

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		47	Pearl Bucwa	44.40	45.0	+	50.0	+	55.0	+	30.0	+	32.5	+	35.0	+	75.0	+	85.0	+	172.5	50.71	First	12	Orange		
Sub Junior		63	Catinka Fourie	62.60	85.0	+	90.0	+	92.5	+	47.5	+	50.0	+	52.5	+	110.0	+	115.0	+	120.0	+	255.0	56.02	First	12	Green
Sub Junior		69	Chante Mulder	66.30	85.0	+	90.0	+	92.5	+	47.5	+	50.0	+	52.5	+	112.5	+	117.5	+	122.5	+	265.0	56.18	First	12	Green
Sub Junior		76	Stephene Loubser	73.30	85.0	+	90.0	+	95.0	+	45.0	+	47.5	+	50.0	+	115.0	+	117.5	+	122.5	+	260.0	52.17	Second	9	Orange
Sub Junior		76	Anika Maree	74.10	105.0	+	110.0	+	112.5	+	52.5	+	55.0	+	55.0	+	130.0	+	135.0	+	140.0	+	305.0	60.87	first	12	Blue
Sub Junior		84+	Deané Slabbert	93.00	80.0	+	85.0	+	87.5	+	42.5	+	45.0	+	47.5	+	110.0	+	117.5	+	122.5	+	255.0	46.46	First	12	Yellow
Junior		52	Nicole Loubser	49.60	65.0	+	70.0	+	75.0	+	37.5	+	37.5	+	37.5	+	80.0	+	87.5	+	90.0	+	160.0	42.13	disq	#N/A	White
Junior		52	Caitlyn du Plessis	52.00	45.0	+	50.0	+	55.0	+	32.5	+	35.0	+	35.0	+	70.0	+	77.5	+	82.5	+	165.0	41.66	first	12	Yellow
Junior		69	Charnleigh Kotze	67.80	140.0	+	142.5	+	145.0	+	80.0	+	85.0	+		+	150.0	+	160.0	+	165.0	+	392.5	82.12	First	12	Silver
Junior		69	Heike Groenewald	68.20	97.5	+	102.5	+	107.5	+	55.0	+	57.5	+	60.0	+	112.5	+	117.5	+	122.5	+	277.5	57.87	Second	9	Green
Open		47	Pearl Bucwa	44.40	47.5	+	50.0	+	55.0	+	30.0	+	32.5	+	35.0	+	75.0	+	75.0	+	85.0	+	172.5	50.71	First	12	Orange
Open		52	Nicole Loubser	49.60	65.0	+	70.0	+	75.0	+	37.5	+	37.5	+	37.5	+	80.0	+	87.5	+	90.0	+	160.0	42.13	disq	#N/A	White
Open		63	Janel Daffue	62.30	100.0	+	115.0	+		+	60.0	+	65.0	+		+	125.0	+	130.0	+	135.0	+	315.0	69.42	First	12	Black
Open		69	Charnleigh Kotze	67.80	140.0	+	142.5	+	145.0	+	80.0	+	85.0	+		+	150.0	+	160.0	+	165.0	+	392.5	82.12	First	12	Silver
Open		69	Vanessa Lessing	68.20	105.0	+		+		+	60.0	+		+		+	130.0	+	135.0	+		+	300.0	62.56	Second	9	Blue
Open		76	Stephene Loubser	73.30	90.0	+	90.0	+	95.0	+	45.0	+	47.5	+	50.0	+	115.0	+	117.5	+	122.5	+	260.0	52.17	First	12	Orange
Master 2		52	Elisabeth Barry	48.20	65.0	+	70.0	+		+	35.0	+	37.5	+		+	90.0	+	100.0	+		+	207.5	56.12	First	12	Green
MEN POWERLIFTING																											
Sub Junior		53	Samuel Meshilintie	51.30	70.0	+	77.5	+	82.5	+	67.5	+	72.5	+	75.0	+	100.0	+	110.0	+	115.0	+	272.5	48.61	First	12	Yellow
Sub Junior		59	Ferdé Botha	58.30	80.0	+	87.5	+	92.5	+	70.0	+	72.5	+	75.0	+	120.0	+	125.0	+	130.0	+	290.0	48.29	First	12	White
