

24-27 March 2022 2022 SA Classic Powerlifting Championships

WOMEN	IPF Wt CIs	Name	Team	Bwt - kg	lot#	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Place	IPF GL Points	Best Lifter	Qual for SA Team
Subjunior																							
	52	Nicole Loubser	EC	50,40	189	May-04	65,0	70,0	75,0	75,0	32,5	35,0	~~-37,5~~	35,0	80,0	85,0	90,0	90,0	200,0	1	51,91		Q
	57	Surina Devnarain	Gau	55,20	94	May-04	85,0	92,5	~~-97,5~~	92,5	37,5	42,5	~~-45,0~~	42,5	82,5	92,5	~~-100,0~~	92,5	227,5	1	54,70		Q
	57	Kylie Thomas	Gau	55,75	39	Apr-06	55,0	62,5	~~-70,0~~	62,5	35,0	37,5	~~-40,0~~	37,5	72,5	82,5	~~-87,5~~	82,5	182,5	2	43,54		
	57	Megan Stringer	KZN	54,15	81	Feb-05	~~-95,0~~	~~-95,0~~	~~-95,0~~	0,0	45,0	47,5	~~-50,0~~	47,5	90,0	95,0	~~-100,0~~	95,0	0,0		0,00		
	63	Mijuane de Wet	Gau	62,35	44	Mar-06	130,0	140,0	~~-145,0~~	140,0	60,0	65,5	66,0	66,0	145,0	155,0	160,5	160,5	366,5	1	80,73	Best SJ	Q
	63	Alexis Nel	NW	59,85	80	Feb-08	70,0	75,0	~~-80,0~~	75,0	35,0	37,5	42,5	42,5	95,0	100,0	105,0	105,0	222,5	2	50,38		Q
	69	Charnleigh Kotzé	EC	65,60	21	Oct-04	130,0	~~-140,0~~	142,5	142,5	67,5	72,5	~~-80,0~~	72,5	142,5	147,5	~~-152,5~~	147,5	362,5	1	77,33		Q
	69	Rochelle Van der Merwe	FS	66,95	56	Jan-06	115,0	125,0	127,5	127,5	52,5	57,5	~~-60,0~~	57,5	127,5	137,5	145,0	145,0	330,0	2	69,55		Q
	69	Gaia Mottalini	Gau	68,55	92	Jan-04	105,0	112,5	120,0	120,0	60,0	65,0	70,0	70,0	110,0	122,5	~~-140,0~~	122,5	312,5	3	64,98		
	69	Heike Groenewald	EC	67,30	198	Sep-04	105,0	110,0	112,5	112,5	57,5	60,0	62,5	62,5	120,0	127,5	~~-137,5~~	127,5	302,5	4	63,56		
	69	Dune Watkins	WC	64,65	104	Jun-05	105,0	~~-110,0~~	115,0	115,0	45,0	47,5	50,0	50,0	125,0	135,0	~~-145,0~~	135,0	300,0	5	64,57		
	69	Lisa Stander	WC	67,05	72	Jul-07	60,0	70,0	80,0	80,0	35,0	40,0	~~-45,0~~	40,0	100,0	105,0	110,0	110,0	230,0	6	48,43		
	76	Sonam Singh	Gau	73,05	155	Aug-07	85,0	92,5	95,0	95,0	45,0	47,5	50,0	50,0	120,0	135,0	145,0	145,0	290,0	1	58,29		Q
	76	Anika Maree	EC	71,85	55	Jul-06	82,5	87,5	~~-92,5~~	87,5	40,0	42,5	~~-45,0~~	42,5	102,5	107,5	115,0	115,0	245,0	2	49,66		
	76	Stephené Loubser	EC	71,95	217	Mar-07	82,5	87,5	~~-92,5~~	87,5	40,0	~~-42,5~~	42,5	42,5	102,5	110,0	~~-117,5~~	110,0	240,0	3	48,62		
	84	Gabriella Poxon	Gau	80,25	64	Sep-04	60,0	67,5	72,5	72,5	40,0	~~-45,0~~	~~-47,5~~	40,0	75,0	85,0	90,0	90,0	202,5	1	38,96		
Junior																							
	57	Alexandra Mundell	Gau	56,20	211	Mar-99	107,5	112,5	117,5	117,5	71,5	75,5	78,0	78,0	147,5	155,0	160,0	160,0	355,5	1	84,29	Best Junior	Q
	57	Nicole Hasell	Gau	56,15	9	Mar-01	107,5	115,0	~~-120,0~~	115,0	60,0	65,0	67,5	67,5	132,5	~~-142,5~~	142,5	142,5	325,0	2	77,11		Q
	57	Luca du Toit	Gau	54,55	213	Nov-00	100,0	110,0	~~-120,0~~	110,0	40,0	45,0	47,5	47,5	100,0	120,0	~~-130,0~~	120,0	277,5	3	67,35		Q
	57	Aimee Grefen	Gau	55,80	62	Apr-03	85,0	95,0	~~-105,0~~	95,0	45,0	50,0	~~-52,5~~	50,0	110,0	122,5	~~-135,0~~	122,5	267,5	4	63,77		Q
	69	Caitlin Poxon	Gau	67,50	29	Jun-00	120,0	127,5	135,0	135,0	67,5	70,0	~~-72,5~~	70,0	140,0	150,5	~~-157,5~~	150,5	355,5	1	74,57		Q
	76	Olivia White	WC	73,05	152	Nov-01	140,0	145,0	150,0	150,0	77,5	82,5	85,0	85,0	140,0	150,0	161,0	161,0	396,0	1	79,60		Q
	76	Erin Collins	Gau	72,50	70	Oct-01	127,5	135,0	~~-142,5~~	135,0	68,0	72,5	~~-75,0~~	72,5	142,5	155,5	161,5	161,5	369,0	2	74,45		Q
	76	Esmerelda Marshall	NW	75,60	87	Jan-00	100,0	110,0	117,5	117,5	50,0	55,0	~~-60,0~~	55,0	120,0	135,0	~~-150,0~~	135,0	307,5	3	60,78		Q
	84+	Karin du Plessis	Gau	98,70	170	Sep-00	130,0	142,5	155,5	155,5	~~-65,0~~	67,5	~~-70,0~~	67,5	125,0	135,0	142,5	142,5	365,5	1	65,42		Q
