

28/09/2019 2019 NorthWest Championships

Men	Name	Team	Div	Bwt - kg	IPF Wt CIs	Birth Year		SQ-1	SQ-2	SQ-3	Best SQ			BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/CIs/Event	IPF Points	Best Lifters	Qualified for SA Raw	Qualified for SA Bench
SubJunior	Kgothatso Mhloakana	NW	MR-SJr	52,25	53	2001		90,0	-100,0	100,0	100,0			60,0	-65,0	65,0	65,0	165,0	-130,0	-130,0	145,0	145,0	310,0	1	403,47	Best Subjunior	Q	Q
	Tumelo Ngobeni	NW	MR-SJr	49,01	53	2003		60,0	-66,0	65,0	65,0			40,0	45,0	47,5	47,5	112,5	-100,0	105,0	110,0	110,0	222,5	2	285,37		Q	
	Luckyboy Montsho	NW	MR-SJr	68,45	74	2001		100,0	-115,0	-120,0	100,0			-70,0	-70,0	70,0	70,0	170,0	150,0	-165,0	165,0	165,0	335,0	1	345,61		Q	
	Ru-Jean Koover	NW	MR-SJr	89,15	93	2001		-120,0	140,0	145,0	145,0			100,0	110,0	-115,0	110,0	255,0	160,0	165,0	175,0	175,0	430,0	1	383,29		Q	Q
Junior	Edward Monaheng	NW	MR-Jr	49,20	53	1997		90,0	100,0	-105,0	100,0			70,0	75,0	-80,0	75,0	175,0	-140,0	140,0	0,0	140,0	315,0	1	437,66		Q	Q
	Mthobeli Quvile	NW	MR-Jr	52,25	53	2000		60,0	70,0	75,0	75,0			40,0	45,0	-50,0	45,0	120,0	120,0	-125,0	-125,0	120,0	240,0	2	293,13			
	Tshepo Kotsi	NW	MR-Jr	65,30	66	1997		-140,0	150,0	-160,0	150,0			80,0	90,0	-95,0	90,0	240,0	220,0	230,0	-240,0	230,0	470,0	1	539,17	Best Junior	Q	Q
	Paseka Ntoagae	NW	MR-Jr	62,85	66	1999		115,0	120,0	125,0	125,0			85,0	90,0	95,0	95,0	220,0	190,0	195,0	-200,0	195,0	415,0	2	481,41		Q	Q
	Dumisani Matjala	NW	MR-Jr	59,20	66	1996		120,0	130,0	-140,0	130,0			100,0	110,0	-120,0	110,0	240,0	160,0	170,0	-180,0	170,0	410,0	3	499,95		Q	Q
	Siyabonga Nonzube	NW	MR-Jr	64,70	66	2000		-90,0	90,0	125,0	125,0			70,0	-75,0	-75,0	70,0	195,0	130,0	147,5	150,0	150,0	345,0	4	376,18		Q	
	Gebuzo Luntu	NW	MR-Jr	62,90	66	1998		80,0	90,0	-105,0	90,0			70,0	80,0	85,0	85,0	175,0	130,0	145,0	150,0	150,0	325,0	5	358,32		Q	Q
	Gladwin Moloantsoa	NW	MR-Jr	63,50	66	1999		-100,0	-105,0	105,0	105,0			-90,0	-90,0	-90,0	0,0	0,0	-170,0	0,0	0,0	0,0	0,0		0,00			
	Michael Ramajoe	NW	MR-Jr	70,60	74	1997		130,0	150,0	-165,0	150,0			110,0	120,0	-130,0	120,0	270,0	200,0	205,0	210,0	210,0	480,0	1	519,20		Q	Q
	Simel Martin	NW	MR-Jr	72,65	74	1998		140,0	160,0	170,0	170,0			90,0	100,0	105,0	105,0	275,0	160,0	180,0	200,0	200,0	475,0	2	501,68		Q	Q
	Vuyolethu Mashiyi	NW	MR-Jr	69,55	74	1998		-95,0	95,0	105,0	105,0			80,0	-90,0	90,0	90,0	195,0	180,0	190,0	200,0	200,0	395,0	3	417,25		Q	Q
	Ofentse Sebe	NW	MR-Jr	72,85	74	1999		-85,0	85,0	-115,0	85,0			75,0	85,0	90,0	90,0	175,0	160,0	-175,0	175,0	175,0	350,0	4	346,55		Q	Q
	Vuyo Faku	NW	MR-Jr	74,50	83	1998		120,0	130,0	140,0	140,0			80,0	90,0	100,0	100,0	240,0	160,0	170,0	195,0	195,0	435,0	1	443,57		Q	Q
	Khotso Thekiso	NW	MR-Jr	83,15	93	1998		150,0	160,0	170,0	170,0			90,0	95,0	-102,5	95,0	265,0	210,0	230,0	240,0	240,0	505,0	1	488,00		Q	
Open	Thabang Bapela	NW	MR-O	72,55	74	1989		-165,0	170,0	175,0	175,0			100,0	110,0	-115,0	110,0	285,0	200,0	-235,0	235,0	235,0	520,0	1	557,83		Q	Q
