

Place	M / W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Power Place			
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
	W	1	52	50.70	Molebogeng Letlole	Gauteng	~~20.0~~	<u>20.0</u>	<u>25.0</u>	25.0	<u>20.0</u>	~~25.0~~	~~25.0~~	20.0	45.0	<u>30.0</u>	<u>50.0</u>	~~60.0~~	50.0	95.0	120.75				
	W	2	57	56.90	Megan Leighton	Gauteng	<u>52.5</u>	<u>60.0</u>	<u>65.0</u>	65.0	<u>25.0</u>	<u>30.0</u>	~~32.5~~	30.0	95.0	<u>75.0</u>	<u>87.5</u>	~~95.0~~	87.5	182.5	212.07				
	W	3	63	58.30	Liennete Madonsela	Gauteng	<u>30.0</u>	<u>40.0</u>	<u>50.0</u>	50.0	~~20.0~~	<u>20.0</u>	~~25.0~~	20.0	70.0	<u>60.0</u>	<u>70.0</u>	~~82.5~~	70.0	140.0	159.61				
	W	4	72	65.70	Valeska Mbatha	Gauteng	<u>80.0</u>	~~90.0~~	~~100.0~~	80.0	~~30.0~~	<u>30.0</u>	<u>40.0</u>	40.0	120.0	<u>110.0</u>	<u>115.0</u>	<u>125.0</u>	125.0	245.0	255.00				
	W	6	72	70.20	Angelique Basson	Gauteng	<u>40.0</u>	<u>50.0</u>	~~65.0~~	50.0	<u>52.5</u>	<u>57.5</u>	~~62.5~~	57.5	107.5	<u>80.0</u>	<u>90.0</u>	~~105.0~~	90.0	197.5	196.10				
	W	5	72	67.90	Sandisilie Gumede	Gauteng	<u>25.0</u>	<u>30.0</u>	<u>40.0</u>	40.0	<u>20.0</u>	~~25.0~~	<u>25.0</u>	25.0	65.0	<u>65.0</u>	<u>75.0</u>	<u>80.0</u>	80.0	145.0	147.36				
	W	7	72	72.00	Samukelisiwe Gumede	Gauteng	<u>30.0</u>	~~35.0~~	<u>35.0</u>	35.0	<u>20.0</u>	<u>25.0</u>	~~30.0~~	25.0	60.0	<u>70.0</u>	<u>80.0</u>	~~87.5~~	80.0	140.0	136.64				
	W	9	84	82.50	Michelle Dolphin	Gauteng	<u>120.0</u>	~~127.5~~	<u>130.0</u>	130.0	<u>57.5</u>	<u>65.0</u>	~~67.5~~	65.0	195.0	<u>125.0</u>	<u>145.0</u>	~~150.0~~	145.0	340.0	306.00				
	W	8	84	77.80	Esther Caddy	Gauteng	<u>90.0</u>	<u>97.5</u>	<u>102.5</u>	102.5	<u>60.0</u>	<u>65.0</u>	<u>67.5</u>	67.5	170.0	<u>105.0</u>	<u>125.0</u>	<u>137.5</u>	137.5	307.5	285.88				
	M	12	59	59.00	Thembanani Makubalo	Gauteng	<u>100.0</u>	<u>130.0</u>	~~150.0~~	130.0	<u>60.0</u>	~~70.0~~	~~70.0~~	60.0	190.0	<u>140.0</u>	<u>170.0</u>	~~185.0~~	<u>170.0</u>	360.0	311.83				
	M	11	59	57.10	Kgahliso Thladi	Gauteng	<u>85.0</u>	<u>100.0</u>	~~120.0~~	100.0	<u>60.0</u>	~~67.5~~	~~67.5~~	60.0	160.0	<u>130.0</u>	<u>145.0</u>	<u>155.0</u>	155.0	315.0	281.42				
	M	10	59	57.00	Godfrey Morekwena	Gauteng	<u>90.0</u>	~~100.0~~	<u>105.0</u>	105.0	<u>45.0</u>	~~55.0~~	~~55.0~~	45.0	150.0	<u>110.0</u>	<u>120.0</u>	~~130.0~~	120.0	270.0	241.62				
	M	13	66	59.20	Marcel Vorster	Gauteng	<u>130.0</u>	<u>140.0</u>	~~150.0~~	140.0	<u>80.0</u>	<u>95.0</u>	~~105.0~~	95.0	235.0	<u>130.0</u>	<u>142.5</u>	<u>152.5</u>	152.5	387.5	334.61				
	M	14	66	64.10	Bernard Moloko	Gauteng	<u>60.0</u>	<u>60.0</u>	~~115.0~~	60.0	~~30.0~~	<u>50.0</u>	~~60.0~~	50.0	110.0	<u>120.0</u>	<u>135.0</u>	<u>150.0</u>	150.0	260.0	209.20				
	W	15																							