	84+	Colleen Brown	EC	91,85	129	Jun-03	115,0	~~-120,0~~	120,0	120,0	60,0	65,0	~~-67,5~~	65,0	145,0	150,0	~~-160,0~~	150,0	335,0	2	61,27		
Open																							
	47	Firdaus Cassim	Gau	46,30	141	Mar-95	~~-65,0~~	65,0	~~-70,0~~	65,0	25,0	30,0	~~-32,5~~	30,0	~~-85,0~~	85,0	95,0	95,0	190,0	1	53,47		
	52	Giulia Muto	Gau	51,60	108	Jun-87	110,0	120,0	~~-125,0~~	120,0	67,5	72,5	~~-75,0~~	72,5	125,0	135,0	~~-146,0~~	135,0	327,5	1	83,25		Q
	52	Farzana Botha	Gau	51,55	207	Oct-85	85,0	90,0	~~-95,0~~	90,0	57,5	62,5	~~-65,0~~	62,5	135,0	145,5	153,0	153,0	305,5	2	77,72		Q
	52	Alexa Pentopoulos	Gau	50,05	1	Dec-94	100,0	110,0	115,0	115,0	45,0	52,5	55,0	55,0	110,0	125,0	135,0	135,0	305,0	3	79,65		Q
	52	Shelby van Tonder	Gau	51,70	172	Mar-97	80,0	90,0	100,0	100,0	40,0	45,0	50,0	50,0	90,0	110,0	117,5	117,5	267,5	4	67,88		
	57	Antoinette Kriel	Gau	56,60	178	Sep-71	115,0	120,0	123,0	123,0	80,0	85,5	87,5	87,5	145,0	157,5	163,0	163,0	373,5	1	88,08		Q
	57	Sasha Payne	Gau	55,20	147	May-95	136,0	140,0	0,0	140,0	82,5	~~-87,5~~	~~-87,5~~	82,5	140,0	150,0	~~-157,5~~	150,0	372,5	2	89,56	Best Open	Q
	57	Alexandra Mundell	Gau	56,20	211	Mar-99	107,5	112,5	117,5	117,5	71,5	75,5	78,0	78,0	147,5	155,0	160,0	160,0	355,5	3	84,29		Q
	57	Chevonne Roos	Gau	56,65	193	Jan-94	125,0	132,5	~~-141,0~~	132,5	67,5	72,5	~~-77,5~~	72,5	115,0	132,5	150,0	150,0	355,0	4	83,66		Q
	57	Giovanna Winetzki	Gau	53,95	110	Jul-92	80,0	85,0	90,0	90,0	37,5	40,0	~~-42,5~~	40,0	100,0	110,0	117,5	117,5	247,5	5	60,60		

	63	Daniella Da Silva	Gau	60,50	109	Feb-97	130,0	140,0	147,5	147,5	57,5	65,0	70,0	70,0	150,0	160,0	170,0	170,0	387,5	1	87,09		Q
	63	Sorah Garber	KZN	59,60	148	Dec-81	125,0	135,0	140,0	140,0	85,0	90,5	-92,5	90,5	145,0	155,0	-167,5	155,0	385,5	2	87,55		Q
	63	Mijuane de Wet	Gau	62,35	44	Mar-06	130,0	140,0	-145,0	140,0	60,0	65,5	66,0	66,0	145,0	155,0	160,5	160,5	366,5	3	80,73		Q
	63	Amelia Krishna	KZN	62,25	61	Jun-92	125,0	135,0	-140,0	135,0	-62,5	52,5	-57,5	52,5	150,0	160,0	-168,5	160,0	347,5	4	76,62		Q
	63	Nicole Cupp	Gau	61,85	103	Jul-82	110,0	120,0	-125,0	120,0	62,5	67,5	70,0	70,0	145,0	150,0	-162,5	150,0	340,0	5	75,29		Q
	63	Kristl Kannemeyer	Gau	61,40	139	Oct-83	105,0	115,0	-115,0	115,0	62,5	-65,0	-65,0	62,5	120,0	135,0	-142,5	135,0	312,5	6	69,53		
	63	Stephanie Carter	Gau	61,60	97	Apr-89	75,0	-85,0	92,5	92,5	60,0	65,0	-67,5	65,0	85,0	97,5	110,0	110,0	267,5	7	59,39		
	63	Samantha Palm	NW	59,15	220	Oct-84	80,0	82,5	87,5	87,5	45,0	47,5	-52,5	47,5	90,0	97,5	105,0	105,0	240,0	8	54,80		
	69	Kimberley Beyl	Gau	67,10	107	Dec-93	122,5	127,5	132,5	132,5	67,5	72,5	75,0	75,0	150,0	165,0	172,5	172,5	380,0	1	79,99		Q
	69	Laura de Wet	Gau	67,55	102	Nov-74	130,0	140,0	-143,0	140,0	65,0	70,0	-75,0	70,0	160,0	170,0	-180,0	170,0	380,0	2	79,68		Q
	69	Megan Leighton	Gau	64,75	45	Jan-96	115,0	122,5	127,5	127,5	62,5	65,0	67,5	67,5	142,5	157,5	162,5	162,5	357,5	3	76,88		
	69	Caitlin Poxon	Gau	67,50	29	Jun-00	120,0	127,5	135,0	135,0	67,5	70,0	-72,5	70,0	140,0	150,5	-157,5	150,5	355,5	4	74,57		
	69	Vanessa Lessing	EC	66,45	126	Jul-78	110,0	117,5	122,5	122,5	65,0	70,0	-72,5	70,0	140,0	150,0	-152,5	150,0	342,5	5	72,51		
	69	Dominique Smith	Gau	67,10	144	Jun-93	110,0	-145,0	-147,5	110,0	60,0	65,0	-67,5	65,0	140,0	150,0	-157,5	150,0	325,0	6	68,41		
	69	Rashmi Bokoliai	Gau	64,90	221	Jul-84	80,0	90,0	100,0	100,0	40,0	45,0	50,0	50,0	90,0	110,0	117,5	117,5	267,5	7	57,44		
	69	Shakirah Limbada	Gau	64,05	204	Mar-95	80,0	90,0	-100,0	90,0	40,0	-52,5	52,5	52,5	90,0	100,0	-110,0	100,0	242,5	8	52,50		
	76	Nicole Coopoomsamy	WC	73,90	24	Dec-93	140,0	150,0	156,0	156,0	80,0	85,0	87,5	87,5	185,0	192,5	196,0	196,0	439,5	1	87,83		Q
