

16-18 August 2019

Gauteng Championships 2019 - Women - Classic Powerlifting

	Name	Team	Div	Bwt - kg	IPF Wt Cls	lot#	Birth Year	IPF Pts Code	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Place	IPF Points	Qual for SA	Best Lifter
Subjuniors																									
	Talitha de Wet	Bull	FR-SJr	42.45	43	1	2003	FCP	30.0	40.0	45.0	45.0	20.0	22.5	25.0	25.0	60.0	65.0	72.5	72.5	142.5	1	268.55	Q	
	Aimee Grefen	Bull	FR-SJr	51.85	52	2	2003	FCP	75.0	85.0	90.0	90.0	35.0	40.0	-42.5	40.0	100.0	105.0	110.0	110.0	240.0	1	447.30	Q	
	Mijuane de Wet	Bull	FR-SJr	56.35	57	11	2006	FCP	90.0	100.0	110.0	110.0	35.0	40.0	45.0	45.0	100.0	110.0	120.0	120.0	275.0	1	497.14	Q	Subjunior
	Gabriella Poxon	11	FR-SJr	71.30	72	50	2004	FCP	65.0	70.0	75.0	75.0	35.0	40.0	-45.0	40.0	85.0	90.0	-100.0	90.0	205.0	1	333.10	Q	
Junior																									
	Loné Fourie		FR-Jr	61.15	63	19	1999	FCP	80.0	100.0	105.0	105.0	50.0	65.0	72.5	72.5	125.0	135.0	150.0	150.0	327.5	1	573.89	Q	
	Brittney Oosthuizen		FR-Jr	63.00	63	20	1997	FCP	80.0	90.0	100.0	100.0	45.0	52.5	57.5	57.5	80.0	92.5	102.5	102.5	260.0	2	445.82	Q	
	Sascha Robinson	Bull	Fr-Jr	59.20	63	21	1999	FCP	65.0	75.0	85.0	85.0	30.0	35.0	40.0	40.0	75.0	85.0	90.0	90.0	215.0	3	374.83	Q	
	AJ Meth	Bull	FR-Jr	67.65	72	51	1996	FCP	115.0	120.0	125.0	125.0	70.0	75.0	80.0	80.0	130.0	140.0	150.0	150.0	355.0	1	594.82	Q	Junior
	Caitlin Poxon	11	FR-Jr	67.45	72	52	2000	FCP	110.0	117.5	0.0	117.5	55.0	62.5	0.0	62.5	115.0	122.5	127.5	127.5	307.5	2	514.52	Q	
Master 1																									
	Antoinette Kriel	Bar	FR-M1	55.85	57	150	1971	FCP	60.0	70.0	0.0	70.0	65.0	70.0	75.0	75.0	100.0	110.0	120.0	120.0	265.0	1	480.06	Q	
	Caroline Wolf	1610	FR-M1	56.70	57	13	1979	FCP	70.0	75.0	80.0	80.0	30.0	35.0	40.0	40.0	80.0	90.0	100.0	100.0	220.0	2	391.06	Q	
	Ilona Wilson	Pur	FR-M1	62.75	63	22	1977	FCP	110.0	115.0	120.0	120.0	45.0	50.0	52.5	52.5	137.5	145.0	-162.5	145.0	317.5	1	549.12	Q	
	Laura de Wet	Bull	FR-M1	70.60	72	48	1974	FCP	115.0	125.0	135.0	135.0	60.0	65.0	70.0	70.0	140.0	165.0	177.5	177.5	382.5	1	629.34	Q	Master 1
	Corien Potgieter	Bar	FR-M1	71.20	72	55	1970	FCP	115.0	125.0	-130.0	125.0	75.0	-82.5	82.5	82.5	140.0	155.0	160.0	160.0	367.5	2	602.15	Q	
	Debbie McAlpine	Pur	FR-M1	69.65	72	53	1976	FCP	112.5	117.5	122.5	122.5	52.5	57.5	60.0	60.0	120.0	127.5	130.0	130.0	312.5	3	515.90	Q	
	Bianca Rothman	WICO	FR-M1	71.55	72	49	1979	FCP	-85.0	85.0	-90.0	85.0	45.0	47.5	50.0	50.0	105.0	112.5	120.0	120.0	255.0	4	415.22	Q	
	Zonra Zietsman	SGS	FR-M1	67.45	72	54	1979	FCP	70.0	80.0	90.0	90.0	40.0	45.0	50.0	50.0	80.0	90.0	100.0	100.0	240.0	5	399.26	Q	
	Pia Marangoni	Pur	FR-M1	78.00	84	123	1978	FCP	120.0	132.5	140.0	140.0	52.5	60.0	62.5	62.5	137.5	152.5	162.5	162.5	365.0	1	575.20	Q	
	Karin Suter	YAWC	FR-M1	77.50	84	126	1978	FCP	90.0	97.5	102.5	102.5	52.5	57.5	62.5	62.5	105.0	125.0	140.0	140.0	305.0	2	482.04	Q	
	Jodi Poxon	11	FR-M1	77.80	84	125	1975	FCP	107.5	110.0	112.5	112.5	55.0	57.5	60.0	60.0	127.5	132.5	0.0	132.5	305.0	3	481.32	Q	
	Phokwane Moleole	Bull	FR-M1	88.35	84+	124	1977	FCP	100.0	110.0	120.0	120.0	65.0	70.0	-75.0	70.0	110.0	130.0	150.0	150.0	340.0	1	510.64	Q	
Master 2																									
	Antoinette Abrahams	Pur	FR-M2	57.00	57	12	1969	FCP	90.0	100.0	107.5	107.5	40.0	45.0	47.5	47.5	110.0	120.0	125.0	125.0	280.0	1	503.92	Q	
	Ronel Reyneke	Bull	FR-M2	62.30	63	17	1969	FCP	80.0	90.0	-100.0	90.0	55.0	60.0	0.0	60.0	100.0	110.0	120.0	120.0	270.0	1	465.86	Q	
	Nadia Robinson	Bull	FR-M2	62.50	63	18	1968	FCP	60.0	65.0	-70.0	65.0	30.0	35.0	-37.5	35.0	70.0	-80.0	80.0	80.0	180.0	2	304.31	Q	
	Lana Kleynhans	GY6	FR-M2	69.40	72	46	1967	FCP	90.0	-97.5	97.5	97.5	60.0	65.0	67.5	67.5	130.0	140.0	150.0	150.0	315.0	1	520.88	Q	Master 2
	Janita Kruger	Bar	FR-M2	71.00	72	47	1967	FCP	-50.0	60.0	70.0	70.0	40.0	45.0	50.0	50.0	50.0	65.0	70.0	70.0	190.0	2	308.71	Q	
	Marion Tanzer	Bar	FR-M2	75.75	84	128	1968	FCP	70.0	80.0	90.0	90.0	50.0	55.0	-57.5	55.0	100.0	110.0	120.0	120.0	265.0	1	422.46	Q	
	Linda Rubin	Bull	FR-M2	74.95	84	127		FCP	-55.0	55.0	60.0	60.0	40.0	45.0	47.5	47.5	80.0	90.0	-100.0	90.0	197.5	2	315.63	Q	
Master 3																									
	Susan Farrell	Pur	FR-M3	59.45	63	16	1951	FCP	87.5	92.5	97.5	97.5	45.0	50.0	52.5	52.5	110.0	120.0	125.0	125.0	275.0	1	484.88	Q	Master 3

