

SOUTH AFRICAN POWERLIFTING FEDERATION
SA Mens Classic Powerlifting Championships 2020, Potchefstroom (South Africa), 05-07.12.2019
DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	Lot	All Squat			All Bench Press			All Deadlift			Total	IPF Pts	Pts			
Open																				
-59kg																				
1	Adam Imdadullah	08.02.89	FS	58,45	5	140.0	150.0	160.0	1	80.0	90.0	X 1	185.0	192.5	192.5	1	435.0	541.68	12	
-66kg																				
1	Leisegang Andrew	30.05.89	GAU	63,95	13	135.0	145.0	152.5	1	105.0	115.0	122.5	1	180.0	200.0	210.0	1	470.0	548.50	12
-74kg																				
1	Ramsay Andrew	28.09.88	GAU	72,70	34	200.0	210.0	X	1	127.5	132.5	137.5	4	240.0	245.0	X	1	592.5	646.44	12
2	Lazarides Nicholas	11.12.92	GAU	73,80	40	177.5	187.5	200.0	3	122.5	130.0	140.0	3	212.5	232.5	245.0	2	585.0	630.15	9
3	Daniels Marlon	27.11.75	GAU	74,00	20	190.0	202.5	210.0	2	140.0	147.5	153.0	1	200.0	220.0	225.0	7	583.0	626.45	8
4	Govington Chadwyn	30.12.85	GAU	73,85	37	185.0	195.0	200.0	4	137.5	145.0	150.0	2	220.0	235.0	245.0	6	575.0	617.61	7
5	Joubert Jeremy	19.12.85	WC	69,90	42	160.0	175.0	190.0	5	110.0	132.5	153.5	5	200.0	235.0	240.0	5	557.5	621.44	6
6	Bapela Thabang	16.05.89	NW	70,70	38	165.0	170.0	172.5	8	105.0	115.0	117.5	6	225.0	237.5	245.0	4	525.0	575.21	5
7	Govender Nishalin	13.05.92	KZN	71,10	39	155.0	167.5	172.5	7	80.0	85.0	X	10	220.0	240.0	250.0	3	497.5	538.28	4
8	Khoarai Lucas	01.01.94	NW	69,50	41	160.0	170.0	180.0	6	90.0	100.0	110.0	9	200.0	210.0	220.0	9	490.0	538.32	3
9	Jonas Shane	22.06.88	WC	69,65	36	130.0	140.0	152.5	9	70.0	80.0	90.0	11	200.0	205.0	212.5	8	445.0	480.27	2
10	Selading Macdonald	01.01.90	NW	72,80	35	135.0	135.0	142.5	10	102.5	105.0	107.5	8	160.0	187.5	192.5	10	440.0	457.73	1
11	Levine Matthew	22.11.89	GAU	70,10	33	130.0	140.0	140.0	11	105.0	115.0	115.0	7	155.0	170.0	180.0	11	425.0	452.53	1
-83kg																				
1	Pretorius Jean-Arthur	29.10.92	GAU	82,55	61	215.0	225.0	230.0	2	147.5	155.0	157.5	1	275.0	290.0	297.5	1	677.5	687.03	12
2	Forget Chris	28.11.79	GAU	81,65	49	210.0	225.0	230.0	1	112.5	117.5	122.5	4	230.0	247.5	255.0	3	600.0	603.30	9
3	Khuzwayo Bandile	02.12.90	GAU	81,80	59	190.0	210.0	217.5	3	110.0	120.0	130.0	7	230.0	250.0	265.0	2	595.0	596.81	8
4	Scheckle Connor	24.11.87	GAU	81,85	60	200.0	207.5	212.5	5	145.0	155.0	155.0	2	220.0	237.5	245.0	7	590.0	590.83	7
5	Van Houten Dylan	28.04.88	GAU	81,85	63	195.0	205.0	210.0	4	107.5	112.5	115.0	8	220.0	232.5	242.5	5	567.5	565.06	6
6	Gounden Leereshen	25.04.90	GAU	82,65	64	192.5	212.5	212.5	7	125.0	130.0	132.5	3	220.0	240.0	265.0	6	565.0	558.39	5
7	Lekopa Jipo	06.12.82	NW	79,50	-10	185.0	197.5	205.0	6	95.0	100.0	105.0	10	225.0	237.5	245.0	4	555.0	562.22	4
