





	84+	Alisha Johnson	GAU	108,30	Aug-95	120,0	130,0	140,0	140,0	50,0	60,0	65,0	65,0	120,0	140,0	150,0	150,0	355,0		5	62,08		
	84+	Robyn Henderson	GAU	115,20	Apr-96	115,0	125,0	135,0	135,0	60,0	65,0	72,5	72,5	110,0	130,0	140,0	140,0	347,5		6	60,01		
	84+	Tsitsi Mpofu	GAU	95,95	Jun-93	<del>95,0</del>	95,0	105,0	105,0	45,0	55,0	62,5	62,5	110,0	130,0	142,5	142,5	310,0		7	55,94		
<b>MASTER 1</b>																							
	52	Tarryn Valle	WC	51,15	Aug-78	85,0	90,0	<del>92,5</del>	90,0	45,0	<del>47,5</del>	<del>47,5</del>	45,0	<del>135,0</del>	135,0	<del>143,0</del>	135,0	270,0		1	69,16	Q	
	52	Kerri Carreira	GAU	51,05	Aug-77	85,0	<del>90,0</del>	90,0	90,0	52,5	<del>57,5</del>	<del>57,5</del>	52,5	95,0	105,0	110,0	110,0	252,5		2	64,79	Q	
	63	Kristl-Joy Kannemeyer	WC	62,20	Oct-83	110,0	117,5	125,0	125,0	70,0	75,0	77,5	77,5	130,0	<del>142,5</del>	142,5	142,5	345,0	3	1	76,11	Q	
	63	Lucy Marutle	GAU	61,25	Aug-78	70,0	80,0	85,0	85,0	37,5	42,5	<del>47,5</del>	42,5	90,0	100,0	110,0	110,0	237,5		2	52,93		
	69	Laura De Wet	GAU	67,35	Nov-74	137,5	145,0	147,5	147,5	65,0	70,0	<del>72,5</del>	70,0	160,0	176,0	182,5	182,5	400,0	Best M1	1	84,02	Q	
	69	Vanessa Lessing	EC	66,60	Jul-78	115,0	120,0	<del>125,0</del>	120,0	62,5	<del>67,5</del>	67,5	67,5	137,5	142,5	147,5	147,5	335,0		2	70,82	Q	
	76	Jodi Poxon	GAU	75,60	Apr-75	105,0	110,0	112,5	112,5	62,5	65,0	<del>67,5</del>	65,0	115,0	122,5	<del>125,0</del>	122,5	300,0		1	59,29	Q	
	84	Marina Van der Linde	GAU	82,65	Jul-83	<del>147,5</del>	147,5	<del>152,5</del>	147,5	82,5	87,5	90,0	90,0	170,0	180,0	185,0	185,0	422,5	2	1	80,30	Q	
	84	Zanele Ngwenya	GAU	83,55	Mar-79	125,0	135,0	<del>142,5</del>	135,0	72,5	<del>77,5</del>	77,5	77,5	140,0	155,0	165,0	165,0	377,5		2	71,44	Q	
	84	Phokwane Moloele	GAU	81,50	Jan-77	125,0	<del>135,0</del>	<del>135,0</del>	125,0	70,0	75,0	77,5	77,5	130,0	160,0	<del>175,0</del>	160,0	362,5		3	69,29	Q	
	84+	Lauren Jones	GAU	112,20	Oct-77	120,0	<del>127,5</del>	<del>127,5</del>	120,0	60,0	65,0	70,0	70,0	145,0	157,5	170,0	170,0	360,0		1	62,49	Q	
	84+	Michele Townsend	GAU	133,55	Dec-76	<del>140,0</del>	110,0	<del>120,0</del>	110,0	50,0	55,0	57,5	57,5	130,0	150,0	160,0	160,0	327,5		2	55,28		
<b>MASTER 2</b>																							
	47	Elisabeth Barry	EC	46,85	Mar-73	70,0	75,0	80,0	80,0	35,0	<del>37,5</del>	<del>37,5</del>	35,0	100,0	110,0	115,0	115,0	230,0	Best M2	1	63,96	Q	
	52	Carol Anthony	GAU	51,95	May-66	75,0	80,0	<del>83,0</del>	80,0	37,5	40,0	<del>42,5</del>	40,0	110,0	120,0	<del>125,0</del>	120,0	240,0	3	1	60,65	Q	
	57	Madelaine Posthumus	GAU	56,25	Oct-70	80,0	87,5	90,0	90,0	40,0	45,0	47,5	47,5	100,0	117,5	<del>122,5</del>	117,5	255,0		1	60,42	Q	
	63	Marieke Van Inge	GAU	62,05	Dec-72	85,0	92,5	100,0	100,0	45,0	50,0	<del>52,5</del>	50,0	115,0	125,0	<del>133,0</del>	125,0	275,0		2	1	60,76	Q
<b>YOUTH</b>																							
	43	Kay-Dee Van Rooyen	NW	40,20	Jan-12	45,0	50,0	55,0	55,0	25,0	27,5	30,0	30,0	55,0	65,0	70,0	70,0	155,0	Best Youth	1	51,11		