Open																								
Giulia Muto	Bull	FR-O	51.15	52	8	1987	FCP	-115.0	115.0	-120.0	115.0	55.0	60.0	65.0	65.0	115.0	130.0	-140.0	130.0	310.0	1	593.07	Q	
Taryn Scharf		FR-O	51.25	52	10	1987	FCP	60.0	70.0	75.0	75.0	37.5	42.5	45.0	45.0	80.0	90.0	100.0	100.0	220.0	2	409.08	Q	
Sasha Payne	SGS	FR-O	55.15	57	15	1995	FCP	105.0	115.0	122.5	122.5	65.0	70.0	72.5	72.5	135.0	145.0	150.0	150.0	345.0	1	637.94	Q	
Antoinette Kriel	Bar	FR-O	55.85	57	150	1971	FCP	60.0	70.0	0.0	70.0	65.0	70.0	75.0	75.0	100.0	110.0	120.0	120.0	265.0	2	480.06	Q	
Matilda Fourie	11	FR-O	54.05	57	9	1990	FCP	80.0	-85.0	85.0	85.0	40.0	45.0	47.5	47.5	90.0	97.5	102.5	102.5	235.0	3	428.75	Q	
Priyah Pillay	YAWC	FR-O	54.95	57	14	1988	FCP	67.5	-75.0	77.5	77.5	40.0	45.0	50.0	50.0	85.0	95.0	-105.0	95.0	222.5	4	401.25	Q	
Jessica Hill	Pur	FR-O	62.95	63	23	1992	FCP	100.0	105.0	110.0	110.0	52.5	60.0	65.0	65.0	142.5	152.5	157.5	157.5	332.5	1	575.01	Q	
Lisa Basson	Bull	FR-O	60.25	63	25	1984	FCP	100.0	110.0	120.0	120.0	65.0	70.0	75.0	75.0	120.0	135.0	-142.5	135.0	330.0	2	582.55	Q	
Cherissa Haupt	WICO	FR-O	61.90	63	26	1991	FCP	100.0	110.0	115.0	115.0	52.5	55.0	60.0	60.0	130.0	142.5	150.0	150.0	325.0	3	566.09	Q	
Jessica Britz	Bull	FR-O	62.25	63	27	1989	FCP	100.0	110.0	-120.0	110.0	55.0	60.0	-62.5	60.0	120.0	140.0	150.0	150.0	320.0	4	555.63	Q	
Ilona Wilson	Pur	FR-O	62.75	63	22	1977	FCP	110.0	115.0	120.0	120.0	45.0	50.0	52.5	52.5	137.5	145.0	-152.5	145.0	317.5	5	549.12	Q	
Almien Smit	GY6	FR-O	62.85	63	24	1990	FCP	70.0	75.0	80.0	80.0	40.0	45.0	-47.5	45.0	100.0	110.0	117.5	117.5	242.5	6	415.09	Q	
Olivia Perotti	Bull	FR-O	71.95	72	56	1989	FCP	-150.0	150.0	0.0	150.0	75.0	80.0	0.0	80.0	140.0	160.0	170.0	170.0	400.0	1	652.84	Q	Open
Amanda Meyer	11	FR-O	71.30	72	58	1980	FCP	135.0	137.5	-142.5	137.5	-80.0	82.5	-85.0	82.5	150.0	160.0	-165.0	160.0	380.0	2	622.44	Q	
Michelle Tromp	SGS	FR-O	65.95	72	61	1983	FCP	130.0	140.0	150.0	150.0	65.0	75.0	80.0	80.0	130.0	145.0	-160.0	145.0	375.0	3	636.39	Q	
Corien Potgieter	Bar	FR-O	71.20	72	55	1970	FCP	115.0	125.0	-130.0	125.0	75.0	-82.5	82.5	82.5	140.0	155.0	160.0	160.0	367.5	4	602.15	Q	
Jozanne Hartzter	Bull	FR-O	71.95	72	59	1987	FCP	110.0	120.0	122.5	122.5	55.0	60.0	-62.5	60.0	130.0	155.0	-160.0	155.0	337.5	5	550.04	Q	
Abiodun Ajisafe	Pur	FR-O	70.50	72	57	1981	FCP	100.0	107.5	110.0	110.0	52.5	60.0	-62.5	60.0	140.0	152.5	-162.5	152.5	322.5	6	529.90	Q	
Debbie McAlpine	Pur	FR-O	69.65	72	53	1976	FCP	112.5	117.5	122.5	122.5	52.5	57.5	60.0	60.0	120.0	127.5	130.0	130.0	312.5	7	515.90	Q	
Sofia Kavallieratos	Pur	FR-O	70.10	72	60	1986	FCP	90.0	100.0	-105.0	100.0	55.0	60.0	65.0	65.0	120.0	130.0	135.0	135.0	300.0	8	493.62	Q	
Zonra Zietsman	SGS	FR-O	67.45	72	54	1979	FCP	70.0	80.0	90.0	90.0	40.0	45.0	50.0	50.0	80.0	90.0	100.0	100.0	240.0	9	399.26	Q	
Pia Marangoni	Pur	FR-O	78.00	84	123	1978	FCP	120.0	132.5	140.0	140.0	52.5	60.0	62.5	62.5	137.5	152.5	162.5	162.5	365.0	1	575.20	Q	
Janna van der Westhuizen		FR-O	75.40	84	121	1992	FCP	115.0	125.0	-130.0	125.0	45.0	50.0	-65.0	50.0	-125.0	125.0	140.0	140.0	315.0	2	503.30	Q	
Camarine Kurz	Chaos	FR-O	83.35	84	122	1992	FCP	85.0	97.5	110.0	110.0	50.0	57.5	-62.5	57.5	115.0	130.0	140.0	140.0	307.5	3	472.70	Q	
Serene Peixoto	Pur	FR-O	81.50	84	129	1987	FCP	95.0	107.5	115.0	115.0	50.0	52.5	-65.0	52.5	122.5	-140.0	-142.5	122.5	290.0	4	449.80	Q	
Ronit Garber	EMET	FR-O	77.50	84	130	1990	FCP	60.0	70.0	80.0	80.0	40.0	45.0	50.0	50.0	100.0	115.0	120.0	120.0	250.0	5	395.24	Q	
Lezaan Jordaan	Bull	FR-O	86.75	84+	120	1995	FCP	130.0	140.0	150.0	150.0	65.0	70.0	72.5	72.5	150.0	170.0	190.0	190.0	412.5	1	621.94	Q	
Jacqui Rees	Bull	FR-O	93.80	84+	132	1980	FCP	110.0	120.0	0.0	120.0	60.0	65.0	-70.0	65.0	140.0	150.0	-160.0	150.0	335.0	2	492.47	Q	
Daniela Tobler	EMET	FR-O	94.70	84+	131	1981	FCP	-70.0	-80.0	85.0	85.0	60.0	70.0	75.0	75.0	140.0	150.0	-155.0	150.0	310.0	3	455.23	Q	
VLeen Serge	Bull	FR-O	85.30	84+	119	1986	FCP	100.0	110.0	120.0	120.0	45.0	50.0	52.5	52.5	100.0	110.0	130.0	130.0	302.5	4	461.18	Q	