Lifter on the Platform

OF GROUP

Flight 1
Gauteng Powerlifting Championships 2012
19/05/2012

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

[illegible]

	M / W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Power			
Place							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place			
	M	16	74	70.10	Thabang Mpe	Gauteng	<u>160.0</u>	<u>180.0</u>	~~190.0~~	180.0	<u>130.0</u>	<u>140.0</u>	~~150.0~~	140.0	320.0	<u>175.0</u>	<u>190.0</u>	<u>205.0</u>	205.0	525.0	393.02				
	M	19	74	73.80	Rayner Bartsch	Gauteng	<u>170.0</u>	<u>180.0</u>		180.0	<u>120.0</u>	~~127.5~~	~~127.5~~	120.0	300.0	<u>200.0</u>	<u>210.0</u>	~~212.5~~	210.0	510.0	367.56				
	M	18	74	73.10	Michael Wilks	Gauteng	<u>160.0</u>	<u>180.0</u>	~~190.0~~	180.0	<u>110.0</u>	<u>120.0</u>		120.0	300.0	<u>180.0</u>	<u>190.0</u>	<u>200.0</u>	200.0	500.0	362.80				
	M	17	74	73.10	Willem Parker	Gauteng	<u>170.0</u>	<u>185.0</u>	<u>200.0</u>	200.0	<u>100.0</u>	~~110.0~~	~~110.0~~	100.0	300.0	<u>160.0</u>	<u>185.0</u>	~~200.0~~	185.0	485.0	351.92				
	M	20	74	73.80	Faheem Dangor	Gauteng	<u>140.0</u>	<u>150.0</u>	<u>160.0</u>	160.0	<u>90.0</u>	<u>100.0</u>	~~105.0~~	100.0	260.0	<u>180.0</u>	<u>190.0</u>		190.0	450.0	324.32				
	M	15	74	69.30	Luke Routier	Gauteng	<u>102.5</u>	<u>110.0</u>	<u>120.0</u>	120.0	<u>80.0</u>	<u>85.0</u>	~~90.0~~	85.0	205.0	<u>140.0</u>	<u>155.0</u>	<u>162.5</u>	162.5	367.5	277.54				
	M	23	93	92.20	Mark Phillips	Gauteng	<u>240.0</u>	<u>250.0</u>	~~260.0~~	250.0	<u>150.0</u>	<u>160.0</u>	~~175.0~~	160.0	410.0	<u>240.0</u>	<u>260.0</u>		260.0	670.0	422.64				
	M	22	93	89.50	Henmar Ebersohn	Gauteng	<u>200.0</u>	<u>210.0</u>	<u>220.0</u>	220.0	~~115.0~~	<u>115.0</u>	<u>122.5</u>	122.5	342.5	<u>205.0</u>	<u>220.0</u>	<u>230.0</u>	230.0	572.5	366.51				
	M	26	93	93.00	Sarel Gadney	Gauteng	~~220.0~~	<u>220.0</u>	~~230.0~~	220.0	<u>135.0</u>	~~142.5~~	~~142.5~~	135.0	355.0	<u>215.0</u>	~~230.0~~	~~230.0~~	215.0	570.0	358.07				
	M	21	93	89.10	David Hatton-Jones	Gauteng	<u>160.0</u>	~~190.0~~	<u>200.0</u>	200.0	<u>135.0</u>	~~150.0~~	~~152.5~~	135.0	335.0	<u>200.0</u>	~~225.0~~	<u>230.0</u>	230.0	565.0	362.56				
	M	25	93	92.90	Robert Huff	Gauteng	~~200.0~~	<u>200.0</u>	~~210.0~~	200.0	<u>135.0</u>	~~140.0~~	~~140.0~~	135.0	335.0	<u>170.0</u>	<u>180.0</u>	<u>190.0</u>	190.0	525.0	329.96				
	M	24	93	92.30	Steven Tindall	Gauteng	<u>170.0</u>	~~190.0~~	~~190.0~~	170.0	<u>120.0</u>	~~130.0~~	~~130.0~~	120.0	290.0	<u>190.0</u>	<u>207.5</u>	<u>215.0</u>	215.0	505.0	318.40				