	76	Olivia Perotti	Gau	74,20	180	Jan-89	150,0	155,5	156,5	156,5	67,5	72,5	-77,5	72,5	137,5	-150,0	150,0	150,0	379,0	2	75,59		
	76	Erin Collins	Gau	72,50	70	Oct-01	127,5	135,0	-142,5	135,0	68,0	72,5	-75,0	72,5	142,5	155,5	161,5	161,5	369,0	3	74,45		
	76	Michelle van der Merwe	NW	75,35	197	Mar-86	110,0	-145,0	-145,0	110,0	47,5	52,5	55,0	55,0	120,0	127,5	135,0	135,0	300,0	4	59,39		
	76	Charlene Joubert	NW	72,80	159	Sep-91	100,0	105,0	-140,0	105,0	45,0	50,0	-52,5	50,0	140,0	-150,0	-150,0	140,0	295,0	5	59,40		
	84	Danielle Waldeck	WC	82,90	112	May-85	155,0	165,0	-175,0	165,0	60,0	70,0	72,5	72,5	155,0	165,0	175,0	175,0	412,5	1	78,31		
	84	Marina van der Linde	Gau	83,10	124	Jul-83	140,0	150,0	-160,0	150,0	72,5	77,5	80,0	80,0	160,0	170,0	180,0	180,0	410,0	2	77,76		
	84	Elmarie V. Rheede v. Oudtshoorn	Gau	83,55	168	Aug-85	140,0	145,0	150,0	150,0	72,5	77,5	-82,5	77,5	170,0	180,0	-187,5	180,0	407,5	3	77,12		
	84+	Christi Rees	Gau	103,40	26	Jan-86	150,0	160,0	165,0	165,0	95,0	102,5	107,5	107,5	160,0	170,0	180,0	180,0	452,5	1	80,00		Q
	84+	Morgana Robbertze	Gau	107,70	38	Jul-80	127,5	-137,5	137,5	137,5	75,0	-80,0	-80,0	75,0	192,5	200,0	-205,5	200,0	412,5	2	72,23		
	84+	Kay-Lee Steyn	NW	126,80	118	Aug-94	170,0	175,0	180,0	180,0	70,0	-72,5	-72,5	70,0	155,0	162,5	-170,0	162,5	412,5	3	70,10		
	84+	Vleen Serge	Gau	94,60	32	Jan-86	130,0	140,0	150,0	150,0	50,0	57,5	-60,0	57,5	140,0	-160,0	160,0	160,0	367,5	4	66,60		
	84+	Lauren van Rooyen	Gau	101,10	131	Oct-93	-130,0	130,0	137,5	137,5	65,0	70,0	75,0	75,0	140,0	-160,0	-160,0	140,0	352,5	5	62,68		
	84+	Cheslyn Fortuin	WC	104,10	182	May-83	115,0	122,5	125,0	125,0	65,0	67,5	-70,0	67,5	145,0	152,5	157,5	157,5	350,0	6	61,78		
	84+	Alisha Johnson	Gau	101,35	8	Aug-95	100,0	117,5	125,0	125,0	40,0	45,0	47,5	47,5	120,0	132,5	142,5	142,5	315,0	7	55,98		
Master 1																							
	52	Tarryn Valle	WC	50,80	22	Aug-78	80,0	85,0	87,5	87,5	42,5	45,0	-47,5	45,0	-120,0	125,0	130,0	130,0	262,5	1	67,65		Q
	52	Elisabeth Barry	EC	49,55	60	Mar-73	75,0	82,5	87,5	87,5	37,5	40,0	-42,5	40,0	100,0	115,0	120,0	120,0	247,5	2	65,23		Q
	63	Sorah Garber	KZN	59,60	148	Dec-81	125,0	135,0	140,0	140,0	85,0	90,5	-92,5	90,5	145,0	155,0	-167,5	155,0	385,5	1	87,55	Best M1	Q
	69	Vanessa Lessing	EC	66,45	126	Jul-78	110,0	117,5	122,5	122,5	65,0	70,0	-72,5	70,0	140,0	150,0	-152,5	150,0	342,5	1	72,51		Q
	76	Pia Marangoni	Gau	74,94	215	Dec-78	127,5	132,5	135,0	135,0	60,0	67,5	70,0	70,0	145,0	155,0	163,0	163,0	368,0	1	73,04		Q
	76	Zanele Ngwenya	Gau	75,25	188	Jan-79	120,0	127,5	132,5	132,5	62,5	65,0	67,5	67,5	147,5	-157,5	157,5	157,5	357,5	2	70,82		Q
	76	Monica Longhurst	Gau	72,85	113	Jul-80	120,0	127,5	135,0	135,0	75,0	80,0	85,0	85,0	115,0	120,0	125,0	125,0	345,0	3	69,44		Q
	76	Jodi Poxon	Gau	75,25	153	Apr-75	110,0	115,0	-120,0	115,0	62,5	65,0	-67,5	65,0	127,5	135,0	-140,0	135,0	315,0	4	62,40		Q
	84	Jacqui Rees	Gau	83,25	201	Mar-80	115,0	125,0	-132,5	125,0	67,5	72,5	75,0	75,0	145,0	160,0	-168,0	160,0	360,0	1	68,23		Q
	84+	Morgana Robbertze	Gau	107,70	38	Jul-80	127,5	-137,5	137,5	137,5	75,0	-80,0	-80,0	75,0	192,5	200,0	-205,5	200,0	412,5	1	72,23		Q
	84+	Phokwane Moloele	Gau	91,75	35	Jan-77	130,0	140,0	152,5	152,5	75,0	80,0	85,0	85,0	140,0	165,0	170,0	170,0	407,5	2	74,56		Q
	84+	Lauren Jones	Gau	100,30	89	Oct-77	120,0	130,0	140,0	140,0	65,0	70,0	-77,5	70,0	150,0	170,0	177,5	177,5	387,5	3	69,05		Q
	84+	Michele Townsend	Gau	127,60	142	Dec-76	95,0	107,5	115,0	115,0	50,0	55,0	-60,0	55,0	120,0	145,0	-152,5	145,0	315,0	4	53,49		

Master 2																								
