

Women Classic Powerlifting															
Name	Div	Bwt - kg	IPF Wt CIs	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Qualified
Summer Becker	F-SJ-U	68.20	69	90.0	95.0	100.0	45.0	50.0	55.0	130.0	135.0	140.0	295.0	61.52	Y
Jaime Lee Ellis	F-SJ-U	92.40	84+	0.0	0.0	0.0	20.0	30.0	~~40.0~~	40.0	60.0	80.0	0.0	0.00	
Grace Roberts	F-J-U	51.15	52	82.5	92.5	97.5	47.5	52.5	0.0	100.0	120.0	~~127.5~~	270.0	69.16	Y
Natanya Rossouw	F-J-U	60.90	63	95.0	100.0	105.0	~~62.5~~	62.5	0.0	140.0	150.0	157.5	325.0	72.72	Y
Tamsin Watcham	F-J-U	64.30	69	115.0	122.5	127.5	62.5	70.0	~~72.5~~	145.0	155.0	~~165.0~~	352.5	76.13	Y
Stephanie Jones	F-J-U	75.10	76	~~102.5~~	110.0	122.5	~~62.5~~	~~65.0~~	65.0	135.0	147.5	~~162.5~~	335.0	66.42	Y
Lisa Stander	F-J-U	76.35	84	130.0	142.5	0.0	70.0	75.0	80.0	155.0	170.0	180.0	402.5	79.18	Y
Charlotte Cronje	F-J-U	82.90	84	120.0	135.0	142.5	72.5	80.0	85.0	125.0	142.5	155.0	382.5	72.61	Y
Alicia De Lange	F-O-U	50.65	52	77.5	85.0	92.5	40.0	47.5	52.5	105.0	112.5	122.5	267.5	69.12	Y
Nabeelah Davids	F-O-U	49.65	52	90.0	100.0	~~110.0~~	40.0	45.0	~~47.5~~	100.0	110.0	120.0	265.0	69.72	Y
Farzana Botha	F-O-U	54.95	57	90.0	0.0	0.0	60.0	0.0	0.0	130.0	0.0	0.0	280.0	67.56	Y
Mandy Hall	F-O-U	56.50	57	95.0	100.0	105.0	50.0	52.5	~~55.0~~	120.0	~~127.5~~	~~127.5~~	277.5	65.53	Y
Rosan Van Wyngaard	F-O-U	62.70	63	102.5	107.5	110.0	62.5	67.5	~~70.0~~	150.0	160.0	165.0	342.5	75.16	Y
Camille Korkie	F-O-U	57.90	63	90.0	~~100.0~~	100.0	45.0	50.0	~~52.5~~	145.0	150.0	~~160.0~~	300.0	69.56	Y
Kristl Kannemeyer	F-O-U	67.80	69	110.0	0.0	0.0	80.0	0.0	0.0	130.0	0.0	0.0	320.0	66.96	Y
Mo Adejuyigbe	F-O-U	74.35	76	125.0	142.5	155.0	65.0	70.0	~~75.0~~	145.0	162.5	177.5	402.5	80.20	Y
Natasha Schaefer	F-O-U	72.55	76	100.0	~~115.0~~	~~115.0~~	30.0	35.0	~~42.5~~	110.0	120.0	130.0	265.0	53.45	Y
Zaba Phakathi	F-O-U	80.75	84	147.5	155.0	162.5	87.5	95.0	~~100.0~~	170.0	182.5	192.5	450.0	86.35	Y
Danielle Waldeck	F-O-U	79.65	84	150.0	165.0	~~180.0~~	60.0	70.0	80.0	150.0	160.0	170.0	415.0	80.11	Y
Lisa Stander	F-O-U	76.35	84	130.0	142.5	0.0	70.0	75.0	80.0	155.0	170.0	180.0	402.5	79.18	Y
Aaqilah Fataar	F-O-U	80.05	84	125.0	135.0	~~145.0~~	77.5	85.0	87.5	160.0	175.0	~~182.5~~	397.5	76.56	Y
Kate Raw	F-O-U	112.25	84+	130.0	145.0	155.0	80.0	~~90.0~~	~~90.0~~	140.0	160.0	180.0	415.0	72.03	Y
Farzana Botha	F-M1-U	54.95	57	90.0	0.0	0.0	60.0	0.0	0.0	130.0	0.0	0.0	280.0	67.56	Y

