

08/06/22 2022 SA Equipped Powerlifting Championships - WOMEN

	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	IPF Pts Code	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	PL Total	Place	IPF GL Points	Best Lifters	Qualified for SA Team
Subjunior	Mijuane de Wet	Gau	F-SJ	62,05	63	Mar-06	FEP	155,0	165,0	170,0	170,0	80,0	85,0	0,0	85,0	255,0	140,0	160,0	-168,0	160,0	415,0	1	75,58	Best Subjunior	q
	Heike Groenewald	EC	F-SJ	68,10	69	Sep-04	FEP	120,0	125,0	130,0	130,0	55,0	60,0	65,0	65,0	195,0	120,0	127,5	135,0	135,0	330,0	1	57,11		q
	Anika Maree	EC	F-SJ	73,55	76	Jul-06	FEP	120,0	125,0	-132,5	125,0	52,5	57,5	-62,5	57,5	182,5	120,0	125,0	130,0	130,0	312,5	1	52,06		q
Junior	Janel Dafue	EC	F-J	61,35	63	Apr-99	FEP	117,5	125,0	130,0	130,0	57,5	60,0	-62,5	60,0	190,0	120,0	125,0	132,5	132,5	322,5	1	59,12	Best Junior	q
Open	Alexa Pentopoulos	Gau	F-O	51,15	52	Dec-94	FEP	110,0	120,0	-130,0	120,0	60,0	65,0	70,0	70,0	190,0	120,0	130,0	142,5	142,5	332,5	1	68,50		q
	Carol Anthony	Gau	F-O	51,95	52	May-66	FEP	110,0	-120,0	120,0	120,0	50,0	52,5	55,0	55,0	175,0	120,0	-132,5	-132,5	120,0	295,0	2	60,12		
	Elisabeth Barry	EC	F-O	51,75	52	Mar-73	FEP	90,0	95,0	100,0	100,0	45,0	47,5	-50,0	47,5	147,5	100,0	110,0	0,0	110,0	257,5	3	52,62		
	Mijuane de Wet	Gau	F-O	62,05	63	Mar-06	FEP	155,0	165,0	170,0	170,0	80,0	85,0	0,0	85,0	255,0	140,0	160,0	-168,0	160,0	415,0	1	75,58		q
	Janel Dafue	EC	F-O	61,35	63	Apr-99	FEP	117,5	125,0	130,0	130,0	57,5	60,0	-62,5	60,0	190,0	120,0	125,0	132,5	132,5	322,5	2	59,12		
	Megan Leighton	Gau	F-O	66,00	69	Jan-96	FEP	132,5	-137,5	-137,5	132,5	-110,0	112,5	-115,0	112,5	245,0	140,0	147,5	155,0	155,0	400,0	1	70,38		q
	Vanessa Lessing	EC	F-O	65,70	69	Jul-78	FEP	127,5	135,0	140,0	140,0	80,0	85,0	87,5	87,5	227,5	145,0	152,5	-157,5	152,5	380,0	2	67,03		
	Heike Groenewald	EC	F-O	68,10	69	Sep-04	FEP	120,0	125,0	130,0	130,0	55,0	60,0	65,0	65,0	195,0	120,0	127,5	135,0	135,0	330,0	3	57,11		
	Chantelle du Toit	Gau	F-O	75,70	76	Jul-85	FEP	145,0	150,0	155,0	155,0	102,5	105,0	107,5	107,5	262,5	145,0	155,0	160,0	160,0	422,5	1	69,45		q
	Anika Maree	EC	F-O	73,55	76	Jul-06	FEP	120,0	125,0	-132,5	125,0	52,5	57,5	-62,5	57,5	182,5	120,0	125,0	130,0	130,0	312,5	2	52,06		
	Jacqui Rees	Gau	F-O	82,90	84	Mar-80	FEP	-190,0	190,0	202,5	202,5	105,0	110,0	-118,0	110,0	312,5	180,0	-200,0	-200,0	180,0	492,5	1	77,86	Best Open	q
	Christi Rees	Gau	F-O	104,35	84+	Jan-86	FEP	192,5	-205,0	-205,0	192,5	160,0	-170,0	0,0	160,0	352,5	160,0	175,0	-185,0	175,0	527,5	1	77,14		q
Master 1	Elisabeth Barry	EC	F-M1	51,75	52	Mar-73	FEP	90,0	95,0	100,0	100,0	45,0	47,5	-50,0	47,5	147,5	100,0	110,0	0,0	110,0	257,5	1	52,62		q
	Vanessa Lessing	EC	F-M1	65,70	69	Jul-78	FEP	127,5	135,0	140,0	140,0	80,0	85,0	87,5	87,5	227,5	145,0	152,5	-157,5	152,5	380,0	1	67,03		q
	Jacqui Rees	Gau	F-M1	82,90	84	Mar-80	FEP	-190,0	190,0	202,5	202,5	105,0	110,0	-118,0	110,0	312,5	180,0	-200,0	-200,0	180,0	492,5	1	77,86	Best Master 1	q
Master 2	Carol Anthony	Gau	F-M2	51,95	52	May-66	FEP	110,0	-120,0	120,0	120,0	50,0	52,5	55,0	55,0	175,0	120,0	-132,5	-132,5	120,0	295,0	1	60,12	Best Master 2	q

