

09/02/19 PowerHouse Powerlifting Qualifier - Ladies

Age Cat	Name	Team	Div	Bwt - kg	IPF Wt CIs	lot#	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	Place	IPF Points	Events Entered	Qual for SA Raw	Qual for SA Eq
SubJunior	Aimee Grefen	BULL	F-SJ-U	49,50	52	29	2003		60,0	70,0	75,0	75,0		30,0	35,0	-37,5	35,0	110,0	80,0	90,0	100,0	100,0	210,0	1	395,00	PL	Q(S/J/O)	Q(S/J/O)
	Morgan de Meyere		F-SJ-U	49,20	52	1	2002		60,0	-62,5	62,5	62,5		30,0	32,5	35,0	35,0	97,5	67,5	70,0	75,0	75,0	172,5	2	317,48	PL	Q(S/J/O)	Q(S/J)
	Erin Collins	1610	F-SJ-U	69,40	72	8	2001		100,0	110,0	115,0	115,0		55,0	60,0	62,5	62,5	177,5	120,0	135,0	150,0	150,0	327,5	1	541,87	PL	Q(S/J/O)	Q(S/J/O)
Junior	Danielle Whyte		F-J-U	71,90	72	31	1996		80,0	87,5	92,5	92,5		35,0	40,0	-42,5	40,0	132,5	100,0	105,0	-110,0	105,0	237,5	1	385,65	PL	Q(J)	Q(J)
Open	Stacey Bryant		F-O-U	54,60	57	32	1992		65,0	70,0	77,5	77,5		42,5	47,5	-52,5	47,5	125,0	95,0	105,0	115,0	115,0	240,0	1	436,52	PL	Q(O)	Q(O)
	Dominique de Gouveia		F-O-U	52,20	57	5	1991		70,0	77,5	85,0	85,0		40,0	45,0	-47,5	45,0	130,0	75,0	90,0	-97,5	90,0	220,0	2	405,62	PL	Q(O)	
	Martolis Pieters	PURE	F-O-U	62,90	63	2	1994		105,0	117,5	125,0	125,0		50,0	52,5	57,5	57,5	182,5	112,5	130,0	150,0	150,0	332,5	1	575,22	PL	Q(O)	Q(O)
	Laura Newman	PURE	F-O-U	61,70	63	28	1983		95,0	102,5	110,0	110,0		50,0	52,5	55,0	55,0	165,0	120,0	130,0	140,0	140,0	305,0	2	530,91	PL	Q(O)	Q(O)
	Cynthia Simelane	1610	F-O-U	70,90	72	34	1980		-85,0	85,0	90,0	90,0		55,0	60,0	62,5	62,5	152,5	115,0	125,0	135,0	135,0	287,5	1	470,57	PL	Q(O)	Q(O)
	Zonra Zietsman	SG	F-O-U	67,70	72	6	1979		65,0	-75,0	-75,0	65,0		47,5	-55,0	-55,0	47,5	112,5	-80,0	90,0	100,0	100,0	212,5	2	351,84	PL		
	Carina Marx	1610	F-O-U	74,00	84	33	1982		90,0	-100,0	105,0	105,0		65,0	70,0	75,0	75,0	180,0	105,0	115,0	135,0	135,0	315,0	1	507,13	PL	Q(O)	Q(O)
Master 1	Ilona Wilson	PURE	F-M1-U	62,60	63	27	1977		-110,0	110,0	115,0	115,0		50,0	52,5	55,0	55,0	170,0	130,0	142,5	147,5	147,5	317,5	1	549,72	PL	Q(O/M1)	Q(O/M1)
	Laura de Wet	BULL	F-M1-U	69,40	72	30	1974		110,0	120,0	135,0	135,0		60,0	65,0	70,0	70,0	205,0	140,0	160,0	170,0	170,0	375,0	1	621,64	PL	Q(O/M1)	Q(O/M1)
	Deborah McAlpine	PURE	F-M1-U	69,30	72	7	1976		125,0	-130,0	130,0	130,0		57,5	60,0	-62,5	60,0	190,0	125,0	130,0	135,0	135,0	325,0	2	538,01	PL	Q(O/M1)	Q(O/M1)
Master 2	Antoinette Abrahams		F-M2-U	56,90	57	3	1969		90,0	97,5	105,0	105,0		40,0	42,5	45,0	45,0	150,0	110,0	120,0	125,0	125,0	275,0	1	494,85	PL	Q(O/M2)	Q(O/M2)
	Lana Klevnhans	GY6	F-M2-U	68,90	72	36	1967		87,5	92,5	100,0	100,0		-65,0	65,0	-67,5	65,0	165,0	135,0	145,0	-152,5	145,0	310,0	1	514,06	PL	Q(O/M2)	Q(O/M2)
	Gail Mathewson		F-M2-U	74,50	84	4	1969		45,0	50,0	55,0	55,0		45,0	47,5	50,0	50,0	105,0	80,0	90,0	100,0	100,0	205,0	1	328,32	PL	Q(M2)	Q(M2)
Master 3	Hilda Collis	SOS	F-M3-U	70,20	72	35	1959		30,0	35,0	-40,0	35,0		30,0	32,5	35,0	35,0	70,0	75,0	85,0	95,0	95,0	165,0	1	268,13	PL	Q(M3)	Q(M3)