Kristl Kannemeyer	F-M1-U	67.80	69	110.0	0.0	0.0	80.0	0.0	0.0	130.0	0.0	0.0	320.0	66.96	Y
Danielle Waldeck	F-M1-U	79.65	84	150.0	165.0	~~-180.0~~	60.0	70.0	80.0	150.0	160.0	170.0	415.0	80.11	Y
Paulette Preyser	F-M1-U	112.45	84+	100.0	110.0	120.0	65.0	70.0	0.0	130.0	140.0	145.0	335.0	58.12	Y
Candice Pieterse	F-M1-U	89.55	84+	~~-105.0~~	105.0	110.0	40.0	45.0	~~-50.0~~	140.0	150.0	~~-155.0~~	305.0	56.26	Y
Louise Fouche	F-M2-U	94.75	84+	100.0	110.0	120.0	55.0	60.0	~~-65.0~~	135.0	145.0	150.0	330.0	59.77	Y
Dulcie Jean Duguid	F-M4-U	55.85	57	~~-65.0~~	65.0	70.0	32.5	35.0	~~-37.5~~	90.0	97.5	100.0	205.0	48.84	Y

Men | Classic Powerlifting

Name	Div	Bwt - kg	IPF Wt Cls	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Qualified
Junior Stuurman	M-SJ-U	55.35	59	100.0	110.0	120.0	67.5	~~75.0~~	75.0	125.0	~~135.0~~	140.0	335.0	57.37	Y
Piers Mason	M-SJ-U	73.40	74	160.0	170.0	0.0	100.0	105.0	0.0	220.0	237.5	0.0	512.5	75.56	Y
Toufiek Klink	M-SJ-U	73.85	74	165.0	~~175.0~~	~~175.0~~	70.0	75.0	80.0	160.0	180.0	200.0	445.0	65.40	Y
Jake Cornah	M-SJ-U	84.30	93	~~170.0~~	~~175.0~~	~~175.0~~	~~130.0~~	0.0	0.0	~~220.0~~	0.0	0.0	0.0	0.00	
Kyle Rosslee	M-SJ-U	93.20	105	~~140.0~~	~~140.0~~	140.0	~~100.0~~	105.0	~~110.0~~	180.0	~~190.0~~	~~200.0~~	425.0	55.54	Y
Bryan Baatjies	M-J-U	57.25	59	132.5	142.5	150.0	95.0	97.5	~~100.0~~	172.5	185.0	192.5	440.0	73.99	Y
Joshua Jantjies	M-J-U	64.50	66	~~180.0~~	182.5	192.5	~~120.0~~	127.5	130.0	210.0	225.0	240.0	562.5	88.76	Y
Glen Mudimbu	M-J-U	66.00	66	45.0	55.0	70.0	~~32.5~~	35.0	40.0	70.0	85.0	100.0	210.0	32.74	
Shawn-Paul Horn	M-J-U	73.35	74	190.0	205.0	~~210.0~~	105.0	115.0	120.0	225.0	235.0	240.0	565.0	83.33	Y
