

SOUTH AFRICAN POWERLIFTING CHAMPIONSHIPS
7 - 8 MEI 2010
VILJOENSKROON
WOMEN'S & MEN'S TEAM SELECTIONS

Division	Weight Class	Province	Lifter	Colors awarded
TEAM SELECTION FOR SUB-JUNIOR & JUNIOR WOMEN				
Manager:				
Coach:				
SUB-JUNIOR	56kg	EP	Stephanie Pretorius	Protea
	90kg	NW	Esmay Smith	Protea
JUNIOR	52kg	G	Kelly-Anne Grobler	Protea
		EP	Liezl Pretorius	Protea
TEAM SELECTION FOR SENIOR WOMEN				
Manager:				
Coach:				
SENIOR	52kg	WP	Mirriam Sinclair	Protea
		EP	Liezl Pretorius	Protea
	56kg	G	Lisa Basson	Protea
		EP	Stephanie Pretorius	Federation
	60kg	WP	Hesterki Range	Federation
	67,5kg	EP	Sanet Momberg	Protea
		G	Michelle de Sausa	Federation
	75kg	KZN	Sue Glazier	Protea
	90kg	NW	Esmay Smith	Federation
Reserves	52kg	WP	Gillian Smith	
	52kg	G	Kelly-Anne Grobler	
	67,5kg	EP	Cene Pettit	
TEAM SELECTION FOR MASTER WOMEN				
Manager:				
Coach:				
MASTER I	52kg	WP	Gillian Smith	Federation
	60kg	WP	Hesterki Range	Federation
	67,5kg	G	Michelle de Souza	Federation
MASTER II	52kg	WP	Mirriam Sinclair	Federation

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Division	Weight Class	Province	Lifter	Colors awarded
TEAM SELECTION FOR SUB-JUNIOR & JUNIOR MEN				
Manager:				
Coach:				
SUB-JUNIOR	60kg	WP	Warren Simon	Protea
	67,5kg	NW	Tshepo Rapoo	Protea
	75kg	FS	Armando Fernandes	Protea
JUNIOR	67,5kg	G	Harry Shomalistos	Protea
	75kg	WP	Matt Coppenhall	Protea
		WP	Clive Battison	Protea
	90kg	KZN	Martinus Vermaak	Protea
		FS	Ricardo Barreto	Protea
TEAM SELECTION FOR SENIOR MEN				
Manager:				
Coach:				
SENIOR	60kg	WP	Warren Simon	Protea
	67,5kg	G	Harry Shomalistos	Protea
	75kg	G	Marlon Daniels	Protea
	90kg	FS	Pieter Erasmus	Protea
		GN	Etienne Potgieter	Protea
	100kg	NW	Johan Smith	Protea
TEAM SELECTION FOR MASTER MEN				
Manager:				
Coach:				
MASTER I	60kg	FS	Moses Tsimane	Federation
	67,5kg	WP	Karl Christians	Federation
	90kg	FS	Pieter Erasmus	Federation
MASTER II	82,5kg	WP	Laurence Arendse	Federation
	110kg	EP	André Ludick	Federation
MASTER III	75kg	G	Dan Oppenheim	Federation

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Viljoenskroon

Best Lifter Women

Sub-Junior	Esmay Smith
Junior	Liesl Pretorius
Senior	Sanet Momberg
Master I	Michelle de Souza
Master II	Mirriam Sinclair

Best Lifter Men

Sub-Junior	Warren Simon
Junior	Johan Smith
Senior	Johan Smith
Master I	Pieter Erasmus
Master II	Laurence Arendse
Master III	Dan Oppenheim