16-18 August 2019

Gauteng Championships 2019 - Men - Classic Powerlifting

	Name	Team	Div	Bwt - kg	IPF Wt Cls	lot#	Birth Year	IPF Pts Code	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/Cl/Event	IPF Points	Qual for SA	Best Lifter	
SubJunior																										
	Christopher Wilson	Pur	MR-SJr	62.90	66	5	2002	MCP	97.5	110.0	122.5	122.5	50.0	60.0	65.0	65.0	120.0	140.0	152.5	152.5	340.0	1	378.78	Q		
	Heinrich Bester		MR-SJr	71.60	74	33	2003	MCP	120.0	130.0	-140.0	130.0	75.0	80.0	-85.0	80.0	145.0	155.0	165.0	165.0	375.0	1	382.66	Q		
	Gavin Stanley	Bull	MR-SJr	69.45	74	31	2003	MCP	110.0	120.0	130.0	130.0	72.5	77.5	80.0	80.0	135.0	145.0	152.5	152.5	362.5	2	376.38	Q		
	Ryan Bennett	Bull	MR-SJr	69.05	74	32	2002	MCP	100.0	110.0	117.5	117.5	50.0	55.0	60.0	60.0	120.0	140.0	162.5	162.5	340.0	3	349.45	Q		
	Werner Liebenberg	Rass	MR-SJr	82.55	83	72	2001	MCP	135.0	140.0	145.0	145.0	92.5	-97.5	-97.5	92.5	180.0	190.0	200.0	200.0	437.5	1	413.62	Q		
	Lourens de Beer		MR-SJr	91.15	93	92	2002	MCP	120.0	135.0	150.0	150.0	75.0	-82.5	-82.5	75.0	180.0	-205.0	205.0	205.0	430.0	1	377.37	Q		
	Jurie O'Connell		MR-SJr	94.45	105	112	2002	MCP	150.0	165.0	182.5	182.5	95.0	105.0	-115.0	105.0	180.0	205.0	-210.0	205.0	492.5	1	434.00	Q	SubJunior	
Junior																										
	Spha Mncwango	GY6	MR-Jr	71.10	74	34	1997	MCP	145.0	160.0	172.5	172.5	112.5	120.0	-127.5	120.0	170.0	-185.0	190.0	190.0	482.5	1	519.49	Q		
	Caneous Mdluli	EMET	MR-Jr	80.20	83	68	2000	MCP	150.0	180.0	190.0	190.0	130.0	142.5	-160.0	142.5	200.0	220.0	235.0	235.0	567.5	1	573.22	Q	Junior	
	Jean Elie Mwamba	EMET	MR-Jr	80.95	83	71	1998	MCP	-165.0	170.0	190.0	190.0	110.0	120.0	127.5	127.5	200.0	220.0	235.0	235.0	552.5	2	552.17	Q		
	Petrus Fourie	Bar	MR-Jr	81.90	83	66	1997	MCP	170.0	-185.0	185.0	185.0	110.0	117.5	-122.5	117.5	180.0	200.0	212.5	212.5	515.0	3	504.73	Q		
	Arno Nieuwenhuizen	Bull	MR-Jr	82.90	83	63	1999	MCP	160.0	-170.0	0.0	160.0	95.0	102.5	0.0	102.5	200.0	230.0	250.0	250.0	512.5	4	497.57	Q		
	Marc Lunsky	SoS	MR-Jr	80.90	83	64	2000	MCP	165.0	172.5	180.0	180.0	105.0	110.0	115.0	115.0	180.0	202.5	-212.5	202.5	497.5	5	488.98	Q		
	Wallace Ingosi	EMET	MR-Jr	74.15	83	69	1998	MCP	-140.0	150.0	165.0	165.0	110.0	120.0	-127.5	120.0	180.0	200.0	-210.0	200.0	485.0	6	506.11	Q		
	Regan Morley	SGS	MR-Jr	80.50	83	67	1996	MCP	130.0	140.0	150.0	150.0	95.0	100.0	107.5	107.5	175.0	190.0	200.0	200.0	457.5	7	444.45	Q		
