

## World Equipped Master's Powerlifting Championships 2019 - Team SA results

Women Lifter	Age Category	Weight Category	Results				Placing / Medals				Records	Best Lifter	Best Team
			Squat	Bench	Deadlift	Total	Squat	Bench	Deadlift	Total			
Dulcie Duguid	Master 4	57kg	100	42.5	107.5	250	Gold	Gold	Gold	Gold	African M4 SQ, DL, TOT records and SA M4 SQ, BP, DL and Tot records	Best M4 Lifter	Best M4 Team
Carol Anthony	Master 2	52kg	115	47.5	130	292.5	Silver	Bronze	Silver	Silver			2nd Best M2 team
Joan Swart	Master 2	63kg	97.5	70	137.5	305	4th	4th	Bronze	Bronze	SA M2 BP and DL records		
Marion Tanzer	Master 2	72kg	107.5	65	140	312.5	5th	6th	4th	5th	SA M2 BP and DL records		
Elisabeth Barry	Master 1	47kg	120	50	125	295	Gold	Gold	Gold	Gold	SA M2 Total record		
Laura de Wet	Master 1	72kg	205	90	197.5	492.5	Gold	Bronze	Gold	Gold	African M1 SQ and DL records, Commonwealth SQ, DL and Total records, SA M1 and Open SQ, DL and Total records	3rd Best M1 lifter	2nd Best M1 Team
Zanele Ngwenya	Master 1	72kg	140	62.5	157.5	360	4th	4th	Bronze	4th			
<b>Men</b>													
Dan Oppenheim	Master 4	74kg	160	100	187.5	447.5	Gold	Gold	Gold	Gold	African M4 DL record	2nd Best M4 lifter	
Christo Schoonraad	Master 2	105kg	282.5	185	272.5	740	Silver	4th	Silver	Silver	SA M1 SQ and Tot records, SA M2 SQ, DL and Total records		
Marlon Daniels	Master 1	74kg	237.5	187.5	227.5	652.5	4th	Silver	4th	Bronze	SA M1 DL record		
Jorncy Page	Master 1	93kg	272.5	167.5	275	715	Bronze	8th	5th	Bronze	SA M1 DL record		
George Parker	Master 1	93kg	205	167.5	212.5	585	7th	7th	9th	7th			
Graham Green	Master 1	105kg	260	180	255	695	5th	6th	4th	4th			
Mathys Herbst	Master 1	120+kg	400	280	325	1005	Gold	Silver	Gold	Gold	African M1 SQ, BP and Total records, Commonwealth M1 SQ, DL and Total records, SA M1 and Open SQ, BP and Total records. SA Open and M1 single-lift BP records		3rd Best M1 Team

Team SA MEN	Bronze	Silver	Gold	Count
Squat	1	1	2	4
Bench Press		2	1	3
Deadlift		1	2	3
Total	2	1	2	5
Count	3	5	7	15

Team SA WOMEN	Bronze	Silver	Gold	Count
Squat		1	3	4
Bench Press	2		2	4
Deadlift	2	1	3	6
Total	1	1	3	5
Count	5	3	11	19

**6 Commonwealth records**

**9 African records**

**30 SA records**

**34 Medals**

**5 World Champions**