

WESTERN CAPE POWERLIFTING PROVINCIAL CLASSIC 2023 - WOMEN

Name	Div	Bwt - kg	Cls	QS	Q	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	Points
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Junior Women

Nicole Loubser	F-J-U	49.35	52	165	Q	65.0	70.0	75.0	30.0	35.0	37.5	80.0	85.0	90.0	200.0	52.91
Lize Horn	F-J-U	60.00	63	197.5	Q	80.0	85.0	85.0	35.0	40.0	45.0	85.0	90.0	95.0	205.0	46.34
Stephanie Jones	F-J-U	64.90	69	210		90.0	95.0	95.0	55.0	60.0	60.0	120.0	130.0	135.0	0.0	0.00

Open Women

Kristl-Joy Kannemeyer	F-O-U	63.75	69	232.5	Q	105.0	115.0	125.0	65.0	70.0	75.0	120.0	135.0	150.0	345.0	74.91
Chenel Kruger	F-O-U	66.55	69	232.5	Q	97.5	105.0	110.0	47.5	52.5	55.0	125.0	137.5	145.0	305.0	64.51
Shanna Swart	F-O-U	71.10	76	247.5	Q	110.0	115.0	120.0	55.0	60.0	62.5	140.0	150.0	160.0	337.5	68.79
Nicole Cooposamy	F-O-U	81.95	84	270	Q	155.0	165.0	165.0	85.0	90.0	95.0	180.0	192.5	200.0	460.0	87.73
Danielle Waldeck	F-O-U	82.10	84	270	Q	155.0	165.0	170.0	55.0	65.0	72.5	140.0	150.0	160.0	402.5	76.71
Lindsay Wesner	F-O-U	81.80	84	270	Q	110.0	110.0	117.5	57.5	65.0	65.0	135.0	145.0	150.0	320.0	61.08

Masters Women

Kristl-Joy Kannemeyer	F-M1-U	63.75	69	232.5	Q	105.0	115.0	125.0	65.0	70.0	75.0	120.0	135.0	150.0	345.0	74.91
Fiona Hickman	F-M2-U	83.30	84	n/a	Q	100.0	110.0	117.5	55.0	57.5	60.0	130.0	140.0	150.0	305.0	57.79
Kim Dubs	F-M3-U	55.95	57	n/a	Q	57.5	60.0	62.5	35.0	37.5	40.0	75.0	80.0	85.0	177.5	42.23
Dulcie Duguid	F-M4-U	55.80	57	n/a	Q	60.0	65.0	70.0	32.5	35.0	37.5	85.0	90.0	95.0	195.0	46.49

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Sub-Junior Men

Keagan Lombard	M-SJ-U	55.70	59	n/a	Q	97.5	102.5	107.5	47.5	52.5	52.5	130.0	137.5	140.0	292.5	49.92
John Leonard Evens	M-SJ-U	72.70	74	n/a	Q	150.0	160.0	170.0	105.0	110.0	110.0	150.0	170.0	190.0	455.0	67.42
Thomas Hickman	M-SJ-U	78.05	83	n/a	Q	147.5	157.5	162.5	80.0	85.0	87.5	200.0	205.0	205.0	447.5	63.92
Vincent Van Rensburg	M-SJ-U	83.35	93	n/a	Q	160.0	170.0	180.0	120.0	125.0	125.0	210.0	220.0	225.0	520.0	71.83

Junior Men

Adam Strydom	M-J-U	68.20	74	347.5		180.0	190.0	200.0	105.0	105.0	105.0	220.0	230.0		0.0	0.00
Xander Nel	M-J-U	79.23	83	385	Q	150.0	150.0	170.0	80.0	90.0	95.0	180.0	200.0	220.0	485.0	68.74
Adriaan Stander	M-J-U	87.75	93	407.5	Q	160.0	170.0	180.0	115.0	122.5		230.0	250.0	260.0	555.0	74.71
Michael Cowley	M-J-U	99.85	105	432.5	Q	165.0	190.0	205.0	125.0	140.0	142.5	230.0	255.0	265.0	595.0	75.22
Sinothando Zimmermann	M-J-U	149.75	120+	462.5	Q	230.0	240.0	245.0	130.0	130.0	140.0	225.0	230.0	235.0	605.0	64.25

Open Men

Geordie Goliath	M-O-U	58.20	59	352.5	Q	170.0	177.5	182.5	95.0	100.0	102.5	190.0	202.5	210.0	485.0	80.84
Tambe Joesha	M-O-U	58.80	59	352.5	Q	125.0	135.0	147.5	102.5	107.5	110.0	160.0	0.0	0.0	415.0	68.80
Nathan Michael-Steyn	M-O-U	70.60	74	420	Q	170.0	170.0	0.0	110.0	115.0	120.0	200.0	205.0	210.0	495.0	74.47
Carl Osborne	M-O-U	70.30	74	420	Q	160.0	162.5	0.0	120.0	122.5	127.5	205.0	210.0	210.0	487.5	73.51
El-Shane Grove	M-O-U	71.35	74	420	Q	145.0	155.0	160.0	110.0	115.0	115.0	170.0	190.0	205.0	475.0	71.07
Christiaan Olivier	M-O-U	81.70	83	460	Q	220.0	240.0	0.0	110.0	110.0	0.0	220.0	240.0	260.0	610.0	85.12
Stuart Norrie	M-O-U	78.85	83	460	Q	170.0	185.0	190.0	125.0	130.0	135.0	210.0	230.0	245.0	565.0	80.28
Wikus Smit	M-O-U	81.45	83	460	Q	150.0	155.0	160.0	105.0	110.0	117.5	180.0	190.0	200.0	472.5	66.03
Brandon Samuels	M-O-U	90.80	93	490	Q	230.0	240.0	245.0	150.0	160.0	170.0	270.0	300.0	300.0	675.0	89.35
Sam Scherer	M-O-U	92.75	93	490	Q	205.0	215.0	0.0	152.5	162.5	170.0	235.0	255.0	0.0	640.0	83.84
Fabio Yslie	M-O-U	95.75	105	520	Q	215.0	225.0	227.5	165.0	170.0	0.0	245.0	252.5	0.0	650.0	83.84
Minolan Naidoo	M-O-U	116.65	120	545	Q	220.0	240.0	240.0	145.0	145.0	155.0	240.0	250.0	270.0	615.0	72.39
Pieter-Francois van Zyl	M-O-U	145.40	120+	555	Q	220.0	245.0	255.0	140.0	155.0	165.0	260.0	300.0	305.0	710.0	76.26
Robert Raw	M-O-U	134.75	120+	555	Q	210.0	220.0	235.0	150.0	160.0	170.0	250.0	265.0	280.0	660.0	73.06

Masters Men

Enrico Johnson	M-M1-U	63.03	66	355	Q	150.0	160.0	167.5	100.0	100.0	112.5	200.0	212.5	217.5	477.5	76.28
Nathan Michael-Steyn	M-M1-U	70.60	74	382.5	Q	170.0	170.0	0.0	110.0	115.0	120.0	200.0	205.0	210.0	495.0	74.47
Russell McLaren	M-M1-U	99.35	105	475	Q	150.0	160.0	170.0	125.0	130.0	0.0	200.0	210.0	220.0	515.0	65.26
Johny Charles Johnson	M-M2-U	105.00	105	432.5	Q	180.0	200.0	215.0	150.0	160.0	180.0	240.0	250.0	255.0	615.0	75.93