	Peter Jordaan	SoS	MR-Jr	79.70	83	70	1997	MCP	-135.0	135.0	147.5	147.5	90.0	97.5	102.5	102.5	175.0	190.0	197.5	197.5	447.5	8	436.08	Q		
	Cameron Crawford	Chaos	MR-Jr	77.05	83	65	1998	MCP	-175.0	-175.0	-175.0	0.0	115.0	-120.0	-120.0	115.0	210.0	222.5	-225.0	222.5	0.0			0.00		
	Christian Lawu	EMET	MR-Jr	90.45	93	86	1998	MCP	180.0	190.0	197.5	197.5	115.0	125.0	127.5	127.5	210.0	250.0	-257.5	250.0	575.0	1	535.92	Q		
	Eben Hanekom		MR-Jr	103.00	105	200	1999	MCP	190.0	200.0	-207.5	200.0	90.0	95.0	100.0	100.0	205.0	215.0	220.0	220.0	520.0	1	437.64	Q		
	Jean Pierre Eksteen	Bull	MR-Jr	103.05	105	111	1998	MCP	130.0	140.0	155.0	155.0	115.0	125.0	-132.5	125.0	160.0	180.0	205.0	205.0	485.0	2	402.36	Q		
Master 1																										
	Marlon Daniels	SoS	MR-M1	73.25	74	35	1975	MCP	185.0	202.5	210.0	210.0	140.0	150.0	-165.0	150.0	202.5	217.5	222.5	222.5	582.5	1	630.57	Q	Master 1	
	Christopher Forget	SoS	MR-M1	81.75	83	79	1979	MCP	200.0	220.0	-227.5	220.0	110.0	117.5	-122.5	117.5	220.0	232.5	250.0	250.0	587.5	1	588.47	Q		
	Jorncy Page	Bar	MR-M1	92.40	93	89	1972	MCP	165.0	180.0	190.0	190.0	80.0	100.0	120.0	120.0	200.0	220.0	240.0	240.0	550.0	1	501.76	Q		
	Jerry Botha	1610	MR-M1	90.40	93	85	1974	MCP	170.0	-177.5	177.5	177.5	115.0	122.5	125.0	125.0	220.0	-230.0	-237.5	220.0	522.5	2	479.43	Q		
	Neil Pryce	YARD	MR-M1	90.65	93	90	1971	MCP	135.0	150.0	160.0	160.0	105.0	115.0	-120.0	115.0	185.0	205.0	-210.0	205.0	480.0	3	432.72	Q		
	Koos Rossouw		MR-M1	89.95	93	91	1977	MCP	135.0	-160.0	-160.0	135.0	110.0	120.0	125.0	125.0	180.0	200.0	210.0	210.0	470.0	4	424.20	Q		
	Henk de Wet	Bull	MR-M1	101.55	105	109	1974	MCP	-190.0	200.0	220.0	220.0	130.0	140.0	150.0	150.0	230.0	260.0	270.0	270.0	640.0	1	563.07	Q		
	Graham Green	Bull	MR-M1	99.85	105	110	1978	MCP	185.0	200.0	0.0	200.0	-130.0	130.0	0.0	130.0	220.0	240.0	0.0	240.0	570.0	2	497.51	Q		
	Mathys Herbst	Bull	MR-M1	165.20	120+	145	1975	MCP	240.0	245.0	250.0	250.0	150.0	160.0	170.0	170.0	225.0	255.0	275.0	275.0	695.0	1	472.85	Q		
	Renier Botes		MR-M1	158.60	120+	146	1976	MCP	165.0	190.0	200.0	200.0	120.0	130.0	140.0	140.0	185.0	200.0	225.0	225.0	565.0	2	376.61	Q		
	Werner Koekemoer	Bull	MR-M1	182.60	120+	137	1976	MCP	-160.0	160.0	175.0	175.0	130.0	145.0	-167.5	145.0	190.0	230.0	245.0	245.0	565.0	3	350.06	Q		