8	Hlohlomisang Koos	01.01.93	NW	81,85	66	155.0	175.0	185.0	8	85.0	105.0	107.5	9	205.0	215.0	225.0	8	517.5	507.81	3
9	Botes Jacobus	01.01.94	NW	79,90	67	172.5	182.5	182.5	9	110.0	117.5	120.0	5	195.0	205.0	215.0	9	507.5	505.01	2
10	Morley Regan	21.05.96	GAU	81,25	65	150.0	160.0	170.0	10	105.0	112.5	120.0	6	175.0	185.0	190.0	10	465.0	450.08	1
-93kg																				
1	Blake Jade	19.05.89	WC	91,65	85	250.0	265.0	270.5	1	175.0	182.5	188.0	1	260.0	270.0	277.5	1	730.5	697.85	12
2	Smit Gian	04.05.90	GAU	92,60	88	240.0	255.0	265.0	2	155.0	160.0	165.0	2	260.0	275.0	285.0	2	695.0	655.47	9
3	Smedley Deon	04.05.84	GAU	91,10	86	230.0	235.0	237.5	3	145.0	152.5	152.5	4	247.5	257.5	265.0	3	655.0	619.38	8
4	Ayekpa Archie	29.04.85	GAU	92,25	83	210.0	222.5	230.0	5	150.0	160.0	162.5	3	245.0	255.0	265.0	5	647.5	606.37	7
5	Davel Wessel	05.12.93	GAU	91,30	89	220.0	230.0	237.5	4	132.5	137.5	142.5	7	250.0	265.0	265.0	4	632.5	594.34	6
6	Smuts Dirk	28.07.93	GAU	91,80	90	190.0	205.0	X	6	120.0	130.0	130.0	8	215.0	225.0	230.0	6	555.0	509.29	5
7	Stopforth Ryan	23.05.85	GAU	91,85	87	175.0	187.5	197.5	7	132.5	140.0	145.0	5	190.0	210.0	230.0	7	552.5	506.43	4
8	McLeod Chris	16.02.84	GAU	92,30	82	150.0	160.0	170.0	8	135.0	140.0	145.0	6	180.0	210.0	220.0	8	525.0	475.45	3
-105kg																				
1	Wewege Tom	24.08.92	GAU	103,75	107	235.0	245.0	252.5	2	165.0	175.0	180.0	1	260.0	270.0	290.0	4	702.5	618.23	12
2	Van Zyl Wimpie	03.05.88	NC	102,50	106	240.0	250.0	257.5	1	135.0	140.0	142.5	4	270.0	277.5	282.5	2	677.5	597.61	9
3	Smith Julian	27.01.94	GAU	103,00	105	210.0	225.0	235.0	7	135.0	145.0	155.0	3	260.0	280.0	295.0	1	650.0	568.22	8
4	Schoonraad Christo	23.03.63	GAU	100,40	93	225.0	235.0	245.0	3	115.0	125.0	130.0	9	240.0	260.0	270.0	6	635.0	561.97	7
5	Freeme Robert	04.11.84	GAU	95,85	102	220.0	230.0	235.0	4	140.0	150.0	152.5	2	250.0	270.0	285.0	7	630.0	573.40	6
6	Lombard Mario	11.08.86	WC	100,90	98	190.0	210.0	225.0	6	100.0	120.0	130.0	10	250.0	270.0	290.0	3	625.0	550.08	5
7	Le Grange Henning	23.10.80	GAU	103,80	97	205.0	205.0	210.0	9	130.0	137.5	140.0	5	230.0	250.0	265.0	8	600.0	515.51	4
8	Rabie Gerhard	27.05.92	GAU	95,40	108	190.0	200.0	210.0	8	125.0	132.5	135.0	6	220.0	235.0	250.0	5	595.0	538.47	3
9	Van Wyk Derik	08.06.86	GAU	102,65	100	210.0	222.5	227.5	5	130.0	135.0	140.0	7	220.0	235.0	235.0	11	582.5	501.48	2
10	Jansen van Vuuren Saxon	21.10.92	GAU	103,45	109	195.0	207.5	220.0	10	105.0	112.5	115.0	11	220.0	235.0	245.0	9	557.5	474.00	1
11	De Villers Johannes	02.10.94	GAU	100,10	101	180.0	190.0	X	11	130.0	140.0	140.0	8	210.0	220.0	230.0	10	540.0	466.12	1

