

26-27 March 2021

2021 SA Equipped Powerlifting Championships

WOMEN	Name	Team	Bwt - kg	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	PL Total	Place	IPF GL Points	Best Lifter	Qual for SA team
Subjunior																						
63	Mijuane De Wet	G	61,65	Mar-06	145,0	155,0	162,5	162,5	70,0	-80,0	80,0	80,0	242,5	145,0	153,0	155,0	155,0	397,5	1	72,66	Best Subjunior	Q
69	Charneleigh Kotzé	EC	67,45	Oct-04	125,0	135,0	140,0	140,0	60,0	65,0	70,0	70,0	210,0	-145,0	-145,0	-145,0	0,0	0,0		0,00		
Junior																						
63	Mijuane De Wet	G	61,65	Mar-06	145,0	155,0	162,5	162,5	70,0	-80,0	80,0	80,0	242,5	145,0	153,0	155,0	155,0	397,5	1	72,66	Best Junior	Q
84+	Natala Flanagan	NW	112,45	Nov-98	100,0	120,0	-135,0	120,0	45,0	-50,0	50,0	50,0	170,0	125,0	130,0	-140,0	130,0	300,0	1	43,03		
Open																						
57	Vicki Botha	NW	55,55	Jul-73	-150,0	150,0	160,0	160,0	60,0	70,0	-77,5	70,0	230,0	140,0	155,0	165,0	165,0	395,0	1	76,97	3	Q
	Carol Anthony	G	56,45	May-66	110,0	123,0	-130,0	123,0	50,0	52,5	55,0	55,0	178,0	117,5	127,5	-135,5	127,5	305,5	2	58,92		
63	Mijuane De Wet	G	61,65	Mar-06	145,0	155,0	162,5	162,5	70,0	-80,0	80,0	80,0	242,5	145,0	153,0	155,0	155,0	397,5	1	72,66		Q
	Megan Leighton	G	61,85	Jan-96	125,0	-130,0	-130,0	125,0	95,0	-100,0	100,0	100,0	225,0	142,5	0,0	0,0	142,5	367,5	2	67,05		Q
	Melissa Zwart	NW	61,95	Mar-81	100,0	-105,0	0,0	100,0	-60,0	-60,0	-60,0	0,0	0,0	100,0	-105,0	0,0	100,0	0,0	0,00			
69	Vanessa Lessing	EC	64,75	Jul-78	110,0	117,5	122,5	122,5	70,0	75,0	80,0	80,0	202,5	135,0	145,0	152,5	152,5	355,0	1	63,12		
	Anelda Visagie	NW	68,40	Jan-95	105,0	115,0	-120,0	115,0	60,0	65,0	-70,0	65,0	180,0	100,0	115,0	125,0	125,0	305,0	2	52,66		
76	Michelle Van der Merwe	NW	75,55	Mar-86	140,0	150,0	155,0	155,0	50,0	65,0	70,0	70,0	225,0	130,0	140,0	150,0	150,0	375,0	1	61,70		
84	Jacqui Rees	G	82,00	Mar-80	180,0	193,0	-202,5	193,0	107,5	-110,0	-110,0	107,5	300,5	170,0	187,5	-190,0	187,5	488,0	1	77,49	2	Q
84+	Christi Rees	G	94,40	Jan-86	190,0	201,0	205,0	205,0	160,0	165,0	-170,0	165,0	370,0	160,0	170,0	180,0	180,0	550,0	1	82,91	Best Open	Q
	Kay-Lee Steyn	NW	127,65	Aug-94	180,0	200,5	202,5	202,5	90,0	105,0	-112,5	105,0	307,5	160,0	172,5	180,0	180,0	487,5	2	68,07		Q
	Nanine van der Merwe	NW	86,95	Nov-89	150,0	160,0	170,0	170,0	50,0	65,0	-75,0	65,0	235,0	140,0	-155,0	-160,0	140,0	375,0	3	58,20		
Master 1																						
52	Elisabeth Barry	EC	50,75	Mar-73	90,0	100,0	105,0	105,0	40,0	42,5	-45,0	42,5	147,5	100,0	105,0	110,0	110,0	257,5	1	53,34		Q
57	Vicki Botha	NW	55,55	Jul-73	-150,0	150,0	160,0	160,0	60,0	70,0	-77,5	70,0	230,0	140,0	155,0	165,0	165,0	395,0	1	76,97		Q
69	Vanessa Lessing	EC	64,75	Jul-78	110,0	117,5	122,5	122,5	70,0	75,0	80,0	80,0	202,5	135,0	145,0	152,5	152,5	355,0	1	63,12		Q
84	Jacqui Rees	G	82,00	Mar-80	180,0	193,0	-202,5	193,0	107,5	-110,0	-110,0	107,5	300,5	170,0	187,5	-190,0	187,5	488,0	1	77,49	Best Master 1	Q
Master 2																						
57	Carol Anthony	G	56,45	May-66	110,0	123,0	-130,0	123,0	50,0	52,5	55,0	55,0	178,0	117,5	127,5	-135,5	127,5	305,5	1	58,92	Best Master 2	Q

