

12/09/24 KZN Provincial Championships 2023-24

Women - Classic Powerlifting	Name	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Best Lifters	Place	IPF GL Points	Qual for SA Champs	
Junior	Megan Stringer	F-J-U	62,10	63	2005	120,0	-137,5	-137,5	120,0	57,5	65,0	-72,5	65,0	120,0	140,0	-142,5	140,0	325,0	Best Junior	1	71,77	Q	
Open	Lindiwe Mchunu	F-O-U	62,40	63	1990	100,0	120,0	130,0	130,0	60,0	70,0	75,0	75,0	120,0	140,0	155,0	155,0	360,0	Best Open	1	79,25	Q	
	Megan Leighton	F-O-U	62,10	63	1996	105,0	115,0	125,0	125,0	62,5	67,5	-70,0	67,5	132,5	147,5	-167,5	147,5	340,0		2	75,09	Q	
Master 1	Jetaime Ribbink	F-M1-U	62,70	63	1977	90,0	105,0	115,0	115,0	57,5	62,5	67,5	67,5	100,0	120,0	130,0	130,0	312,5	Best Master	1	68,58	Q	
Men - Classic Powerlifting	Name	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/Clis/Event	Place	IPF GL Points	Qual for SA Champs	
Junior	Matthew Palmer	M-J-U	81,00	83	2003	190,0	-202,5	-202,5	190,0	122,5	-125,0	-125,0	122,5	235,0	-240,0	240,0	240,0	552,5	Best Junior	1	77,43	Q	
	Shrihan Ragoo	M-J-U	82,10	83	2003	165,0	175,0	190,0	190,0	100,0	112,5	122,5	122,5	120,0	155,0	187,5	187,5	500,0		2	69,60	Q	
	Connor Reynolds	M-J-U	80,80	83	2003	140,0	-150,0	0,0	140,0	80,0	0,0		80,0	185,0	-187,5	0,0	185,0	405,0		3	56,83	Q	
	Jethro Shaw	M-J-U	81,00	83	2004	190,0	205,0	215,0	215,0	-132,5	-132,5	-132,5	0,0	250,0	260,0	275,0	275,0	0,0				0,00	
	Ridwaan Davis	M-J-U	87,40	93	2001	155,0	170,0	182,5	182,5	100,0	105,0	112,5	112,5	212,5	225,0	232,5	232,5	527,5		1	71,15	Q	
	Lucas Kleiner	M-J-U	116,00	120	2003	170,0	0,0		170,0	105,0	0,0		105,0	180,0	-200,0	0,0	180,0	455,0		1	53,69	Q	
Open	Leonardo Gomes	M-O-U	71,70	74	2000	170,0	185,0	-200,0	185,0	125,0	130,0	-140,0	130,0	-235,0	235,0	-245,0	235,0	550,0		1	82,08	Q	
	Nishalin Govender	M-O-U	80,00	83	1992	187,5	197,5	205,0	205,0	112,5	120,0	125,0	125,0	267,5	287,5	-300,0	287,5	617,5		1	87,09	Q	
	Brett Mitchell Alcock	M-O-U	87,70	93	1998	220,0	235,0	0,0	235,0	125,0	135,0	0,0	135,0	285,0	300,0	-315,0	300,0	670,0	Best Open	1	90,22	Q	
	Grant O'Donoghue	M-O-U	85,60	93	1999	215,0	225,0	235,0	235,0	120,0	127,5	130,0	130,0	245,0	255,0	260,0	260,0	625,0		2	85,18	Q	
	Keeran Nadas	M-O-U	109,80	120	1997	200,0	220,0	225,0	225,0	140,0	160,0	-165,0	160,0	300,0	-325,0	325,0	325,0	710,0		1	85,87	Q	
	Melvin Naidoo	M-O-U	112,30	120	1991	225,0	240,0	260,0	260,0	155,0	-165,0	-165,0	155,0	220,0	-245,0	-250,0	220,0	635,0		2	76,02	Q	
Master 3	Gerhardus Oosthuizen	M-M3-U	112,30	120	1964	150,0	160,0	170,0	170,0	155,0	-165,0	-165,0	155,0	200,0	220,0	230,0	230,0	555,0	Best Master	1	66,44	Q	
Men - Classic Bench Press	Name	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/Clis/Event	Place	IPF GL Points	Qual for SA Champs	
Junior	Gyan Beecum	M-J-U	78,80	83	2004					90,0	135,0	140,0	140,0					140,0	Best Junior	1	72,23	Q	
Master 3	Gerhardus Oosthuizen	M-M3-U	112,30	120	1964					155,0	-165,0	-165,0	155,0					155,0	Best Master	1	67,32	Q	