	57	Antoinette Kriel	Gau	56,60	178	Sep-71	115,0	120,0	123,0	123,0	80,0	85,5	87,5	87,5	145,0	157,5	163,0	163,0	373,5	1	88,08	Best M2	Q	
	63	Marieke van Linge	Gau	61,35	19	Dec-72	80,0	87,5	-90,0	87,5	42,5	45,0	-47,5	45,0	100,0	-110,0	115,0	115,0	247,5	1	55,10		Q	
	69	Candice-Ann Firmani	WC	67,00	177	Jul-67	90,0	97,5	100,0	100,0	52,5	57,5	60,0	60,0	97,5	110,0	-115,0	110,0	270,0	1	56,88		Q	
	76	Sandra van der Wel	Gau	74,35	134	Jul-63	67,5	75,0	80,0	80,0	37,5	40,0	42,5	42,5	90,0	100,0	110,0	110,0	232,5	1	46,32			
Master 3																								
	57	Kim Dubs	WC	55,05	127	Jul-59	55,0	57,5	-60,0	57,5	35,0	37,5	-40,0	37,5	75,0	80,0	-82,5	80,0	175,0	1	42,16			
	84+	Samali Bosa	Gau	97,05	122	Oct-61	60,0	70,0	80,0	80,0	45,0	50,0	52,5	52,5	90,0	105,0	115,0	115,0	247,5	1	44,51	Best M3		
Master 4																								
	57	Dulcie Duguid	WC	54,10	157	Jan-49	65,0	70,0	-75,0	70,0	32,5	35,0	-37,5	35,0	87,5	92,5	-95,0	92,5	197,5	1	48,25	Best M4	Q	

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MEN	IPF Wt Cls	Name	Team	Bwt - kg	lot#	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	P/Div/Cls/ Event	IPF GL Points	Best Lifter	Qual for SA Team
Subjunior																							
	59	Rafi Saacks	Gau	57,60	196	Oct-05	110,0	120,0	130,0	130,0	60,0	65,0	-67,5	65,0	165,0	175,0	182,5	182,5	377,5	1	63,28		Q
	59	Daniel Saacks	Gau	57,00	146	Jun-07	110,0	120,0	125,0	125,0	65,0	70,0	72,5	72,5	150,0	160,0	167,5	167,5	365,0	2	61,52		Q
	66	Ricardi Matthee	WC	62,85	53	Sep-05	-125,0	-125,0	-125,0	0,0	60,0	65,0	70,0	70,0	150,0	155,0	160,0	160,0	0,0		0,00		
	74	Xander Nel	Gau	73,40	63	Mar-04	152,5	162,5	172,5	172,5	85,0	92,5	95,0	95,0	180,0	190,0	200,0	200,0	467,5	1	68,92		Q
	74	Sonu Singh	Gau	73,95	65	Jul-04	145,0	155,0	165,0	165,0	85,0	-95,0	-95,0	85,0	180,0	200,0	210,0	210,0	460,0	2	67,56		Q
	74	Gabriel Hore	Gau	69,80	149	Jun-06	140,0	152,5	157,5	157,5	87,5	97,5	102,5	102,5	160,0	175,0	182,5	182,5	442,5	3	66,97		Q
	74	Dylan Vorster	FS	70,90	27	Oct-05	160,0	170,0	-190,0	170,0	70,0	85,0	90,0	90,0	170,0	180,0	-190,0	180,0	440,0	4	66,05		Q
	74	Avishai Eilim	Gau	71,10	16	May-04	140,0	147,5	152,5	152,5	100,0	107,5	-110,0	107,5	160,0	165,0	-170,0	165,0	425,0	5	63,71		Q
	74	Braam Nel	NW	71,85	179	Apr-04	130,0	140,0	-147,5	140,0	65,0	70,0	-75,0	70,0	165,0	175,0	180,0	180,0	390,0	6	58,14		Q
	74	Brendan Kuhn	EC	70,50	209	Jul-05	-125,0	125,0	130,0	130,0	80,0	-90,0	-90,0	80,0	160,0	-175,0	-175,0	160,0	370,0	7	55,71		
	74	Michael Zwart	EC	74,00	67	Mar-04	120,0	125,0	-132,5	125,0	67,5	72,5	-75,0	72,5	130,0	150,0	160,0	160,0	357,5	8	52,48		
	74	Dean Smit	Gau	71,80	186	Oct-04	110,0	120,0	125,0	125,0	65,0	67,5	-70,0	67,5	140,0	150,0	-160,0	150,0	342,5	9	51,08		
	74	Izak Kriel	NW	73,70	40	Jun-05	-175,0	-175,0	-175,0	0,0	120,0	-135,0	-135,0	120,0	0,0	0,0	0,0	0,0	0,0		0,00		
	83	Janko Kruger	FS	83,00	17	Apr-04	190,0	205,0	215,0	215,0	130,0	137,5	142,5	142,5	225,0	250,0	-268,0	250,0	607,5	1	84,09	Best SJ	Q
	83	Gareth Kriel	NC	81,50	50	Jan-04	170,0	180,0	190,0	190,0	125,0	130,0	-135,0	130,0	180,0	190,0	-200,0	190,0	510,0	2	71,25		Q
	83	Luca Kolatsis	WC	80,25	43	Jan-04	165,0	-175,0	175,0	175,0	100,0	107,5	-110,0	107,5	205,0	217,5	0,0	217,5	500,0	3	70,41		Q
	83	Jonah Carr	Gau	80,65	161	Mar-05	150,0	167,5	172,5	172,5	100,0	105,0	112,5	112,5	185,0	205,0	-217,5	205,0	490,0	4	68,82		Q
	83	Christopher van den Berg	EC	75,50	214	Jun-05	140,0	150,0	-170,0	150,0	90,0	100,0	105,0	105,0	200,0	215,0	-227,5	215,0	470,0	5	68,29		Q
	83	Daniel Labob	Gau	80,90	69	Dec-05	125,0	132,5	140,0	140,0	85,0	90,0	92,5	92,5	160,0	175,0	-182,5	175,0	407,5	6	57,15		
	93	Philip Coetzer	FS	93,00	34	Aug-04	-170,0	170,0	172,5	172,5	110,0	120,0	130,0	130,0	200,0	220,0	230,0	230,0	532,5	1	69,66		Q