Lifter on the Platform

OF GROUP

Flight 2
Gauteng Powerlifting Championships 2012
19/05/2012

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

[illegible]

Place	M / W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Power Place			
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points				
	M	40	83	78.30	Albert De Bondt	Gauteng	<u>175.0</u>	<u>195.0</u>	~~207.5~~	195.0	<u>135.0</u>	~~142.5~~	~~150.0~~	135.0	330.0	<u>210.0</u>	<u>227.5</u>	~~235.0~~	227.5	557.5	385.90				
	M	38	83	75.80	Kobus Bester	Gauteng	<u>155.0</u>	<u>165.0</u>	<u>175.0</u>	175.0	<u>125.0</u>	<u>130.0</u>	~~137.5~~	130.0	305.0	<u>180.0</u>	<u>200.0</u>	~~225.0~~	200.0	505.0	357.24				
	M	42	83	79.20	Martin Nel	Gauteng	<u>135.0</u>	<u>145.0</u>	<u>152.5</u>	152.5	<u>117.5</u>	<u>125.0</u>	<u>127.5</u>	127.5	280.0	<u>175.0</u>	<u>192.5</u>	<u>202.5</u>	202.5	482.5	331.53				
	M	46	83	83.00	Marvin Mpe	Gauteng	<u>100.0</u>	~~140.0~~	<u>150.0</u>	150.0	<u>100.0</u>	~~120.0~~	<u>120.0</u>	120.0	270.0	<u>120.0</u>	<u>150.0</u>	<u>180.0</u>	180.0	450.0	300.38				
	M	43	83	80.70	Michael Egan	Gauteng	~~140.0~~	<u>155.0</u>	~~165.0~~	155.0	<u>110.0</u>	~~120.0~~	~~120.0~~	110.0	265.0	<u>160.0</u>	~~175.0~~	<u>175.0</u>	175.0	440.0	298.76				
	M	44	83	81.90	Aasif Ismail	Gauteng	~~125.0~~	<u>130.0</u>	~~145.0~~	130.0	<u>110.0</u>	<u>120.0</u>	~~125.0~~	120.0	250.0	<u>160.0</u>	<u>180.0</u>	~~190.0~~	180.0	430.0	289.35				
	M	45	83	82.00	Divan Visser	NW	<u>100.0</u>	~~115.0~~	<u>115.0</u>	115.0	~~115.0~~	<u>115.0</u>	~~125.0~~	115.0	230.0	<u>100.0</u>	<u>120.0</u>	<u>140.0</u>	140.0	370.0	248.79				
	M	39	83	76.50	Alfred Martins	Gauteng	<u>50.0</u>	<u>60.0</u>	<u>70.0</u>	70.0	<u>50.0</u>	<u>60.0</u>	<u>65.0</u>	65.0	135.0	<u>90.0</u>	<u>100.0</u>	<u>120.0</u>	120.0	255.0	179.24				
	M	41	83	78.80	Thabiso Mthembu	Gauteng	<u>40.0</u>	<u>60.0</u>	<u>70.0</u>	70.0	<u>30.0</u>	<u>40.0</u>	~~45.0~~	40.0	110.0	~~65.0~~	<u>65.0</u>	<u>75.0</u>	75.0	185.0	127.52				
	M	37	83	75.10	Greg Reynolds	Gauteng	~~170.0~~	~~170.0~~	~~170.0~~	-----	<u>115.0</u>	<u>125.0</u>	~~130.0~~	125.0	Disq	<u>180.0</u>	<u>200.0</u>	<u>230.0</u>	230.0	Disq					