Master 2																									
	Ian Hacker	Bull	MR-M2	73.15	74	30	1964	MCP	150.0	160.0	170.0	170.0	90.0	100.0	107.5	107.5	160.0	180.0	192.5	192.5	470.0	1	492.91	Q	
	Raymond Lewis	Bull	MR-M2	82.45	83	75	1964	MCP	-140.0	110.0	115.0	115.0	-65.0	65.0	-67.5	65.0	160.0	180.0	-205.0	180.0	360.0	1	325.63		
	Patrick Banda	Bull	MR-M2	84.30	93	74	1960	MCP	110.0	-120.0	-125.0	110.0	50.0	57.5	62.5	62.5	190.0	215.0	235.0	235.0	407.5	1	373.62	Q	
	Gary Meyer	SGS	MR-M2	91.55	93	88	1960	MCP	120.0	130.0	140.0	140.0	90.0	100.0	-105.0	100.0	135.0	150.0	160.0	160.0	400.0	2	344.06		
	Christo Schoonraad	Bull	MR-M2	101.85	105	113	1963	MCP	205.0	225.0	-230.0	225.0	-115.0	115.0	120.0	120.0	230.0	260.0	270.0	270.0	615.0	1	536.78	Q	Master 2
	Robbert Buczek	SoS	MR-M2	103.95	105	108	1965	MCP	160.0	170.0	-180.0	170.0	120.0	-125.0	125.0	125.0	105.0	135.0	165.0	165.0	460.0	2	375.12	Q	
	Denis Bensch	Bull	MR-M2	113.60	120	140	1965	MCP	170.0	180.0	190.0	190.0	115.0	125.0	132.5	132.5	180.0	200.0	225.0	225.0	547.5	1	437.94	Q	
	Cliff Mudge	Bull	MR-M2	119.00	120	139	1968	MCP	180.0	190.0	200.0	200.0	75.0	80.0	90.0	90.0	180.0	200.0	227.5	227.5	517.5	2	397.95	Q	
	Anders Moltano	SoS	MR-M2	119.40	120	138	1965	MCP	150.0	160.0	170.0	170.0	110.0	115.0	120.0	120.0	185.0	202.5	-225.0	202.5	492.5	3	373.87	Q	
	Hercules van den Berg	11	MR-M2	166.40	120+	144	1966	MCP	220.0	-230.0	0.0	220.0	155.0	160.0	0.0	160.0	240.0	0.0	0.0	240.0	620.0	1	411.18	Q	
Master 3																									
	Yunus Hassen	SGS	MR-M3	72.50	74	29	1954	MCP	120.0	130.0	135.0	135.0	60.0	65.0	70.0	70.0	175.0	190.0	-200.0	190.0	395.0	1	403.56	Q	
	Steve Labson		MR-M3	81.30	83	73	1956	MCP	110.0	120.0	-130.0	120.0	120.0	130.0	-137.5	130.0	140.0	160.0	175.0	175.0	425.0	1	403.89	Q	Master 3
	Tjaart van der Walt	Pur	MR-M3	92.70	93	87	1956	MCP	-100.0	100.0	120.0	120.0	60.0	70.0	80.0	80.0	140.0	152.5	165.0	165.0	365.0	1	303.78	Q	
Master 4																									
	Dan Oppenheim	Bull	MR-M4	73.55	74	28	1945	MCP	110.0	120.0	0.0	120.0	70.0	75.0	80.0	80.0	150.0	160.0	170.0	170.0	370.0	1	368.36	Q	Master 4
Open																									
	Andrew Leisegang	1610	MR-O	65.00	66	7	1989	MCP	120.0	127.5	135.0	135.0	105.0	107.5	-110.0	107.5	170.0	185.0	-200.0	185.0	427.5	1	484.58	Q	
	Andrew Ramsay	WICO	MR-O	73.40	74	39	1988	MCP	195.0	205.0	212.5	212.5	110.0	115.0	122.5	122.5	-230.0	240.0	250.0	250.0	585.0	1	632.68	Q	
