

South African Powerlifting Federation
SA Equipped Championships 7 JULY WOMEN, SA, POTCH, 08.07.2017
DETAILED SCORESHEET

SA record

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Pts.	PL	BP		
Juniors																						
- 52 kg																						
1	Vrettas Genevieve	1994	RSA	49.90	1.2866	6	95.0	102.5	107.5	2	45.0	50.0	X	1	100.0	107.5	112.5	1	265.0	340.94	12	Q J
2	Makgate Maite	1995	RSA	50.85	1.2683	3	80.0	90.0	105.0	1	25.0	30.0	35.0	2	80.0	100.0	100.0	2	235.0	298.03	9	
- 57 kg																						
1	McDonel Bernice	1997	RSA	53.80	0.9474	10	95.0	95.0	100.0	1	25.0	30.0	35.0	1	80.0	95.0	100.0	1	230.0	217.90	12	
- 63 kg																						
1	Leighton Megan	1996	RSA	58.80	1.1325	9	120.0	120.0	120.0	1	85.0	90.0	93.5	1	132.5	142.5	150.0	1	356.0	403.17	12	Q J Q J
Nation (points)																						
1	South Africa	45	[12+12+12+9]	1260.06	w.pts.																	

Best Lifters of Juniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Leighton Megan	South Africa	58.80	1.1325	356.0	403.17
2	Vrettas Genevieve	South Africa	49.90	1.2866	265.0	340.94
3	Makgate Maite	South Africa	50.85	1.2683	235.0	298.03

Seniors

- 52 kg																						
1	Barry Elisabeth	1973	RSA	47.55	1.3336	7	100.0	107.5	107.5	1	45.0	47.5	50.0	1	120.0	125.0	127.5	1	285.0	380.07	12	Q(47)
- 63 kg																						
1	Basson Lisa	1984	RSA	61.00	1.1007	4	130.0	130.0	142.5	1	80.0	85.0	93.0	2	145.0	155.0	165.0	1	400.5	440.83	12	Q Q
2	Leighton Megan	1996	RSA	58.80	1.1325	9	120.0	120.0	120.0	2	85.0	90.0	93.5	1	132.5	142.5	150.0	2	356.0	403.17	9	Q
- 84 kg																						
—	De Jager Christi	1986	RSA	83.75	0.8931	5	110.0	110.0	110.0	Disq.	110.0	115.0	120.0	1	145.0	160.0	170.0	1	Out	—	—	Q
84+ kg																						
1	Smith Esmay	1992	RSA	93.95	0.8498	1	175.0	185.0	185.0	1	75.0	85.0	90.0	3	162.5	172.5	182.5	1	457.5	388.76	12	
2	Rees Jacqui	1980	RSA	93.00	0.8530	2	170.0	170.0	185.0	2	95.0	100.0	100.0	2	160.0	175.0	192.5	2	440.0	375.32	9	
3	Green Nicola	1983	RSA	91.10	0.8598	8	110.0	120.0	125.0	3	95.0	95.0	102.5	1	100.0	110.0	125.0	3	345.0	296.63	8	

Nation (points)

1 South Africa 53 [12+12+12+9+8] 1881.62 w.pts.

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Basson Lisa	South Africa	61.00	1.1007	400.5	440.83
2	Leighton Megan	South Africa	58.80	1.1325	356.0	403.17
3	Smith Esmay	South Africa	93.95	0.8498	457.5	388.76

Master 1

- 52 kg																						
1	Barry Elisabeth	1973	RSA	47.55	1.3336	7	100.0	107.5	107.5	1	45.0	47.5	50.0	1	120.0	125.0	127.5	1	285.0	380.07	12	Q M1

Nation (points)

1 South Africa 12

Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Barry Elisabeth	South Africa	47.55	1.3336	285.0	380.07

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.
Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.
RSA = South Africa