

**INTERNATIONAL POWERLIFTING FEDERATION
SA RAW WOMEN, POTCH (SA), 16-18.03.2018
DETAILED SCORESHEET**

PL.	Lifters	B.Date	Team	Weight	WF	Lot	All Squat		All Bench Press			SA PL record		SA PL + BP record		TOTAL	W.pts.	Pts.			
							1	2	1	2	3	1	2	1	2						
Open																					
-47kg																					
1	Casey Mariska	06.05.78	Gauteng	47.00	1.3449	2	90.0	95.0	100.0	1	65.0	68.0	70.5	1	122.5	134.0	137.5	1	308.0	414.23	12
2	Minnaar Megan	31.10.87	EC	44.60	1.3953	3	60.0	65.0	70.0	2	37.5	40.0	42.5	2	80.0	90.0	95.0	2	205.0	286.04	9
-52kg																					
1	Roux Rouxchelle	01.01.98	Gauteng	50.80	1.2692	6	97.5	105.0	108.0	1	50.0	55.0	60.0	1	110.0	122.5	127.5	2	287.5	364.89	12
2	Anthony Carol	01.01.66	Gauteng	51.45	1.2569	4	70.0	75.5	80.0	3	42.5	45.5	48.5	2	123.0	130.0	132.5	1	258.0	324.28	9
3	Barry Elisabeth	01.01.90	EC	48.55	1.3133	9	80.0	85.0	87.5	2	37.5	40.0	42.5	3	117.5	125.0	130.0	3	252.5	331.61	8
-57kg																					
1	Botha Vicki	01.01.73	NW	55.50	1.1849	17	125.0	127.5	130.0	1	70.0	75.0	75.0	1	150.0	155.0	160.0	1	360.0	426.56	12
2	Leighton Megan	01.01.96	Gauteng	56.85	1.1628	12	112.5	117.5	117.5	2	62.5	65.0	67.5	2	125.0	140.0	148.0	2	325.0	377.91	9
3	Coetzee Toni	01.01.84	Gauteng	56.55	1.1676	19	100.0	100.0	110.0	3	45.0	55.0	62.5	3	125.0	137.5	152.5	3	310.0	361.96	8
4	Brook-Sofianos Zelia	26.03.90	Gauteng	54.50	1.2019	15	85.0	90.0	97.5	4	45.0	50.0	55.0	4	110.0	117.5	122.5	5	267.5	321.51	7
5	Davies Zanalee	07.10.86	Gauteng	55.00	1.1933	16	85.0	90.0	95.0	5	47.5	52.5	52.5	5	105.0	115.0	125.0	4	262.5	313.24	6
-63kg																					
1	Van Lil Tanya	09.07.79	Gauteng	60.60	1.1063	100	127.5	132.5	132.5	1	57.5	60.0	62.5	2	122.5	132.5	137.5	1	327.5	362.31	12
2	Kenny Samiera	15.08.92	WP	61.05	1.1001	29	110.0	115.0	115.0	3	70.0	72.5	75.0	1	120.0	130.0	137.5	2	322.5	354.78	9
3	Haupt Cherissa	24.05.91	Gauteng	62.50	1.0805	32	100.0	107.5	112.5	4	47.5	55.0	57.5	7	115.0	125.0	132.5	3	287.5	310.64	8
4	De Jong Michelle	05.07.81	Gauteng	62.75	1.0772	30	95.0	100.0	100.0	6	55.0	60.0	60.0	4	107.5	115.0	117.5	6	270.0	290.84	7
5	Coertzen Este	22.12.86	NW	59.85	1.1171	35	90.0	97.5	102.5	5	42.5	45.0	47.5	8	110.0	115.0	120.0	5	262.5	293.24	6
6	Lessing Vanessa	13.07.78	EC	59.70	0.8568	25	80.0	87.5	92.5	7	45.0	47.5	50.0	6	115.0	115.0	117.5	4	252.5	216.34	5
7	Zwart Melissa	22.02.93	NW	59.00	1.1295	31	85.0	85.0	90.0	8	40.0	42.5	45.0	9	100.0	110.0	115.0	7	237.5	268.26	4
8	Venter Margot	10.02.85	Gauteng	61.30	1.0966	33	60.0	67.5	72.5	9	37.5	37.5	42.5	10	85.0	100.0	105.0	8	215.0	235.77	3
9	Zietsman Zonra	12.03.79	Gauteng	61.95	0.8287	34	65.0	70.0	70.0	10	45.0	47.5	50.0	5	75.0	85.0	95.0	9	210.0	174.03	2