	Marlon Daniels	SoS	MR-O	73.25	74	35	1975	MCP	185.0	202.5	210.0	210.0	140.0	150.0	-165.0	150.0	202.5	217.5	222.5	222.5	582.5	2	630.57	Q	
	Chadwyn Govington	SoS	MR-O	71.70	74	45	1985	MCP	-165.0	165.0	-180.0	165.0	127.5	135.0	140.0	140.0	200.0	220.0	235.0	235.0	540.0	3	587.75	Q	
	Nicholas Lazarides		MR-O	73.75	74	44	1992	MCP	-180.0	185.0	-195.0	185.0	127.5	135.0	-140.0	135.0	-220.0	-220.0	220.0	220.0	540.0	4	575.44	Q	
	Darius Sangari	YAWC	MR-O	73.25	74	147	1994	MCP	165.0	177.5	-185.0	177.5	130.0	135.0	0.0	135.0	180.0	200.0	0.0	200.0	512.5	5	544.59	Q	
	Sashen Moodley	WICO	MR-O	73.15	74	152	1993	MCP	155.0	-165.0	170.0	170.0	115.0	-120.0	0.0	115.0	215.0	225.0	-230.0	225.0	510.0	6	542.08	Q	
	Marcel Vorster	Chaos	MR-O	69.25	74	37	1994	MCP	190.0	0.0	0.0	190.0	120.0	0.0	0.0	120.0	-185.0	190.0	-195.0	190.0	500.0	7	552.60	Q	
	Jason Eliason		MR-O	68.95	74	43	1991	MCP	165.0	175.0	180.0	180.0	102.5	112.5	-115.0	112.5	195.0	-205.0	-207.5	195.0	487.5	8	538.49	Q	
	Nishalin Govender	1610	MR-O	71.75	74	36	1992	MCP	140.0	150.0	157.5	157.5	85.0	92.5	-100.0	92.5	170.0	200.0	220.0	220.0	470.0	9	500.29	Q	
	Charles-Lee Fourie	GY6	MR-O	73.60	74	41	1994	MCP	-120.0	120.0	127.5	127.5	75.0	-80.0	80.0	80.0	175.0	185.0	195.0	195.0	402.5	10	407.96		
	Muaaz Bhamjee		MR-O	72.85	74	38	1985	MCP	125.0	132.5	137.5	137.5	82.5	-87.5	-87.5	82.5	162.5	170.0	-175.0	170.0	390.0	11	395.85		
	Matthew Levine	SGS	MR-O	71.20	74	42	1989	MCP	125.0	-135.0	-140.0	125.0	90.0	100.0	-110.0	100.0	160.0	-180.0	-180.0	160.0	385.0	12	396.91		
	Christopher Forget	SoS	MR-O	81.75	83	79	1979	MCP	200.0	220.0	-227.5	220.0	110.0	117.5	-122.5	117.5	220.0	232.5	250.0	250.0	587.5	1	588.47	Q	
	Dylan Labuschagne		MR-O	81.65	83	83	1995	MCP	195.0	205.0	212.5	212.5	110.0	120.0	125.0	125.0	215.0	225.0	-230.0	225.0	562.5	2	560.30	Q	
	Bandile Khuzwayo	Bull	MR-O	82.80	83	80	1990	MCP	150.0	170.0	180.0	180.0	100.0	110.0	120.0	120.0	220.0	240.0	-260.0	240.0	540.0	3	529.26	Q	
	Dylan van Houten	Pur	MR-O	81.40	83	78	1988	MCP	187.5	195.0	205.0	205.0	100.0	107.5	110.0	110.0	200.0	220.0	-235.0	220.0	535.0	4	529.91	Q	
	Justin van der Net	Pur	MR-O	82.90	83	77	1991	MCP	182.5	190.0	-195.0	190.0	100.0	110.0	115.0	115.0	190.0	215.0	225.0	225.0	530.0	5	517.45	Q	
	Orrin Flugel	SoS	MR-O	82.25	83	84	1980	MCP	160.0	172.5	182.5	182.5	125.0	132.5	-137.5	132.5	180.0	195.0	-205.0	195.0	510.0	6	497.49	Q	
	Jonathan Kariv	Bar	MR-O	78.20	83	81	1983	MCP	150.0	160.0	170.0	170.0	120.0	130.0	0.0	130.0	160.0	0.0	0.0	160.0	460.0	7	457.00	Q	

