

INTERNATIONAL POWERLIFTING FEDERATION
SA RAW POWERLIFTING 2019 WOMEN, POTCHEFSTROOM (SOUTH-AFRICA), 28-30.03.2019
DETAILED SCORESHEET

SA Record

PL.	Lifters	B.Date	Team	Weight	Lot	All Squat				All Bench Press				All Deadlift				TOTAL	Pts.	IPF Pts	Qualified for Worlds
Open																					
-47kg																					
1	Barry Elisabeth	28.03.73	EC	46,90	1.3470	1	75.0	80.0	82.5	1	37.5	40.0	42.5	1	105.0	115.0	125.0	1	235,0	12	459,75
-52kg																					
1	De Wet Mijuane	27.03.06	GP	52,00	1.2466	6	95.0	105.0	108.0	1	35.0	40.5	42.0	4	100.0	110.0	118.0	2	268,0	12	503,14 Q (too young)
2	de Gouveia Dominique	10.02.91	GP	51,95	1.2476	9	90.0	97.5	102.5	2	45.0	50.0	50.0	1	90.0	100.0	105.0	3	252,5	9	472,11
3	Anthony Carol	05.02.66	GP	52,00	1.2466	3	72.5	77.5	80.0	4	40.0	42.5	45.0	3	115.0	122.5	133.0	1	245,0	8	456,76
4	Fourie Matilda	19.11.90	GP	51,95	1.2476	8	85.0	87.5	92.5	3	42.5	45.0	50.0	2	90.0	97.5	97.5	4	230,0	7	426,70
-57kg																					
1	Payne Sasha	05.10.95	GP	55,55	1.1841	20	110.0	117.5	120.0	1	62.5	67.5	70.0	2	130.0	140.0	150.0	1	330,0	12	606,61 Q
2	Kriel Antoinette	09.12.71	GP	54,60	1.2002	19	85.0	90.0	X	3	67.5	72.5	77.5	1	100.0	110.0	115.0	3	282,5	9	519,41
3	Haupt Cherissa	24.05.91	GP	56,85	1.1628	16	100.0	107.5	107.5	2	50.0	55.0	60.0	3	125.0	132.5	137.5	2	280,0	8	504,55
4	Maritz Nicola	14.10.97	EC	56,60	1.1668	11	75.0	80.0	85.0	4	40.0	42.5	47.5	5	95.0	100.0	105.0	4	227,5	7	405,64
5	Rossouw Robyn	09.10.94	WP	55,70	1.1816	18	60.0	70.0	80.0	5	45.0	47.5	47.5	4	90.0	100.0	110.0	5	207,5	6	370,00
-63kg																					
1	Louw Kailey	13.08.93	FS	62,20	1.0844	37	120.0	125.0	127.5	5	67.5	75.0	75.0	3	137.5	147.5	162.5	1	362,5	12	632,05 Q
2	Leighton Megan	15.01.96	GP	60,10	1.1134	29	112.5	120.0	122.5	6	60.0	65.0	69.0	4	135.0	151.0	160.0	2	351,5	9	622,64 Q
3	Basson Lisa	26.06.84	GP	60,05	1.1142	38	117.5	125.0	127.5	3	75.0	80.0	80.0	2	130.0	145.0	155.0	4	345,0	8	610,98 Q (RES)
4	Kenny Samiere	15.08.92	WP	61,35	1.0959	33	120.0	127.5	130.0	2	65.0	72.5	77.5	1	125.0	130.0	142.5	10	335,0	7	586,56 Q (RES)
5	Van Lil Tanya	09.07.79	GP	61,80	1.0898	26	130.0	132.5	135.0	1	60.0	62.5	65.0	5	132.5	140.0	140.0	9	335,0	6	584,53 Q (RES)
6	Pieters Martolis	16.06.94	GP	62,25	1.0838	39	112.5	117.5	120.0	8	62.5	65.0	65.0	6	140.0	150.0	155.0	3	332,5	5	578,04 Q (RES)
7	Wilson Ilona	04.06.77	GP	62,10	1.0858	27	110.0	115.0	120.0	7	50.0	52.5	55.0	8	132.5	142.5	152.5	7	317,5	4	551,77 Q (RES)
8	Britz Jessica	12.01.89	GP	62,25	1.0838	35	110.0	117.5	120.0	10	55.0	60.0	60.0	9	130.0	145.0	157.5	6	317,5	3	551,15 Q (RES)
9	Newman Laura	10.04.83	GP	59,85	1.1171	36	100.0	110.0	117.5	9	52.5	55.0	57.5	7	127.5	140.0	150.0	8	315,0	2	556,88 Q (RES)
10	Nicholson Magdalene	19.11.88	WP	61,65	1.0918	32	115.0	122.5	125.0	4	45.0	52.5	52.5	11	145.0	145.0	150.0	5	315,0	1	549,14 Q (RES)