Rodwin Africa	M-J-U	72.65	74	160.0	170.0	180.0	135.0	140.0	~~145.0~~	195.0	205.0	~~215.0~~	525.0	77.82	Y
Piers Mason	M-J-U	73.40	74	160.0	170.0	0.0	100.0	105.0	0.0	220.0	237.5	0.0	512.5	75.56	Y
Esa Mustapha	M-J-U	72.10	74	162.5	175.0	~~185.0~~	112.5	~~117.5~~	~~117.5~~	217.5	~~227.5~~	~~232.5~~	505.0	75.15	Y
Ethan Persello	M-J-U	71.25	74	~~140.0~~	~~140.0~~	~~140.0~~	~~110.0~~	0.0	0.0	0.0	0.0	0.0	0.0	0.00	
Matthew Palmer	M-J-U	82.50	83	207.5	217.5	227.5	125.0	132.5	~~135.0~~	225.0	260.0	~~270.0~~	620.0	86.09	Y
Samuel Wingfield	M-J-U	76.75	83	170.0	185.0	~~200.0~~	90.0	107.5	117.5	195.0	212.5	225.0	527.5	76.00	Y
Schalk Jooste	M-J-U	81.25	83	162.5	177.5	180.0	115.0	127.5	~~130.0~~	210.0	~~225.0~~	~~230.0~~	517.5	72.41	Y
Siyamthanda Tyeku	M-J-U	91.15	93	195.0	~~205.0~~	205.0	135.0	~~142.5~~	142.5	220.0	235.0	~~247.5~~	582.5	76.96	Y
Luke Jacobs	M-J-U	91.70	93	~~167.5~~	172.5	182.5	110.0	115.0	~~117.5~~	217.5	227.5	~~235.0~~	525.0	69.16	Y
Dylan Grove	M-J-U	100.65	105	205.0	217.5	225.0	162.5	167.5	0.0	270.0	300.0	~~307.5~~	692.5	87.21	Y
David Nicolay	M-J-U	103.40	105	205.0	217.5	222.5	125.0	135.0	142.5	240.0	255.0	265.0	630.0	78.34	Y
Ethan Hayes	M-J-U	102.50	105	200.0	220.0	230.0	~~150.0~~	150.0	155.0	220.0	232.5	~~245.0~~	617.5	77.10	Y
Adam Barnard	M-J-U	106.50	120	235.0	252.5	0.0	160.0	170.0	0.0	220.0	240.0	252.5	675.0	82.79	Y
Thean Harding	M-J-U	110.60	120	192.5	207.5	220.0	140.0	~~150.0~~	152.5	232.5	247.5	260.0	632.5	76.25	Y
Joshua Jantjies	M-O-U	64.50	66	~~180.0~~	182.5	192.5	~~120.0~~	127.5	130.0	210.0	225.0	240.0	562.5	88.76	Y
Geordie Goliath	M-O-U	63.60	66	180.0	190.0	205.0	110.0	120.0	127.5	190.0	210.0	227.5	560.0	89.03	Y
Scott Pornss	M-O-U	73.60	74	210.0	220.0	227.5	150.0	155.0	157.5	262.5	277.5	287.5	672.5	99.01	Y