30 March - 2 April 2023

**2023 SA Classic Powerlifting Championships**

Classic Powerlifting - MEN	IPF Wt Cls	Name	Team	Bwt - kg	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 Team
<b>SUBJUNIOR</b>																						
	53	Samuel Meshiline	EC	51,35	May-06	80,0	87,5	92,5	92,5	70,0	75,0	<del>80,0</del>	75,0	100,0	112,5	122,5	122,5	290,0		1	51,71	Q
	59	Daniel Sowray	GAU	58,35	Oct-06	<del>120,0</del>	<del>130,0</del>	130,0	130,0	90,0	<del>100,0</del>	<del>100,0</del>	90,0	180,0	190,0	200,0	200,0	420,0	3	1	69,91	Q
	59	Ferde Botha	EC	58,10	Jun-08	100,0	105,0	<del>110,0</del>	105,0	67,5	72,5	<del>75,0</del>	72,5	<del>120,0</del>	<del>120,0</del>	120,0	120,0	297,5		2	49,64	
	66	Samuel Teeger	GAU	64,85	May-07	135,0	142,5	147,5	147,5	85,0	92,5	<del>95,0</del>	92,5	180,0	192,5	<del>200,0</del>	192,5	432,5		1	68,05	Q
	66	TK Ramoreboli	GAU	64,65	Mar-05	115,0	125,0	130,0	130,0	62,5	<del>67,5</del>	<del>67,5</del>	62,5	162,5	180,0	<del>190,0</del>	180,0	372,5		2	58,71	Q
	74	John Evens	WC	73,00	Dec-06	150,0	160,0	170,0	170,0	100,0	105,0	<del>110,0</del>	105,0	170,0	185,0	200,0	200,0	475,0	2	1	70,23	Q
	74	Matthew Aslam	GAU	68,05	Feb-08	130,0	140,0	147,5	147,5	75,0	85,0	90,0	90,0	170,0	185,0	<del>192,5</del>	185,0	422,5		2	64,81	Q







	120+	John Crain	GAU	123,15	Dec-69	190,0	-202,5	-202,5	190,0	155,0	170,0	-175,0	170,0	100,0	170,0	-220,0	170,0	530,0		3	60,92	
<b>MASTER 3</b>																						
	74	Tommie de Nysschen	FS	73,70	May-63	130,0	137,5	140,0	140,0	125,0	130,0	132,5	132,5	140,0	145,0	152,5	152,5	425,0	Best M3	1	62,53	Q
	74	Andrew Dunn	GAU	72,05	May-63	-100,0	100,0	110,0	110,0	-55,0	55,0	60,0	60,0	125,0	140,0	-147,5	140,0	310,0		2	46,15	
	83	Gregory Flugel	GAU	80,30	Feb-54	95,0	105,0	110,0	110,0	72,5	77,5	80,0	80,0	125,0	142,5	-150,0	142,5	332,5	2	1	46,81	
	105	Christo Schoonraad	GAU	103,85	Mar-63	225,0	240,0	245,0	245,0	110,0	115,0	-120,0	115,0	220,0	240,0	250,0	250,0	0,0			DD	
	120	André Ludik	EC	107,00	Jun-57	100,0	110,0	120,0	120,0	70,0	80,0	85,0	85,0	160,0	172,5	0,0	172,5	377,5	3	1	46,20	
<b>MASTER 4</b>																						
	74	Dan Oppenheim	GAU	73,50	Jun-45	100,0	0,0	0,0	100,0	70,0	80,0	0,0	80,0	130,0	150,0	162,5	162,5	342,5	Best M4	1	50,46	
<b>YOUTH</b>																						
	40	Ashton Carreira	GAU	35,75	Jun-10	37,5	-42,5	42,5	42,5	15,0	17,5	20,0	20,0	45,0	52,5	57,5	57,5	120,0	Best Youth	1	25,97	
<b>SPECIAL OLYMPICS</b>																						
	120+	Bryce Sillitoe	GAU	139,35	Aug-01	50,0	60,0	70,0	70,0	80,0	87,5	90,0	90,0	80,0	90,0	100,0	100,0	260,0	Best SO	1	28,39	