ARNOLD CLASSIC 17-19 MAY 2019

Friday: Womens Classic Powerlifting and Classic Bench Press

Weigh in 8h00-09h30, Lifting at 10h00

Surname	Name	Birthdate	Category	Class	Province	T-shirt	Classic PL	Classic BP
Grefen	Aimee	25/04/2003	Light Weight	52kg	Gauteng	XS	X	
Haupt	Cherissa	24/05/1991	Middle Weight	57kg	Gauteng	Small	X	
Leighton	Megan	15/01/1996	Middle Weight	57kg	Gauteng	XS		X
Swart	Joan	28/09/1965	Middle Weight	63kg	WP	XS	X	
Britz	Jessica	01/12/1989	Middle Weight	63kg	Gauteng	XS	X	
SALAMATOU	Bouba	21.12.19911	Middle Weight	63kg	Cameroon		X	X
Charlene	Mellet	12-Sep-91	Heavy Weight	72kg	Gauteng		X	
Svongwa	Audrey	33 Years ??	Heavy Weight	72kg	Zimbabwe	Small	X	
Hartzer	Jozanne	18/03/1987	Heavy Weight	72kg	Gauteng	Small	X	
Perotti	Olivia	20/01/	Heavy Weight	72kg	Gauteng	Small	X	
Rubin	Linda		Heavy Weight	84kg	Gauteng	Med	X	
Molife	Juliet	16 Years ??	Heavy Weight	84kg	Zimbabwe	Small	X	
de Jager	Christi	10/01/1986	Heavy Weight	84+kg	Gauteng	Med	X	X
Norton	Lauren	31/03/1989	Heavy Weight	84+kg	Gauteng	XL	X	
ABOUEME	HANRIETTE AUDREY	20.06.19911	Heavy Weight	84kg	Cameroon		X	
FOFE FOKEM	Christelle Aimerance	11.11.1987	Heavy Weight	84+kg	Cameroon		X	X

Saturday: Mens Classic Powerlifting and Classic Bench Press

Weigh in 8h00-09h30, Lifting at 10h00

Surname	Name	Birthdate	Category	Class	Province	T-shirt	Classic PL	Classic BP
Vorster	Marcel	20/12/1994	Middle Weight	74kg	Gauteng	Med	X	
Stanley	Gavin John	06/08/2003	Middle Weight	74kg	Gauteng	Large	X	
Bakhirev	Aleksei	04/08/1981	Middle Weight	74kg	International	Med	X	X
Masaite	Tinotenda	21 years ?	Middle Weight	74kg	Zimbabwe	Med	X	
Banda	Patrick		Middle Weight	83kg	Gauteng	Large	X	
Khuzwayo	Bandile	12/02/1990	Middle Weight	83kg	Gauteng	Med	X	
Sanni	Abdel	12/07/1988	Middle Weight	83kg	Benin	Large	X	X
de Nysschen	Tommie	30/03/1963	Middle Weight	83kg	FS	Med	X	
TECHAP	FONGANG	05.09.1989	Middle Weight	83kg	Cameroon		X	X
Crawford	Cameron	10/08/1998	Middle Weight	83kg	Gauteng	Med	X	
Pretorius	Jean-Arthur		Heavy Weight	93kg	Gauteng	Large	X	
Beyers	Ashley		Heavy Weight	93kg	Gauteng	Large	X	
Ayekpa	Archie	29/04/1985	Heavy Weight	93kg	Gauteng	Med	X	
Ntuli	Nkosinathi	24.08.1997	Heavy Weight	93kg	Gauteng		X	
MOLUH	INOUSSA	18.08.1992	Heavy Weight	93kg	Cameroon		X	X
DJEMBALA	Bernadin Honore	20.05.1991	Heavy Weight	93kg	Cameroon			X
Mellet	Stefan	08-Jun-87	Heavy Weight	105kg	Gauteng		X	
DI B	AIME	03.12.1988	Heavy Weight	105kg	Cameroon			X
Geoffroy Borri	Quantchi		Heavy Weight	105kg	Ivory Coast	XL	X	
Tiana Gustave	Fezan BI		S/H Weight	120kg	Ivory Coast	2XL	X	
Bensch	Denis	14/12/1965	S/H Weight	120kg	Gauteng	XL	X	
Maritz	Francois	03/03/1993	S/H Weight	120kg	Gauteng	2XL	X	
Furman	Ian	11/06/1967	S/H Weight	120kg	Gauteng	4XL		X
YEBGA	EDGARD Francis	03.06.1986	S/H Weight	120kg	Cameroon			X

Sunday: Equipped Powerlifting and Equipped Bench Press

Weigh in 8h00-09h30, Lifting at 10h00

Women

Surname	Name	Birthdate	Category	Class	Province	T-shirt	Equipped Powerlifting	Equipped Bench
Leighton	Megan	15/01/1996	Middle Weight	57kg	Gauteng	XS		X
Swart	Joan	28/09/1965	Middle Weight	63kg	WP	XS		X
SALAMATOU	Bouba	21.12.19911	Middle Weight	63kg	Cameroon		X	X
Rees	Jacqui	25/03/1980	Heavy Weight	84+kg	Gauteng	Large	X	X
de Jager	Christi	10/01/1986	Heavy Weight	84+kg	Gauteng	Med	X	X
ABOUEME	HANRIETTE AUDREY	20.06.19911	Heavy Weight	84kg	Cameroon		X	

Men

Surname	Name	Birthdate	Category	Class	Province	T-shirt	Equip PL	Equipped BP
Diamoutene	Alidou		Light Weight	59kg	Ivory Coast	Med		X
Bakhirev	Aleksei	04/08/1981	Middle Weight	74kg	International	Med	X	X
TECHAP	FONGANG	05.09.1989	Middle Weight	83kg	Cameroon		X	X
Amer	Mohamed		Middle Weight	83kg	Libanon	Med	X	
Smith	Adrian	17/10/1995	Heavy Weight	93kg	Gauteng	Large	X	
MOLUH	INOUSSA	18.08.1992	Heavy Weight	93kg	Cameroon		X	X
DJEMBALA	Bernadin Honore	20.05.1991	Heavy Weight	93kg	Cameroon			X
Schoonraad	Christo	23/03/1963	Heavy Weight	105kg	Gauteng	XL	X	X
DI B	AIME	03.12.1988	Heavy Weight	105kg	Cameroon			X
Noonan	Kyle	03/08/1990	S/H Weight	120kg	Gauteng	XL	X	
Furman	Ian	11/06/1967	S/H Weight	120kg	Gauteng	4XL		X
YEBGA	EDGARD Francis	03.06.1986	S/H Weight	120kg	Cameroon			X

Sunday: Double Deadlift

Weigh in 11h00-12h30, Lifting at 13h00