

06/06/19

SA EQUIPPED POWERLIFTING CHAMPIONSHIPS 2019 - Edenvale, Gauteng - WOMEN's RESULTS

SA Record

Age Category	Weight Div	Name	Team	Div	Bwt - kg	Birth Year	IPF Pts Code	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/Cls/Event	Place	IPF Points	Best Lifter	Qual for National team	one badge below
SubJunior																											
	57	Mirke Colling	EC	F-SJ	55.85	2003	FEP	77.5	80.0	85.0	80.0	37.5	40.0	42.5	42.5	122.5	100.0	102.5	105.0	105.0	227.5	1/F-SJ/57/PL	1	371.02	Best SJ		q
Junior																											
	63	Samantha Harding	EC	F-J	61.45	1997	FEP	105.0	110.0	112.5	112.5	55.0	57.5	60.0	60.0	172.5	125.0	132.5	137.5	137.5	310.0	1/F-J/63/PL	1	450.99	Best Jun		q
	63	Nicola Maritz	EC	F-J	57.60	1997	FEP	110.0	117.5	120.0	117.5	55.0	67.5	57.5	57.5	175.0	112.5	117.5	122.5	122.5	297.5	2/F-J/63/PL	2	447.97			q
	63	Megan Leighton	Gau	F-J	58.95	1996	FEP	75.0	0.0	0.0	75.0	35.0	0.0	0.0	35.0	110.0	140.0	152.5	162.5	152.5	262.5	3/F-J/63/PL	3	403.97			
Master 1																											
	47	Elisabeth Barry	EC	F-M1	46.90	1973	FEP	107.5	115.5	120.0	120.0	47.5	50.5	50.5	50.5	170.5	115.0	122.5	130.5	122.5	293.0	1/F-M1/47/PL	1	482.77		Q	
	57	Antoinette Kriel	Gau	F-M1	56.00	1971	FEP	100.0	110.0	120.0	120.0	80.0	90.0	98.0	98.0	218.0	120.0	130.0	140.0	140.0	358.0	1/F-M1/57/PL	1	524.13		Q	
	72	Laura de Wet	Gau	F-M1	69.30	1974	FEP	175.0	185.0	190.0	185.0	85.0	87.5	90.0	90.0	275.0	160.0	181.0	190.0	181.0	456.0	1/F-M1/72/PL	1	584.83	Best M1		Q
	72	Zanele Nqwanya	Gau	F-M1	66.65	1979	FEP	100.0	115.0	127.5	127.5	55.0	60.0	65.0	65.0	192.5	130.0	145.0	160.0	160.0	352.5	2/F-M1/72/PL	2	483.18		Q	
Master 2																											
	63	Joan Swart	WC	F-M2	60.20	1965	FEP	90.0	100.0	100.0	90.0	62.5	65.0	67.5	67.5	157.5	125.0	135.0	135.0	135.0	292.5	1/F-M2/63/PL	1	434.77	Best M2		Q
	72	Marion Tanzer	Gau	F-M2	71.15	1968	FEP	105.0	142.5	142.5	105.0	57.5	62.5	65.0	62.5	167.5	125.0	135.0	140.0	135.0	302.5	1/F-M2/72/PL	1	420.05		Q	
Master 4																											
