

Western Cape Powerlifting Championships 2022

Harbour Island, Gordon's Bay

Saturday, 29 January 2022

FEMALES - 3 Lift Raw

Last Name	First Name	Category	Birth Year	Division	Body Wt	WT Class	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	TOTAL	IPF GL Pts.	Placement
Watkins	Dune	Subjunior	2005	F-CL-PL	62,3	63	95	105	110	105	45	47,5	50	47,5	115	125	135	135	287,5	63,3583875	1
Stander	Lisa	Subjunior	2007	F-CL-PL	68,4	69	50	55	60	60	30	35	40	40	80	90	100	100	200	41,638	1
Lehmensich	Faith	Junior	2002	F-CL-PL	50,8	52	65	65	70	70	40	42,5	45	45	110	110	120	110	225	57,983175	1
White	Olivia	Junior	2001	F-CL-PL	74,3	76	135	135	140	135	75	80	82,5	80	145	155	160	160	375	74,741625	1
Britz	Jessica	Open	1989	F-CL-PL	62,9	63	90	100	107,5	100	55	60	65	65	110	120	130	130	295	64,607065	1
Coopoosamy	Nicole	Open	1993	F-CL-PL	74,0	76	142,5	147,5	152,5	152,5	77,5	82,5	87,5	87,5	182,5	187,5	192,5	192,5	432,5	86,37371	1
Waldeck	Danielle	Open	1985	F-CL-PL	83,4	84	140	150	160	160	50	60	70	60	150	160	170	170	390	73,85898	1
Fortuin	Cheslyn	Open	1983	F-CL-PL	106,1	84+	115	115	120	115	60	65	65	65	145	152,5	160	152,5	332,5	58,4225775	1
Valle	Tarryn	M1	1978	F-CL-PL	53,5	57	75	80	85	85	42,5	45	47,5	45	110	120	125	120	250	61,63625	1
Firmani	Candice	M2	1967	F-CL-PL	68,3	69	80	90	95	90	45	50	52,5	52,5	90	100	110	110	252,5	52,611405	1
Dubs	Kim	M3	1959	F-CL-PL	56,7	57	50	55	55	50	37,5	40	40	37,5	70	75	77,7	77,7	165,2	38,9044348	1
Duguid	Dulcie	M4	1949	F-CL-PL	57,0	57	60	60	65	65	30	32,5	35	35	80	85	90	90	190	44,56754	1

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Matthee	Ricardi	Subjunior	2005	M-CL-PL	63,2	66	115	120	125	125	65	65	67,5	67,5	130	135	145	145	337,5	53,834625	1
Hickman	Thomas	Subjunior	2007	M-CL-PL	72,3	74	95	100	105	105	60	65	67,5	67,5	152,5	160	162,5	162,5	335	49,779325	1
Kolatsis	Luca	Subjunior	2005	M-CL-PL	83,0	83	145	160	170	145	90	100	110	110	200	215	227,5	215	470	65,06069	1
Strydom	Aidan	Junior	2002	M-CL-PL	79,9	83	170	185	200	200	100	100	110	110	232,5	250	260	260	570	80,44239	1
Graca	Rafael	Junior	2000	M-CL-PL	82,0	83	180	187,5	195	195	95	102,5	105	105	205	220	227,5	227,5	527,5	73,469145	2
Booley	Sayed	Junior	2000	M-CL-PL	89,4	93	165	190	200	200	110	125	130	130	200	245	245	245	575	76,69465	1
Stander	Adriaan	Junior	2001	M-CL-PL	89,3	93	170	180	185	185	120	125	130	125	240	250	250	240	550	73,4008	2
Samodien	Ziyaad	Open	1996	M-CL-PL	73,3	74	200	207,5	212,5	212,5	160	160	167,5	167,5	240	255	262,5	262,5	642,5	94,79188	1
Norrie	Stuart	Open	1994	M-CL-PL	78,0	83	165	180	195	195	125	132,5	140	140	230	245	255	255	590	84,29684	1
Olivier	Christiaan	Open	1995	M-CL-PL	83,0	83	210	210	220	220	105	110	115	110	230	240	250	250	580	80,28766	2
Altern	Ryan	Open	1983	M-CL-PL	80,2	83	170	180	185	185	115	120	125	125	220	230	240	230	540	76,06332	3
Blake	Jade	Open	1994	M-CL-PL	97,2	105	250	260	265	265	165	172,5	175	175	250	265	270	270	710	90,91834	1
Henniker	Lucien	Open	1992	M-CL-PL	112,3	120	210	230	240	240	155	160	165	165	250	250	270	250	655	78,41529	1
Langeveldt	Louw	Open	1995	M-CL-PL	106,6	120	180	200	215	200	140			140	205			205	545	66,817545	2
Samuels	Sulaiman	M2	1966	M-CL-PL	83,9	93	60	60	70	70	70	75	80	75	150	160		150	295	40,61442	1
Kader	Mogamat	M2	1969	M-CL-PL	101,1	105	220	220	220	0									DSQ		

MALES - Bench Press Only (Raw)

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Bruce	JC	M3	1961	M-CL-BP	66,0	66					72,5			72,5					72,5	41,1223625	1

MALES - Bench Press Only (Equipped)

Last Name	First Name	Category	Birth Year	Division	Body Wt	WT Class	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	TOTAL	IPF GL Pts.	Placement
Bruce	JC	M3	1961	M-EQ-BP	66,0	66					80			80					80	34,70984	1

Meet Director: D. Vermeulen

	Referees	Chief Referee	Side Referee 1	Side Referee 2
Squat	Flight 1	D. Vermeulen	A. Ludik	K. Noonan
	Flight 2	K. Noonan	D. Vermeulen	A. Ludik
	Flight 3	C. Young	K. Noonan	D. Vermeulen
Bench Press	Referees	Chief Referee	Side Referee 1	Side Referee 2
	Flight 1	D. Vermeulen	A. Ludik	K. Noonan
	Flight 2	K. Noonan	D. Vermeulen	A. Ludik
Deadlift	Flight 3	C. Young	K. Noonan	D. Vermeulen
	Flight 1	K. Noonan	A. Ludik	C. Young
	Flight 2	K. Noonan	A. Ludik	C. Young
Admin	Flight 3	C. Young	K. Noonan	A. Ludik
Scorekeeping	Bonita Vermeulen		Bridgette Vermeulen	
Announcer	Bonita Vermeulen			
	Allistair Begg			