1 Gauteng	45	[12+12+12+9]	1738.30 IPF Pts
2 Eastern Cape	24	[12+12]	802.70 IPF Pts
3 Western Cape	20	[12+8]	904.65 IPF Pts

4 NorthWest

12 [12] 316.59 IPF Pts

Best Lifters of Subjuniors by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1.	Kroukam Michael	Western Cape	88,60	562.5	529.7122	1
2.	O'Connell Jurie	Gauteng	102,95	555.0	472.9381	1
3.	Bennett Ryan	Gauteng	69,00	407.5	435.9334	2

Juniors

-53kg																	
1	Monaheng Boitumelo	01.01.97	NW	48,90	3	80.0	90.0	~~105.0~~ 1	75.0	80.0	85.0 1	~~145.0~~	145.0	~~147.5~~ 2	320.0	448.84	12
—	Mulaudzi Tshepo	01.08.01	GAU	50,55	1	~~110.0~~	~~110.0~~	~~110.0~~ —	~~75.0~~	75.0	~~85.0~~ 2	140.0	147.5	150.0 1	DSQ	—	—
-59kg																	
1	Hadden Bryce	05.04.99	GAU	56,30	500	105.0	107.5	115.0 1	85.0	90.0	~~95.0~~ 1	150.0	~~155.0~~	~~155.0~~ 1	355.0	441.51	12
-66kg																	
1	Manamela Karabo	07.12.99	GAU	65,75	7	140.0	150.0	160.0 1	90.0	95.0	~~100.0~~ 1	205.0	210.0	~~215.0~~ 2	465.0	529.55	12
2	Kotsi Tshepo	01.01.97	NW	63,20	6	120.0	130.0	140.0 2	80.0	~~90.0~~	~~90.0~~ 4	220.0	~~230.0~~	~~230.0~~ 1	440.0	513.12	9
3	Tee Anthony	20.12.00	GAU	61,60	600	120.0	125.0	130.0 3	75.0	~~77.5~~	80.0 3	165.0	172.5	~~177.5~~ 3	387.5	451.69	8
4	Luntu Gebuza	01.01.98	NW	62,20	11	95.0	105.0	110.0 4	70.0	80.0	85.0 2	120.0	145.0	~~165.0~~ 4	340.0	382.57	7
-74kg																	
1	Samuels Brandon	21.04.98	WC	71,00	28	150.0	170.0	180.0 1	110.0	120.0	130.0 1	220.0	250.0	260.0 1	570.0	629.76	12
2	Baadjes Jason	12.10.99	WC	74,00	26	145.0	152.5	160.0 3	95.0	100.0	105.0 4	190.0	205.0	215.0 2	480.0	500.78	9
3	Ramajoe Michael	15.09.97	NW	68,55	21	140.0	147.5	~~150.0~~ 4	105.0	115.0	122.5 2	195.0	200.0	207.5 3	477.5	528.13	8
4	Botha Theo	12.12.98	WC	72,05	27	~~150.0~~	157.5	165.0 2	~~100.0~~	107.5	~~112.5~~ 3	190.0	197.5	205.0 4	477.5	507.99	7
5	Sebe Ofentse	01.01.99	NW	73,30	24	100.0	115.0	120.0 5	~~90.0~~	~~95.0~~	95.0 5	180.0	182.5	~~185.0~~ 6	397.5	403.13	6
