

## 05/03/23 2023 KZN Club Competition

| Women - Classic Powerlifting | Name           | Team | Div   | Bwt - kg | IPF Wt Cls | Birth Year | SQ-1  | SQ-2  | SQ-3   | BP-1 | BP-2 | BP-3 | DL-1   | DL-2  | DL-3   | PL Total | Best lifter | Place | IPF GL Points |
|------------------------------|----------------|------|-------|----------|------------|------------|-------|-------|--------|------|------|------|--------|-------|--------|----------|-------------|-------|---------------|
| Open                         |                |      |       |          |            |            |       |       |        |      |      |      |        |       |        |          |             |       |               |
|                              | Lindiwe Mchunu | IND  | F-O-U | 64,40    | 69         | 1990       | -80,0 | 80,0  | 100,0  | 55,0 | 60,0 | 65,0 | 125,0  | 140,0 | -160,0 | 305,0    |             | 1     | 65,81         |
|                              | Megan Comley   | IND  | F-O-U | 72,20    | 76         | 1988       | 80,0  | 100,0 | -120,0 | 60,0 | 65,0 | 70,0 | -150,0 | 160,0 | -170,0 | 330,0    | Best Open   | 1     | 66,73         |
|                              |                |      |       |          |            |            |       |       |        |      |      |      |        |       |        |          |             |       |               |

## 05/03/23 2023 KZN Club Competition

| Men - Classic Powerlifting | Name            | Team | Div   | Bwt - kg | IPF Wt Cls | Birth Year | SQ-1   | SQ-2   | SQ-3   | BP-1  | BP-2   | BP-3   | DL-1   | DL-2   | DL-3   | PL Total | Best lifter | Place | IPF GL Points |
|----------------------------|-----------------|------|-------|----------|------------|------------|--------|--------|--------|-------|--------|--------|--------|--------|--------|----------|-------------|-------|---------------|
| Junior                     |                 |      |       |          |            |            |        |        |        |       |        |        |        |        |        |          |             |       |               |
|                            | Faez Ahmed      | IND  | M-J-U | 63,20    | 66         | 2001       | -140,0 | -140,0 | -140,0 | 100,0 | 110,0  | -115,0 | 180,0  | 190,0  | 200,0  | 0,0      |             |       | 0,00          |
|                            | Gyan Beecum     | IND  | M-J-U | 81,80    | 83         | 2004       | 150,0  | 160,0  | -165,0 | 137,5 | 145,0  | 0,0    | -180,0 | 180,0  | 200,0  | 505,0    | Best Junior | 1     | 70,42         |
|                            | Kiran Kooverjee | IND  | M-J-U | 85,00    | 93         | 2000       | 145,0  | 150,0  | -175,0 | 105,0 | -110,0 | 110,0  | 210,0  | 225,0  | 0,0    | 485,0    |             | 1     | 66,34         |
|                            | Ridwaan Davis   | IND  | M-J-U | 86,80    | 93         | 2001       | 125,0  | -140,0 | -155,0 | 90,0  | 97,5   | -102,5 | 185,0  | -202,5 | 205,0  | 427,5    |             | 2     | 57,86         |
| Open                       |                 |      |       |          |            |            |        |        |        |       |        |        |        |        |        |          |             |       |               |
|                            | Thashen Naick   | IND  | M-O-U | 63,00    | 66         | 1998       | 80,0   | 100,0  | -110,0 | 50,0  | 60,0   | -65,0  | 120,0  | 140,0  | 150,0  | 310,0    |             | 1     | 49,53         |
|                            | Brett Alcock    | IND  | M-O-U | 88,60    | 93         | 1998       | 180,0  | 200,0  | -220,0 | 120,0 | -130,0 | -130,0 | 250,0  | 270,0  | -290,0 | 590,0    | Best Open   | 1     | 79,05         |
|                            | Darien Bester   | IND  | M-O-U | 116,80   | 120        | 1994       | 160,0  | 200,0  | 0,0    | 160,0 | -180,0 | 0,0    | 200,0  | 240,0  | 260,0  | 620,0    |             | 1     | 72,93         |