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MEN	Name	Team	Bwt - kg	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	PL Total	Place	IPF GL Points	Best Lifter	Qual for SA team
Subjunior																						
83	Daniel Lacob	G	81,05	Dec-05	95,0	120,0	-140,0	120,0	80,0	-85,0	-90,0	80,0	200,0	130,0	-150,0	-150,0	130,0	330,0	1	38,65		
93	Marcelle Strydom	NW	92,05	Sep-03	190,0	-195,0	195,0	195,0	105,0	-115,0	-115,0	105,0	300,0	190,0	195,0	-205,0	195,0	495,0	1	53,97	Best Subjunior	
105	Josh Sass	G	102,35	Jun-03	160,0	170,0	-185,0	170,0	100,0	-105,0	105,0	105,0	275,0	210,0	215,0	-217,5	215,0	490,0	1	50,68		
Junior																						
66	Elliken Visagie	NW	64,15	May-05	125,0	-130,0	-130,0	125,0	-85,0	85,0	-100,0	85,0	210,0	140,0	155,0	165,0	165,0	375,0	1	51,27		
74	Karabo Manamela	G	69,40	Dec-99	210,0	-220,0	-220,0	210,0	-110,0	110,0	120,0	120,0	330,0	205,0	215,0	220,0	220,0	550,0	1	71,13	Best Junior	1 below
	Tshepo Kotsi	NW	69,95	Feb-98	180,0	195,0	-200,0	195,0	90,0	100,0	105,0	105,0	300,0	230,0	240,0	250,0	250,0	550,0	2	70,75		1 below
83	Khotso Lionel Thekiso	NW	82,95	Jul-98	170,0	180,0	-187,5	180,0	105,0	110,0	112,5	112,5	292,5	255,0	260,0	-265,0	260,0	552,5	1	63,82		
Open																						
74	Tshepo Kotsi	NW	69,95	Feb-98	180,0	195,0	-200,0	195,0	90,0	100,0	105,0	105,0	300,0	230,0	240,0	250,0	250,0	550,0	1	70,75		
83	Steve Ogunfemi	G	82,45	Jul-69	220,0	235,0	247,5	247,5	110,0	-120,0	120,0	120,0	367,5	242,5	255,0	265,5	265,5	633,0	1	73,38	2	
	Eugene Sadie	EC	82,15	May-92	220,0	230,0	237,5	237,5	50,0	70,0	100,0	100,0	337,5	270,0	283,0	-296,0	283,0	620,5	2	72,09	3	
	Sipo Lekopa	NW	82,05	Aug-82	225,0	235,0	240,0	240,0	100,0	105,0	107,5	107,5	347,5	235,0	245,0	252,5	252,5	600,0	3	69,76		
	Thabo Ramasimong	NW	81,50	Mar-85	140,0	150,0	170,0	170,0	100,0	105,0	110,0	110,0	280,0	160,0	185,0	200,0	200,0	480,0	4	56,03		
93	Johnny Dam	G	91,05	Dec-69	200,0	217,5	230,0	230,0	145,0	155,0	170,5	170,5	400,5	215,0	225,0	245,0	245,0	645,5	1	70,79		
105	Deon Smit	NW	102,80	Nov-91	-270,0	270,0	-275,0	270,0	170,0	185,0	190,0	190,0	460,0	240,0	255,0	267,5	267,5	727,5	1	75,09	Best Open	
	Christo Schoonraad	G	103,05	Mar-63	260,0	-280,0	-280,0	260,0	170,0	-180,0	-180,0	170,0	430,0	-250,0	250,0	-272,5	250,0	680,0	2	70,11		
	Jaques J v Vuuren	NW	102,20	Mar-93	-250,0	-250,0	250,0	250,0	-160,0	160,0	165,0	165,0	415,0	245,0	255,0	-280,0	255,0	670,0	3	69,34		