6	Mashihi Vuyolethu	01.01.98	NW	68,95	22	~~110.0~~	110.0	~~150.0~~ 6	70.0	75.0	~~80.0~~ 6	180.0	185.0	190.0 5	375.0	394.63	5
-83kg																	
1	Fourie Gerhard	14.01.97	GAU	82,80	52	200.0	210.0	~~215.0~~ 1	130.0	135.0	137.5 1	200.0	220.0	227.5 2	575.0	569.06	12
2	Lunsky Marc	17.04.00	GAU	80,80	53	185.0	187.5	200.0 2	112.5	117.5	120.0 3	190.0	212.5	~~222.5~~ 3	532.5	529.81	9
3	Nieuwenhuizen Arno	23.12.99	GAU	82,25	57	170.0	190.0	197.5 3	100.0	105.0	~~107.5~~ 5	230.0	~~240.0~~	~~240.0~~ 1	532.5	523.18	8
4	McKinnon Richiano	11.06.00	WC	83,70	55	165.0	175.0	185.0 4	75.0	87.5	95.0 7	187.5	197.5	205.0 5	485.0	463.14	7
5	Muller Ignatius	11.11.98	EC	81,55	54	135.0	~~152.5~~	152.5 6	125.0	132.5	~~137.5~~ 2	155.0	165.0	175.0 7	460.0	443.14	6
6	Faku Vuyo	01.01.98	NW	76,65	51	130.0	145.0	152.5 5	90.0	100.0	105.0 4	185.0	195.0	200.0 6	457.5	460.89	5
7	Liebenberg Werner	09.07.01	GAU	81,20	56	140.0	145.0	~~150.0~~ 7	100.0	~~105.0~~	~~105.0~~ 6	200.0	205.0	~~207.5~~ 4	450.0	433.02	4
-93kg																	
1	Nxumalo Codi	06.01.99	GAU	87,00	78	200.0	220.0	230.0 1	110.0	~~125.0~~	125.0 2	240.0	260.0	280.0 1	635.0	616.33	12
2	Reinecke Johan	16.11.98	FS	90,50	77	185.0	205.0	~~217.5~~ 2	125.0	135.0	142.5 1	255.0	270.0	~~285.0~~ 2	617.5	581.59	9
3	Thekiso Khotso	07.10.98	NW	84,45	80	170.0	180.0	182.5 3	100.0	105.0	107.5 3	245.0	250.0	255.0 3	545.0	527.65	8
-120kg																	
1	Cronje Carl-Reinhardt	16.12.98	FS	107,30	118	255.0	265.0	~~275.0~~ 1	155.0	170.0	180.0 1	280.0	~~300.0~~	~~300.0~~ 1	725.0	627.99	12
2	O'Neill Kaid	14.02.01	KZN	116,50	119	160.0	180.0	200.0 3	130.0	145.0	~~155.0~~ 2	180.0	217.5	230.0 2	575.0	457.26	9
3	Furman Justin	01.05.01	GAU	116,05	120	200.0	~~212.5~~	212.5 2	115.0	120.0	125.0 3	210.0	220.0	227.5 3	565.0	448.87	8
120+kg																	
1	Botha Heinrich	01.02.01	NW	143,90	128	200.0	220.0	232.5 1	115.0	~~125.0~~	130.0 1	210.0	225.0	237.5 1	600.0	426.74	12