	57	Dulcie Duguid	WC	F-M4	54.45	1949	FEP	90.0	95.0	95.0	95.0	40.0	45.0	45.0	40.0	135.0	95.0	100.0	105.0	105.0	240.0	1/F-M4/57/PL	1	389.42	Best M4		Q
Open																											
	47	Elisabeth Barry	EC	F-O	46.90	1973	FEP	107.5	115.5	120.0	120.0	47.5	50.5	50.5	50.5	170.5	115.0	122.5	130.5	122.5	293.0	1/F-O/47/PL	1	482.77		Q	
	57	Antoinette Kriel	Gau	F-O	56.00	1971	FEP	100.0	110.0	120.0	120.0	80.0	90.0	98.0	98.0	218.0	120.0	130.0	140.0	140.0	358.0	1/F-O/57/PL	1	524.13		Q	
	63	Lisa Basson	Gau	F-O	60.35	1984	FEP	135.0	145.0	145.0	145.0	85.0	90.0	94.5	94.5	239.5	140.0	150.0	165.0	165.0	404.5	1/F-O/63/PL	1	560.69		Q	
	63	Samantha Harding	EC	F-O	61.45	1997	FEP	105.0	110.0	112.5	112.5	55.0	57.5	60.0	60.0	172.5	125.0	132.5	137.5	137.5	310.0	2/F-O/63/PL	2	450.99			
	63	Megan Leighton	Gau	F-O	58.95	1996	FEP	75.0	0.0	0.0	75.0	35.0	0.0	0.0	35.0	110.0	140.0	152.5	162.5	152.5	262.5	3/F-O/63/PL	3	403.97			
	72	Laura de Wet	Gau	F-O	69.30	1974	FEP	175.0	185.0	190.0	185.0	85.0	87.5	90.0	90.0	275.0	160.0	181.0	190.0	181.0	456.0	1/F-O/72/PL	1	584.83	Best Open		Q
	72	Zanele Nqwanya	Gau	F-O	66.65	1979	FEP	100.0	115.0	127.5	127.5	55.0	60.0	65.0	65.0	192.5	130.0	145.0	160.0	160.0	352.5	2/F-O/72/PL	2	483.18			
	72	Vinolia Mokoena	NW	F-O	66.55	1987	FEP	100.0	110.0	117.5	117.5	35.0	50.0	57.5	50.0	167.5	125.0	135.0	137.5	137.5	305.0	3/F-O/72/PL	3	432.59			
	72	Marion Tanzer	Gau	F-O	71.15	1968	FEP	105.0	142.5	142.5	105.0	57.5	62.5	65.0	62.5	167.5	125.0	135.0	140.0	135.0	302.5	4/F-O/72/PL	4	420.05			
	84	Nicola Green	Gau	F-O	83.50	1983	FEP	145.0	150.0	155.0	155.0	60.0	115.0	117.5	115.0	270.0	120.0	130.0	140.0	140.0	410.0	1/F-O/84/PL	1	501.89			
	84+	Jacqui Rees	Gau	F-O	95.15	1980	FEP	165.0	180.0	185.0	185.0	105.0	110.0	112.5	110.0	295.0	170.0	185.0	190.0	185.0	480.0	1/F-O/84+/PL	1	544.18		Q	
	84+	Christi de Jager	Gau	F-O	99.40	1986	FEP	150.0	165.0	165.0	165.0	145.0	145.0	145.0	145.0	310.0	150.0	160.0	170.0	160.0	470.0	2/F-O/84+/PL	2	527.65			q

