

22/02/2020

SA Equipped Powerlifting Championships, Edenvale, Gauteng

Age Division	Name	Team	Div	Bwt - kg	IPF Wt Cts	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/Cts/Event	IPF Points	Best Lifters	Qual for Worlds PL	Qual for Worlds BP
Subjunior	Charnleigh Kotzè	EC	F-SJ	62.75	63	2004	85.0	87.5	95.0	95.0	45.0	50.0	~~52.5~~	50.0	115.0	125.0	127.5	127.5	272.5	1/F-SJ/63/PL	406.04	Best Subjunior	Q	
Junior	Nicola Maritz	EC	F-J	56.60	57	1997	110.0	115.0	120.0	120.0	55.0	57.5	60.0	60.0	110.0	117.5	120.0	120.0	300.0	1/F-J/57/PL	453.99	Best Junior	Q	
Master 1	Elisabeth Barry	EC	F-M1	51.00	52	1973	100.0	110.0	117.5	117.5	45.0	47.5	50.0	50.0	100.0	115.0	120.0	120.0	287.5	1/F-M1/52/PL	458.43		Q	
	Zanele Ngwenya	GAU	F-M1	62.25	63	1979	~~115.0~~	115.0	~~120.0~~	115.0	52.5	57.5	60.0	60.0	130.0	140.0	150.0	150.0	325.0	1/F-M1/63/PL	465.43		Q	
	Laura De Wet	GAU	F-M1	70.55	72	1974	180.0	190.0	200.0	200.0	87.5	92.5	97.0	97.0	170.0	190.0	~~200.0~~	190.0	487.0	1/F-M1/72/PL	613.00	Best Master 1	Q	Q
	Jacqui Rees	GAU	F-M1	89.95	84+	1980	175.0	185.0	~~190.0~~	185.0	105.0	~~110.0~~	110.0	110.0	165.0	185.0	0.0	185.0	480.0	1/F-M1/84+/PL	554.48		Q	Q
Master 2	Carol Anthony	GAU	F-M2	56.10	57	1966	105.0	113.0	122.5	122.5	45.0	~~50.0~~	~~50.0~~	45.0	115.0	125.0	~~136.0~~	125.0	292.5	1/F-M2/57/PL	446.78	Best Master 2	Q	
	Melonie Phillips	GAU	F-M2	62.25	63	1965	90.0	97.5	100.0	100.0	40.0	~~45.0~~	~~45.0~~	40.0	100.0	110.0	120.0	120.0	260.0	1/F-M2/63/PL	393.34		1 below	
Master 4	Dulcie Duguid	WC	F-M4	55.20	57	1949	~~90.0~~	~~95.0~~	~~95.0~~	0.0	37.5	42.5	45.0	45.0	95.0	105.0	110.0	110.0	0.0		0.00			Q
Open	Elisabeth Barry	EC	F-O	51.00	52	1973	100.0	110.0	117.5	117.5	45.0	47.5	50.0	50.0	100.0	115.0	120.0	120.0	287.5	1/F-O/52/PL	458.43		1 below	
	Carol Anthony	GAU	F-O	56.10	57	1966	105.0	113.0	122.5	122.5	45.0	~~50.0~~	~~50.0~~	45.0	115.0	125.0	~~136.0~~	125.0	292.5	2/F-O/57/PL	446.78			
	Nicola Maritz	EC	F-O	56.60	57	1997	110.0	115.0	120.0	120.0	55.0	57.5	60.0	60.0	110.0	117.5	120.0	120.0	300.0	1/F-O/57/PL	453.99			
	Megan Leighton	GAU	F-O	62.00	63	1996	127.5	137.5	~~153.0~~	137.5	107.5	~~112.5~~	~~112.5~~	107.5	150.0	160.0	~~165.0~~	160.0	405.0	1/F-O/63/PL	555.07		Q	Q
	Zanele Ngwenya	GAU	F-O	62.25	63	1979	~~115.0~~	115.0	~~120.0~~	115.0	52.5	57.5	60.0	60.0	130.0	140.0	150.0	150.0	325.0	2/F-O/63/PL	465.43			
	Laura De Wet	GAU	F-O	70.55	72	1974	180.0	190.0	200.0	200.0	87.5	92.5	97.0	97.0	170.0	190.0	~~200.0~~	190.0	487.0	1/F-O/72/PL	613.00	Best Open	Q	1 below