Sub Junior		83	Steven Vosloo	79.90	105.0	+	120.0	+	130.0	+	80.0	+	90.0	+	95.0	+	140.0	+	160.0	+	170.0	+	395.0	55.75	First	12	Yellow
Sub Junior		83	Tyron Potgieter	77.60	105.0	+	112.5	+	120.0	+	50.0	+	57.5	+	62.5	+	140.0	+	165.0	+	190.0	+	335.0	47.99	Second	9	White
Sub Junior		93	Stian Landman	91.70	145.0	+	150.0	+	152.5	+	75.0	+	80.0	+	82.5	+	160.0	+	172.5	+	180.0	+	410.0	54.01	First	12	Yellow
Sub Junior		105	Deon Slabbert	102.10	90.0	+	110.0	+	130.0	+	80.0	+	90.0	+	95.0	+	110.0	+	130.0	+	140.0	+	320.0	40.03	First	12	White
Junior		66	Justin Chan	65.70	130.0	+	140.0	+	150.0	+	90.0	+	100.0	+	110.0	+	180.0	+	205.0	+	225.0	+	485.0	75.79	First	12	Brown
Junior		74	Scott Pornss	72.90	170.0	+	180.0	+	190.0	+	102.5	+	112.5	+	122.5	+	230.0	+	250.0	+	260.0	+	572.5	84.71	First	12	Bronze
Junior		74	Juan Bezuidenhout	71.90	100.0	+	110.0	+	115.0	+	70.0	+	75.0	+	80.0	+	140.0	+	150.0	+	160.0	+	350.0	52.16	Third	8	Yellow
Junior		74	Michael Zwart	73.40	110.0	+	120.0	+	127.5	+	70.0	+	75.0	+	80.0	+	140.0	+	150.0	+	160.0	+	355.0	52.34	Second	9	Yellow
Junior		93	Bradley Ryan Oosthuizen	91.50	195.0	+	205.0	+	210.0	+	135.0	+	142.5	+	150.0	+	220.0	+	235.0	+	250.0	+	610.0	80.44	First	12	Brown
Junior		105	Erich Human	98.30	195.0	+	202.5	+	205.0	+	125.0	+	125.0	+	125.0	+		+		+		+	205.0	26.11	First	12	White
Open		93	Jordan van der Berg	91.60	170.0	+	170.0	+	180.0	+	100.0	+	105.0	+	105.0	+	170.0	+	182.5	+	200.0	+	480.0	63.26	First	12	Orange
Open	Gauteng	120+	John Crain	123.10	100.0	+	200.0	+		+	155.0	+	165.0	+	165.0	+	225.0	+	245.0	+	255.0	+	620.0	71.28	First	12	Blue
Open		120+	Ruaan Johnson	129.10	120.0	+	130.0	+	160.0	+	120.0	+	140.0	+	180.0	+	200.0	+	220.0	+	220.0	+	500.0	56.34	First	12	Yellow
Master 2	Gauteng	120+	John Crain	123.10	100.0	+	200.0	+		+	155.0	+	165.0	+	165.0	+	225.0	+	245.0	+	255.0	+	620.0	71.28	First	12	Blue
Master 3		120	André Ludik	105.20	100.0	+		+		+	60.0	+		+		+	100.0	+		+		+	260.0	32.07	First	12	White

First Session		
Side Ref	Main Ref	Side Ref
John Crain	Werner Benadie	Mbulelo Somyali

Scorer Megan von der Marwitz Computer Megan von der Marwitz Spotters David Yali Morney Human Keenen

Second Session		
Side Ref	Main Ref	Side Ref
Deane Slabbert	Vanessa Lessing	Heike Groenewald

Scorer Megan von der Marwitz Computer Megan von der Marwitz David Yali Morney Human Keenen Pieter

EC records