

	Federation (Green) colours
	Federation (Blue) colours

World Masters - Classic Powerlifting

MEN	Master 1	Master 2	Master 3	Master 4
53				
59				
66				
74	Marlon Daniels	Ian Hacker	Yunus Hassen	Dan Oppenheim
83	Chris Forget	Tommie de Nysschen	Stanley Lameyer	
93	Sean Manders Jorncy Page	Dawid Quatse 402 (83) Donald Julius	Patrick Banda 364 (83) Gary Meyer 389 (93) Tjaart van der Walt 355 (93)	
105	Henk de Wet Graham Green	Christo Schoonraad Mogammatt Kader		
120	Louis Ferreira	Gerhard Oosthuizen Denis Bensch	Andre Ludik 359 (120)	
120+	Mathys Herbst			

Available 0 0 2 7

Reserves:

Rule 4/5

SA Raw 2020

Henning le Grange 515.51 (105)
Allistair Begg 515.38 (83)
Jerry Botha 503 (93)
Shaeel Singh 502 (120)
Werner Koekemoer 394 (120+)
Renier Botes 386 (120+)

Cliff Mudge 418 (120)
Anders Molitano 219 (120)

Rule 6

AfricanChamps

Ebrahim Mobara 510 (93)
Hercules van der Berg 432 (120+)

Rule 7

SA Raw 19

Johnny Johnson 578 (105)

Ebrahim Mobara 510 (93)
Hercules van der Berg 432 (120+)

Colin Young 400 (105)

World Masters - Classic Powerlifting

WOMEN	Master 1	Master 2	Master 3	Master 4
43				
47	Elisabeth Barry			
52		Carol Anthony		
57		Antoinette Abrahams		
63	Zanele Ngwenya Zonra Zietsman	Ronel Reyneke		
72	Laura de Wet Jodi Poxon	Corien Potgieter Lana Kleynhans		
84	Pia Marangoni	Fiona Hickman		
84+	Phokwane Moloele Jacqui Rees 498.14 (84+)			

Available 0 2 8 8

Reserves:

Rule 4/5

SA Raw

Michele Townsend 453 (84+)

Rule 6

AfricanChamps

Debbie McAlpine 542 (72)

Rule 7

SA Raw 19

Tanya van Lill 584 (63)

Susan Farrell 374 (63)