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SubJunior	53	Tshepo Mulaudzi	Gau	M-SJ	50.10	2001	MEP	100.0	110.0	115.0	115.0	70.0	75.0	80.0	80.0	195.0	140.0	150.0	166.0	150.0	345.0	1/M-SJ/53/PL	1	446.85	Best SJ	Q	
	74	Erich Human	EC	M-SJ	72.70	2001	MEP	100.0	100.0	120.0	120.0	80.0	85.0	90.0	85.0	205.0	170.0	177.5	185.0	185.0	390.0	1/M-SJ/74/PL	1	379.26			
Junior	83	Simon Curtain	EC	M-SJ	81.30	2002	MEP	105.0	115.0	122.5	122.5	85.0	92.5	95.0	92.5	215.0	185.0	200.0	215.0	215.0	430.0	1/M-SJ/83/PL	1	385.00			
	53	Boitumelo Monaheng	NW	M-JR	49.80	1997	MEP	105.0	115.0	120.0	120.0	75.0	75.0	80.0	75.0	195.0	145.0	150.0	165.0	150.0	345.0	1/M-JR/53/PL	1	449.09		Q	
	66	Karabo Manamela	Gau	M-JR	66.00	1999	MEP	190.0	200.0	200.0	200.0	105.0	110.0	112.5	110.0	310.0	217.5	220.0	225.0	220.0	530.0	1/M-JR/66/PL	1	524.95	Best Jun	Q	
	66	Paseka Ntogae	NW	M-JR	61.85	1999	MEP	115.0	120.0	125.0	120.0	85.0	90.0	95.0	95.0	215.0	190.0	200.0	205.0	200.0	415.0	2/M-JR/66/PL	2	444.52			
	74	Michael Ramajoe	NW	M-JR	71.20	1997	MEP	165.0	175.0	185.0	175.0	110.0	120.0	125.0	120.0	295.0	205.0	210.0	215.0	215.0	510.0	1/M-JR/74/PL	1	483.04			
	74	Tshepo Kotsi	NW	M-JR	67.20	1997	MEP	170.0	175.0	180.0	180.0	85.0	90.0	95.0	95.0	275.0	220.0	230.0	240.0	230.0	505.0	2/M-JR/74/PL	2	497.26			
	74	Obert Booysen	NW	M-JR	72.25	1998	MEP	170.0	170.0	170.0	170.0	105.0	112.5	115.0	115.0	285.0	170.0	180.0	0.0	170.0	455.0	3/M-JR/74/PL	3	433.73			
	83	Arno Nieuwenhuizen	Gau	M-JR	82.30	1999	MEP	210.0	220.0	230.0	230.0	115.0	120.0	125.0	120.0	350.0	230.0	245.0	250.0	245.0	595.0	1/M-JR/83/PL	1	506.23		q	
	83	Kgotso Thekiso	NW	M-JR	81.50	1998	MEP	150.0	165.0	172.5	172.5	85.0	90.0	92.5	92.5	265.0	220.0	230.0	240.0	240.0	505.0	2/M-JR/83/PL	2	441.12			
Master 1	66	Moses Tsimane	NW	M-M1	61.35	1975	MEP	100.0	110.0	110.0	110.0	90.0	110.0	125.0	110.0	220.0	145.0	185.0	195.0	185.0	405.0	1/M-M1/66/PL	1	437.93			
	74	Marlon Daniels	Gau	M-M1	74.00	1974	MEP	220.0	235.0	242.5	242.5	185.0	195.5	200.5	200.5	443.0	205.0	215.0	220.5	220.5	663.5	1/M-M1/74/PL	1	594.71	Best M1	Q	
	83	Patrick Matabane	NW	M-M1	76.25	1973	MEP	185.0	195.0	205.0	205.0	105.0	115.0	120.0	115.0	320.0	190.0	200.0	220.0	220.0	540.0	1/M-M1/83/PL	1	486.51			
	93	Jorncy Page	Gau	M-M1	91.05	1972	MEP	240.0	260.0	277.5	260.0	150.0	160.0	170.0	170.0	430.0	230.0	250.0	265.0	265.0	695.0	1/M-M1/93/PL	1	548.96		Q	
	93	George Parker	Gau	M-M1	92.05	1971	MEP	200.0	215.0	222.5	222.5	160.0	170.0	175.0	170.0	392.5	190.0	205.0	217.5	217.5	610.0	2/M-M1/93/PL	2	485.89		q	
	93	Steve Harding	EC	M-M1	92.60	1972	MEP	170.0	180.0	180.0	180.0	115.0	122.5	127.5	122.5	302.5	200.0	210.0	217.5	217.5	520.0	3/M-M1/93/PL	3	421.22			
	105	Graham Green	Gau	M-M1	98.25	1978	MEP	230.0	240.0	245.0	245.0	150.0	160.0	165.0	160.0	405.0	230.0	250.0	260.0	250.0	655.0	1/M-M1/105/PL	1	499.79		Q	
	120	Louis Ferreira	Gau	M-M1	117.85	1979	MEP	255.0	260.0	272.5	272.5	175.0	175.0	175.0	0.0	0.0	265.0	0.0	0.0	265.0	0.0			0.00			
	120+	Mathys Herbst	Gau	M-M1	160.05	1975	MEP	355.0	370.0	377.5	377.5	272.5	272.5	272.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0			0.00			

