW	105.75	0.5961	2	160.0	180.0	200.0	3	115.0	125.0	135.0	4	190.0	220.0	240.0	3	575.0	342.75	7	

120+ kg																					
1 Herbst Mathys	1975	G	152.50	0.5520	7	250.0	270.0	285.0	1	170.0	180.0	185.0	2	280.0	300.0	307.5	1	777.5	429.18	12	Q
2 Mouton Ian	1974	NC	135.80	0.5614	4	230.0	255.0	X	2	200.0	~~207.5~~	-	1	~~295.0~~	295.0	X	2	750.0	421.05	9	
3 Roux Ruan	1991	G	142.50	0.5573	18	220.0	230.0	~~237.5~~	3	120.0	127.5	~~135.0~~	3	260.0	290.0	~~300.0~~	3	647.5	360.85	8	

Nation (points)

1 Gauteng	72	[12+12+12+12+12+12]	2592.33 w.pts.
2 North West	43	[8+8+8+7+7+5]	2151.87 w.pts.
3 Western Province	12	[12]	419.72 w.pts.
4 Free Sate	12	[12]	351.98 w.pts.
5 Noord Kaap	9	[9]	412.23 w.pts.
6 Kwazulu Natal	5	[5]	341.81 w.pts.
7 Eastern Cape	3	[3]	304.77 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Bucarizza Benedict	Gauteng	118.15	0.5770	890.0	513.57
2	Deetlefs Nicholas	Gauteng	104.45	0.5987	777.5	465.48

3 Maritz Francois Gauteng 111.45 0.5862 782.5 458.70

Masters 1

SA Master 1 Record

- 66 kg

1 Tsimane Moses 1975 FS 60.90 0.8415 6 80.0 80.0 110.0 1 100.0 110.0 117.5 1 170.0 190.0 200.0 1 397.5 334.49 12

- 83 kg

1 Daniels Marlon 1975 G 80.00 0.6827 53 180.0 193.0 205.0 1 142.5 150.0 155.0 1 175.0 195.0 210.0 2 570.0 389.13 12 Q

2 Reichman Craig 1970 G 82.10 0.6719 17 152.5 152.5 162.5 2 105.0 112.5 117.5 2 180.0 200.0 220.0 1 495.0 332.59 9

- 93 kg

1 Page Jorncy 1972 G 92.90 0.6285 81 190.0 205.0 210.0 1 140.0 147.5 152.5 1 215.0 230.0 235.0 2 592.5 372.38 12 Q

2 Andrews Darwin 1976 KZN 91.00 0.6349 73 172.5 192.5 195.0 2 132.5 142.5 145.0 2 230.0 240.0 252.5 1 580.0 368.24 9 Q

3 Harding Steve 1972 EP 84.60 0.6601 116 105.0 112.5 115.0 3 85.0 92.5 100.0 3 160.0 170.0 175.0 3 387.5 255.78 8

- 105 kg

1 de Wet Henk 1974 G 100.70 0.6069 36 200.0 220.0 X 1 150.0 160.0 165.0 1 240.0 275.0 275.0 1 620.0 376.27 12 Q

2 Vermeulen Denzel 1970 WP 100.45 0.6075 77 160.0 175.0 180.0 2 70.0 90.0 100.0 2 120.0 150.0 200.0 2 465.0 282.48 9

- 120 kg

1 Horn Malone 1970 KZN 115.20 0.5808 1 220.0 230.0 230.0 2 195.0 200.0 205.0 1 290.0 301.0 301.0 1 720.0 418.17 12 Q

2 Faku Madikane 1975 NW 113.25 0.5835 13 220.0 230.0 235.0 1 130.0 140.0 155.0 2 230.0 X X 2 605.0 353.01 9 Q

3 Jansen van Vuuren Anthor 1977 G 117.00 0.5785 11 155.0 165.0 175.0 3 95.0 100.0 105.0 3 195.0 210.0 225.0 3 485.0 280.57 8

120+ kg

1 Herbst Mathys 1975 G 152.50 0.5520 7 250.0 270.0 285.0 1 170.0 180.0 185.0 2 280.0 300.0 307.5 1 777.5 429.18 12 Q

2 Mouton Ian 1974 NC 135.80 0.5614 4 230.0 255.0 X 3 200.0 207.5 - 1 295.0 295.0 X 2 750.0 421.05 9 Q

3 Els Dawie 1972 NW 133.80 0.5628 17 235.0 250.0 265.0 2 140.0 150.0 160.0 3 230.0 240.0 250.0 3 675.0 379.89 8 Q

Nation (points)

1 Gauteng 65 [12+12+12+12+9+8] 2180.15 w.pts.
2 Kwazulu Natal 21 [12+9] 786.42 w.pts.
3 North West 17 [9+8] 732.91 w.pts.
4 Free Sate 12 [12] 334.50 w.pts.
5 Noord Kaap 9 [9] 421.05 w.pts.
6 Western Province 9 [9] 282.49 w.pts.
7 Eastern Cape 8 [8] 255.79 w.pts.

Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Herbst Mathys	Gauteng	152.50	0.5520	777.5	429.18
2	Mouton Ian	Noord Kaap	135.80	0.5614	750.0	421.05
3	Horn Malone	Kwazulu Natal	115.20	0.5808	720.0	418.17

SA Master 1&2 Record

SA Master 2 Record

Masters 2

- 74 kg

1 Lameyer Stanley 1959 WP 72.70 0.7285 56 150.0 165.0 180.0 1 70.0 85.0 95.0 1 180.0 200.0 205.0 1 455.0 331.46 12 Q

- 83 kg

1 Hacker Ian 1964 G 75.80 0.7074 -10 165.0 175.0 185.5 1 100.0 107.5 112.5 1 180.0 200.0 210.0 2 493.0 348.74 12 Q

2 Quatse David 1962 NW 80.30 0.6811 94 100.0 125.0 145.0 2 75.0 85.0 105.0 2 145.0 175.0 205.0 1 435.0 296.27 9

- 105 kg

1 Schoonraad Christo 1963 NW 104.50 0.5986 22 225.0 225.0 225.0 1 130.0 145.5 150.0 1 225.0 240.5 250.0 1 620.5 371.43 12 Q

2 Bensch Denis 1965 G 104.40 0.5988 30 160.0 165.0 170.0 2 92.5 100.0 110.0 3 170.0 185.0 185.0 2 455.0 272.45 9

3 Kobal Eric 1958 G 99.80 0.6091 58 110.0 120.0 130.0 3 100.0 115.0 117.5 2 170.0 197.5 197.5 3 407.5 248.20 8

- 120 kg

1 Kruger Johan 1966 WP 120.00 0.5749 5 170.0 180.0 190.0 1 110.0 115.0 120.0 1 220.0 235.0 242.5 1 545.0 313.32 12 Q

120+ kg

1 Haupt Burton 1961 G 130.70 0.5651 3 180.0 200.0 210.0 1 130.0 140.0 147.5 1 220.0 242.5 X 1 600.0 339.06 12 Q

Nation (points)

1 Gauteng	41	[12+12+9+8]	1208.47 w.pts.
2 Western Province	24	[12+12]	644.79 w.pts.
3 North West	21	[12+9]	667.71 w.pts.

Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Schoonraad Christo	North West	104.50	0.5986	620.5	371.43
2	Hacker Ian	Gauteng	75.80	0.7074	493.0	348.74
3	Haupt Burton	Gauteng	130.70	0.5651	600.0	339.06

Masters 3

SA Master 3 Record

- 66 kg

— van der Linde Glen	1945	G	66.00	0.7852	14	X	X	X	Disq.	105.0	~~112.5~~	112.5	1	X	X	X	Disq.	Out	—	—
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- 105 kg

1 Young Colin	1957	WP	103.60	0.6040	52	140.0	150.0	X	1	140.0	145.0	X	1	180.0	X	X	1	475.0	286.90	12	Q
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- 120 kg

1 Ludik Andre	1957	EP	114.05	0.5824	15	142.5	152.5	160.0	1	130.0	135.0	137.5	1	200.0	210.0	X	1	507.5	295.54	12	Q
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Nation (points)

1 Eastern Cape	12	[12]	295.54 w.pts.
2 Western Province	12	[12]	286.90 w.pts.

Best Lifters of Masters 3

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Ludik Andre	Eastern Cape	114.05	0.5824	507.5	295.54
2	Young Colin	Western Provin	103.60	0.6040	475.0	286.90

Masters 4

SA Master 4 Record

74kg

1 Oppenheim Dan	1945	G	74.00	0.7852	80	110.0	115.0	120.0	1	80.0	85.0	90.0	2	172.5	~~186.0~~	X	1	382.5	300.33	12	Q
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Best Lifters of Masters 4

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Oppenheim Dan	Gauteng	74.00	0.7852	382.5	300.33

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.

EP = Eastern Cape KZN = Kwazulu Natal WP = Western Province

FS = Free Sate NC = Noord Kaap

G = Gauteng NW = North West