

Results of the 2015 GPC Rhino Powerlifting National Championships

FEMALE RAW

52kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Lil Bianchi	30	F-O	49.16	52	2.2406	85	95	105		50	-55	55	120	135	145	305	683.383	683.383

56kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Sorah Garber	33	F-SM	55.96	56	1.9086	-80	80	90		52.5	55	57.5	105	115	-125	262.5	501.008	501.008

60kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Sonja De Waal	51	F-O	58.95	60	1.8108	135	150	-155		85	95		155	165	170	415	751.482	861.950
Ashleigh Marais	21	F-J	57	60	1.8726	110	120	130		-70	75	-85	140	150	160	365	683.499	697.169
Kelly Loe	22	F-J	57.84	60	1.8464	95	105	115		52.5	57.5	-60	135	147.5	152.5	325	600.080	606.081
Debbie McAlpine	38	F-SM	59.9	60	1.7878	110	120	127.5		52.5	57.5	60	115	125	137.5	325	581.035	581.035
Leigh Scheepers	15	F-T1	59.5	60	1.7978	70	80	87.5		35	37.5	-40	85	95	-103	220	395.516	466.709
Phetolo Mangke	16	F-T2	57	60	1.8726	55	65	75		25	30	-35	80	90	100	205	383.883	433.788

67.5kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Zoe Bibbings	42	F-M1	67.4	67.5	1.6422	147.5	157.5	165		67.5	72.5	-75	150	160	162.5	400	656.880	670.018
Ashleigh Piper	23	F-J	62.98	67.5	1.717	120	130	140		50	60	-62.5	145	155	165	365	626.705	626.705
Sonja Kruger	48	F-M2	64.6	67.5	1.69	97.5	102.5	112.5		60	-65	-65	155	162.5	167.5	340	574.600	630.336
Lulama Makuma	15	F-T1	61.3	67.5	1.7522	-70	-75	75		30	-35	-35	80	90	100	205	359.201	423.857

82.5kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Lezelle Van Vuuren	33	F-SM	78.8	82.5	1.5084	150	157.5	165		90	95	-100	180	190	-200	450	678.780	678.780
Vallerie Sweeney	30	F-O	81.06	82.5	1.488	120	-130			60			150			330	491.040	491.040
Annika Lambrechts	14	F-T1	80.8	82.5	1.4904	85	-95	95		37.5	45	-50	90	100	110	250	372.600	458.298

SHW

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Elmarie Lambrechts	48	F-M2	114.76	SHW	1.315	95	-105	110		42.5	47.5	-52.5	105	115	130	287.5	371.488	407.522

MALE RAW

52kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Dylan Nelson	18	M-T3	51	52	1.885	105	115	-125		90	-92.5	92.5	150	155	160	367.5	692.738	734.302

56kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Karabo Manamela	15	M-T1	56	56	1.593	100	110	120		60	-70	70	140	150	160	350	557.550	657.909
Dalton Davhule	17	M-T2	54.1	56	1.6904	80	100	120		-60	-70	-70	120	130	140	0	0.000	0.000

67.5kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Jarrid-Leigh Muller	19	M-T3	66.14	67.5	1.266	180	-192.5	-195		120	-125	125	220	230	235	540	683.640	710.986
Amogelang Maduma	17	M-T2	61.4	67.5	1.3798	120	130	140		70	75	80	180	-190	-190	400	551.920	596.074
Shilo Ramdin	23	M-J	66.24	67.5	1.264	100	135			85	-95	95	180	205	-215	435	549.840	549.840
Nhlanhla Dlamini	29	M-O	63.8	67.5	1.3158	100	115	130		80	90	-95	160	175	185	405	532.899	532.899
Bonolo Moche	16	M-T2	67.5	67.5	1.237	130	-140	-140		80	-90	-90	180	-190	-190	390	482.430	545.146
Sinaye Nkumane	16	M-T2	61.8	67.5	1.3696	100	-110	120		55	-60	-60	145	150	-160	325	445.120	502.986

75kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
------	-----	-----	----------	------------	--------	---------	---------	---------	---------	---------	---------	---------	------------	------------	------------	----------	-------------	-------------

