

ARNOLD CLASSIC AFRICA 2021 - Entry Lists

				Competition Selection						
First Name	Surname	Gender	Nation	Classic Powerlifting	Classic Bench Press	Equipped Powerlifting	Equipped Bench Press	Category	Weight Class	
Ilana	Buck	Female	South Africa	X				Open	52kg	Lightweight
Elisabeth	Barry	Female	South Africa			X		Open	52kg	Lightweight
Carol	Anthony	Female	South Africa			X		Open	52kg	Lightweight
Aimee	Grefen	Female	South Africa	X				Open	57kg	Middleweight
Zorah	Crain	Female	South Africa		X			Open	57kg	Middleweight
Sorah	Garber	Female	South Africa	X	X			Open	63kg	Middleweight
Monica	Longhurst	Female	South Africa		X			Open	69kg	Heavyweight
Patty-Johanita	Pretorius	Female	South Africa	X				Open	-84kg	Super heavyweight
Elmarie	Engelbrecht	Female	South Africa	X				Open	-84kg	Super heavyweight

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First Name	Surname	Gender	Nation	Classic Powerlifting	Classic Bench Press	Equipped Powerlifting	Equipped Bench Press	Category	Weight Class	
Tshepo	Mulaudzi	Male	South Africa	X				Open	59kg	Lightweight
Geordie	Goliath	Male	South Africa	X				Open	59kg	Lightweight
Akhona	Sibulawa	Male	South Africa	X				Open	66kg	Lightweight
James	Mc Ilree	Male	South Africa	X				Open	66kg	Lightweight
Anthony	Tee	Male	South Africa	X				Open	66kg	Lightweight
Karabo	Manamela	Male	South Africa			X		Open	74kg	Middleweight
Jonah	Carr	Male	South Africa	X				Open	83kg	Middleweight
Adebayo	Ogunfemi	Male	South Africa			X		Open	83kg	Middleweight
Carel	Jansen	Male	South Africa			X		Open	83kg	Middleweight
Tommie	de Nysschen	Male	South Africa				X	Open	83kg	Middleweight
Abdel Wahhab	SANNI	Male	Benin	X				Open	93kg	Heavyweight
Johann	Meyer	Male	South Africa	X				Open	93kg	Heavyweight
Archie	Ayekpa	Male	South Africa		X			Open	93kg	Heavyweight
Johnny	Dam	Male	Other			X	X	Open	105kg	Heavyweight
Christo	Schoonraad	Male	South Africa	X		X		Open	105kg	Heavyweight
Hermanus	de Beer	Male	South Africa	X	X			Open	-120kg	Super heavyweight
Brandon	Bezuidenhout	Male	South Africa	X				Open	-120kg	Super heavyweight
John	Crain	Male	South Africa	X	X			Open	-120kg	Super heavyweight
Abel	Moodley	Male	South Africa	X				Open	+120kg	Super heavyweight