

Classic Powerlifting

EC Club Competition

15 May 2021

| 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   |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| <b>WOMEN POWERLIFTING</b> |     |     |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
|                           |     | .   |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
|                           |     | .   |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
|                           |     | .   |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
|                           |     | .   |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| <b>MEN POWERLIFTING</b>   |     |     |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| Sub Junior                | CR  | 59  | Phetokuhle Madilane | 55.65       | 40.0  | +   | 45.0  | +           | 50.0  | +   | 30.0      | +   | 32.5  | +          | 35.0        | -        | 60.0        | +               | 70.0  | + | 75.0  | + | 157.5 | 26.89 | First  | 12 | White  |
|                           |     | .   |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| Sub Junior                | CR  | 74  | Eugene de Lange     | 66.46       | 80.0  | +   | 90.0  | -           | 90.0  | -   | 50.0      | +   | 55.0  | -          | 55.0        | -        | 100.0       | +               | 110.0 | - | 110.0 | + | 240.0 | 37.28 | Third  | 8  | White  |
| Sub Junior                | CR  | 74  | Michael Zwarts      | 69.39       | 80.0  | +   | 92.5  | +           | 100.0 | +   | 52.5      | +   | 57.5  | +          | 65.0        | -        | 105.0       | +               | 112.5 | + | 120.0 | + | 277.5 | 42.13 | Second | 9  | White  |
| Sub Junior                | PC  | 74  | Chris van der Berg  | 73.76       | 80.0  | +   | 100.0 | +           | 115.0 | -   | 70.0      | +   | 85.0  | +          | 100.0       | -        | 160.0       | +               | 170.0 | + | 180.0 | - | 355.0 | 52.21 | First  | 12 | Yellow |
|                           |     | .   |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| Sub Junior                | BW  | 83  | Nathan Fraser       | 80.65       | 60.0  | +   | 75.0  | +           | 90.0  | +   | 60.0      | +   | 67.5  | +          | 72.5        | -        | 100.0       | +               | 115.0 | + | 125.0 | + | 282.5 | 39.68 | First  | 12 | White  |
|                           |     | .   |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| Sub Junior                | BW  | 93  | Stian Landman       | 92.72       | 40.0  | +   | 55.0  | +           | 70.0  | +   | 40.0      | +   | 50.0  | -          | 50.0        | -        | 100.0       | +               | 115.0 | + | 125.0 | + | 235.0 | 30.79 | First  | 12 | White  |
|                           |     | .   |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| Open                      | PC  | 120 | Lohan Prins         | 107.26      | 140.0 | +   | 160.0 | -           | 160.0 | -   | 140.0     | +   | 160.0 | -          | 160.0       | -        | 140.0       | +               | 160.0 | + | 180.0 | + | 460.0 | 56.24 | First  | 12 | Yellow |
|                           |     | .   |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
|                           |     | .   |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
|                           |     | .   |                     |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |

|   |                                   |                                      |
|---|-----------------------------------|--------------------------------------|
| <b>Side Ref</b><br>Heike Groenewald/Vanessa Lessing | <b>Main Ref</b><br>Werner Benadie | <b>Side Ref</b><br>Sibulele Ntlonana |
|---|-----------------------------------|--------------------------------------|