Province (points)

1 Gauteng	57	[12+12+12+12+9]	2686.26 IPF Pts
2 NorthWest	49	[12+12+9+8+8]	2444.48 IPF Pts
3 Western Cape	35	[12+9+7+7]	2101.68 IPF Pts
4 FreeState	21	[12+9]	1209.57 IPF Pts
5 KwaZuluNatal	9	[9]	457.26 IPF Pts
6 Eastern Cape	6	[6]	443.14 IPF Pts

Best Lifters of Juniors by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1.	Samuels Brandon	Western Cape	71,00	570.0	629.7632	1
2.	Cronje Carl-Reinhardt	FreeState	107,30	725.0	627.9871	1
3.	Nxumalo Codi	Gauteng	87,00	635.0	616.3258	1

Masters 1

-74kg																				
1	Daniels Marlon	27.11.75	GAU	74,00	20	190.0	202.5	210.0	1	140.0	147.5	153.0	1	200.0	220.0	~~225.0~~	1	583.0	626.45	12
-83kg																				
1	Forget Chris	28.11.79	GAU	81,65	49	210.0	225.0	230.0	1	112.5	117.5	122.5	2	230.0	247.5	~~255.0~~	1	600.0	603.30	12
2	Begg Allistair	22.01.76	WC	80,80	48	180.0	~~200.0~~	~~200.0~~	2	130.0	135.0	140.0	1	200.0	~~240.0~~	~~245.0~~	2	520.0	515.38	9
-93kg																				
1	Manders Sean	19.11.76	GAU	92,50	73	225.0	240.0	255.0	1	150.0	157.5	~~165.0~~	1	~~250.0~~	250.0	~~265.0~~	1	662.5	621.29	12
2	Page Jorncy	25.09.72	GAU	91,55	74	180.0	187.5	~~195.0~~	3	130.0	137.5	~~142.5~~	2	200.0	230.0	237.5	2	562.5	518.25	9
3	Botha Jerry	11.03.74	GAU	92,00	76	180.0	190.0	197.5	2	120.0	125.0	~~130.0~~	3	220.0	227.5	~~235.0~~	3	550.0	503.21	8
—	Rossouw Koos	13.06.77	GAU	87,65	75	~~140.0~~	~~140.0~~	~~140.0~~	—	115.0	120.0	122.5	4	200.0	210.0	217.5	4	DSQ	—	—
-105kg																				
1	De Wet Henk	26.01.74	GAU	103,95	94	200.0	220.0	235.0	1	145.0	160.0	170.0	1	250.0	270.0	282.5	1	687.5	602.51	12
2	Green Graham	03.03.78	GAU	102,20	95	200.0	220.0	230.0	2	140.0	150.0	152.5	2	235.0	245.0	250.0	2	632.5	553.29	9
3	Le Grange Henning	23.10.80	GAU	103,80	97	~~205.0~~	205.0	210.0	3	130.0	137.5	140.0	3	230.0	250.0	~~265.0~~	3	600.0	515.51	8
-120kg																				
1	Ferreira Louis	07.06.79	GAU	118,60	117	200.0	215.0	225.0	2	140.0	150.0	160.0	1	250.0	265.0	280.0	1	665.0	536.52	12
2	Singh Shaeel	14.05.78	GAU	119,05	116	210.0	220.0	230.0	1	~~130.0~~	130.0	~~145.0~~	2	240.0	260.0	270.0	2	630.0	502.73	9
120+kg																				
1	Herbst Mathys	10.04.75	GAU	167,70	126	275.0	300.0	318.0	1	~~175.0~~	185.0	200.0	1	300.0	318.0	~~325.0~~	1	836.0	581.66	12
2	Koekemoer Werner	12.06.76	GAU	179,10	125	~~180.0~~	195.0	210.0	2	140.0	152.5	~~157.5~~	2	220.0	240.0	255.0	2	617.5	394.22	9
3	Botes Renier	21.02.76	GAU	162,35	127	~~180.0~~	195.0	207.5	3	135.0	~~147.5~~	~~147.5~~	3	205.0	225.0	240.0	3	582.5	386.12	8

Province (points)

1	Gauteng	60	[12+12+12+12+12]	2945.29	IPF Pts
2	Western Cape	9	[9]	515.38	IPF Pts

Best Lifters of Masters 1 by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1	Daniels Marlon	Gauteng	74,00	583.0	626.45	1
2	Manders Sean	Gauteng	92,50	662.5	621.2931	1
3	Forget Chris	Gauteng	81,65	600.0	603.3047	1

Masters 2

-74kg																				
1	Hacker Ian	25.11.64	GAU	73,55	18	180.0	187.5	~~190.0~~ 1	100.0	107.5	110.0	1	180.0	195.0	~~210.0~~ 1	492.5	518.42	12		
-83kg																				
1	De Nysschen Tommie	30.05.63	FS	81,60	46	140.0	160.0	~~165.0~~ 1	125.0	128.0	130.0	1	145.0	160.0	170.0	2	460.0	442.95	12	
2	Quatse Dawid	01.01.62	NW	80,00	47	125.0	140.0	~~165.0~~ 2	60.0	75.0	80.0	2	150.0	185.0	200.0	1	420.0	402.94	9	
-93kg																				
1	Julius Donald	15.09.63	WC	88,90	72	~~170.0~~	170.0	~~175.0~~ 1	130.0	~~137.5~~	~~137.5~~ 1	195.0	200.0	~~202.5~~ 1	500.0	460.37	12			
-105kg																				
1	Schoonraad Christo	23.03.63	GAU	100,40	93	225.0	235.0	245.0	1	115.0	125.0	130.0	2	240.0	260.0	~~270.0~~ 1	635.0	561.97	12	
2	Kader Mogammat	29.12.69	WC	103,20	92	210.0	220.0	225.0	2	~~140.0~~	150.0	~~155.0~~ 1	230.0	255.0	~~272.5~~ 2	630.0	547.47	9		
-120kg																				
1	Oosthuizen Gerhard	03.04.64	KZN	118,15	113	~~170.0~~	170.0	180.0	4	180.0	190.0	198.5	1	230.0	245.0	253.0	1	631.5	506.35	12
2	Bensch Denis	14.12.65	GAU	117,10	115	205.0	215.0	~~220.0~~ 1	120.0	130.0	140.0	2	205.0	220.0	227.5	2	582.5	462.92	9	