—	Preston Demi Lee	01.01.96	Gauteng	61.20	1.0980	27	115.0	122.5	126.0	2	50.0	55.0	57.5	3	155.0	155.0	155.0	—	DSQ	—	—
-72kg																					
1	Perotti Olivia	29.01.89	Gauteng	70.95	0.9857	53	150.0	150.0	150.0	1	67.5	72.5	75.0	4	152.5	165.0	170.0	2	387.5	381.96	12
2	Foggit Tarryn-Leigh	02.05.87	Gauteng	72.00	0.9760	52	125.0	132.5	132.5	3	70.0	75.0	80.0	2	150.0	162.5	175.0	1	375.0	366.00	9
3	Du Toit Chantelle	01.01.85	Gauteng	71.90	0.9769	55	115.0	120.0	120.0	4	77.5	82.5	86.0	1	140.0	155.0	165.0	3	371.0	362.43	8
4	Els Marthie	12.11.89	Gauteng	67.70	1.0185	50	100.0	110.0	115.0	6	65.0	70.0	72.5	3	130.0	140.0	145.0	4	332.5	338.65	7
5	McAlpine Debbie	01.01.76	Gauteng	69.95	0.9953	42	122.5	130.0	135.0	2	55.0	60.0	62.5	5	120.0	127.5	132.5	5	322.5	320.98	6
6	Ngwenya Zenele	03.04.79	Gauteng	69.70	0.9978	56	95.0	105.0	115.0	5	45.0	50.0	60.0	7	120.0	130.0	145.0	7	295.0	294.35	5
7	Simelane Cynthia	30.11.82	Gauteng	67.70	1.0185	51	80.0	85.0	90.0	8	50.0	57.5	57.5	6	120.0	130.0	130.0	6	270.0	275.00	4
8	Rothman Bianca	31.03.79	Gauteng	70.45	0.9905	54	82.5	87.5	92.5	7	47.5	50.0	52.5	8	115.0	120.0	120.0	8	257.5	255.05	3
-84kg																					
1	Dade Cailleigh	01.01.89	Gauteng	83.75	0.8931	63	155.0	165.0	172.5	1	77.5	80.0	82.5	1	170.0	185.0	190.0	2	437.5	390.73	12
2	Jordaan Lezaan	17.10.95	Gauteng	82.20	0.9017	62	147.5	155.0	158.0	3	70.0	77.5	77.5	4	170.0	193.0	210.0	1	421.0	379.62	9
3	Noordien Naiema	08.05.83	WP	82.15	0.9020	65	140.0	155.0	160.0	2	75.0	80.0	80.0	2	160.0	165.0	172.5	3	400.0	360.80	8
4	Jonck-Engelbrecht Aloudia	19.06.81	WP	81.55	0.9055	67	130.0	135.0	135.0	5	70.0	75.0	75.0	3	140.0	150.0	155.0	4	360.0	325.98	7
5	Elcott Emma	01.04.90	Gauteng	82.40	0.9005	66	125.0	135.0	145.0	6	57.5	62.5	65.0	5	140.0	150.0	155.0	5	355.0	319.68	6
6	Marangoni Pia	12.09.78	Gauteng	79.95	0.9153	60	122.5	130.0	135.0	4	50.0	52.5	55.0	6	135.0	145.0	147.5	6	335.0	306.63	5
84+kg																					
1	Norton Lauren	01.01.89	Gauteng	109.55	0.8138	73	165.0	180.0	190.0	1	100.0	110.0	110.0	1	180.0	200.0	227.5	1	500.0	406.90	12
2	Brook-Sofianos Megan	23.10.92	Gauteng	108.85	0.8149	69	155.0	162.5	172.5	2	77.5	85.0	90.0	2	152.5	162.5	170.0	2	432.5	352.44	9
3	Steyn Kay-Lee	29.08.94	NW	106.20	0.8195	74	140.0	150.0	X	3	70.0	70.0	72.5	3	142.5	150.0	155.0	4	375.0	307.31	8
4	Hart Kelli	12.05.84	KZN	88.45	0.8705	72	130.0	137.5	142.5	4	60.0	62.5	65.0	6	142.5	147.5	152.5	5	357.5	311.20	7
5	Audibert Nicole	06.12.81	KZN	114.25	0.8069	70	105.0	110.0	117.5	6	62.5	65.0	67.5	5	140.0	150.0	160.0	3	342.5	276.36	6
6	Rogers Megan	04.09.99	Gauteng	108.35	0.8157	68	125.0	132.5	137.5	5	60.0	65.0	67.5	4	130.0	140.0	150.0	6	337.5	275.30	5