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Master 2																											
	83	David Quatse	NW	M-M2	80.15	1962	MEP	165.0	180.0	195.0	195.0	75.0	80.0	96.0	80.0	275.0	175.0	185.0	200.0	200.0	475.0	1/M-M2/83/PL	1	422.55			
	105	Christo Schoonraad	Gau	M-M2	103.55	1963	MEP	260.6	250.5	265.0	265.0	170.0	180.0	188.0	180.0	445.0	250.0	270.0	280.0	270.0	715.0	1/M-M2/105/PL	1	525.95	Best M2	Q	
	120	Andrew Denoon	NW	M-M2	116.15	1968	MEP	190.0	192.6	220.0	190.0	190.0	190.0	190.0	190.0	380.0	190.0	195.0	200.0	200.0	580.0	1/M-M2/120/PL	1	412.92			
Master 3																											
	120	Andre Ludik	EC	M-M3	109.55	1957	MEP	135.0	140.0	145.0	145.0	100.0	107.5	110.0	110.0	255.0	190.0	197.5	0.0	197.5	452.5	1/M-M3/120/PL	1	343.16	Best M3		
Master 4																											
	74	Dan Oppenheim	Gau	M-M4	73.75	1945	MEP	155.0	165.0	173.0	165.0	90.0	95.0	97.5	97.5	262.5	150.0	170.0	185.0	185.0	447.5	1/M-M4/74/PL	1	422.18	Best M4	Q	
Open																											
	74	Marlon Daniels	Gau	M-O	74.00	1974	MEP	220.0	235.0	242.5	242.5	185.0	195.5	200.5	200.5	443.0	205.0	215.0	220.5	220.5	663.5	1/M-O/74/PL	1	594.71	Best Open	Q	
	74	Pagel Nylonggo	Gau	M-O	71.50	1992	MEP	120.0	122.5	125.0	125.0	100.0	120.0	130.0	120.0	245.0	140.0	180.0	200.0	200.0	445.0	2/M-O/74/PL	2	428.38			
	83	Moses Khumalo	NW	M-O	83.00	1993	MEP	150.0	165.0	170.0	165.0	100.0	110.0	110.0	100.0	265.0	200.0	202.5	210.0	202.5	467.5	1/M-O/83/PL	1	408.47			
	93	Jorncy Page	Gau	M-O	91.05	1972	MEP	240.0	260.0	277.6	260.0	150.0	160.0	170.0	170.0	430.0	230.0	250.0	265.0	265.0	695.0	1/M-O/93/PL	1	548.96			
	105	Christo Schoonraad	Gau	M-O	103.55	1963	MEP	260.6	250.5	265.0	265.0	170.0	180.0	188.0	180.0	445.0	250.0	270.0	280.0	270.0	715.0	1/M-O/105/PL	1	525.95			
	105	Miga Ketshabile	NW	M-O	97.35	1989	MEP	235.0	250.0	255.0	250.0	135.0	145.0	145.0	135.0	385.0	265.0	275.0	280.0	275.0	660.0	2/M-O/105/PL	2	505.63			
	105	Moeketsi Joseph Khutsitswe	NW	M-O	93.30	1993	MEP	205.0	225.0	240.0	240.0	135.0	150.0	165.0	150.0	390.0	225.0	250.0	275.0	250.0	640.0	3/M-O/105/PL	3	503.29			
	105	Christopher Tshwabi	Gau	M-O	104.95	1981	MEP	165.0	185.0	206.0	185.0	120.0	130.0	130.0	315.0	180.0	200.0	205.0	200.0	515.0	4/M-O/105/PL	4	391.41				
	120	Michael Klinck	Gau	M-O	114.70	1991	MEP	270.0	285.0	292.6	285.0	170.0	180.0	187.5	187.5	472.5	240.0	255.0	262.6	255.0	727.5	1/M-O/120/PL	1	507.66			
	120+	Kyle Noonan	Gau	M-O	131.00	1990	MEP	335.0	345.0	350.0	350.0	225.0	235.0	240.0	235.0	585.0	310.0	325.0	340.5	325.0	910.0	1/M-O/120+/PL	1	583.99		Q	
	120+	Mathys Herbst	Gau	M-O	160.05	1975	MEP	355.0	370.0	377.5	377.5	272.5	272.5	272.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0			0.00			

Referees:

Vicki Botha

Dan Oppenheim

Hannie Smith

Anita Barnard

Tamsanqa Khandanise

Madikane Faku

Hannie Smith

Jacqui Rees

Chantelle du Toit

Freddy Nonydyolo (TC)

Peter Seleka (TC)

Ahesha Banda (TC)

Scorers:

Jonathan Kariv

Heather Leighton

Gerhard Rabie

Deon Smedley

Announcers

Tina von Ruben, Dan Oppenheim