11	Venter Margot	10.02.85	GP	62,90	1.0753	34	75.0	80.0	82.5	11	40.0	42.5	45.0	12	100.0	110.0	120.0	11	237,5	1	406,05
12	Zietsman Zonra	12.03.79	GP	60,75	1.1042	24	70.0	80.0	80.0	12	40.0	45.0	50.0	10	90.0	100.0	105.0	12	220,0	1	380,07
-72kg																					
1	Perotti Olivia	29.01.89	GP	69,45	1.0003	55	150.0	155.0	160.0	1	80.0	85.0	86.5	1	140.0	160.0	170.0	2	406,5	12	674,31 Q
2	De Wet Laura	11.04.74	GP	69,75	0.9973	44	130.0	140.0	148.5	2	65.0	70.0	72.5	2	160.0	180.0	188.0	1	401,0	9	663,76 Q
3	McAlpine Debbie	15.10.76	GP	69,15	1.0033	45	125.0	132.5	137.5	3	57.5	60.0	62.5	5	127.5	135.0	142.5	4	327,5	8	542,72
4	Simelane Cynthia	01.01.90	GP	70,45	0.9905	57	95.0	105.0	110.0	5	60.0	65.0	70.0	3	125.0	135.0	147.5	3	322,5	7	530,06
5	Hartzer Joanne	18.03.87	GP	70,55	0.9895	54	120.0	125.0	125.0	4	55.0	57.5	60.0	6	130.0	142.5	142.5	8	315,0	6	517,26
6	Kavallieratos Sofia	03.10.86	GP	71,30	0.9824	52	90.0	97.5	102.5	7	60.0	65.0	70.0	4	127.5	135.0	140.0	5	297,5	5	486,04
7	Mokoena Vinolia	01.01.87	NW	67,35	1.0223	53	95.0	95.0	100.0	6	45.0	55.0	55.0	7	110.0	120.0	130.0	7	275,0	4	459,31
8	Mellet Charlene	09.12.91	NW	71,90	0.9769	51	90.0	100.0	100.0	8	40.0	47.5	47.5	8	130.0	135.0	137.5	6	265,0	3	430,90
-84kg																					
1	Noordien Naiema	08.05.83	WP	82,55	0.8997	63	150.0	165.0	170.5	1	80.0	85.0	90.5	1	160.0	175.0	182.5	1	436,0	12	670,46 Q
2	Marangoni Pia	12.09.78	GP	80,90	0.9094	61	140.0	140.0	145.0	2	55.0	60.0	62.5	3	140.0	155.0	160.0	2	367,5	9	570,55
3	Elcott Emma	02.04.90	GP	82,95	0.8974	62	135.0	145.0	155.0	3	57.5	62.5	67.5	2	145.0	152.5	160.0	3	365,0	8	561,05
84+kg																					
1	Norton Lauren	31.03.89	GP	106,75	0.8185	67	160.0	170.0	170.0	1	100.0	105.0	110.5	1	170.0	180.0	207.5	1	460,5	12	639,82 Q
2	Rees Jacqui	25.03.80	GP	94,45	0.6237	66	125.0	132.5	137.5	2	60.0	65.0	70.0	2	155.0	165.0	X	2	352,5	9	516,20
Best Lifters of Open																					
Rnk	Lifter	Nation	B.Weight			Total			IPF Points			C.Rnk.									
1	Perotti Olivia	Gauteng	69,45			406,5			674,31			1									
2	Noordien Naiema	Western Cape	82,55			436,0			670,46			1									
3	De Wet Laura	Gauteng	69,75			401,0			663,76			2									
Sub-Juniors																					
-52kg																					
1	De Wet Mijuane	27.03.06	GP	52,00	1.2466	6	95.0	105.0	108.0	1	35.0	40.5	42.0	1	100.0	110.0	118.0	1	268,0	12	503,14 Q (too young)
2	Grefen Aimee Jewel	25.04.03	GP	50,25	1.2798	4	70.0	80.0	85.0	2	30.0	35.0	37.5	2	80.0	97.5	105.0	3	227,5	9	428,40 Q
3	Baadjies Liane	02.12.02	WP	50,90	1.2673	7	65.0	70.0	72.5	3	35.0	37.5	37.5	3	105.0	112.5	117.5	2	222,5	8	415,52 Q
4	Demeyere Morgan	25.03.02	GP	48,80	1.3083	5	60.0	65.0	67.5	4	30.0	35.0	37.5	4	70.0	77.5	80.0	4	180,0	7	334,37

