

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	SQUAT				BENCH PRESS				DEAD LIFT				TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE						
					1ST	2ND	3RD	1ST	2ND	3RD	1ST	2ND	3RD														
WOMEN POWERLIFTING																											
Sub Junior	Novice	52	Nicole Loubser	50.27	57.5	+	65.0	+	70.0	+	30.0	+	35.0	+	37.5	-	70.0	+	77.5	+	80.0	+	185.0	48.12	First	12	Orange
Sub Junior	Novice	76	Stephené Loubser	72.34	70.0	+	75.0	+	80.0	+	32.5	+	35.0	+	40.0	-	85.0	+	95.0	+	107.5	-	210.0	42.42	Second	9	White
Sub Junior	Novice	76	Anika Maree	72.53	70.0	-	70.0	+	77.5	+	32.5	+	35.0	+	37.5	-	92.5	+	100.0	+	105.0	+	217.5	43.88	First	12	White
Open	Novice	57	Stephanie de Lange	56.12	105.0	+	110.0	+	115.0	-	67.5	+	72.5	+	75.0	-	120.0	-	120.0	+	125.0	+	307.5	72.99	First	12	Black
Open	Novice	57	Liezl Delport	53.95	85.0	-	85.0	+	90.0	-	67.5	+	72.5	+	75.0	-	100.0	+	107.5	+	112.5	+	270.0	66.11	Second	9	Brown
Sub Junior	Novice	69	Charnleigh Kotzé	67.21	135.0	+	140.0	-	140.0	-	65.0	+	75.0	-		-	130.0	+	140.0	+	145.0	+	345.0	72.55	First	12	Black
Sub Junior	ECC	69	Heike Groenewald	67.59	100.0	+	105.0	+	107.5	+	55.0	+	57.5	+	60.0	-	120.0	+	125.0	+	130.0	+	295.0	61.83	First	12	Blue
Junior	ECC	84+	Colleen Brown	96.55	112.5	+	117.5	+	125.0	-	60.0	+	65.0	-	65.0	+	150.0	+	160.0	+	165.0	-	342.5	61.69	First	12	Green
Open	ECC	69	Vanessa Lessing	66.66	110.0	+	115.0	-	120.0	+	62.5	+	67.5	-	67.5	-	140.0	+	147.5	+	152.5	+	335.0	70.79	First	12	Black
Master 1	ECC	69	Vanessa Lessing	66.66	110.0	+	115.0	-	120.0	+	62.5	+	67.5	-	67.5	-	140.0	+	147.5	+	152.5	+	335.0	70.79	First	12	Black
																									#N/A	#N/A	
MEN POWERLIFTING																											
Sub Junior	Novice	74	Luke Field	73.85	150.0	+	165.0	-	170.0	+	110.0	+	120.0	+	125.0	+	195.0	+	205.0	+	207.5	-	500.0	73.48	First	12	Brown
Sub Junior	Novice	74	Michael Zwart	73.34	100.0	+	110.0	+	120.0	+	65.0	+	70.0	+	72.5	-	120.0	+	140.0	+	145.0	+	335.0	49.41	Third	8	White
Sub Junior	Novice	74	Brendan Kuhn	71.91	115.0	-	122.5	-	122.5	+	70.0	+	80.0	-	80.0	+	160.0	+	170.0	+	175.0	-	372.5	55.51	Second	9	Yellow
Sub Junior	Novice	83	Christopher van den Berg	75.12	135.0	-	135.0	+	142.5	+	85.0	+	95.0	+	102.5	-	200.0	+	220.0	-	220.0	-	437.5	63.73	First	12	Orange
Junior	Novice	66	Justin Chan	61.62	115.0	+	130.0	+	142.5	+	90.0	-	105.0	-	105.0	+	180.0	+	200.0	+	210.0	+	457.5	73.97	First	12	Blue
Junior	Novice	74	Scott Pornss	72.46	180.0	+	200.0	-	200.0	-	100.0	+	125.0	-	125.0	-	225.0	-	225.0	+	245.0	+	525.0	77.92	First	12	Brown
Junior	Novice	93	Bradley Oosthuizen	92.07	155.0	+	162.5	+	172.5	+	125.0	+	130.0	+	135.0	+	220.0	+	230.0	+	240.0	-	537.5	70.66	First	12	Blue
Open	Novice	83	Gareth Meyer	82.01	165.0	+	175.0	-	175.0	+	95.0	+	102.5	-	102.5	-	177.5	-	177.5	+	190.0	+	460.0	64.06	First	12	Green
Junior	ECC	93	Erich Human	92.04	165.0	+	182.5	+	195.0	-	110.0	+	120.0	+	125.0	+	220.0	+	235.0	+	242.5	+	550.0	72.32	First	12	Blue
Open	ECC	83	Wonga Jola	81.83	180.0	+	195.0	+	207.5	+	125.0	+	135.0	+	145.0	+	220.0	+	232.5	+	237.5	-	585.0	81.56	First	12	Black
Master 2	ECC	120+	Mornay Human	144.89							100.0	+										100.0	10.76	First	12	White	
Master 3	ECC	105	André Ludik	103.55							70.0	+										70.0	8.70	First	12	White	

Women

Side Ref	Main Ref	Side Ref
Elisabeth Barry	Werner Benadie	Andre Ludik

Scorer
Megan MinnaarComputer
Megan MinnaarSpotters
Simon Curtin
David Jali
Mornay Human

Men

Side Ref	Main Ref	Side Ref
Vanessa Lessing	Werner Benadie	Heike Groenewald

Scorer
Megan MinnaarComputer
Megan MinnaarSpotters
Simon Curtin
David Jali
Mornay HumanOverall Women
Overall MenStephanie De Lange
Wonga Jola