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							1	2	3	1	2	3	1	2	3	1	2	3			
Best Lifters of Open																					
Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.														
1	Botha Vicki	North-West	55.50	1.1849	360.0	426.56	1														
2	Casey Mariska	Gauteng	47.00	1.3449	308.0	414.23	1														
3	Norton Lauren	Gauteng	109.55	0.8138	500.0	406.90	1														
Sub-Juniors																					
-47kg																					
1	Harding Patricia	01.01.00	EC	46.30	1.3594	1	52.5	60.0	65.0	1	35.0	37.5	40.0	1	100.0	105.0	107.5	1	205.0	278.68	12
															(SJ + J)	(SJ + J)	(SJ + J)				
-52kg																					
1	De Wet Mijuane	27.03.06	Gauteng	51.55	1.2550	8	75.0	85.0	90.0	1	30.0	35.0	40.0	1	85.0	95.0	105.0	1	230.0	288.65	12
-57kg																					
1	Venter Leandre	03.11.03	FS	55.00	1.1933	14	50.0	60.0	65.0	1	25.0	35.0	40.0	1	65.0	75.0	80.0	1	180.0	214.79	12
-72kg																					
1	Morley Ciara	08.08.00	Gauteng	70.65	0.9886	48	117.5	125.0	130.0	1	57.5	60.0	60.0	1	120.0	130.0	137.5	1	325.0	321.30	12
2	Ott Kayla Ann	31.03.01	Gauteng	68.20	1.0131	49	100.0	105.0	110.0	2	47.5	52.5	52.5	2	115.0	127.5	135.0	2	287.5	291.27	9
Best Lifters of Subjuniors																					
Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.														
1	Morley Ciara	Gauteng	70.65	0.9886	325.0	321.30	1														
2	Ott Kayla Ann	Gauteng	68.20	1.0131	287.5	291.27	2														
3	De Wet Mijuane	Gauteng	51.55	1.2550	230.0	288.65	1														
Juniors																					
-52kg																					
1	Roux Rouxchelle	01.01.98	Gauteng	50.80	1.2692	6	97.5	105.0	108.0	1	50.0	55.0	60.0	2	110.0	122.5	127.5	2	287.5	364.89	12
2	Meth Amber-Jade	29.10.96	Gauteng	51.90	1.2485	7	90.0	97.5	97.5	2	55.0	60.0	65.0	1	117.5	130.0	132.5	1	287.5	358.94	9
-57kg																					
1	Leighton Megan	01.01.96	Gauteng	56.85	1.1628	12	112.5	117.5	117.5	1	62.5	65.0	67.5	1	125.0	140.0	148.0	1	325.0	377.91	12
-63kg																					
1	Payne Sasha	05.10.95	Gauteng	61.95	1.0878	26	110.0	117.5	125.5	2	60.0	65.0	68.0	1	135.0	145.0	150.5	1	338.5	368.22	12
2	Harding Samantha	10.08.98	EC	61.85	1.0891	28	77.5	82.5	82.5	3	42.5	45.0	X	3	122.5	127.5	130.0	2	257.5	280.44	9
—	Preston Demi Lee	01.01.96	Gauteng	61.20	1.0980	27	115.0	122.5	126.0	1	50.0	55.0	57.5	2	155.0	155.0	155.0	—	DSQ	—	—
-72kg																					
1	Van Niekerk Elsje	28.12.98	NC	69.95	0.9953	46	95.0	100.0	105.0	1	45.0	50.0	55.0	2	100.0	110.0	122.5	1	282.5	281.17	12
2	Theron Jonita	20.03.96	WP	65.80	1.0397	45	90.0	97.5	97.5	2	50.0	55.0	57.5	1	120.0	120.0	125.0	2	275.0	285.92	9
3	Fleetwood Chelsea	23.11.96	Gauteng	68.85	1.0064	47	85.0	90.0	90.0	3	45.0	50.0	55.0	3	107.5	110.0	117.5	3	252.5	254.12	8
-84kg																					
1	Jordaan Lezaan	17.10.95	Gauteng	82.20	0.9017	62	147.5	155.0	158.0	1	70.0	77.5	77.5	1	170.0	193.0	210.0	1	421.0	379.62	12
84+kg																					
1	Rogers Megan	04.09.99	Gauteng	108.35	0.8157	68	125.0	132.5	137.5	1	60.0	65.0	67.5	1	130.0	140.0	150.0	2	337.5	275.30	12
2	Bezuidenhout June	18.06.97	WP	85.30	0.8851	61	90.0	100.0	105.0	2	45.0	50.0	60.0	2	120.0	130.0	140.0	1	295.0	261.10	9
Best Lifters of Juniors																					
Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.														
1	Jordaan Lezaan	Gauteng	82.20	0.9017	421.0	379.62	1														
2	Leighton Megan	SA	56.85	1.1628	325.0	377.91	1														

