

10/09/2016

## Strong is the new Beautiful: Ladies only powerlifting competition

Flt	Powerlifting Results Name	Bwt (kg)	WtCls (kg)	lot#	Age	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	(1) PL Total	(2) Wilks Pts	PI-Div-WtCls-Evt
A	Kirsty Enslin	51.6	52	3	1979	95	100	105	105	52.5	55	57.5	57.5	162.5	110	120	-130	120	282.5	354.283	1-F-O-52-PL
A	Mariska Casey	49.2	52	11	1978	82.5	-90	-90	82.5	52.5	57.5	-60	57.5	140	115	125	135	135	275	357.610	2-F-O-52-PL
A	Jeanri Bezuidenhout	55.1	57	37	1992	120	125	130	130	60	65	-70	65	195	120	130	137.5	137.5	332.5	396.207	1-F-O-57-PL
A	Rouxchelle Roux	55.9	57	5	1998	-92.5	100	102.5	102.5	47.5	-55	-55	47.5	150	100	110	115	115	265	312.250	2-F-O-57-PL
A	Ella Radmore	55.8	57	14	1983	65	72.5	77.5	77.5	35	37.5	42.5	42.5	120	85	92.5	105	105	225	265.478	3-F-O-57-PL
A	Zanalee Davies	56.2	57	21	1986	70	75	80	80	40	42.5	45	45	125	90	100	-110	100	225	263.993	4-F-O-57-PL
A	Carmen Ramage	55.2	57	28	2000	50	55	60	60	35	-37.5	37.5	37.5	97.5	70	75	80	80	177.5	211.225	5-F-O-57-PL
A	Kristen Arnesen	63	63	25	1986	-90	100	-105	100	50	55	-57.5	55	155	130	160	165	165	320	343.680	1-F-O-63-PL
A	Yolandie Dixon	60.1	63	33	1979	85	90	95	95	55	60	-62.5	60	155	125	132.5	-140	132.5	287.5	320.102	2-F-O-63-PL
A	Marieke van Linge	61.3	63	7	1972	70	-80	80	80	35	37.5	40	40	120	95	110	115	115	235	215.025	3-F-O-63-PL
A	Shelley Dixon	60.9	63	19	1987	65	72.5	-80	72.5	30	37.5	42.5	42.5	115	85	95	105	105	220	242.462	4-F-O-63-PL
A	Jenny Ramsay	61.4	63	20	1962	60	70	-77.5	70	30	35	-40	35	105	80	90	102.5	102.5	207.5	227.254	5-F-O-63-PL
A	Jane MacKinnon	59.3	63	36	1960	47.5	-57.5	65	65	27.5	30	32.5	32.5	97.5	67.5	77.5	85	85	182.5	205.331	6-F-O-63-PL
A	Lesley Grant	60.6	63	6	1940	20	22.5	25	25	12.5	15	17.5	17.5	42.5	40	45	50	50	92.5	102.333	7-F-O-63-PL
B	Mahlako Mahapa	71.7	72	22	1982	90	95	105	105	45	50	55	55	160	140	150	155	155	315	308.322	1-F-O-72-PL
B	Diane Teles	67.4	72	9	1978	105	110	-115	110	57.5	60	-62.5	60	170	115	122.5	130	130	300	306.510	2-F-O-72-PL
B	Candice Firmani	65.5	72	13	1967	90	100	-105	100	50	55	-57.5	55	145	95	110	120	120	275	286.880	3-F-O-72-PL
B	Claudia Raff	69.7	72	30	1987	-70	70	80	80	45	50	-52.5	50	130	105	-115	120	120	250	249.450	4-F-O-72-PL
B	Lisa van der Linde	70.2	72	18	1975	75	80	85	85	45	47.5	50	50	135	105	115	-120	115	250	248.225	5-F-O-72-PL
B	Gaenor Cripps	67	72	31	1976	65	72.5	77.5	77.5	40	45	47.5	47.5	125	95	110	120	120	245	251.395	6-F-O-72-PL
B	Joene Panoias	70.8	72	23	1993	70	-75	75	75	45	-50	-50	45	120	115	120	125	125	245	241.840	7-F-O-72-PL
B	Marinda Brits	67.2	72	34	1990	70	75	80	80	50	55	-57.5	55	135	85	92.5	97.5	97.5	232.5	238.057	8-F-O-72-PL
B	Sharon O'Regan	65.8	72	4	1955	40	45	50	50	25	30	32.5	32.5	82.5	67.5	77.5	87.5	87.5	170	176.749	9-F-O-72-PL
B	Emma Elcott	78.4	84	32	1990	90	100	-110	100	55	57.5	-60	57.5	157.5	125	135	-142.5	135	292.5	270.738	1-F-O-84-PL
B	Samantha Briel	78.2	84	35	1989	60	65	70	70	45	50	55	55	125	85	92.5	97.5	97.5	222.5	206.235	2-F-O-84-PL
B	Linda Rubin	72.8	84	24	1964	45	50	-55	50	32.5	-37.5	-37.5	32.5	82.5	70	-82.5	-82.5	70	152.5	147.757	3-F-O-84-PL
C	Jacquis Rees	91.5	84+	29	1980	105	112.5	120	120	52.5	57.5	-60	57.5	177.5	147.5	157.5	-165	157.5	335	287.530	1-F-O-84+PL
C	Charne Martin	94.8	84+	26	1992	90	-97.5	100	100	57.5	62.5	-65	62.5	162.5	130	140	150	150	312.5	264.688	2-F-O-84+PL
C	Samantha Roberts	92.2	84+	12	1985	-105	105	110	110	50	55	-60	55	165	120	130	140	140	305	261.019	3-F-O-84+PL
C	Raynique Ducie	86.8	84+	10	1986	95	100	105	105	55	60	-62.5	60	165	127.5	132.5	137.5	137.5	302.5	265.534	4-F-O-84+PL
C	Deborah Fenton	93.3	84+	15	1974	95	100	105	105	45	50	-55	50	155	120	130	140	140	295	251.310	5-F-O-84+PL
C	Nicole Audibert	104.8	84+	2	1981	90	95	100	100	45	50	52.5	52.5	152.5	-120	120	-135	120	272.5	224.022	6-F-O-84+PL
C	Kelli Hart	89.1	84+	1	1984	-95	95	100	100	45	50	55	55	155	100	110	-120	110	265	229.940	7-F-O-84+PL
C	Marine Riechert	113.2	84+	16	1997	-90	-90	90	90	55	57.5	-60	57.5	147.5	95	102.5	110	110	257.5	208.137	8-F-O-84+PL
C	Michelle Pearl	124	84+	17	1989	65	72.5	77.5	77.5	50	52.5	57.5	57.5	135	100	102.5	105	105	240	190.800	9-F-O-84+PL
C	Dalene Tait	85.1	84+	8	1983	60	65	70	70	40	42.5	-45	42.5	112.5	-110	110	-115	110	222.5	197.157	10-F-O-84+PL
C	Alicia Brummer	84.9	84+	27	1989	52.5	57.5	62.5	62.5	35	40	45	45	107.5	90	97.5	102.5	102.5	210	186.291	11-F-O-84+PL