09/02/19 PowerHouse Powerlifting Qualifier - Men

Age Cat	Name	Team	Div	Bwt - kg	IPF Wt CIs	lot#	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/Ev ent	IPF Points	Events Entered	Qual for SA Raw	Qual for SA Eq
SubJunior	Chris Wilson	PURE	M-SJ-U	64,40	66	43	2002		80,0	92,5	105,0	105,0		50,0	-60,0	-65,0	50,0	155,0	125,0	137,5	-150,0	137,5	292,5	1	307,30	PL	Q(S)	Q(S)
	Marco Vieira		M-SJ-U	73,90	74	41	2002		137,5	142,5	147,5	147,5		85,0	90,0	97,5	97,5	245,0	165,0	172,5	177,5	177,5	422,5	1	431,08	PL	Q(S/J/O)	Q(S/J)
	Werner Liebenberg		M-SJ-U	82,50	83	11	2001		125,0	130,0	135,0	135,0		85,0	90,0	-92,5	90,0	225,0	160,0	170,0	180,0	180,0	405,0	1	376,76	PL	Q(S/J)	Q(S)
Junior	Wynand Kuhn	RASS	M-J-U	71,20	74	12	1999		120,0	140,0	150,0	150,0		110,0	115,0	-120,0	115,0	265,0	180,0	210,0	220,0	220,0	485,0	1	522,06	PL	Q(J/O)	Q(J)
	Siphakamiso Mncwango	GY6	M-J-U	73,40	74	46	1997		120,0	130,0	140,0	140,0		110,0	-117,5	-117,5	110,0	250,0	140,0	142,5	160,0	160,0	410,0	2	418,03	PL	Q(J)	Q(J)
	Luke Routier	GY6	M-J-U	73,40	74	45	1996		130,0	140,0	155,0	155,0		110,0	120,0	-122,5	120,0	275,0	-130,0	130,0	0,0	130,0	405,0	3	411,90	PL	Q(J)	Q(J)
	Brian Mashile	PHP	M-J-U	69,50	74	40	2000		110,0	130,0	140,0	140,0		70,0	85,0	95,0	95,0	235,0	130,0	145,0	160,0	160,0	395,0	4	417,49	PL	Q(J)	Q(J)
	Ruan Oosthuizen		M-J-U	76,70	83	53	1996		155,0	160,0	170,0	170,0		115,0	120,0	130,0	130,0	300,0	160,0	180,0	200,0	200,0	500,0	1	511,34	PL	Q(J/O)	Q(J)
	Cameron Crawford		M-J-U	77,30	83	51	1998		140,0	155,0	-160,0	155,0		100,0	107,5	-115,0	107,5	262,5	190,0	210,0	-220,0	210,0	472,5	2	475,78	PL	Q(J)	Q(J)
	Regan Morley	SG	M-J-U	82,70	83	22	1996		-145,0	145,0	160,0	160,0		100,0	110,0	-115,0	110,0	270,0	160,0	175,0	190,0	190,0	460,0	3	438,67	PL	Q(J)	Q(J)
	Joe de Jenga		M-J-U	89,00	93	26	1999		200,0	215,0	230,0	230,0		130,0	150,0	-170,0	150,0	380,0	280,0	300,0	-310,0	300,0	680,0	1	656,13	PL	Q(J/O)	Q(J/O)
	Sereshan Naidoo	SOS	M-J-U	90,80	93	63	1996		170,0	185,0	-192,5	185,0		105,0	110,0	-115,0	110,0	295,0	190,0	205,0	215,0	215,0	510,0	2	464,54	PL	Q(J)	Q(J)
	Paul Burger		M-J-U	91,70	93	38	1997		140,0	150,0	-165,0	150,0		100,0	110,0	-120,0	110,0	260,0	170,0	180,0	190,0	190,0	450,0	3	397,20	PL	Q(J)	Q(J)
	Eben Hannekom		M-J-U	102,00	105	24	1999		190,0	200,0	-210,0	200,0		100,0	105,0	107,5	107,5	307,5	200,0	215,0	225,0	225,0	532,5	1	452,99	PL	Q(J/O)	Q(J)
Open	Patrick Mayer		M-O-U	60,70	66	20	1981		100,0	115,0	130,0	130,0		100,0	110,0	112,5	112,5	242,5	120,0	130,0	140,0	140,0	382,5	1	450,56	PL		
	Sashen Moodley		M-O-U	73,90	74	42	1993		150,0	165,0	180,0	180,0		110,0	120,0	125,0	125,0	305,0	210,0	225,0	-240,0	225,0	530,0	1	562,35	PL	Q(O)	Q(O)
	Charles-Lee Fourie	GY6	M-O-U	68,90	74	44	1994		110,0	117,5	-125,0	117,5		70,0	-77,5	-77,5	70,0	187,5	150,0	165,0	177,5	177,5	365,0	2	382,07	PL		
	Jean-Arthur Pretorius		M-O-U	82,80	83	54	1992		195,0	210,0	220,0	220,0		140,0	147,5	152,5	152,5	372,5	260,0	280,0	-290,0	280,0	652,5	1	657,19	PL	Q(O)	Q(O)