	93	Jean-Pierre Blom	Gau	85,70	111	Aug-06	150,0	162,5	172,5	172,5	95,0	100,0	102,5	102,5	145,0	160,0	172,5	172,5	447,5	2	60,96		Q
	93	Jeff du Toit	Gau	92,30	88	Mar-04	110,0	130,0	150,0	150,0	60,0	70,0	75,0	75,0	140,0	165,0	177,5	177,5	402,5	3	52,85		
	93	Stephan Jacobsz	Gau	91,25	200	Apr-05	140,0	150,0	-160,0	150,0	85,0	90,0	-100,0	90,0	140,0	150,0	160,0	160,0	400,0	4	52,82		
	105	Conor Buck	Gau	102,20	125	Mar-04	200,0	217,5	-225,5	217,5	100,0	107,5	110,0	110,0	220,0	235,0	250,0	250,0	577,5	1	72,21		Q
	120	Taariq Osman	Gau	116,40	130	Jan-05	220,0	235,0	245,5	245,5	115,0	125,0	-130,0	125,0	215,0	230,0	247,5	247,5	618,0	1	72,81		Q
	120+	Dylan Rollo	FS	125,80	165	Oct-04	160,0	175,0	0,0	175,0	95,0	105,0	-112,5	105,0	200,0	215,0	225,0	225,0	505,0	1	57,52		
Junior																							
	53	Tshepo Mulaudzi	Gau	50,70	91	Aug-01	110,0	-120,0	120,0	120,0	70,0	-80,0	-80,0	70,0	145,0	155,5	-167,0	155,5	345,5	1	62,03		
	59	Cainan Nanthan	Gau	57,45	115	Feb-03	100,0	110,0	115,0	115,0	-65,0	65,0	72,5	72,5	125,0	137,5	-146,0	137,5	325,0	1	54,55		
	66	James Mc Ilree	Gau	65,60	175	Oct-00	145,0	155,0	160,0	160,0	90,0	97,5	102,5	102,5	175,0	-187,5	-187,5	175,0	437,5	1	68,42		
	74	Wynand Kuhn	Gau	70,75	117	Feb-99	165,0	175,0	180,0	180,0	120,0	127,5	130,0	130,0	240,0	255,0	260,5	260,5	570,5	1	85,74		Q
	74	Caneous Mdluli	Gau	73,80	162	Aug-00	170,0	185,0	195,0	195,0	140,0	142,5	-143,0	142,5	210,0	225,0	-235,0	225,0	562,5	2	82,70		Q
	74	Karabo Manamela	Gau	70,15	4	Dec-99	160,0	180,0	200,0	200,0	110,0	120,0	-125,0	120,0	200,0	225,0	-230,0	225,0	545,0	3	82,27		Q
	74	Sechaba Mashinini	Gau	73,35	95	May-03	165,0	175,0	182,5	182,5	95,0	102,5	107,5	107,5	187,5	205,0	212,5	212,5	502,5	4	74,11		Q
	74	Connor Reynolds	Gau	73,70	199	Oct-03	145,0	160,0	-165,0	160,0	-87,5	87,5	-95,0	87,5	180,0	195,0	205,0	205,0	452,5	5	66,57		
	74	Nardus Snyman	Gau	73,05	212	Mar-03	135,0	145,0	152,5	152,5	75,0	82,5	-90,0	82,5	155,0	-170,0	170,0	170,0	405,0	6	59,86		

[illegible]

	93	Nkosinathi Ntuli	Gau	91,60	121	Aug-97	225,0	240,0	-250,0	240,0	130,0	140,0	145,0	145,0	265,0	275,0	280,0	280,0	665,0	1	87,64		Q
	93	Sibusiso Sishi	Gau	91,10	154	Jun-85	-220,0	220,0	-230,0	220,0	140,0	150,0	160,0	160,0	252,5	272,5	280,0	280,0	660,0	2	87,22		Q
	93	Bandile Khuzwayo	Gau	92,95	173	Feb-90	220,0	230,0	-237,5	230,0	125,0	135,0	142,5	142,5	250,0	270,0	280,0	280,0	652,5	3	85,38		
	93	Archie Ayekpa	Gau	89,95	82	Apr-85	220,0	-232,5	232,5	232,5	155,0	-162,5	-162,5	155,0	240,0	262,5	-272,5	262,5	650,0	4	86,44		
	93	Wessel Davel	Gau	91,85	190	May-93	210,0	222,5	-227,5	222,5	127,5	135,0	-140,0	135,0	250,0	267,5	-272,5	267,5	625,0	5	82,26		
	93	Elfranco Holder	NW	86,35	132	Mar-93	180,0	190,0	200,0	200,0	150,0	160,0	-165,0	160,0	230,0	250,0	-270,0	250,0	610,0	6	82,78		
	93	Ryan Stopforth	Gau	92,50	42	May-85	210,0	217,5	-225,0	217,5	145,0	152,5	157,5	157,5	210,0	230,0	-250,0	230,0	605,0	7	79,36		
	93	Calum Harding	Gau	92,45	90	Jun-98	197,5	207,5	215,0	215,0	135,0	140,0	142,5	142,5	222,5	235,0	245,0	245,0	602,5	8	79,05		
	93	Joshua Standers	Gau	91,05	171	Mar-94	185,0	200,0	-219,0	200,0	145,0	152,5	-167,5	152,5	210,0	230,0	245,0	245,0	597,5	9	78,98		
	93	Gerhard Rabie	Gau	90,45	54	May-92	195,0	210,0	-215,0	210,0	122,5	130,0	-132,5	130,0	232,5	247,5	252,5	252,5	592,5	10	78,57		
	93	Khotso Thekiso	Gau	85,85	49	Jul-98	160,0	170,0	175,0	175,0	107,5	112,5	117,5	117,5	260,0	272,5	280,0	280,0	572,5	11	77,92		
	105	Tom Wewege	WC	104,75	96	Aug-92	240,0	260,0	267,5	267,5	185,0	192,5	197,5	197,5	270,0	290,0	-295,0	290,0	755,0	1	93,32		Q