Willie Fourie	19	M-T3	73.58	75	1.1378	230	240	250		130	135	140	235	250	260	650	739.570	769.153
Michael De Oliveira	29	M-O	74.9	75	1.1182	190	-207.5	207.5		130	137.5	-142.5	245	255	-262.5	600	670.920	670.920
Shane Botha	30	M-O	73.25	75	1.1422	170	185	-195		-130	-135	135	200	210	220	540	616.788	616.788
Franklin Cupido	39	M-SM	73.1	75	1.1454	165	170	175		-100	-100	100	210	220	225	500	572.700	572.700
Mark Nel	34	M-SM	74.6	75	1.1224	160	172.5	-185		125	-130	130	180			482.5	541.558	541.558
Neel Devnarain	16	M-T2	73.1	75	1.1454	110	140	-155		75	90	100	140	160	180	420	481.068	543.607
Franco Steenkamp	16	M-T2	73	75	1.147	135	-145	145		85	92.5	97.5	150	160	170	412.5	473.138	534.645
Matlhatsi Monyeki	16	M-T2	75	75	1.117	-140	-150	-150		50	55	60	140	-150	-160	0	0.000	0.000

82.5kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Nick Stefanou	24	M-O	79.9	82.5	1.0552	250	-270	275		120	130	-140	-240	240	250	655	691.156	691.156
Theo Cambanis	30	M-O	79.84	82.5	1.0564	180	200	-210		130	140	145	200	210	-220	555	586.302	586.302
Dominic Nel	31	M-O	80.6	82.5	1.0472	150	-160	172.5		120	-130	-130	190	210	-220	502.5	526.218	526.218

90kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
George Kattan	24	M-O	89.7	90	0.9704	250	255	262.5		170	175	180	270	290	300	742.5	720.522	720.522
Shaun McCreedy	33	M-SM	88.4	90	0.9798	260	-275	275		145	152.5	-157.5	280	300	-315	727.5	712.805	712.805
Michael Barnard	28	M-O	89.64	90	0.9712	-210	215	230		135	150	-152.5	250	270	280	660	640.992	640.992
Wesley Van Zyl	27	M-O	88.6	90	0.9786	210	230	-250		150	-160	-160	230	250	-260	630	616.518	616.518
Johan Steenkamp	44	M-M1	88.2	90	0.9814	210	225	235		145	152.5	155	210	225	235	625	613.375	639.750
Eckhard Briedenhann	22	M-J	86.82	90	0.9916	210	225	-240		130	145	-150	215	230	242.5	612.5	607.355	613.429
Manie Fourie	21	M-J	86.35	90	0.9948	190	200	210		115	125	-130	220	230	240	575	572.010	583.450
Stoffel De Villiers	51	M-M3	89.3	90	0.9736	200	210	220		115	125	-130	200	210	-222.5	555	540.348	619.779
Quinton van Wyngaardt	20	M-J	87.1	90	0.9892	180	-195	-200		110	115	120	200	210	-225	510	504.492	519.627
Kharendwe Mutobvu	18	M-T3	89.5	90	0.972	-140	145	165		80	-100	-100	180	-200	210	455	442.260	468.796
Spesihle Dalasile	16	M-T2	85	90	1.006	-140	150	-160		55	60	-65	160	170	190	400	402.400	454.712

100kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Mathew Le Roux	24	M-O	98.45	100	0.921	-250	270	282.5		145	155	165	300	320	-325	767.5	706.868	706.868
Duane Hall	28	M-O	99.96	100	0.915	200	-220	230		160	170	180	250	270	-280	680	622.200	622.200
Jonty Hall	22	M-J	99.5	100	0.917	200	220	240		140	145	150	230	250	260	650	596.050	602.011
Francois Kruger	24	M-O	99.7	100	0.9162	200	215	-230		150	160	-167.5	250	265	275	650	595.530	595.530
David Hatton-Jones	27	M-O	95	100	0.937	215	220	-235		160	170	-175	225	235	245	635	594.995	594.995
Greg Kruger	37	M-SM	99.4	100	0.9174	195	215	-230		145	-155	155	250	265	-270	635	582.549	582.549
Grant Fullerton	45	M-M2	95.05	100	0.9362	180	200	210		160	-165		200	220	235	605	566.401	597.553
Rozelt Herbst	19	M-T3	98.6	100	0.9206	200	220	-240		120	130	-132.5	215	235	250	600	552.360	574.454
Jan Herbst	45	M-M2	99.5	100	0.917	160	180	-190		-115	120	130	180	200	210	520	476.840	503.066
Reece De Oliveira	16	M-T2	98.7	100	0.9202	145	155	-165		70	80	-90	160	170	180	415	381.883	431.528
Alessandro Baatjes	23	M-J	99.3	100	0.9178	150	170	-190								0	0.000	0.000
Jason Pears	40	M-M1	98.5	100	0.921	180	190	-202.5		-175	-180	-180				0	0.000	0.000

110kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
John Mackechnie	24	M-O	106.7	110	0.8932	270	280	290		150	160	-165	320	342.5	-350	792.5	707.861	707.861
Louwrens Koekemoer	21	M-J	108.9	110	0.8874	200	-220	220		185	195	-205	240	260	280	695	616.743	629.078
David Cross	34	M-SM	108.25	110	0.889	230	235	240		135	145	150	265	-275		655	582.295	582.295
Luan de Bruin	21	M-J	106.5	110	0.894	200	210	-225		95	-100	-100	220	-230	230	535	478.290	487.856
Roland Erens	44	M-M1	103.22	110	0.904	260	-280			200	-210	-210	-300	-300		0	0.000	0.000
Andre Engelbrekt	34	M-SM	105.8	110	0.8958	290	-300			175	180	185	-300	-305	-305	0	0.000	0.000

125kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
------	-----	-----	----------	------------	--------	---------	---------	---------	---------	---------	---------	---------	------------	------------	------------	----------	-------------	-------------

Jan Kruger	51	M-M3	115.88	125	0.871	285	-300	-300		190	200	-205	290	310	320	805	701.155	804.225
Clinton Armstrong	27	M-O	116.74	125	0.8692	-285	285	305		140	160	-170	300	320	-342.5	785	682.322	682.322
Andre Sweeney	33	M-SM	122.4	125	0.861	270	290	300		170	182.5	-190	280	300	-320	782.5	673.733	673.733
Johan Rudd	26	M-O	121.4	125	0.862	260	-270	-270		160	170	-175	280	290	300	730	629.260	629.260
Willy Johnstone-Robertson	57	M-M4	119.7	125	0.8642	200	215	-225		-170	-170	-170				0	0.000	0.000
Gerhard Du Plessis	31	M-O	124	125	0.859	220	-230			-150	-150	-150				0	0.000	0.000

140kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Garth Collins	48	M-M2	136.5	140	0.844	280	-300	300		180	195	200	300	312.5	-332.5	812.5	685.750	752.268
Ashley Horner	36	M-SM	137	140	0.844	280	310			180	-195	-195	300	-335	-335	790	666.760	666.760
Brendon Vannan	34	M-SM	139.4	140	0.841	275	-290	300		140	150	162.5	265	285	300	762.5	641.263	641.263
Stefan Smit	33	M-SM	137	140	0.844	220	230	-240		170	180	-190	300	310	-320	720	607.680	607.680
Anton Buckner	31	M-O	135.85	140	0.845	240	-252.5	252.5		160	-167.5	-167.5	270	280	-290	692.5	585.163	585.163
Johan Combrinck	25	M-O	138.75	140	0.8418	-245	245	255		150	160	-170	260	-275	275	690	580.842	580.842
Kevin Barry	46	M-M2	138.3	140	0.842	200	-220	-240		-180	185	-197.5	200	-220		585	492.570	526.065
Grayson Beare	35	M-O	137.6	140	0.843	-280	-280	280		-160	-160	-160	260	270	-280	0	0.000	0.000

140+kg

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
Arno Lambrechts	43	M-M1	174.99	SHW	0.816	380	-407.5			220	235	245	-300	300	325	950	775.200	799.231
Tristen O'Brien	28	M-O	144.8	SHW	0.8358	290				180			320	340	-360	810	676.998	676.998

MALE EQUIPPED

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	PL Total	Coeff Score	Age & Coeff
140kg																		
Zane Ison	46	M-EM2	139.5	140	0.841	-370	-370	-370	0							0	0.000	1.000
125kg																		
Grant Ashe	43	M-EM1	122	125	0.861	320	-350	-350	320	-200						0	0.000	1.000

BENCH PRESS RAW

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Bench 1	Bench 2	Bench 3	Coeff Score	Age & Coeff
125kg										
Frank Janse van Rensburg	34	M-OE	124.8	125	0.858	260	-272.5		223.08	223.08
Franz Jurgen Rusch	30	M-O	113.7	125	0.8752	185	195	200	175.04	175.04
110kg										
Tyrone Bosch	34	M-SM	104.95	110	0.898	-200	200	-225	179.6	179.6
Rory Scheepers	37	M-SM	107.2	110	0.892	197.5	-205		176.17	176.17
100kg										
Ian Buckle	56	M-M4	99.8	100	0.9158	175	180	185	169.423	211.101
90kg										
Scott Kimble	27	M-O	87.4	90	0.9874	165			162.921	162.921