	Lucas Khoarai	NW	MR-O	73,40	74	1994		-180,0	-180,0	180,0	180,0			100,0	110,0	-120,0	110,0	290,0	220,0	-230,0	-230,0	220,0	510,0	2	540,69		Q	Q
	Macdonald Selading	NW	MR-O	73,25	74	1990		137,5	142,5	-150,0	142,5			100,0	102,5	-107,5	102,5	245,0	185,0	187,5	-192,5	187,5	432,5	3	446,33		Q	
	Matthew Levine	Gau	MR-O	70,95	74	1989		135,0	145,0	-150,0	145,0			100,0	-110,0	110,0	110,0	255,0	150,0	165,0	170,0	170,0	425,0	4	448,22		Q	Q
	Lee Gounden	Gau	MR-O	82,35	83	1990		160,0	180,0	190,0	190,0			110,0	-120,0	120,0	120,0	310,0	170,0	190,0	230,0	230,0	540,0	1	531,29		Q	Q
	Bongani Nkabi	NW	MR-O	79,30	83	1990		170,0	-180,0	180,0	180,0			-117,5	117,5	-120,0	117,5	297,5	180,0	210,0	-225,0	210,0	507,5	2	507,77		Q	
	Koos Hlohlomisang	NW	MR-O	82,70	83	1993		155,0	165,0	175,0	175,0			95,0	105,0	110,0	110,0	285,0	205,0	215,0	-220,0	215,0	500,0	3	484,19		Q	
	Jacobus Botes	Gau	MR-O	80,30	83	1994		165,0	-170,0	170,0	170,0			110,0	115,0	-122,5	115,0	285,0	180,0	195,0	205,0	205,0	490,0	4	482,92		Q	
	Sipho Lekopa	NW	MR-O	81,30	83	1982		0,0	0,0	0,0	0,0			-100,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0		0,00			
	Moeketsi Khutshiwe	NW	MR-O	92,35	93	1997		-205,0	205,0	230,0	230,0			135,0	145,0	-150,0	145,0	375,0	225,0	245,0	255,0	255,0	630,0	1	587,28	Best Open	Q	Q
	Sint-Willes Pieterse	NW	MR-O	93,00	93	1995		180,0	200,0	230,0	230,0			90,0	100,0	115,0	115,0	345,0	200,0	230,0	240,0	240,0	585,0	2	536,81		Q	
	Amos T Lesoue	NW	MR-O	89,80	93	1990		-100,0	100,0	-110,0	100,0			85,0	100,0	105,0	105,0	205,0	155,0	160,0	190,0	190,0	395,0	3	343,40			
	Thabo Modisadife	NW	MR-O	102,15	105	1988		200,0	220,0	240,0	240,0			165,0	175,0	-180,0	175,0	415,0	220,0	230,0	-235,0	230,0	645,0	1	566,07		Q	Q
	Johan Lazenby	NW	MR-O	104,80	105	1982		200,0	220,0	-225,0	220,0			150,0	-160,0	160,0	160,0	380,0	200,0	220,0	240,0	240,0	620,0	2	532,38		Q	Q
	Stefan Mellet	NW	MR-O	103,50	105	1987		185,0	200,0	210,0	210,0			135,0	145,0	147,5	147,5	357,5	210,0	225,0	-242,5	225,0	582,5	3	498,91		Q	Q
	John Matambo	NW	MR-O	130,50	120+	1989		205,0	230,0	245,0	245,0			145,0	150,0	-160,0	150,0	395,0	230,0	255,0	265,0	265,0	660,0	1	503,92		Q	Q
	Itumeleng Phohledi	NW	MR-O	132,35	120+	1989		230,0	240,0	250,0	250,0			120,0	135,0	145,0	145,0	395,0	220,0	235,0	245,0	245,0	640,0	2	482,31		Q	Q
Master 1	Samuel Moletse	NW	MR-M1	73,65	74	1975		-100,0	100,0	105,0	105,0			85,0	90,0	100,0	100,0	205,0	155,0	-170,0	180,0	180,0	385,0	1	386,32		Q	Q
	Koos Rossouw	NW	MR-M1	87,50	93	1977		-150,0	150,0	-160,0	150,0			120,0	-122,5	122,5	122,5	272,5	180,0	205,0	215,0	215,0	487,5	1	451,67	Best Master 1	Q	Q
Master 2	Dawid Quatse	NW	MR-M2	80,75	83	1962		140,0	155,0	165,0	165,0			70,0	80,0	85,0	85,0	250,0	150,0	185,0	195,0	195,0	445,0	1	429,01	Best Master 2	Q	
	Raymond Lewis	Gau	MR-M2	81,40	83	1964		100,0	110,0	122,5	122,5			60,0	65,0	-70,0	65,0	187,5	150,0	170,0	-197,5	170,0	357,5	2	325,97			

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