

**INTERNATIONAL POWERLIFTING FEDERATION**  
**Commonwealth Raw Bench Women, POTCH (SA), 11-17.09.2017**

**SCORESHEET**

PL.	Name	B.Date	Team	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>Open</b>												
<b>-47kg</b>												
1	Enslin Kirsten	01.01.79	SA	47.00	1.3449	2	57.5	<del>60.0</del>	<del>60.0</del>	57.5	77.33	12
<b>-52kg</b>												
1	Waite Linzi	31.10.89	ENG	51.30	1.2597	3	45.0	50.0	52.5	52.5	66.13	12
<b>-57kg</b>												
1	Graham Catherine	21.10.90	ENG	56.25	1.1725	6	70.0	75.0	80.0	80.0	93.80	12
2	Katz Lauren	01.01.92	SA	56.15	1.1741	5	62.5	65.0	<del>70.0</del>	65.0	76.32	9
3	Chadha Nidhi	01.01.90	IN	56.60	1.1668	4	47.5	55.0	57.5	57.5	67.09	8
<b>-63kg</b>												
1	Marshall Gemma	01.01.90	ENG	59.75	1.1185	11	80.0	85.0	<del>87.5</del>	85.0	95.07	12
2	Basson Lisa	06.09.84	SA	61.65	1.0918	10	72.5	77.5	80.0	80.0	87.34	9
<b>-72kg</b>												
1	Hendry-Horne Rowan	01.01.84	SCT	70.45	0.9905	16	80.0	85.0	90.0	90.0	89.14	12
<b>-84kg</b>												
1	De Jager Christi	01.01.86	SA	83.55	0.8941	19	85.0	<del>90.0</del>	<del>90.0</del>	85.0	76.00	12
<b>84+kg</b>												
1	Norton Lauren	01.01.89	SA	107.55	0.8171	21	95.0	100.0	102.5	102.5	83.75	12
2	Khan Hudaibia Nafis	01.01.90	IN	104.45	0.8228	20	60.0	67.5	70.0	70.0	57.60	9

**Nation (points)**

1	South-Africa	54	[12+12+12+9+9]	400.74 w.pts.
2	England	36	[12+12+12]	255.01 w.pts.
3	India	17	[9+8]	124.69 w.pts.
4	Scotland	12	[12]	89.14 w.pts.

**Best Lifters of Open**

Rnk	Lifter	Nation	B.Weight	WF	Result	W.Points	C.Rnk.
1	Marshall Gemma	England	59.75	1.1185	85.0	95.07	1
2	Graham Catherine	England	56.25	1.1725	80.0	93.80	1
3	Hendry-Horne Rowan	Scotland	70.45	0.9905	90.0	89.15	1

**Sub-Juniors**

<b>-47kg</b>												
1	Harding Patricia	01.01.00	SA	47.00	1.3449	1	32.5	35.0	<del>37.5</del>	35.0	47.07	12

**-63kg**

1	Poxon Caitlin	01.01.00	SA	62.15	1.0851	9	52.5	55.0	60.0	60.0	65.11	12
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**-84kg**

1	Rautenbach Jelhandri	01.01.01	SA	74.60	0.9538	18	70.0	72.5	75.0	75.0	71.53	12
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**Nation (points)**

1	South-Africa	36	[12+12+12]	183.71	w.pts.
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**Best Lifters of Subjuniors**

Rnk	Lifter	Nation	B.Weight	WF	Result	W.Points	C.Rnk.
1	Rautenbach Jelhandri	South-Africa	74.60	0.9538	75.0	71.54	1
2	Poxon Caitlin	South-Africa	62.15	1.0851	60.0	65.11	1
3	Harding Patricia	South-Africa	47.00	1.3449	35.0	47.07	1

**Juniors****-72kg**

1	Hughes Rachel	01.01.95	ENG	69.85	0.9963	15	77.5	82.5	85.0	85.0	84.69	12
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**Nation (points)**

1	England	12	[12]	84.69	w.pts.
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**Best Lifters of Juniors**

Rnk	Lifter	Nation	B.Weight	WF	Result	W.Points	C.Rnk.
1	Hughes Rachel	England	69.85	0.9963	85.0	84.69	1

**Masters 1****-52kg**

1	Parker Susan	01.01.70	SA	51.70	1.2522	40	47.5	52.5	<del>55.0</del>	52.5	65.74	12
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**-63kg**

1	Stott Emma	30.08.74	ENG	62.35	1.0824	8	65.0	<del>67.5</del>	70.0	70.0	75.77	12
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**-72kg**

1	Garden Siona	20.08.72	SCT	68.35	1.0116	14	45.0	50.0	57.5	57.5	58.17	12
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**-84kg**

1	Cruz Lizelle	28.08.72	SA	81.40	0.9064	17	100.0	115.0	<del>120.0</del>	115.0	104.24	12
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**Nation (points)**

1	South-Africa	24	[12+12]	169.98	w.pts.
2	England	12	[12]	75.77	w.pts.
3	Scotland	12	[12]	58.17	w.pts.

**Best Lifters of Masters 1**

Rnk	Lifter	Nation	B.Weight	WF	Result	W.Points	C.Rnk.
1	Cruz Lizelle	South-Africa	81.40	0.9064	115.0	104.24	1
2	Stott Emma	England	62.35	1.0824	70.0	75.77	1
3	Parker Susan	South-Africa	51.70	1.2522	52.5	65.74	1

**Masters 2****-72kg**

1	Evans Delwyn	01.01.64	NZ	70.85	0.9867	30	70.0	72.5	76.5	76.5	75.48	12
2	Petersen Claire	01.01.64	SA	63.30	1.0701	12	50.0	55.0	57.5	57.5	61.53	9

**Nation (points)**

1	New-Zealand	12	[12]	75.48 w.pts.
2	South-Africa	9	[9]	61.53 w.pts.

**Best Lifters of Masters 2**

Rnk	Lifter	Nation	B.Weight	WF	Result	W.Points	C.Rnk.
1	Evans Delwyn	New-Zealand	70.85	0.9867	76.5	75.48	1
2	Petersen Claire	South-Africa	63.30	1.0701	57.5	61.53	2

**Masters 3**

1	Cornwall Marina	01.01.54	ENG	66.30	1.0339	13	37.5	42.5	47.5	47.5	49.11	12
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**Nation (points)**

1	England	12	[12]	49.11 w.pts.
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**Best Lifters of Masters 3**

Rnk	Lifter	Nation	B.Weight	WF	Result	W.Points	C.Rnk.
1	Cornwall Marina	England	66.30	1.0339	47.5	49.11	1

**Masters 4****-63kg**

1	McGauley Judith	01.01.41	ENG	59.85	1.1171	7	35.0	37.5	37.5	37.5	41.89	12
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**Nation (points)**

1	England	12	[12]	41.89 w.pts.
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**Best Lifters of Masters 4**

<b>Rnk</b>	<b>Lifter</b>	<b>Nation</b>	<b>B.Weight</b>	<b>WF</b>	<b>Result</b>	<b>W.Points</b>	<b>C.Rnk.</b>
1	McGauley Judith	England	59.85	1.1171	37.5	41.89	1

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**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;

1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

ENG = England

NZ = New-Zealand

SCT = Scotland

IN = India

SA = South-Africa