

SA EQUIPPED POWERLIFTING CHAMPIONSHIPS 2022 - FINAL ENTRIES

	NAME	Weight	Province	Age	Coach	Qualifying Comp
Women	Carol Anthony	52	Gauteng	O + M2	Rodney Anthony	Gauteng Classic / Equipped 2022
	Alexa Pentopoulos	52	Gauteng	Open	Henk De Wet	Gauteng Classic 2022
	Elisabeth Barry	52	Eastern Cape	O + M1	Rodney Anthony	SA Equipped 2021/EC Equipped 2022
	Mijuane De Wet	63	Gauteng	SJ + O	Henk De Wet	Gauteng Classic 2022/ SA Champ 2021
	Janel Daffue	63	Eastern Cape	J + O	Andre Ludik	EC Equipped 2022
	Vanessa Lessing	69	Eastern Cape	O + M1	Andre Ludik	SA Equipped 2021/EC Equipped
	Heike Groenewald	69	Eastern Cape	SJ + O	Ilze-Mari Maritz	EC Equipped 2022
	Megan Leighton	69	Gauteng	Open	Chantelle Du Toit	NW Classic 2022
	Chantelle Du Toit	76	Gauteng	Open	Megan Leighton	Gauteng Classic/Equipped 2022
	Anika Maree	76	Eastern Cape	SJ + O	Ilze Marie Maritz	EC Equipped 2022
	Jacqui Rees	84	Gauteng	O + M1	Henk De Wet	Gauteng Classic 2022 & SA Champ 2021
	Christi Rees	84+	Gauteng	Open	Henk De Wet	Gauteng Classic 2022 and SA Champ 2021
Men	Karabo Manamela	74	Gauteng	J + O	Rodney/Shane	SA Equipped 2021/ Gauteng Equipped 22
	Carel Jansen	83	Gauteng	M1	Rodney Anthony	Gauteng Classic & Equipped 2022
	Tommie de Nysschen	83	Freestate	M2	-	FS Champs
	Steve Ogunfemi	83	Gauteng	M2 + O	Nic Ingel/John Crain	SA Equipped 2021
	Johnny Dam	93	Gauteng	M2 + O	Nic Ingel/John Crain	SA Equipped 2021/Gauteng EQ 2022
	Christo Schoonraad	105	Gauteng	O + M2	Henk De Wet	Gauteng classic / Equipped 2022
	Andre Ludik	105	Eastern Cape	M3	-	SA Equipped 2021
	Marchelle Strydom	105	North West	Junior	Gert Strydom	NW Equipped 2022
	Hermanus de Beer	120	Gauteng	M2	-	Gauteng Classic 2022
	Justin Furman	120	Gauteng	J + O	Henk De Wet	NW Equipped 2022
	Derik van Wyk	120	Gauteng	Open	Chantelle du Toit	Gauteng Classic 2022
	John Crain	120+	Gauteng	M2 + O	Nick Ingel	Gauteng Classic 2022