

SOUTH AFRICAN POWERLIFTING FEDERATION
SA Womens 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																	
-47kg																	
1	Barry Elisabeth	28.03.73	EC	46,85	2	75.0	80.0	85.0 1	37.5	40.0	42.5 2	115.0	125.0	130.0 1	250.0	492.63	12
2	Minnaar Megan	31.10.87	EC	46,10	3	65.0	70.0	70.0 2	40.0	42.5	45.0 1	95.0	100.0	105.0 2	212.5	414.43	9
-52kg																	
1	Muto Giulia	27.06.87	GAU	50,65	6	117.5	122.5	125.0 1	65.0	70.0	72.5 1	115.0	130.0	140.0 1	322.5	621.93	12
2	Anthony Carol	02.05.66	GAU	51,55	4	70.0	75.0	80.0 2	40.0	42.5	45.0 2	112.5	122.5	133.0 2	245.0	458.70	9
-57kg																	
1	Payne Sasha	10.05.95	GAU	55,90	16	117.5	125.0	130.0 1	70.0	75.0	77.5 1	140.0	150.0	160.0 1	350.0	643.06	12
2	Scharf Taryn	07.10.87	GAU	53,30	15	80.0	87.5	87.5 2	50.0	55.0	57.5 2	90.0	100.0	105.0 2	250.0	461.27	9
3	Pillay Priyah	01.02.88	GAU	54,95	14	72.5	72.5	77.5 3	45.0	50.0	52.5 3	95.0	105.0	107.5 3	227.5	410.96	8
-63kg																	
1	Tromp Michelle	11.11.83	GAU	61,65	35	140.0	150.0	150.0 1	75.0	80.0	82.5 2	145.0	155.0	155.0 2	385.0	675.35	12
2	Kenny Samiera	15.08.92	WC	61,60	30	125.0	135.0	145.0 2	77.5	80.0	82.5 1	130.0	140.0	150.0 6	367.5	644.06	9
3	Leighton Megan	15.01.96	GAU	61,00	34	120.0	125.0	130.0 5	65.0	70.0	72.5 3	150.0	160.0	162.5 1	360.0	633.55	8
4	Poxon Caitlin	07.06.00	GAU	62,35	22	120.0	128.0	132.5 4	60.0	65.0	70.5 4	120.0	130.0	140.0 9	343.0	596.40	7
5	Ngwenya Zanele	03.04.79	GAU	62,30	19	120.0	127.5	133.0 3	60.0	65.0	65.0 9	130.0	147.5	160.0 8	340.5	592.15	6
6	Haupt Cherissa	24.05.91	GAU	62,35	32	107.5	115.0	120.0 6	57.5	62.5	65.0 6	135.0	145.0	155.0 3	340.0	591.03	5
7	Hill Jessica	17.01.92	GAU	62,45	29	110.0	110.0	115.0 8	60.0	65.0	67.5 7	142.5	152.5	162.5 4	332.5	577.17	4
8	Fourie Lone	02.03.99	GAU	60,70	21	80.0	100.0	110.0 9	60.0	70.0	72.5 5	140.0	150.0	160.5 5	330.0	580.47	3
9	Britz Jessica	12.01.89	GAU	61,60	31	107.5	115.0	117.5 7	55.0	60.0	65.0 8	130.0	150.0	157.5 7	325.0	567.39	2
10	Smit Almien	07.05.90	GAU	62,70	33	80.0	85.0	90.0 10	47.5	50.0	50.0 10	110.0	120.0	127.5 10	260.0	446.72	1
-72kg																	
1	Perotti Olivia	29.01.89	GAU	72,00	46	145.0	160.0	167.5 1	80.0	85.0	90.0 1	145.0	162.5	175.0 1	415.0	677.30	12
2	Potgieter Corien	13.06.70	GAU	71,00	36	120.0	130.0	135.0 2	80.0	83.0	83.5 2	145.0	155.0	161.0 3	373.5	612.84	9
3	Collins Erin	10.01.01	GAU	68,10	40	122.5	132.5	138.0 3	62.5	68.0	70.5 4	150.0	165.5	165.5 4	350.5	585.41	8
4	Ajisafe Abi	22.12.81	GAU	70,00	45	100.0	110.0	115.0 5	57.5	62.5	67.5 5	145.0	155.0	165.0 2	332.5	548.22	7
5	Kavallieratos Sofia	03.10.86	GAU	71,55	47	97.5	105.0	110.0 6	60.0	65.0	70.0 3	135.0	140.0	145.0 5	320.0	522.47	6
6	Van der Westhuizen Janné	13.01.92	GAU	70,05	49	110.0	117.5	122.5 4	50.0	55.0	57.5 6	120.0	130.0	130.0 6	292.5	481.24	5
-84kg																	
1	Jordaan Lezaan	17.10.95	GAU	82,70	57	160.0	167.5	173.0 2	70.0	75.0	80.0 3	170.0	192.5	200.0 1	447.5	687.48	12
2	Noordien Naiema	08.05.83	WC	81,80	59	160.0	171.0	173.0 1	85.0	91.0	95.5 2	165.0	175.0	182.5 3	446.5	689.13	9
3	Conry Mariaan	23.08.84	FS	79,35	55	135.0	142.5	150.0 3	85.0	95.0	100.0 1	170.0	182.5	187.5 2	432.5	676.34	8
4	Marangoni Pia	09.12.76	GAU	77,00	53	130.0	130.0	135.0 4	57.5	62.5	65.0 7	147.5	157.5	165.0 5	365.0	578.29	7
5	Kole Pelo	19.08.83	NW	80,45	62	115.0	120.0	120.0 6	50.0	55.0	65.0 6	160.0	170.0	175.0 4	360.0	560.24	6
6	Hartzler Jozanne	18.03.87	GAU	76,85	61	117.5	122.5	125.0 7	60.0	65.0	70.0 5	140.0	160.0	165.0 6	350.0	554.98	5
7	Saaiman Antoinette	21.08.88	NC	77,65	56	115.0	122.5	122.5 6	70.0	75.0	75.0 4	120.0	125.0	130.0 8	317.5	501.39	4
8	Garber Ronit	03.03.90	GAU	75,70	700	80.0	80.0	92.5 8	50.0	52.5	55.0 8	120.0	130.0	137.5 7	277.5	476.95	3
84+kg																	
1	De Jager Christi	10.01.86	GAU	101,75	69	135.0	145.0	150.0 1	85.0	95.0	100.0 1	140.0	155.0	155.0 1	385.0	547.49	12
2	Green Nicola	29.09.83	GAU	88,70	68	115.0	125.0	130.0 2	60.0	65.0	70.0 2	110.0	120.0	130.0 2	330.0	495.19	9