3	Mudge Cliff	09.04.68	GAU	118.20	114	200.0	210.0	~~215.5~~ 2	80.0	90.0	100.0 4	205.0	225.0	227.5 3	537.5	418.28	8
4	Molitano Anders	30.06.65	GAU	116.55	112	180.0	190.0	200.0 3	115.0	120.0	~~122.5~~ 3	190.0	~~210.0~~	215.0 4	535.0	419.46	7

Province (points)

1 Gauteng	48	[12+12+9+8+7]	2381.05 IPF Pts
2 Western Cape	21	[12+9]	1007.84 IPF Pts
3 KwaZuluNatal	12	[12]	506.35 IPF Pts
4 FreeState	12	[12]	442.95 IPF Pts
5 NorthWest	9	[9]	402.94 IPF Pts

Best Lifters of Masters 2 by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1.	Schoonraad Christo	Gauteng	100,40	635.0	561.9735	1
2.	Kader Mogammat	Western Cape	103,20	630.0	547.4718	2
3.	Hacker Ian	Gauteng	73.55	492.5	518.4182	1

Masters 3

-74kg

1	Hassen Yunus	05.01.54	GAU	71.55	17	120.0	130.0	137.5	1	65.0	72.5	75.0	1	190.0	205.0	210.5	1	407.5	423.41	12
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-83kg

1	Lameyer Stanley	25.10.59	WC	80.50	43	180.0	~~205.0~~	210.0	1	85.0	~~95.0~~	100.0	1	220.0	230.0	~~235.0~~	1	540.0	539.89	12
2	Banda Patrick	12.06.60	GAU	82.85	44	115.0	125.0	~~130.0~~	2	50.0	~~60.0~~	X	2	200.0	220.0	~~247.5~~	2	395.0	364.22	9

-93kg

1	Meyer Gary	04.06.60	GAU	90.80	70	130.0	145.0	155.0 1	97.5	110.0	~~113.0~~ 1	160.0	175.0	~~185.5~~ 2	440.0	389.15	12
2	Van der Walt Tjaart	15.02.56	GAU	89.50	71	125.0	132.5	137.5 2	80.0	85.0	90.0 2	160.0	170.0	177.5 1	405.0	355.09	9

-120kg

1	Ludik Andre	26.09.55	EC	113.40	111	140.0	150.0	152.5	1	105.0	110.0	112.5	1	187.5	200.0	X 1	465.0	359.60	12
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Province (points)

1 Gauteng	42	[12+12+9+9]	1531.87 IPF Pts
2 Western Cape	12	[12]	539.89 IPF Pts
3 Eastern Cape	12	[12]	359.60 IPF Pts

Best Lifters of Masters 3 by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1.	Lameyer Stanley	Western Cape	80,50	540.0	539.8939	1
2.	Hassen Yunus	Gauteng	71,55	407.5	423.4138	1
3.	Meyer Gary	Gauteng	90,80	440.0	389.1535	1

Masters 4

-74kg

1	Oppenheim Dan	30.06.45	GAU	73.90	16	120.0	~~127.5~~	127.5	1	80.0	90.0	95.0	1	165.0	186.0	~~193.0~~	1	408.5	413.98	12
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Province (points)

1 Gauteng	12	[12]	413.98 IPF Pts
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Best Lifters of Masters 4 by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1.	Oppenheim Dan	Gauteng	73.90	408.5	413.9833	1

SOI

1	Fourie Charles-Lee	03.01.94	GAU	73.15	15	120.0	127.5	130.0	1	75.0	80.0	85.0	1	175.0	185.0	195.0	1	395.0	400.71	12
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-93kg

1	McDuling Janco	15.05.90	GAU	87,45	68	X	X	X —	130.0	135.0	~~140.0~~ 1	X	X	X —	—	—
2	Moagi Peter	09.07.72	GAU	84,45	69	X	X	X —	120.0	125.0	127.5 2	X	X	X —	—	—

Province (points)

1 Gauteng 12 [12] 400.71 IPF Pts

Best Lifters of SOI by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1.	Fourie Charles-Lee	Gauteng	73,15	395.0	400.7094	1

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;

1.4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EC = Eastern Cape

KZN = KwaZuluNatal

WC = Western Cape

FS = FreeState

NC = Northern Cape

GAU = Gauteng

NW = NorthWest