	Miga Ketshabile	NW	104,10	Mar-89	242,5	-250,0	250,0	250,0	115,0	130,0	-150,0	130,0	380,0	250,0	265,0	275,0	275,0	655,0	4	67,21		
	Azariel Ndoni	NW	99,90	Jun-87	230,0	240,0	250,0	250,0	120,0	135,0	-137,5	135,0	385,0	230,0	250,0	-267,5	250,0	635,0	5	66,44		
	Thinus van Aswegen	NW	98,75	Aug-86	260,0	270,0	-280,0	270,0	-165,0	-165,0	-165,0	0,0	0,0	240,0	-245,0	-245,0	240,0	0,0		0,00		
	Johan Lazenby	NW	100,25	Oct-82	240,0	255,0	-265,0	255,0	180,0	185,0	-190,0	185,0	440,0	255,0	-265,0	-265,0	255,0	0,0	DQ	0,00		
120	Paseka Shebu	NW	117,50	Apr-88	220,0	240,0	255,0	255,0	140,0	150,0	-160,0	150,0	405,0	200,0	245,0	260,0	260,0	665,0	1	64,80		
	Johan Smith	NW	116,40	Dec-91	380,5	-415,0	-415,0	380,5	275,0	290,0	-300,5	290,0	670,5	300,0	-330,0	-330,0	300,0	0,0	DQ	0,00		
120+	John Matambo	NW	134,90	Jul-89	240,0	255,0	265,0	265,0	155,0	165,0	170,0	170,0	435,0	270,0	290,0	300,0	300,0	735,0	1	68,15		
	Roelof Smith	NW	121,00	Mar-90	290,0	305,0	-310,0	305,0	215,0	-230,0	230,0	230,0	535,0	285,0	-312,5	-312,5	285,0	0,0	DQ	0,00		
Master 1																						
83	Jacobus Phalatsi	NW	74,85	Nov-81	-210,0	210,0	225,0	225,0	130,0	150,0	160,0	160,0	385,0	210,0	-237,5	-237,5	210,0	595,0	1	73,20		Q
93	Jorncy Page	G	92,20	Sep-72	230,0	240,0	250,0	250,0	140,0	150,0	155,0	155,0	405,0	220,0	240,0	-255,0	240,0	645,0	1	70,27		Q
105	Graham Green	G	101,65	Mar-78	245,0	265,0	272,5	272,5	180,0	187,5	190,0	190,0	462,5	245,0	260,0	0,0	260,0	722,5	1	74,97	Best Master 1	Q
Master 2																						
83	Steve Ogunfemi	G	82,45	Jul-69	220,0	235,0	247,5	247,5	110,0	-120,0	120,0	120,0	367,5	242,5	255,0	265,5	265,5	633,0	1	73,38	Best Master 2	Q
93	Johnny Dam	G	91,05	Dec-69	200,0	217,5	230,0	230,0	145,0	155,0	170,5	170,5	400,5	215,0	225,0	245,0	245,0	645,5	1	70,79		Q

105	Christo Schoonraad	G	103,05	Mar-63	260,0	-280,0	-280,0	260,0	170,0	-180,0	-180,0	170,0	430,0	-250,0	250,0	-272,5	250,0	680,0	1	70,11		Q
120	John Crain	G	112,70	Dec-69	120,0	160,0	175,0	175,0	155,0	165,0	-170,0	165,0	340,0	180,0	210,0	-225,0	210,0	550,0	1	54,51		
120+	Ian Furman	G	130,25	Jun-67	175,0	190,0	200,0	200,0	245,0	255,0	0,0	255,0	455,0	190,0	215,0	220,0	220,0	675,0	1	63,32		Q
Master 3																						
105	Andre Ludik	EC	101,20	Jun-57	125,0	135,0	142,5	142,5	80,0	90,0	95,0	95,0	237,5	160,0	170,0	0,0	170,0	407,5	1	42,37	Best Master 3	
Master 4																						
74	Dan Oppenheim	G	73,65	Jul-45	150,0	160,0	0,0	160,0	90,0	-100,0	100,0	100,0	260,0	160,0	180,0	190,0	190,0	450,0	1	55,94	Best Master 4	Q