Province (points)

1	Gauteng	60	[12+12+12+12+12]	3305.11 IPF Pts
2	Eastern Cape	21	[12+9]	907.06 IPF Pts
3	Western Cape	18	[9+9]	1333.19 IPF Pts
4	FreeState	8	[8]	676.34 IPF Pts
5	NorthWest	7	[7]	560.24 IPF Pts
6	Northern Cape	5	[5]	501.39 IPF Pts

Best Lifters of Open by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1.	Noordien Naiema	Western Cape	81,80	446.5	689.1327	2
2.	Jordaan Lezaan	Gauteng	82,70	447.5	687.4806	1
3.	Perotti Olivia	Gauteng	72,00	415.0	677.2983	1

Sub-Juniors

-43kg																				
1	De Wet Talitha	08.08.08	GAU	43,00	1	30.0	40.0	50.0	1	22.5	25.0	27.5	1	60.0	72.5	83.0	1	150.0	284.63	12
-52kg																				
1	Grefen Aimee	25.04.03	GAU	51,90	5	80.0	90.0	95.0	1	35.0	40.0	45.0	1	90.0	100.0	110.0	1	245.0	457.18	12
-57kg																				
1	De Wet Mijuane	27.03.06	GAU	56,86	11	105.0	113.0	117.5	1	40.0	45.0	47.5	2	110.0	125.0	133.0	2	285.5	514.95	12
2	Colling Minke	08.11.03	EC	55,90	10	95.0	100.0	100.0	2	45.0	47.5	47.5	3	122.5	127.5	130.0	1	270.0	489.45	9
3	Ferreira Anika	21.02.04	EC	55,80	12	80.0	85.0	90.0	3	47.5	52.5	55.0	1	115.0	120.0	122.5	3	257.5	465.84	8
4	Baadjes Liame	12.02.02	WC	54,70	13	70.0	75.0	75.0	4	40.0	42.5	45.0	4	110.0	115.0	120.0	4	227.5	411.80	7
-63kg																				
1	Vermaak Ance	03.04.03	EC	58,15	28	95.0	100.0	105.0	2	50.0	52.5	55.0	1	120.0	125.0	130.0	2	280.0	499.19	12
2	Feuth Charne	15.03.03	EC	60,00	25	82.5	87.5	95.0	3	50.0	52.5	55.0	2	120.0	127.5	140.0	1	275.0	482.85	9
3	Mohammed Malieka	14.05.04	WC	62,10	26	95.0	110.0	117.5	1	30.0	37.5	40.0	3	100.0	115.0	120.0	3	270.0	466.51	8
4	Van Niekerk Michaela	29.07.03	GAU	61,05	27	45.0	47.5	50.0	4	35.0	37.5	40.0	4	85.0	92.5	97.5	4	185.0	315.83	7
-72kg																				
1	Groenewald Heike	26.09.04	EC	70,60	44	77.5	85.0	90.0	1	45.0	47.5	50.0	1	110.0	115.0	120.0	1	260.0	425.66	12
2	Poxon Gabriella	23.09.04	GAU	69,20	43	70.0	75.0	80.0	2	35.0	40.0	45.0	2	85.0	95.0	100.0	2	215.0	353.32	9
84+kg																				
1	Brown Colleen	06.04.03	EC	107,65	67	105.0	115.0	122.5	1	55.0	60.0	65.0	1	135.0	145.0	155.0	1	342.5	479.92	12