	105	Willie Combrink	NW	103,60	205	Nov-87	-240,0	240,0	-255,0	240,0	-140,0	140,0	-150,0	140,0	260,0	270,0	280,0	280,0	660,0	2	82,00		
	105	Liam Karovsky	Gau	98,65	250	Nov-01	220,0	230,0	-240,0	230,0	125,0	135,0	137,5	137,5	250,0	270,0	-272,5	270,0	637,5	3	81,06		
	105	Christo Schoonraad	Gau	103,00	202	Mar-63	-240,0	240,0	250,0	250,0	-120,0	120,0	-130,0	120,0	240,0	260,0	-275,0	260,0	630,0	4	78,48		
	105	Daniel Robertson	Gau	97,80	191	Jan-94	210,0	225,0	235,0	235,0	127,5	135,0	-140,0	135,0	252,5	-262,5	-262,5	252,5	622,5	5	79,48		
	105	Ian Carney	FS	102,95	51	Apr-88	175,0	190,0	200,0	200,0	135,0	-145,0	145,0	145,0	215,0	235,0	250,0	250,0	595,0	6	74,14		
	105	Hanno De Villiers	Gau	100,60	123	Feb-94	-200,0	-210,0	210,0	210,0	140,0	-150,0	-150,0	140,0	-230,0	-245,0	0,0	0,0	0,0		0,00		
	120	Francois Maritz	Gau	118,95	195	Mar-93	300,0	325,0	335,0	335,0	200,0	215,0	225,5	225,5	-300,0	300,0	-325,0	300,0	860,5	1	100,41	Best Open	Q
	120	Brandon Bezuidenhout	Gau	109,75	59	Dec-93	235,0	245,0	255,0	255,0	177,5	182,5	187,5	187,5	280,0	290,0	300,0	300,0	742,5	2	89,82		Q
	120	Derik van Wyk	Gau	112,40	75	Aug-86	245,0	265,0	270,0	270,0	145,0	152,5	-160,0	152,5	240,0	255,0	262,5	262,5	685,0	3	81,97		
	120	Amerko Ndubane	NW	119,20	36	Oct-93	230,0	245,0	255,0	255,0	135,0	150,0	-160,0	150,0	240,0	260,0	-275,0	260,0	665,0	4	77,53		
	120	Edlyn Serge	Gau	112,00	183	Mar-84	210,0	220,0	230,0	230,0	150,0	-157,5	-157,5	150,0	250,0	270,0	0,0	270,0	650,0	5	77,91		
	120+	Kyle Noonan	WC	139,70	46	Aug-90	290,0	300,0	310,0	310,0	200,0	205,0	0,0	205,0	330,0	351,0	0,0	351,0	866,0	1	94,48		Q
	120+	Matt Bekker	Gau	137,75	145	Apr-94	270,0	290,0	295,0	295,0	185,0	195,0	200,0	200,0	300,0	325,0	-330,0	325,0	820,0	2	89,97		Q
	120+	Abel Moodley	Gau	123,25	160	Aug-92	285,0	295,0	300,0	300,0	155,0	160,0	162,5	162,5	280,0	290,0	302,5	302,5	765,0	3	87,91		Q
	120+	Stefan Schroder	Gau	140,75	84	Dec-92	220,0	245,0	255,0	255,0	-200,0	200,0	215,5	215,5	265,0	282,5	292,5	292,5	763,0	4	83,00		Q
	120+	Shawn Marx	Gau	137,35	105	Aug-92	230,0	240,0	250,0	250,0	135,0	147,5	155,0	155,0	250,0	270,0	280,0	280,0	685,0	5	75,24		
Master 1																							
	83	Marlon Daniels	Gau	82,00	194	Nov-75	220,0	235,0	245,0	245,0	150,0	157,5	-160,0	157,5	220,0	235,0	242,5	242,5	645,0	1	89,83	Best M1	Q
	83	Chris Forget	Gau	81,15	79	Nov-79	220,0	232,5	-244,0	232,5	120,0	125,0	-127,5	125,0	230,0	252,5	-265,0	252,5	610,0	2	85,41		Q
	93	Jerry Botha	Gau	91,90	6	Nov-74	170,0	180,0	185,0	185,0	135,0	145,0	-147,5	145,0	220,0	235,0	-240,0	235,0	565,0	1	74,35		Q
	93	Johann Nico Meyer	Gau	86,35	68	Aug-81	165,0	175,0	180,0	180,0	120,0	125,0	130,0	130,0	200,0	220,0	-230,0	220,0	530,0	2	71,92		Q
	105	Quintin van der Merwe	NW	101,90	158	Jul-82	200,0	-210,0	-210,0	200,0	120,0	-125,0	125,0	125,0	235,0	240,0	250,0	250,0	575,0	1	72,00		Q
	120	Shaeel Singh	Gau	119,15	119	May-78	220,0	230,0	240,0	240,0	140,0	150,0	155,0	155,0	-260,0	260,0	270,0	270,0	665,0	1	77,54		Q
	120	Newton Mudau	Gau	118,00	71	Apr-81	225,0	240,5	250,5	250,5	160,0	170,0	180,0	180,0	210,0	232,5	-245,0	232,5	663,0	2	77,64		Q
	120	Madikane Faku	NW	119,85	86	Jul-75	240,0	250,0	255,0	255,0	85,0	95,0	-100,0	95,0	290,0	300,0	305,0	305,0	655,0	3	76,18		Q
	120	Nick Da Luz	Gau	115,35	93	Jul-76	225,0	235,0	-249,0	235,0	155,0	-165,0	-165,0	155,0	245,0	-255,0	0,0	245,0	635,0	4	75,11		Q
	120	Koos du Toit	Gau	112,60	100	Mar-73	200,0	210,0	220,0	220,0	130,0	-135,0	-135,0	130,0	240,0	260,0	-270,0	260,0	610,0	5	72,94		Q
	120	Braam Van Huyssteen	FS	112,00	169	Sep-80	195,0	210,0	-229,0	210,0	100,0	115,0	125,0	125,0	210,0	230,0	-242,5	230,0	565,0	6	67,72		