	Vinolia Mokoena	NW	F-O	69.05	72	1987	~~115.0~~	115.0	120.0	120.0	55.0	57.5	~~60.0~~	57.5	~~137.5~~	137.5	145.0	145.0	322.5	2/F-O/72/PL	445.40			
	Chantelle Du Toit	GAU	F-O	79.85	84	1985	125.0	135.0	145.0	145.0	105.0	110.0	~~116.0~~	110.0	135.0	147.5	152.5	152.5	407.5	1/F-O/84/PL	507.21			1 below
	Nicky Green	GAU	F-O	83.40	84	1983	140.0	~~150.0~~	150.0	150.0	110.0	115.5	117.5	117.5	120.0	132.5	140.0	140.0	407.5	2/F-O/84/PL	499.70			Q
	Christi de Jager	GAU	F-O	100.85	84+	1986	170.0	180.0	190.0	190.0	145.0	152.5	157.5	157.5	135.0	155.0	160.0	160.0	507.5	1/F-O/84+/PL	558.25		Q	Q
	Jacqui Rees	GAU	F-O	89.95	84+	1980	175.0	185.0	~~190.0~~	185.0	105.0	~~110.0~~	110.0	110.0	165.0	185.0	0.0	185.0	480.0	2/F-O/84+/PL	554.48		Q	

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	Name	Team	Div	Bwt - kg	IPF Wt CIs	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 Points	Best Lifters	Qualified for Worlds PL	Qualified for Worlds BP
Subjunior	Gerhard Welmans	GAU	M-SJR	116.35	120	2003	160.0	172.5	180.0	180.0	95.0	-195.0	110.0	110.0	180.0	-200.0	-202.5	180.0	470.0	1/M-SJR/120/PL	344.28	Best Subjunior		
Junior	Tshepo Mulaudzi	GAU	M-JR	47.50	53	2001	110.0	-115.0	115.0	115.0	75.0	80.0	-82.5	80.0	145.0	150.0	-152.5	150.0	345.0	1/M-JR/53/PL	467.52			
	Boitumelo Monaheng	NW	M-JR	49.00	53	1997	115.0	-125.0	-125.0	115.0	70.0	-75.0	-75.0	70.0	140.0	145.0	-147.5	145.0	330.0	2/M-JR/53/PL	438.80			
	Karabo Manamela	GAU	M-JR	66.00	66	1999	190.0	200.0	205.0	205.0	100.0	110.0	115.0	115.0	200.0	-215.0	-215.0	200.0	520.0	1/M-JR/66/PL	516.28		1 below	
	Anthony Tee	GAU	M-JR	61.20	66	2000	-120.0	125.0	130.0	130.0	70.0	77.5	-82.5	77.5	175.0	-180.0	-180.0	175.0	382.5	2/M-JR/66/PL	418.09			
	Sakhe Sinde	EC	M-JR	71.70	74	1998	150.0	-170.0	175.0	175.0	-110.0	115.0	120.0	120.0	195.0	205.0	-210.0	205.0	500.0	1/M-JR/74/PL	472.70			
	Obert Booyesen	GAU	M-JR	72.60	74	1998	155.0	175.0	182.5	182.5	100.0	115.0	122.5	122.5	165.0	175.0	-185.0	175.0	480.0	2/M-JR/74/PL	452.74			
	Arno Nieuwenhuizen	GAU	M-JR	82.50	83	1999	220.0	230.0	240.0	240.0	120.0	130.0	135.0	135.0	250.0	272.5	-283.0	272.5	647.5	1/M-JR/83/PL	544.90	Best Junior	1 below	
	Peter Jordaan	GAU	M-JR	82.25	83	1997	150.0	160.0	167.5	167.5	97.5	105.0	-110.0	105.0	190.0	210.0	217.5	217.5	490.0	2/M-JR/83/PL	427.51			
	Kgotso Thekiso	NW	M-JR	87.25	93	1998	205.0	215.0	225.0	225.0	105.0	110.0	-117.5	110.0	250.0	270.0	280.0	280.0	615.0	1/M-JR/93/PL	504.12			
Master 1	Marlon Daniels	GAU	M-M1	81.25	83	1975	-225.0	240.0	255.0	255.0	140.0	-205.0	-205.0	140.0	205.0	215.0	220.0	220.0	615.0	1/M-M1/83/PL	525.19		Q	1 below