Lifter on the Platform

Flight 3
Gauteng Powerlifting Championships 2012
19/05/2012

ND OF GROUP

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

RESULTS

Flight 3

Open Division

Gauteng Powerlifting Championships 2012

19/05/2012

	<u>LOT</u>	<u>DIVISION</u>	<u>WEIGHT</u>	<u>M/W</u>	<u>LIFTER</u>	<u>NATION</u> <u>PROVINCE</u>	<u>PL TOTAL</u>	<u>BADGE</u>	<u>PLACE</u>	<u>MEDAL</u>	<u>WILKS POINTS</u>	
1	40	83.00	78.30	M	Albert De Bondt	Gauteng	557.50	Brown	2	Silver	385.90	Albert De Bondt
2	38	83.00	75.80	M	Kobus Bester	Gauteng	505.00	Blue	3	Bronze	357.24	Kobus Bester
3	42	83.00	79.20	M	Martin Nel	Gauteng	482.50	Green			331.53	Martin Nel
4	46	83.00	83.00	M	Marvin Mpe	Gauteng	450.00	Orange			300.38	Marvin Mpe
5	43	83.00	80.70	M	Michael Egan	Gauteng	440.00	Orange			298.76	Michael Egan
6	44	83.00	81.90	M	Aasif Ismail	Gauteng	430.00	Orange			289.35	Aasif Ismail
7	45	83.00	82.00	M	Divan Visser	NW	370.00	Yellow			248.79	Divan Visser
8	39	83.00	76.50	M	Alfred Martins	Gauteng	255.00	Yellow			179.24	Alfred Martins
9	41	83.00	78.80	M	Thabiso Mthembu	Gauteng	185.00	Yellow			127.52	Thabiso Mthembu
10	37	83.00	75.10	M	Greg Reynolds	Gauteng	Disq					Greg Reynolds

Place	M / W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Power Place			
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
	M	43	105	100.70	Clyde Keevy	Gauteng	250.0	265.0	265.0	265.0	130.0	142.5	152.5	152.5	417.5	240.0	262.5	270.0	262.5	680.0	412.69				
	M	42	105	99.60	Jorncy Page	Gauteng	180.0	220.0	235.0	235.0	120.0	140.0	155.0	155.0	390.0	220.0	250.0	270.0	270.0	660.0	402.34				
	M	44	105	102.20	Mohammed-Raees Dangor	Gauteng	200.0	220.0	230.0	230.0	120.0	140.0	155.0	140.0	370.0	260.0	280.0	285.0	280.0	650.0	392.28				
	M	37	105	95.10	Trent Williams	Gauteng	210.0	230.0	245.0	230.0	120.0	140.0	155.0	120.0	350.0	240.0	260.0	260.0	240.0	590.0	366.80				
	M	41	105	98.70	Jeffrey Cook	Gauteng	180.0	190.0	200.0	200.0	140.0	150.0	155.0	150.0	350.0	220.0	240.0	240.0	220.0	570.0	348.73				
	M	45	105	102.50	Shaun Roos	Gauteng	200.0	220.0	220.0	200.0	130.0	135.0	140.0	135.0	335.0	185.0	195.0	200.0	195.0	530.0	319.48				
	M	39	105	97.60	Oarabile Phatudi	Gauteng	180.0	150.0	185.0	185.0	80.0	105.0	122.5	80.0	265.0	150.0	200.0	230.0	230.0	495.0	304.28				
	M	38	105	97.20	Dumisani Dlamini	Gauteng	140.0	145.0	160.0	160.0	40.0	65.0	65.0	40.0	200.0	175.0	190.0	210.0	190.0	390.0	240.16				
	M	40	105	97.80	Joshua Capazorio	Gauteng	255.0	275.0	275.0	275.0	145.0	165.0	165.0	-----	Disq	155.0	-----	-----	-----	Disq					
	M	46	105	104.60	Steven De Bruyn	Gauteng	160.0	160.0	160.0	160.0	120.0	120.0	120.0	-----	Disq	180.0	195.0	210.0	195.0	Disq					
	M	49	120	116.60	Mathew Cosmo	Gauteng	260.0	280.0	300.0	300.0	220.0	230.0	240.0	240.0	540.0	200.0	200.0	200.0	200.0	740.0	428.46				
	M	50	120	118.00	Juan Booyse	Gauteng	210.0	232.5	240.0	240.0	162.5	170.0	170.0	170.0	410.0	210.0	230.0	240.0	240.0	650.0	375.18				
	M	48	120	114.00	Jan Kruger	Gauteng	200.0	230.0	250.0	230.0	140.0	160.0	175.0	160.0	390.0	200.0	230.0	250.0	250.0	640.0	372.74				
	M	51	120	119.80	William Ainslee	Gauteng	215.0	220.0	230.0	220.0	150.0	150.0	150.0	150.0	370.0	180.0	200.0	210.0	200.0	637.5	366.63				
	M	47	120	106.00	Sammy Randa	Gauteng	175.0	185.0	200.0	185.0	60.0	70.0	85.0	85.0	270.0	180.0	200.0	205.0	205.0	475.0	282.91				

