

Classic Powerlifting

EC Inter Club Competition

25 March 2023

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	SQUAT					BENCH PRESS					DEAD LIFT					TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE			
					1ST	2ND	3RD	1ST	2ND	3RD	1ST	2ND	3RD														
WOMEN POWERLIFTING																											
Sub Junior	Brandwag	47	Pearl Bucwa	45.80	50.0	-	55.0	+	62.5	+	30.0	+	32.5	+	35.0	+	80.0	+	87.5	+	95.0	+	192.5	54.77	First	12	Green
Sub Junior	Westview	57	Emmanuella Ntombana	54.9	45.0	-	50.0	-	50.0	-	30.0	-	30.0	-	30.0	-	60.0	+	70.0	+	80.0	+	80.0	19.32	DNF	#N/A	White
Sub Junior	Westview	69	Deznique Kelly	63.3	50.0	-	50.0	-	50.0	-	25.0	-	25.0	-		-	60.0	+	70.0	-	70.0	-	60.0	13.09	DNF	#N/A	White
Sub Junior	Westview	84	Abigail Rademeyer	82.9	25.0	-	25.0	+	30.0	+	25.0	+	30.0	-	30.0	-	60.0	+	70.0	+	80.0	-	125.0	23.73	First	12	White
Sub Junior	Westview	84+	Lara Lategan	100.5	65.0	-	65.0	+	70.0	-	35.0	-	35.0	+	40.0	-	100.0	-	110.0	+	120.0	+	220.0	39.18	First	12	White
Sub Junior	CRS	84+	Zeneetha Plaatjies	111.6	65.0	-	65.0	+	70.0	+	30.0	+	32.5	+	37.5	+	80.0	+	95.0	+	100.0	+	207.5	36.06	Second	9	White
Junior	CRS	76	Ilke Prinsloo	72.1	55.0	+	60.0	+	62.5	+	30.0	+	32.5	+	35.0	-	75.0	+	80.0	+	90.0	+	185.0	37.43	First	12	White
Junior	Brandwag	84+	Sunelle Putter	106.5	130.0	+	137.5	+	145.0	+	85.0	+	90.0	+	92.5	+	120.0	+	130.0	+	135.0	+	372.5	65.39	First	12	Blue
MEN POWERLIFTING																											
Sub-Junior	Westview	53	Athenkosi Bell	52.9	50.0	+	55.0	-	55.0	-	40.0	+	45.0	-	45.0	-	90.0	-	90.0	+	100.0	+	190.0	33.34	First	12	White
Sub-Junior	Westview	59	Lithalethu Boya	54.9	55.0	+	60.0	-	60.0	+	40.0	+	45.0	-	45.0	-	90.0	+	95.0	+	110.0	+	210.0	36.12	First	12	White
Sub-Junior	CRS	59	Francois Froneman	57.6	50.0	-	55.0	-	57.5	+	37.5	+	40.0	+	42.5	+	90.0	+	100.0	+	105.0	+	205.0	34.36	Second	9	White
Sub-Junior	CRS	59	Donovan Tennant	56.4	60.0	+	67.5	-	70.0	-	37.5	+	40.0	-	42.5	+	90.0	+	100.0	+	105.0	-	202.5	34.33	Third	8	White
Sub-Junior	CRS	59	Seth Webster	58.9	50.0	+	55.0	-	55.0	+	35.0	+	40.0	+	42.5	+	90.0	+	100.0	+	105.0	-	197.5	32.71	Fourth	7	White
Sub-Junior	CRS	66	Brandon Loock	65.3	65.0	+	77.5	+	82.5	+	60.0	+	65.0	+	67.5	+	95.0	+	105.0	+	120.0	+	270.0	42.33	First	12	White
Sub-Junior	Westview	66	Ruaan Roelofse	63.0	75.0	+	85.0	+	95.0	-	40.0	+	55.0	+	60.0	-	120.0	+	130.0	-	135.0	-	260.0	41.54	Second	9	White
Sub-Junior	Westview	66	Lutho Moses	63.9	70.0	+	75.0	+	80.0	+	50.0	-	55.0	-	55.0	+	100.0	+	110.0	+	120.0	+	255.0	40.44	Third	8	White
Sub-Junior	Westview	66	Chuma Twatwa	62.8	70.0	-	75.0	+	80.0	-	50.0	+	52.5	+	55.0	-	100.0	+	102.5	+	120.0	+	247.5	39.61	Fourth	7	White
Sub-Junior	Westview	66	Miguel Jordaan	59.7	60.0	+	65.0	-	70.0	-	50.0	+	55.0	-	55.0	-	100.0	+	102.5	+	110.0	+	220.0	36.18	Fifth	6	White
Sub-Junior	CRS	66	Ehli Reveli	64.2	60.0	+	65.0	+	70.0	+	37.5	+	40.0	+	42.5	+	90.0	+	100.0	+	105.0	+	217.5	34.41	Six	5	White
Junior	Westview	53	Sibusiso Nqono	52.9	60.0	-	65.0	-	65.0	+	50.0	+	55.0	+	60.0	-	100.0	+	102.5	+	120.0	-	222.5	39.04	First	12	White
Junior	Westview	59	Lunathi Ralo	58.0	50.0	+	60.0	+	65.0	-	35.0	+	45.0	+	55.0	+	110.0	+	120.0	+	130.0	-	235.0	39.24	First	12	White
Junior	Westview	66	Liyema Mente	63.1	65.0	+	70.0	+	75.0	+	60.0	+	65.0	+	70.0	+	120.0	+	125.0	+	130.0	+	275.0	43.90	First	12	White