Province (points)

1 Eastern Cape	54	[12+12+12+9+9]	2377.08 IPF Pts
2 Gauteng	52	[12+12+12+9+7]	1925.92 IPF Pts
3 Western Cape	15	[8+7]	878.31 IPF Pts

Best Lifters of Subjuniors by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1.	De Wet Mijuane	Gauteng	56,86	285.5	514.9539	1
2.	Vermaak Ance	Eastern Cape	58,15	280.0	499.1930	1
3.	Colling Minke	Eastern Cape	55,90	270.0	489.4533	2

Juniors

-57kg																		
1	Maritz Nicola	14.10.97	EC	56,55	9	90.0	95.0	~~100.0~~ 1	47.5	50.0	~~52.5~~ 1	92.5	97.5	100.0 1	245.0	439.14	12	
-63kg																		
1	Poxon Caitlin	07.06.00	GAU	62,35	22	120.0	128.0	132.5 1	60.0	65.0	70.5 1	120.0	130.0	140.0 2	343.0	596.40	12	
2	Fourie Lone	02.03.99	GAU	60,70	21	80.0	~~100.0~~	110.0 3	60.0	70.0	~~72.5~~ 2	140.0	150.0	~~160.5~~ 1	330.0	580.47	9	
3	Oosthuizen Brittny	05.08.97	GAU	62,30	24	100.0	107.5	112.5 2	55.0	60.0	~~65.0~~ 3	105.0	120.0	127.5 4	300.0	519.60	8	
4	Wurth Lianka	02.11.01	GAU	61,40	23	80.0	90.0	95.0 4	45.0	50.0	~~55.0~~ 4	120.0	130.0	~~132.5~~ 3	275.0	477.88	7	
-72kg																		
1	Collins Erin	10.01.01	GAU	68,10	40	122.5	132.5	~~138.0~~ 1	62.5	68.0	~~70.5~~ 1	150.0	~~165.5~~	~~165.5~~ 1	350.5	585.41	12	
2	Oosthuizen Bianca	29.01.97	FS	68,95	42	110.0	120.0	~~125.0~~ 2	50.0	55.0	~~60.0~~ 3	140.0	150.0	155.0 2	330.0	547.62	9	
3	Van Niekerk Elsje	28.12.98	NC	70,15	41	100.0	112.5	117.5 3	55.0	~~62.5~~	62.5 2	120.0	130.0	135.0 3	315.0	518.51	8	

Province (points)

1 Gauteng	36	[12+9+8+7]	2174.35 IPF Pts
2 FreeState	12	[12]	547.62 IPF Pts
3 Eastern Cape	12	[12]	439.14 IPF Pts
4 Northern Cape	9	[9]	518.51 IPF Pts

Best Lifters of Juniors by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1	Poxon Caitlin	Gauteng	62,35	343.0	596.4005	1
2	Collins Erin	Gauteng	68,10	350.5	585.4100	1
3	Fourie Lone	Gauteng	60,70	330.0	580.4679	2