	Gian Smit	GY6	MR-O	92.15	93	106		MCP	225.0	240.0	255.0	255.0	150.0	155.0	160.0	160.0	250.0	270.0	280.0	280.0	695.0	1	657.52	Q	
	Jean-Arthur Pretorius	SoS	MR-O	90.15	93	105	1992	MCP	220.0	-235.0	-237.5	220.0	157.5	165.0	167.5	167.5	285.0	300.0	-307.5	300.0	687.5	2	658.77	Q	Open
	Deon Smedley	1610	MR-O	93.00	93	95	1984	MCP	220.0	230.0	235.0	235.0	140.0	150.0	-155.0	150.0	245.0	257.5	-262.5	257.5	642.5	3	597.90	Q	
	Archie Ayekpa		MR-O	89.55	93	97	1985	MCP	210.0	220.0	-230.0	220.0	142.5	152.5	160.0	160.0	237.5	257.5	-262.5	257.5	637.5	4	607.35	Q	
	Wessel Davel		MR-O	91.45	93	100	1993	MCP	210.0	220.0	227.5	227.5	127.5	135.0	137.5	137.5	245.0	262.5	-277.5	262.5	627.5	5	588.35	Q	
	Dirko Smuts		MR-O	91.20	93	102	1993	MCP	190.0	210.0	225.0	225.0	130.0	145.0	-155.0	145.0	210.0	235.0	250.0	250.0	620.0	6	581.34	Q	
	Connor Scheckle		MR-O	85.29	93	76	1987	MCP	200.0	210.0	0.0	210.0	150.0	157.5	-160.0	157.5	220.0	230.0	235.0	235.0	602.5	7	588.28	Q	
	Marc Steinhobel	Pur	MR-O	91.35	93	94	1989	MCP	-185.0	185.0	190.0	190.0	107.5	112.5	-115.0	112.5	220.0	232.5	260.0	260.0	562.5	8	519.00	Q	
	Gerhard Rabie	1610	MR-O	90.80	93	99	1992	MCP	185.0	195.0	-200.0	195.0	115.0	120.0	125.0	125.0	200.0	220.0	230.0	230.0	550.0	9	507.63	Q	
	Charl Joubert		MR-O	90.25	93	93	1989	MCP	175.0	-195.0	195.0	195.0	125.0	130.0	137.5	137.5	-175.0	195.0	207.5	207.5	540.0	10	498.88	Q	
	Ashley Beyers	Bull	MR-O	87.45	93	96	1990	MCP	170.0	180.0	195.0	195.0	100.0	110.0	120.0	120.0	180.0	195.0	215.0	215.0	530.0	11	498.63	Q	
	Wayne Laubscher	Pur	MR-O	92.90	93	104		MCP	170.0	180.0	187.5	187.5	100.0	107.5	110.0	110.0	220.0	232.5	-242.5	232.5	530.0	12	478.71	Q	
	Ryan Stopforth	YARD	MR-O	92.20	93	103	1985	MCP	160.0	170.0	-180.0	170.0	115.0	125.0	135.0	135.0	180.0	200.0	215.0	215.0	520.0	13	470.45	Q	
	Devon Shadrach	1610	MR-O	92.75	93	101	1992	MCP	-170.0	-170.0	170.0	170.0	105.0	112.5	-120.0	112.5	207.5	220.0	-230.0	220.0	502.5	14	449.97	Q	
	Chris McLeod	Bull	MR-O	92.65	93	98	1985	MCP	145.0	-160.0	-160.0	145.0	125.0	135.0	-142.5	135.0	175.0	185.0	210.0	210.0	490.0	15	436.98	Q	
	Wessel Fourie	GNPC	MR-O	90.20	93	107	1985	MCP	120.0	130.0	135.0	135.0	75.0	82.5	87.5	87.5	125.0	140.0	155.0	155.0	377.5	16	323.39		
	Julian Smith		MR-O	103.50	105	114	1994	MCP	190.0	-240.0	225.0	225.0	135.0	145.0	152.5	152.5	240.0	262.5	280.0	280.0	657.5	1	574.05	Q	
	Robert Freeme		MR-O	97.05	105	202	1984	MCP	-190.0	205.0	220.0	220.0	120.0	140.0	152.5	152.5	220.0	260.0	-270.0	260.0	632.5	2	571.48	Q	
	Christo Schoonraad	Bull	MR-O	101.85	105	113	1963	MCP	205.0	225.0	-230.0	225.0	-115.0	115.0	120.0	120.0	230.0	260.0	270.0	270.0	615.0	3	536.78	Q	
	Henning le Grange	GY6	MR-O	103.45	105	116	1980	MCP	-195.0	195.0	202.5	202.5	135.0	137.5	140.0	140.0	240.0	250.0	-265.0	250.0	592.5	4	509.08	Q	
	Derik van Wyk	1610	MR-O	103.25	105	115	1986	MCP	205.0	215.0	222.5	222.5	125.0	132.5	-137.5	132.5	210.0	220.0	232.5	232.5	587.5	5	504.68	Q	
	Vuc Vucetic		MR-O	96.25	105	201		MCP	-165.0	170.0	-175.0	170.0	120.0	125.0	-130.0	125.0	215.0	225.0	240.0	240.0	535.0	6	472.87	Q	
	Hanno de Villiers		MR-O	98.75	105	118	1994	MCP	-170.0	-180.0	180.0	180.0	-130.0	130.0	-140.0	130.0	190.0	200.0	210.0	210.0	520.0	7	449.65	Q	
	James Henry	Pur	MR-O	96.03	105	117	1990	MCP	150.0	-157.5	-157.5	150.0	110.0	120.0	-125.0	120.0	190.0	210.0	-215.0	210.0	480.0	8	416.19		
	Edlyn Serge	Bull	MR-O	116.60	120	135	1984	MCP	190.0	200.0	220.0	220.0	150.0	-160.0	-160.0	150.0	230.0	250.0	270.0	270.0	640.0	1	518.26	Q	
	Johannes Smit	1610	MR-O	111.00	120	133	1991	MCP	210.0	220.0	-227.5	220.0	160.0	-167.5	-167.5	160.0	230.0	242.5	255.0	255.0	635.0	2	528.66	Q	
	Saxon v Vuuren	YAWC	MR-O	117.40	120	136	1992	MCP	-200.0	200.0	212.5	212.5	95.0	102.5	107.5	107.5	210.0	230.0	240.0	240.0	560.0	3	441.10	Q	
	Kyle Noonan	Bull	MR-O	140.40	120+	143	1990	MCP	240.0	260.0	280.0	280.0	-175.0	185.0	195.0	195.0	300.0	325.0	335.0	335.0	810.0	1	613.47	Q	
	Ruan Roux	Bull	MR-O	160.00	120+	142	1991	MCP	210.0	230.0	240.0	240.0	120.0	130.0	135.0	135.0	250.0	270.0	280.0	280.0	655.0	2	448.03	Q	
	Machiel de Bruyn	SoS	MR-O	153.20	120+	141	1985	MCP	165.0	180.0	187.5	187.5	130.0	142.5	147.5	147.5	220.0	240.0	247.5	247.5	582.5	3	398.14	Q	
	Hesam Bayat	Bull	MR-O	152.00	120+	134	1980	MCP	180.0	190.0	-200.0	190.0	110.0	117.5	122.5	122.5	170.0	180.0	195.0	195.0	507.5	4	337.46		