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PL.	Lifters	B.Date	Team	Weight	WF	Lot	All Squat			All Bench Press			SA PL record			SA PL + BP record			TOTAL	W.pts.	Pts.	
3	Payne Sasha	SA		61.95		1.0878	338.5			368.22			1									
Masters 1																						
-47kg																						
1	Casey Mariska	06.05.78	Gauteng	47.00	1.3449	2	90.0	95.0	100.0	1	65.0	68.0	70.5	1	122.5	134.0	137.5	1	308.0	414.23	12	
-52kg																						
1	Barry Elisabeth	01.01.90	EC	48.55	1.3133	9	80.0	85.0	87.5	1	37.5	40.0	42.5	1	117.5	125.0	130.0	1	252.5	331.61	12	
-57kg																						
1	Botha Vicki	01.01.73	NW	55.50	1.1849	17	125.0	127.5	130.0	1	70.0	75.0	75.0	1	150.0	155.0	160.0	1	360.0	426.56	12	
2	Wilson Ilona	01.01.77	Gauteng	56.85	1.1628	18	100.0	105.0	110.0	2	40.0	45.0	50.0	2	120.0	127.5	130.0	2	290.0	337.21	9	
-63kg																						
1	Reyneke Ronel	06.01.69	Gauteng	61.85	1.0891	22	100.0	110.0	110.0	1	60.0	65.0	67.5	1	110.0	120.0	130.0	2	295.0	321.28	12	
2	Van Linge Marieke	01.01.72	Gauteng	62.65	1.0785	23	80.0	90.0	95.0	3	40.0	42.5	45.0	4	110.0	122.5	127.5	1	260.0	280.41	9	
3	Lessing Vanessa	13.07.78	EC	59.70	0.8568	25	80.0	87.5	92.5	4	45.0	47.5	50.0	2	115.0	117.5	117.5	3	252.5	216.34	8	
4	Pacariz Claire	16.02.77	Gauteng	60.40	1.1092	24	85.0	95.0	102.5	2	40.0	45.0	50.0	3	100.0	110.0	X	4	240.0	266.21	7	
-72kg																						
1	McAlpine Debbie	01.01.76	Gauteng	69.95	0.9953	42	122.5	130.0	135.0	1	55.0	60.0	62.5	1	120.0	127.5	132.5	2	322.5	320.98	12	
2	Cripps Gaenor	21.05.76	Gauteng	69.65	0.9983	41	85.0	92.5	100.0	2	47.5	50.0	52.5	3	120.0	135.0	147.5	1	290.0	289.51	9	
3	Mathewson Gail	31.01.69	Gauteng	71.30	0.9824	44	70.0	75.0	80.0	4	50.0	55.0	55.0	4	102.5	112.5	115.0	3	242.5	238.23	8	
4	Fourie Blair Hanelle	08.09.78	WP	69.10	1.0038	43	75.0	85.0	90.0	3	42.5	45.0	50.0	2	90.0	100.0	110.0	4	240.0	240.91	7	
-84kg																						
1	Marangoni Pia	12.09.78	Gauteng	79.95	0.9153	60	122.5	130.0	135.0	1	50.0	52.5	55.0	4	135.0	145.0	147.5	1	335.0	306.63	12	
2	Fenton Debbie	29.05.74	Gauteng	83.90	0.8923	59	115.0	120.0	125.0	2	57.5	62.5	62.5	3	145.0	155.0	167.5	2	322.5	287.77	9	
3	Poxon Jodi	04.02.75	Gauteng	77.95	0.9287	64	102.5	105.0	X	3	55.0	57.5	60.0	2	117.5	125.0	127.5	3	290.0	269.32	8	
4	Burger Gerda	13.08.75	Gauteng	81.65	0.9049	58	95.0	102.5	102.5	4	55.0	60.0	62.5	1	110.0	125.0	127.5	4	290.0	262.42	7	