	120+	Simon Breetzke	Gau	132,15	13	Jun-78	245,0	260,0	272,5	272,5	165,0	175,0	185,0	185,0	220,0	240,0	250,0	250,0	707,5	1	78,95		Q
	120+	Werner Koekemoer	Gau	188,60	216	Dec-76	-190,0	190,0	215,0	215,0	150,0	160,0	-172,5	160,0	200,0	220,0	230,0	230,0	605,0	2	59,36		Q

Master 2																								
	74	Nils Tania	Gau	74,00	52	Feb-66	160,0	170,0	-180,0	170,0	80,0	87,5	90,0	90,0	-160,0	170,0	-180,0	170,0	430,0	1	63,13			Q
	83	Tommie de Nysschen	FS	81,60	85	May-63	140,0	150,0	0,0	150,0	135,0	141,0	145,0	145,0	150,0	165,0	0,0	165,0	460,0	1	64,23			Q
	83	Adebayo Steve Ogunfemi	Gau	82,35	20	Jul-69	205,0	210,0	-220,0	210,0	-105,0	-105,0	-105,0	0,0	250,0	260,0	267,5	267,5	0,0		0,00			
	93	Johnny Dam	Gau	92,70	99	Dec-69	185,0	195,0	202,5	202,5	145,5	152,5	-168,0	152,5	210,0	225,0	233,0	233,0	588,0	1	77,04			Q
	93	Alan Ridgard	Gau	90,60	176	Mar-66	170,0	180,0	187,5	187,5	100,0	110,0	120,0	120,0	190,0	205,0	-225,0	205,0	512,5	2	67,91			Q
	105	Christo Schoonraad	Gau	103,00	202	Mar-63	-240,0	240,0	250,0	250,0	-120,0	120,0	-130,0	120,0	240,0	260,0	-275,0	260,0	630,0	1	78,48	Best M2		Q
	105	Neil Pryce	Gau	96,70	25	Dec-71	145,0	-152,5	160,0	160,0	110,0	115,0	120,0	120,0	185,0	195,0	-200,0	195,0	475,0	2	60,98			
	105	Derek Hayden	Gau	101,95	14	Feb-68	150,0	160,0	-185,0	160,0	70,0	90,0	105,0	105,0	65,0	0,0	0,0	65,0	330,0	3	41,31			
	120	Hermanus Bernardus de Beer	Gau	115,50	77	Apr-70	180,0	200,0	220,0	220,0	135,0	145,0	152,5	152,5	250,0	270,0	290,0	290,0	662,5	1	78,32			Q
	120	John Crain	Gau	116,05	48	Dec-69	175,0	190,0	-200,0	190,0	160,0	167,5	-172,5	167,5	235,0	245,0	-265,0	245,0	602,5	2	71,08			Q
	120	Denis Bensch	Gau	119,00	76	Dec-65	200,0	220,0	230,0	230,0	120,0	130,0	140,0	140,0	200,0	220,0	230,0	230,0	600,0	3	70,00			Q
	120+	Ian Furman	Gau	130,25	74	Jun-67	170,0	182,5	187,5	187,5	187,5	-195,0	195,0	195,0	180,0	200,0	0,0	200,0	582,5	1	65,39			Q
Master 3	83	Gregory Flugel	Gau	82,15	11	Feb-54	95,0	105,0	-115,0	105,0	60,0	-72,5	72,5	72,5	120,0	135,0	145,0	145,0	322,5	1	44,88			
	105	Andre Ludik	EC	102,05	120	Jun-57	105,0	110,0	115,0	115,0	85,0	92,5	95,0	95,0	150,0	165,0	172,5	172,5	382,5	1	47,86	Best M3		
Master 4	74	Dan Oppenheim	Gau	73,85	114	Jun-45	120,0	130,0	-134,0	130,0	82,5	87,5	92,5	92,5	170,0	180,0	-186,0	180,0	402,5	1	59,15	Best M4		Q

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YOUTH	IPF Wt CIs	Name	Team	Bwt - kg	lot#	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/CIs/ Event	IPF GL Points	Best Lifter	
Women	LW	Kay-Dee Van Rooyen	NW	37,60	116	May-11	40,0	45,0	50,0	50,0	20,0	25,0	27,5	27,5	50,0	57,5	62,5	62,5	140,0	1	50,37		
	MW	Talitha de Wet	Gau	57,00	187	Aug-08	70,0	80,0	87,5	87,5	30,0	37,5	40,0	40,0	85,0	95,0	~~100,0~~	95,0	222,5	1	52,19		
	MW	Roxanne Nel	NW	55,65	135	May-10	40,0	47,5	~~56,0~~	47,5	20,0	25,0	27,5	27,5	50,0	57,5	65,0	65,0	140,0	2	33,45		
	MW	Morgan Kemp	Gau	62,95	203	Nov-08	55,0	65,0	72,5	72,5	27,5	32,5	~~36,0~~	32,5	75,0	85,0	90,0	90,0	195,0	3	42,68		
	HW	Gila Smith	Gau	64,95	31	Jan-09	85,0	92,5	95,0	95,0	45,0	50,0	52,5	52,5	115,0	122,5	125,0	125,0	272,5	1	58,49	Best Youth	

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STUDENTS	IPF Wt CIs	Name	Team	Bwt - kg	lot#	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/CIs/ Event	IPF GL Points	Best Lifter	
Women	63	Daniella Da Silva	Gau	60,50	109	Feb-97	130,0	140,0	147,5	147,5	57,5	65,0	70,0	70,0	150,0	160,0	170,0	170,0	387,5	1	87,09	Best Student	
	76	Olivia White	WC	73,05	152	Nov-01	140,0	145,0	150,0	150,0	77,5	82,5	85,0	85,0	140,0	150,0	161,0	161,0	396,0	2	79,60		