	Jorncy Page	GAU	M-M1	92.60	93	1972	230.0	240.0	250.0	250.0	140.0	150.0	160.0	160.0	210.0	220.0	230.0	230.0	640.0	1/M-M1/93/PL	505.35		Q	Q
	George Parker	GAU	M-M1	91.40	93	1971	200.0	212.5	-225.0	212.5	-155.0	-155.0	155.0	155.0	190.0	205.0	-215.0	205.0	572.5	2/M-M1/93/PL	461.28			1 below
	Graham Green	GAU	M-M1	103.60	105	1978	255.0	265.0	270.0	270.0	175.0	185.0	195.0	195.0	245.0	260.0	275.5	275.5	740.5	1/M-M1/105/PL	542.63	Best Master 1	Q	Q
	Louis Ferriera	GAU	M-M1	119.10	120	1979	230.0	245.0	260.0	260.0	145.0	160.0	170.0	170.0	255.0	270.0	0.0	270.0	700.0	1/M-M1/120/PL	481.69		Q	1 below
	Mathys Herbst	GAU	M-M1	170.30	120+	1975	387.5	395.0	0.0	395.0	125.0	-265.0	0.0	125.0	275.0	305.0	0.0	305.0	825.0	1/M-M1/120+/PL	477.41		Q	
Master 2	Christo Schoonraad	GAU	M-M2	98.85	105	1964	250.0	260.0	280.0	280.0	170.0	175.0	-185.0	175.0	240.0	260.0	-265.0	260.0	715.0	1/M-M2/105/PL	538.77	Best Master 2	Q	Q
	Denzel Vermeulen	WC	M-M2	104.75	105	1970	200.0	210.0	-220.0	210.0	100.0	105.0	110.0	110.0	200.0	210.0	215.0	215.0	535.0	2/M-M2/105/PL	404.89			
Master 3	Andre Ludik	EC	M-M3	113.40	120	1957	135.0	142.5	150.0	150.0	100.0	110.0	115.0	115.0	190.0	0.0	0.0	190.0	455.0	1/M-M3/120/PL	339.07	Best Master 3		
Master 4	Dan Oppenheim	GAU	M-M4	73.65	74	1945	140.0	-155.0	155.0	155.0	-90.0	90.0	95.0	95.0	160.0	180.0	195.0	195.0	445.0	1/M-M4/74/PL	420.52	Best Master 4	Q	
Open	Matthew le Roux	GAU	M-O	73.80	74	1994	205.0	215.0	230.0	230.0	100.0	110.0	140.0	140.0	220.0	230.0	240.0	240.0	610.0	1/M-O/74/PL	552.69	Best Open	Q	
	Marlon Daniels	GAU	M-O	81.25	83	1975	-225.0	240.0	255.0	255.0	140.0	-205.0	-205.0	140.0	205.0	215.0	220.0	220.0	615.0	1/M-O/83/PL	525.19			
	Kgosimang Koos	NW	M-O	80.50	83	1992	205.0	215.0	227.5	227.5	105.0	-115.0	-115.0	105.0	205.0	215.0	-225.0	215.0	547.5	2/M-O/83/PL	476.67			
	Jorncy Page	GAU	M-O	92.60	93	1972	230.0	240.0	250.0	250.0	140.0	150.0	160.0	160.0	210.0	220.0	230.0	230.0	640.0	1/M-O/93/PL	505.35			
	Adrian Smith	GAU	M-O	101.20	105	1995	-270.0	270.0	-300.0	270.0	180.0	200.0	210.0	210.0	215.0	225.0	232.5	232.5	712.5	1/M-O/105/PL	530.53			Q
	Louis Ferriera	GAU	M-O	119.10	120	1979	230.0	245.0	260.0	260.0	145.0	160.0	170.0	170.0	255.0	270.0	0.0	270.0	700.0	1/M-O/120/PL	481.69			
	Craig Masson	GAU	M-O	117.70	120	1981	220.0	230.0	-235.0	230.0	160.0	205.0	-210.0	205.0	210.0	220.0	227.5	227.5	662.5	2/M-O/120/PL	461.26			1 below
	Mathys Herbst	GAU	M-O	170.30	120+	1975	387.5	395.0	0.0	395.0	125.0	-265.0	0.0	125.0	275.0	305.0	0.0	305.0	825.0	1/M-O/120+/PL	477.41		1 below	