Best Lifters of Masters 1

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
1	Botha Vicki	North-West	55.50	1.1849	360.0	426.56	1
2	Casey Mariska	Gauteng	47.00	1.3449	308.0	414.23	1
3	Wilson Ilona	Gauteng	56.85	1.1628	290.0	337.21	2

Masters 2

-52kg																						
1	Anthony Carol	01.01.66	Gauteng	51.45	1.2569	4	70.0	75.5	80.0	1	42.5	45.5	48.5	1	123.0	130.0	132.5	1	258.0	324.28	12	
-63kg																						
1	Day Janine	23.06.64	KZN	59.65	1.1200	21	70.0	72.5	75.0	1	35.0	40.0	40.0	1	100.0	107.5	110.0	1	220.0	246.40	12	
-72kg																						
1	Kleynhans Lana	15.02.67	Gauteng	69.35	1.0013	39	67.5	72.5	77.5	4	55.0	59.0	61.0	1	126.0	135.0	142.5	1	281.0	281.37	12	
2	Tanzer Marion	17.06.68	Gauteng	71.70	0.9788	37	95.0	97.5	100.0	1	50.0	52.5	55.0	4	120.0	131.5	134.5	2	270.0	264.28	9	
3	Hickman Fiona	09.05.65	Gauteng	71.15	0.9838	40	80.0	80.0	85.0	3	47.5	52.5	55.0	3	105.0	112.5	117.5	3	255.0	250.87	8	
4	Petersen Claire	01.01.64	WP	69.45	1.0003	36	70.0	80.0	85.0	2	55.0	57.5	62.5	2	92.5	97.5	105.0	4	247.5	247.57	7	
5	Leighton Heather	25.06.65	Gauteng	69.60	0.9988	38	55.0	60.0	62.5	5	35.0	37.5	37.5	5	90.0	100.0	102.5	5	200.0	199.76	6	
-84kg																						
1	Rimmer Penelope	22.11.63	KZN	82.15	0.9020	57	70.0	75.0	80.0	1	47.5	47.5	50.0	1	105.0	112.5	115.5	1	243.0	219.19	12	

Best Lifters of Masters 2

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
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													All Deadlift			
1	Anthony Carol	Gauteng		51.45	1.2569		258.0	324.28	1							
2	Kleynhans Lana	Gauteng		69.35	1.0013		281.0	281.37	1							
3	Tanzer Marion	Gauteng		71.70	0.9788		270.0	264.28	2							

Masters 3

-57kg																					
1	Duguid Dulcie	01.01.49	WP	55.50	1.1849	10	70.0	75.0	80.0	1	35.0	37.5	40.0	1	85.0	92.5	100.0	1	205.0	242.90	12
-63kg																					
1	Farrell Susan	02.11.54	Gauteng	61.05	1.1001	20	85.0	92.5	97.5	1	45.0	50.0	50.0	1	117.5	127.5	135.0	1	265.0	291.53	12

(57kg Master 3 record standards to be confirmed)

Best Lifters of Masters 3

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
1	Farrell Susan	Gauteng	61.05	1.1001	265.0	291.53	1
2	Duguid Dulcie	SA	55.50	1.1849	205.0	242.90	1

Guest lifter

1	Poxon Caitlin	01.01.00	Guest	58.45	1.1378	13	112.5	115.0	117.5	1	57.5	60.0	X	1	115.0	122.5	130.0	1	297.5	338.50
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Guest Lifter

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
1	Poxon Caitlin	Guest	58.45	1.1378	297.5	338.50	1

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;
1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

Gauteng = Gauteng NW = North-West

KZN = KZN SA = SA

NC = NC WP = WP