Lifter on the Platform

END OF GROUP

Flight 4
Gauteng Powerlifting Championships 2012
19/05/2012

 = SA Official Record

 = SA Unofficial Record

Side Referee _____

Chief Referee _____

RESULTS

Flight 4

Open Division

Gauteng Powerlifting Championships 2012

19/05/2012

	<u>LOT</u>	<u>DIVISION</u>	<u>WEIGHT</u>	<u>M/W</u>	<u>LIFTER</u>	<u>NATION</u> <u>PROVINCE</u>	<u>PL TOTAL</u>	<u>BADGE</u>	<u>PLACE</u>	<u>MEDAL</u>	<u>WILKS POINTS</u>	
1	43	105.00	100.70	M	Clyde Keevy	Gauteng	680.00	Black	1	Gold	412.69	Clyde Keevy
2	42	105.00	99.60	M	Jorncy Page	Gauteng	660.00	Black	2	Silver	402.34	Jorncy Page
3	44	105.00	102.20	M	Mohammed-Raees Dangor	Gauteng	650.00	Brown	3	Bronze	392.28	Mohammed-Raees Dangor
4	37	105.00	95.10	M	Trent Williams	Gauteng	590.00	Blue			366.80	Trent Williams
5	41	105.00	98.70	M	Jeffrey Cook	Gauteng	570.00	Blue			348.73	Jeffrey Cook
6	45	105.00	102.50	M	Shaun Roos	Gauteng	530.00	Green			319.48	Shaun Roos
7	39	105.00	97.60	M	Oarabile Phatudi	Gauteng	495.00	Orange			304.28	Oarabile Phatudi
8	38	105.00	97.20	M	Dumisani Dlamini	Gauteng	390.00	Yellow			240.16	Dumisani Dlamini
9	40	105.00	97.80	M	Joshua Capazorio	Gauteng	Disq					Joshua Capazorio
10	46	105.00	104.60	M	Steven De Bruyn	Gauteng	Disq					Steven De Bruyn
11	49	120.00	116.60	M	Mathew Cosmo	Gauteng	740.00	Bronze	1	Gold	428.46	Mathew Cosmo
12	50	120.00	118.00	M	Juan Booyse	Gauteng	650.00	Brown	2	Silver	375.18	Juan Booyse
13	48	120.00	114.00	M	Jan Kruger	Gauteng	640.00	Brown	3	Bronze	372.74	Jan Kruger
14	51	120.00	119.80	M	William Ainslee	Gauteng	637.50	Brown			366.63	William Ainslee
15	47	120.00	106.00	M	Sammy Randa	Gauteng	475.00	Yellow			282.91	Sammy Randa