Ruben Bays	M-O-U	72.60	74	200.0	210.0	217.5	140.0	145.0	147.5	225.0	242.5	~~-250.0~~	607.5	90.08	Y
Simamkele Martin	M-O-U	73.05	74	145.0	155.0	165.0	100.0	~~-110.0~~	~~-110.0~~	210.0	~~-220.0~~	~~-220.0~~	475.0	70.20	Y
Nathan Michael-Steyn	M-O-U	69.55	74	182.5	0.0	0.0	100.0	0.0	0.0	180.0	0.0	0.0	462.5	70.13	Y
Carl Osborne	M-O-U	72.00	74	170.0	180.0	190.0	~~-135.0~~	135.0	140.0	~~-200.0~~	~~-200.0~~	~~-200.0~~	0.0	0.00	
Matthew Palmer	M-O-U	82.50	83	207.5	217.5	227.5	125.0	132.5	~~-135.0~~	225.0	260.0	~~-270.0~~	620.0	86.09	Y
Christiaan Moller	M-O-U	81.75	83	180.0	195.0	200.0	130.0	140.0	~~-142.5~~	250.0	0.0	0.0	590.0	82.30	Y
Whanstacwin Booyesen	M-O-U	81.10	83	~~-180.0~~	180.0	200.0	120.0	130.0	~~-140.0~~	200.0	220.0	240.0	570.0	79.83	Y
Igsaan Stephens	M-O-U	81.25	83	170.0	185.0	190.0	107.5	~~-115.0~~	0.0	~~-200.0~~	~~-207.5~~	207.5	505.0	70.66	Y
Jody Donough	M-O-U	82.80	83	160.0	172.5	177.5	107.5	117.5	~~-125.0~~	185.0	205.0	~~-220.0~~	500.0	69.30	Y
Ewan Rose	M-O-U	75.30	83	140.0	147.5	152.5	100.0	110.0	~~-112.5~~	~~-180.0~~	180.0	190.0	452.5	65.83	
Julian Stander	M-O-U	82.85	83	~~-210.0~~	~~-220.0~~	~~-220.0~~	~~-135.0~~	0.0	0.0	~~-235.0~~	0.0	0.0	0.0	0.00	
Maahir Martin	M-O-U	92.30	93	270.0	0.0	0.0	180.0	195.0	205.0	280.0	305.0	~~-320.0~~	780.0	102.42	Y
Calum Harding	M-O-U	91.65	93	207.5	220.0	230.0	132.5	140.0	~~-147.5~~	237.5	255.0	270.0	640.0	84.33	Y
Jaydon Wandrag	M-O-U	90.35	93	190.0	207.5	~~-215.0~~	142.5	150.0	~~-152.5~~	212.5	222.5	227.5	585.0	77.62	Y
Damon McLoughlin	M-O-U	91.85	93	157.5	167.5	175.0	105.0	112.5	~~-120.0~~	187.5	200.0	215.0	502.5	66.14	Y
Jaiah Benson-Turay	M-O-U	104.70	105	195.0	205.0	215.0	140.0	~~-150.0~~	~~-150.0~~	190.0	210.0	225.0	580.0	71.70	Y
Minolan Naidoo	M-O-U	116.75	120	220.0	230.0	~~-245.0~~	140.0	~~-150.0~~	0.0	250.0	260.0	270.0	640.0	75.30	Y
Sharmun Erasmus	M-O-U	115.80	120	~~-150.0~~	155.0	165.0	95.0	102.5	110.0	~~-195.0~~	210.0	225.0	500.0	59.04	
Simon Raw	M-O-U	132.20	120+	260.0	280.0	~~-297.5~~	200.0	~~-220.0~~	~~-220.0~~	~~-290.0~~	290.0	~~-310.0~~	770.0	85.91	Y
Robert Raw	M-O-U	137.15	120+	260.0	275.0	285.0	160.0	~~-175.0~~	~~-185.0~~	270.0	285.0	~~-300.0~~	730.0	80.23	Y
Nathan Michael-Steyn	M-M1-U	69.55	74	182.5	0.0	0.0	100.0	0.0	0.0	180.0	0.0	0.0	462.5	70.13	Y
Clayton Hall	M-M1-U	91.50	93	140.0	150.0	160.0	112.5	117.5	~~-122.5~~	180.0	190.0	200.0	477.5	62.97	Y
Karl-Robert Gloeck	M-M1-U	92.00	93	110.0	122.5	137.5	107.5	~~-117.5~~	~~-117.5~~	150.0	165.0	180.0	425.0	55.89	
Russell McLaren	M-M1-U	100.95	105	155.0	175.0	190.0	110.0	120.0	130.0	175.0	190.0	215.0	535.0	67.28	Y
Denzel Vermeulen	M-M2-U	103.55	105	150.0	160.0	165.0	80.0	85.0	90.0	170.0	180.0	0.0	435.0	54.06	Y
Mogamat Kader	M-M2-U	112.30	120	220.0	240.0	250.0	140.0	150.0	155.0	220.0	240.0	250.0	655.0	78.42	Y
Mike Cooper	M-M4-U	129.60	120+	~~-40.0~~	~~-40.0~~	40.0	90.0	~~-95.0~~	0.0	110.0	115.0	120.0	250.0	28.12	Y

Women Equipped Powerlifting															
Name	Div	Bwt - kg	IPF Wt CIs	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Qualified
Elisabeth Barry	F-M2	51.75	52	70.0	80.0	85.0	32.5	35.0	0.0	80.0	90.0	100.0	220.0	44.95	Y

Referees								
Day	Session		Left	Head	Right			
Saturday	1		Colin Young	Russel McLaren	Denzel Vermeulen			
Saturday	2		Kristl Kannemeyer	Allistair Begg	Christi Rees			
Sunday	1		Elisabeth Barry	Anita Barnard	Kristl Kannemeyer			
Sunday	2		Kristl Kannemeyer	Nathan Michael-Steyn	Christi Rees			
Sunday	3		Anita Barnard	Kristl Kannemeyer	Maahir Martin			