Masters 1

-47kg																				
1	Barry Elisabeth	28.03.73	EC	46,85	2	75.0	80.0	85.0	1	37.5	40.0	42.5	2	115.0	125.0	130.0	1	250.0	492.63	12
-63kg																				
1	Ngwenya Zanele	03.04.79	GAU	62,30	19	120.0	127.5	133.0	1	60.0	65.0	65.0	1	130.0	147.5	160.0	1	340.5	592.15	12
2	Zietsman Zonra	23.04.90	GAU	61,05	20	90.0	95.0	95.0	2	47.5	50.0	55.0	2	95.0	105.0	120.0	2	265.0	460.96	9
-72kg																				
1	De Wet Laura	11.04.74	GAU	70,90	38	130.0	140.0	149.0	1	65.0	70.0	72.5	1	160.0	175.0	188.0	1	387.5	636.44	12
2	Poxon Jodi	02.04.75	GAU	71,15	39	105.0	112.5	115.0	2	57.5	62.5	65.0	2	120.0	130.0	140.0	2	315.0	515.43	9
-84kg																				
1	Marangoni Pia	09.12.76	GAU	77,00	53	130.0	130.0	135.0	1	57.5	62.5	65.0	1	147.5	157.5	165.0	1	365.0	578.29	12
2	Suter Karin	15.10.78	GAU	74,75	54	90.0	97.5	102.5	2	55.0	60.0	65.0	2	110.0	130.0	130.0	2	267.5	428.59	9
84+kg																				
1	Moloele Phokwane	11.01.77	GAU	93,10	66	120.0	130.0	135.0	1	70.0	75.0	77.5	1	130.0	145.0	160.0	1	372.5	547.59	12
2	Rees Jacqui	25.03.80	GAU	92,70	64	120.0	125.0	130.0	2	62.5	67.5	70.0	2	140.0	160.0	160.0	3	337.5	498.14	9
3	Townsend Michele	14.12.76	GAU	115,15	65	100.0	110.0	120.0	3	45.0	50.0	55.0	3	110.0	130.0	155.0	2	330.0	453.36	8

Province (points)

1 Gauteng	60	[12+12+12+12+12]	2869.90 IPF Pts
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Best Lifters of Masters 1 by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1.	De Wet Laura	Gauteng	70,90	387.5	636.4432	1
2.	Ngwenya Zanele	Gauteng	62,30	340.5	592.1498	1
3.	Marangoni Pia	Gauteng	77,00	365.0	578.2904	1

Masters 2

-52kg																				
2	Anthony Carol	02.05.66	GAU	51,55	4	70.0	75.0	80.0	2	40.0	42.5	~~45.0~~	2	112.5	122.5	~~133.0~~	2	245.0	458.70	9
-57kg																				
1	Abrahams Antoinette	12.05.69	GAU	56,15	7	~~92.5~~	92.5	92.5	1	42.5	45.0	~~47.5~~	1	110.0	122.5	128.0	1	265.5	479.80	12
-63kg																				
1	Reyneke Ronel	01.06.69	GAU	61,75	18	90.0	100.0	~~110.0~~	1	60.0	65.5	~~66.0~~	1	110.0	120.0	125.0	1	290.5	504.60	12
-72kg																				
2	Potgieter Corien	13.06.70	GAU	71,00	36	120.0	130.0	135.0	2	80.0	~~83.0~~	83.5	2	145.0	155.0	~~161.0~~	3	373.5	612.84	9
1	Kleynhans Lana	15.02.67	GAU	70,55	37	100.0	107.5	112.5	1	70.0	75.0	~~77.5~~	1	145.0	157.5	165.0	1	352.5	579.64	12
-84kg																				
1	Hickman Fiona	05.09.65	WC	81,95	50	110.0	117.5	120.5	1	65.0	66.0	68.0	1	135.0	145.0	150.0	1	338.5	523.18	12
2	Rubin Linda	04.09.64	GAU	78,00	52	70.0	80.0	85.0	2	45.0	50.0	55.0	2	90.0	100.0	110.0	2	250.0	394.34	9
3	Pretorius Frances	03.11.69	WC	77,30	51	~~70.0~~	70.0	~~72.5~~	3	30.0	40.0	~~45.0~~	3	90.0	~~95.0~~	~~100.0~~	3	200.0	316.58	8

Province (points)

1	Gauteng	45	[12+12+12+9]	1958.38	IPF Pts
2	Western Cape	20	[12+8]	839.76	IPF Pts

Best Lifters of Masters 2 by IPF Points System

Rnk	Lifter	Province	Bwt	Total	IPF Points	C.Rnk
1	Potgieter Corien	Gauteng	71,00	373.5	612.8400	1
2	Kleynhans Lana	Gauteng	70,55	352.5	579.6421	1
3	Hickman Fiona	Western Cape	81,95	338.5	523.1801	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

NC = Northern Cape

FS = FreeState

NW = NorthWest

GAU = Gauteng

WC = Western Cape