EC Records

Classic Powerlifting

EC Club Competition

15 May  
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| 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   |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| <b>WOMEN POWERLIFTING</b> |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| Sub Junior                | BW  | 69   | Charne Feuth     | 66.06       | 82.5  | +   | 90.0  | +           | 100.0 | +   | 50.0      | +   | 52.5  | -          | 55.0        | +        | 122.5       | +               | 130.0 | + | 135.0 | + | 290.0 | 61.16 | First  | 12 | Blue   |
| Sub Junior                | BW  | 69   | Heike Groenewald | 66.63       | 90.0  | +   | 95.0  | -           | 90.0  | -   | 55.0      | +   | 57.5  | -          | 57.5        | -        | 110.0       | +               | 117.5 | + | 120.0 | + | 265.0 | 56.01 | Second | 9  | Green  |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
| Sub Junior                | BW  | 84+  | Colleen Brown    | 100.49      | 110.0 | -   | 110.0 | +           | 117.5 | +   | 57.5      | +   | 60.0  | +          | 62.5        | -        | 145.0       | +               | 152.5 | + | 157.5 | + | 335.0 | 59.67 | First  | 12 | Green  |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
| Junior                    | VA  | 47   | Patricia Harding | 46.24       | 60.0  | +   | 65.0  | +           | 72.5  | +   | 32.5      | +   | 37.5  | +          | 40.0        | -        | 102.5       | +               | 105.0 | + | 107.5 | + | 217.5 | 61.29 | First  | 12 | Blue   |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
| Junior                    | VA  | 63   | Samantha Harding | 62.81       | 80.0  | +   | 85.0  | +           | 90.0  | +   | 40.0      | +   | 47.5  | +          | 50.0        | -        | 130.0       | +               | 135.0 | + | 140.0 | - | 272.5 | 59.73 | First  | 12 | Blue   |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
| Open                      | PC  | 57   | Miriam Sinclair  | 54.31       | 65.0  | +   | 75.0  | +           | 87.5  | +   | 50.0      | +   | 55.0  | -          | 55.0        | -        | 110.0       | +               | 120.0 | + | 125.0 | - | 257.5 | 62.71 | First  | 12 | Blue   |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
| Master 3                  | PC  | 57   | Miriam Sinclair  | 54.31       | 65.0  | +   | 75.0  | +           | 87.5  | +   | 50.0      | +   | 55.0  | -          | 55.0        | -        | 110.0       | +               | 120.0 | + | 125.0 | - | 257.5 | 62.71 | First  | 12 | Blue   |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
| <b>MEN POWERLIFTING</b>   |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
| Junior                    | VA  | 93   | Erich Human      | 84.63       | 140.0 | +   | 150.0 | +           | 162.5 | +   | 100.0     | +   | 110.0 | +          | 115.0       | -        | 200.0       | +               | 215.0 | + | 225.0 | + | 497.5 | 68.20 | First  | 12 | Green  |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
| Sub Junior                | PC  | 120  | Rutgar Leibach   | 119.58      | 185.0 | +   | 192.5 | +           | 200.0 | -   | 115.0     | +   | 122.5 | +          | 130.0       | -        | 225.0       | -               | 225.0 | + | 232.5 | - | 540.0 | 62.87 | First  | 12 | Orange |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
| Sub Junior                | BW  | 120+ | Francois Spamer  | 150.72      | 210.0 | +   | 227.5 | +           | 230.0 | -   | 120.0     | +   | 127.5 | +          | 132.5       | -        | 220.0       | -               | 220.0 | - | 220.0 | + | 575.0 | 60.92 | First  | 12 | Green  |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |
|                           |     |      |                  |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   | #REF! |       |        |    |        |

|  |                            |                               |
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| Side Ref<br>Heike Groenewald/Vanessa Lessing | Main Ref<br>Werner Benadie | Side Ref<br>Sibulele Ntlonana |
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EC able records

# Equip Powerlifting

# EC Club Competition

15 May 2021

| 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   |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| <b>WOMEN POWERLIFTING</b> |     |     |                    |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| Open                      | PC  | 57  | Stephanie de Lange | 55.06       | 110.0 | +   | 120.0 | +           | 130.0 | +   | 70.0      | +   | 75.0  | -          | 75.0        | -        | 125.0       | +               | 135.0 | + | 150.0 | - | 335.0 | 65.66 | First  | 12 | Bronze |
| Open                      | PC  | 57  | Liezl Delpont      | 53.33       | 110.0 | +   | 115.0 | +           | 120.0 | +   | 65.0      | +   | 70.0  | +          | 72.5        | +        | 105.0       | +               | 110.0 | + | 120.0 | - | 302.5 | 60.55 | Second | 9  | Black  |
|                           |     | .   |                    |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
|                           |     | .   |                    |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
|                           |     | .   |                    |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| <b>MEN POWERLIFTING</b>   |     |     |                    |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
|                           |     | .   |                    |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
| Open                      | PC  | 120 | Roche Delpont      | 116.60      | 165.0 | +   | 185.0 | +           | 205.0 | -   | 105.0     | +   | 110.0 | +          | 115.0       | +        | 165.0       | +               | 185.0 | + | 200.0 | - | 485.0 | 47.40 | First  | 12 | Yellow |
|                           |     | .   |                    |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |
|                           |     | .   |                    |             |       |     |       |             |       |     |           |     |       |            |             |          |             |                 |       |   |       |   |       |       |        |    |        |

|  |                            |                               |
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| Side Ref<br>Heike Groenewald/Vanessa Lessing | Main Ref<br>Werner Benadie | Side Ref<br>Sibulele Ntlonana |
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