	57	Nicole Hasell	Gau	56,15	9	Mar-01	107,5	115,0	~~129,0~~	115,0	60,0	65,0	67,5	67,5	132,5	~~142,5~~	142,5	142,5	325,0	3	77,11		
	69	Caitlin Poxon	Gau	67,50	29	Jun-00	120,0	127,5	135,0	135,0	67,5	70,0	~~72,5~~	70,0	140,0	150,5	~~167,5~~	150,5	355,5	4	74,57		
	76	Erin Collins	Gau	72,50	70	Oct-01	127,5	135,0	~~142,5~~	135,0	68,0	72,5	~~75,0~~	72,5	142,5	155,5	161,5	161,5	369,0	5	74,45		
	57	Luca du Toit	Gau	54,55	213	Nov-00	100,0	110,0	~~120,0~~	110,0	40,0	45,0	47,5	47,5	100,0	120,0	~~130,0~~	120,0	277,5	6	67,35		
	84+	Karin du Plessis	Gau	98,70	170	Sep-00	130,0	142,5	155,5	155,5	~~65,0~~	67,5	~~70,0~~	67,5	125,0	135,0	142,5	142,5	365,5	7	65,42		
	57	Aimee Grefen	Gau	55,80	62	Apr-03	85,0	95,0	~~105,0~~	95,0	45,0	50,0	~~52,5~~	50,0	110,0	122,5	~~135,0~~	122,5	267,5	8	63,77		
Men	93	Zandré van der Berg	NW	91,45	206	Apr-99	220,0	~~235,0~~	245,0	245,0	147,5	155,0	~~160,0~~	155,0	270,0	287,5	300,5	300,5	700,5	1	92,40	Best Student	
	83	Jason Knowles	Gau	81,90	218	Jul-97	225,0	237,5	243,5	243,5	125,0	135,0	~~140,0~~	135,0	235,0	252,5	260,0	260,0	638,5	2	88,98		
	83	Luqmaan Abed	Gau	82,95	28	Nov-99	195,0	205,0	~~212,5~~	205,0	~~125,0~~	~~132,5~~	132,5	132,5	255,0	265,0	270,0	270,0	607,5	3	84,12		
	74	Karabo Manamela	Gau	70,15	4	Dec-99	160,0	180,0	200,0	200,0	110,0	120,0	~~125,0~~	120,0	200,0	225,0	~~230,0~~	225,0	545,0	4	82,27		
	83	Michael Huisamen	Gau	79,60	150	May-01	195,0	~~207,5~~	~~207,5~~	195,0	125,0	130,0	~~132,5~~	130,0	220,0	240,0	~~250,0~~	240,0	565,0	5	79,89		
	93	Joshua Marais	FS	91,00	18	May-02	200,0	210,0	~~215,0~~	210,0	130,0	137,5	140,0	140,0	240,0	250,0	~~252,5~~	250,0	600,0	6	79,33		
	120	Justin Furman	Gau	116,35	78	May-01	235,0	250,0	257,5	257,5	132,5	140,0	142,5	142,5	240,0	260,0	270,0	270,0	670,0	7	78,95		
	93	Adriaan Stander	WC	85,20	181	Jan-01	170,0	~~180,0~~	~~180,0~~	170,0	120,0	125,0	127,5	127,5	240,0	250,0	260,0	260,0	557,5	8	76,16		
	93	Marco De Beer	NW	91,55	10	Mar-01	175,0	200,0	207,5	207,5	100,0	115,0	117,5	117,5	210,0	235,0	250,0	250,0	575,0	9	75,80		
	93	Bradley Oosthuizen	EC	91,40	33	Feb-01	172,5	182,5	190,0	190,0	132,5	140,0	~~142,5~~	140,0	225,0	232,5	~~245,0~~	232,5	562,5	10	74,21		
	74	Sechaba Mashinini	Gau	73,35	95	May-03	165,0	175,0	182,5	182,5	95,0	102,5	107,5	107,5	187,5	205,0	212,5	212,5	502,5	11	74,11		
	83	Gareth Kriel	NC	81,50	50	Jan-04	170,0	180,0	190,0	190,0	125,0	130,0	~~135,0~~	130,0	180,0	190,0	~~200,0~~	190,0	510,0	12	71,25		
	120+	Zafar Suleman	Gau	154,60	208	Feb-00	225,0	235,0	242,5	242,5	145,0	152,5	155,0	155,0	240,0	250,0	257,5	257,5	655,0	13	68,74		
	66	James Mc Ilree	Gau	65,60	175	Oct-00	145,0	155,0	160,0	160,0	90,0	97,5	102,5	102,5	175,0	~~187,5~~	175,0	175,0	437,5	14	68,42		
	93	Gaurav Lall	Gau	88,90	66	Apr-00	170,0	~~185,0~~	185,0	185,0	100,0	110,0	112,5	112,5	190,0	202,5	212,5	212,5	510,0	15	68,21		
	74	Connor Reynolds	Gau	73,70	199	Oct-03	145,0	160,0	~~165,0~~	160,0	~~87,5~~	87,5	~~95,0~~	87,5	180,0	195,0	205,0	205,0	452,5	16	66,57		
	74	Avishai Eilim	Gau	71,10	16	May-04	140,0	147,5	152,5	152,5	100,0	107,5	~~110,0~~	107,5	160,0	165,0	~~170,0~~	165,0	425,0	17	63,71		
	53	Tshepo Mulaudzi	Gau	50,70	91	Aug-01	110,0	~~120,0~~	120,0	120,0	70,0	~~80,0~~	~~80,0~~	70,0	145,0	155,5	~~167,0~~	155,5	345,5	18	62,03		
	74	Nardus Snyman	Gau	73,05	212	Mar-03	135,0	145,0	152,5	152,5	75,0	82,5	~~90,0~~	82,5	155,0	~~170,0~~	170,0	170,0	405,0	19	59,86		
	59	Cainan Nanthan	Gau	57,45	115	Feb-03	100,0	110,0	115,0	115,0	~~65,0~~	65,0	72,5	72,5	125,0	137,5	~~145,0~~	137,5	325,0	20	54,55		
	74	Dean Smit	Gau	71,80	186	Oct-04	110,0	120,0	125,0	125,0	65,0	67,5	~~70,0~~	67,5	140,0	150,0	~~160,0~~	150,0	342,5	21	51,08		