16-18 August 2019 **Gauteng Championships 2019 - Women - Equipped Powerlifting**

	Name	Team	Div	Bwt - kg	IPF Wt Cls	lot#	Birth Year	IPF Pts Code	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/Cls/Event	IPF Points	Qual for SA	Best Lifter
Master 2																									
	Carol Anthony	SoS	F-M2	55.70	57	151	1966	FEP	110.0	120.0	127.5	127.5	45.0	50.0	-52.5	50.0	125.0	135.0	-140.0	135.0	312.5	1	471.65	Q	Master 2
Open																									
	Carol Anthony	SoS	F-O	55.70	57	151	1966	FEP	110.0	120.0	127.5	127.5	45.0	50.0	-52.5	50.0	125.0	135.0	-140.0	135.0	312.5	1	471.65	Q	Open

16-18 August 2019 **Gauteng Championships 2019 - Men - Equipped Powerlifting**

	Name	Team	Div	Bwt - kg	IPF Wt Cls	lot#	Birth Year	IPF Pts Code	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/Cls/Event	IPF Points	Qual for SA	Best Lifter
Subjunior																									
	Tshepo Mulaudzi	Corn	M-SJr	51.75	53	4	2001	MEP	110.0	115.0	-125.0	115.0	-75.0	-80.0	80.0	80.0	140.0	155.0	-167.5	155.0	350.0	1	440.42	Q	SubJunior
	Phenyo Ramothhope	Corn	M-SJr	50.10	53	3	2004	MEP	70.0	75.0	85.0	85.0	50.0	-60.0	-60.0	50.0	120.0	-135.0	-135.0	120.0	255.0	2	350.19	Q	
Master 1																									
	Marlon Daniels	SoS	M-M1	74.00	74	148	1975	MEP	220.0	235.0	245.0	245.0	200.0	-207.5	-207.5	200.0	200.0	215.0	220.0	220.0	665.0	1	595.91	Q	Master 1
Open																									
	Marlon Daniels	SoS	M-O	74.00	74	148	1975	MEP	220.0	235.0	245.0	245.0	200.0	-207.5	-207.5	200.0	200.0	215.0	220.0	220.0	665.0	1	595.91	Q	Open
	Adrian Smith	PhP	M-O	97.10	105	149	1995	MEP	-250.0	275.0	-300.0	275.0	190.0	205.0	-245.0	205.0	200.0	220.0	-250.0	220.0	700.0	1	533.63	Q	

Referees:

Cliff Hayim
 Nic Ingel
 Andrew Anthony
 Chantelle du Toit
 Megan Leighton
 Mike Poxon
 Lauren Norton
 Vicki Botha
 Hannie Smith
 Ephraim Khandanise
 Antoinette Kriel
 Ian Furman
 Jonathan Kariv
 Dylan van Houten

Scorers and Announcers:

Heather Leighton
 Marion Tanzer
 Mijuane de Wet
 Carol Anthony
 Kyle Noonan
 Adrian Smith