-84kg																						
1	Marangoni Pia	12.09.78	GP	80,90	0.9094	61	140.0	140.0	145.0	1	55.0	60.0	62.5	1	140.0	155.0	160.0	1	367,5	12	570.55	Q
2	Poxon Jodi	02.02.75	GP	79,20	0.9202	60	110.0	112.5	115.0	2	57.5	60.0	62.5	2	127.5	135.0	140.0	2	307,5	9	481.91	Q
+84kg																						
1	Moleole Phokwane	01.11.77	GP	88,05	0.8722	64	105.0	105.0	112.5	1	65.0	70.0	72.5	1	110.0	130.0	152.5	1	330,0	12	496,53	Q
Nation (points)																						

1 Gauteng 29 [12+9+8] 1002.65 w.pts.
 2 Eastern Cape 12 [12] 316.55 w.pts.

Best Lifters of Masters 1

Rnk	Lifter	Nation	B.Weight	Total	IPF points	C.Rnk.
1	De Wet Laura	Gauteng	69,75	401.0	633,76	1
2	Van Lil Tanya	Gauteng	61,80	335.0	584,53	1
3	Pia Marangoni	Gauteng	80,90	367,5	570,55	1

Masters 2

-52kg																						
1	Anthony Carol	05.02.66	GP	52,00	1.2466	3	72.5	77.5	80.0	1	40.0	42.5	45.0	1	115.0	122.5	133.0	1	245,0	12	456,76	Q
-57kg																						
1	Abrahams Antoinette	05.12.69	GP	56,85	1.1628	10	95.0	102.5	105.0	1	42.5	45.0	47.5	1	117.5	128.0	128.0	1	270,0	12	485,57	Q
-63kg																						
1	Reyneke Ronel	01.01.69	GP	61,10	1.0994	28	95.0	105.0	110.0	1	57.5	62.5	67.5	1	110.0	120.0	127.5	1	292,5	12	510,65	Q
2	Robinson Nadia	23.03.68	GP	61,65	1.0918	22	60.0	65.0	70.0	2	30.0	35.0	37.5	2	70.0	82.5	92.5	2	197,5	9	337,28	
-72kg																						
1	Kleynhans Lana	15.02.67	GP	68,25	1.0126	42	87.5	95.0	100.0	2	57.5	62.5	67.5	1	135.0	143.0	150.0	1	305,5	12	508,52	Q
2	Hickman Fiona	09.05.65	GP	71,95	0.9765	40	95.0	103.0	105.5	1	45.0	50.0	52.5	3	130.0	135.0	135.0	2	285,5	9	464,50	Q
3	Tanzer Marion	17.06.68	GP	71,65	0.9792	43	85.0	90.0	95.0	3	55.0	57.5	57.5	2	110.0	125.0	137.5	3	275,0	8	447,97	Q(RES)
4	Leighton Heather	25.06.64	GP	67,60	1.0195	41	50.0	57.5	57.5	4	35.0	37.5	37.5	4	90.0	100.0	110.0	4	185,0	7	305,13	
-84kg																						
1	Rubin Linda	04.09.64	GP	75,65	0.9456	59	60.0	70.0	75.0	1	40.0	45.0	50.0	1	80.0	100.0	105.0	1	225,0	12	358,69	

Nation (points)

1 Gauteng 45 [12+12+12+9] 1156.58 w.pts.

Best Lifters of Masters 2

Rnk	Lifter	Nation	B.Weight	Total	IPF points	C.Rnk.
1	Reyneke Ronel	Gauteng	61,10	292.5	510,65	1
2	Kleynhans Lana	Gauteng	68,25	305.5	508,52	1
3	Abrahams Antoinette	Gauteng	56,85	270.0	485,57	1

Masters 3

-63kg																						
1	Farrell Susan	06.01.51	GP	61,35	1.0959	21	80.0	87.5	92.5	1	45.0	50.0	52.5	1	75.0	X	X	1	217,5	12	374,06	Q

Nation (points)

1 Gauteng 12 [12] 238.36 w.pts.

Best Lifters of Masters 3

Rnk	Lifter	Nation	B.Weight	Total	IPF points	C.Rnk.
1	Farrell Susan	Gauteng	61,35	217.5	374,06	1