

Western Cape Provincial Champs 2024

3-Lift Raw

LADIES - SUB-JUNIOR - RAW															
Name	Div	Bwt - kg	IPF Wt CIs	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Qualified
Jaymee Cooper	F-SJ-U	74.50	76	120.0	130.0	135.0	60.0	65.0	65.0	130.0	140.0	152.5	347.5	69.17	Q
Lisa Stander	F-SJ-U	74.80	76	95.0	110.0	120.0	52.5	55.0	60.0	140.0	155.0	165.0	340.0	67.54	Q
LADIES - JUNIOR - RAW															
Name	Div	Bwt - kg	IPF Wt CIs	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Qualified
Stephanie Jones	F-J-U	67.60	69	100.0	110.0	115.0	57.5	65.0	70.0	137.5	147.5	155.0	332.5	69.69	Q
Mo Adejuyigbe	F-J-U	65.50	69	95.0	105.0	115.0	52.5	60.0	60.0	140.0	150.0	162.5	330.0	70.46	Q
Aneeka January	F-J-U	69.10	76	90.0	100.0	110.0	45.0	50.0	52.5	110.0	120.0	135.0	295.0	61.07	Q
LADIES - OPEN - RAW															
Name	Div	Bwt - kg	IPF Wt CIs	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Qualified
Aleena Johannes	F-O-U	62.40	63	100.0	105.0	112.5	57.5	62.5	70.0	107.5	117.5	130.0	292.5	64.39	Q
Astrid Schwarz	F-O-U	67.20	69	122.5	135.0	145.0	67.5	75.0	80.0	135.0	147.5	160.0	380.0	79.92	Q
Chenel Kruger	F-O-U	68.10	69	100.0	112.5	117.5	50.0	55.0	60.0	125.0	140.0	147.5	317.5	66.26	Q
Jessica Noonan	F-O-U	68.50	69	90.0	100.0	105.0	60.0	65.0	65.0	105.0	120.0	130.0	280.0	58.25	Q
Shameemah Bull	F-O-U	73.60	76	105.0	115.0	122.5	67.5	72.5	80.0	120.0	135.0	140.0	327.5	65.58	Q
Nicole Cooposamy	F-O-U	82.10	84	155.0	165.0	175.0	90.0	95.0	100.0	185.0	200.0	210.0	485.0	92.43	Q
Naiema Mohammed	F-O-U	82.70	84	167.5	177.5	182.5	92.5	97.5	100.0	165.0	180.0	190.0	462.5	87.88	Q
Lindsay Wesner	F-O-U	88.40	84+	120.0	122.5	130.0	60.0	65.0	70.0	140.0	145.0	150.0	345.0	63.93	Q
Caitlin King	F-O-U	93.50	84+	100.0	110.0	115.0	62.5	65.0	70.0	110.0	120.0	135.0	305.0	55.47	Q

LADIES - MASTERS - RAW															
Name	Div	Bwt - kg	IPF Wt CIs	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Qualified
Naiema Mohammed	F-M1-U	82.70	84	167.5	177.5	182.5	92.5	97.5	100.0	165.0	180.0	190.0	462.5	87.88	Q
Paulette Preyser	F-M1-U	112.60	84+	100.0	110.0	120.0	60.0	65.0	70.0	110.0	130.0	150.0	315.0	54.64	Q
Fiona Hickman	F-M2-U	79.90	84	110.0	115.0	120.0	50.0	55.0	60.0	135.0	140.0	145.0	325.0	62.65	Q
Kim Dubs	F-M3-U	55.50	57	60.0	65.0	67.5	37.5	40.0	40.0	80.0	85.0	87.5	190.0	45.49	Q
Dulcie Duguid	F-M4-U	54.40	57	60.0	65.0	70.0	32.5	35.0	37.5	80.0	87.5	95.0	200.0	48.64	Q
MEN - SUB-JUNIOR - RAW															
Name	Div	Bwt - kg	IPF Wt CIs	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Qualified
Keagan Lombard	M-SJ-U	60.10	66	130.0	132.5	135.0	62.5	65.0	67.5	160.0	165.0	165.0	357.5	58.57	Q
Johan Rabe	M-SJ-U	64.70	66	127.5	132.5	137.5	57.5	60.0	65.0	127.5	132.5	140.0	337.5	53.17	Q
John Evens	M-SJ-U	74.00	74	180.0	180.0	185.0	100.0	115.0	122.5	200.0	215.0	222.5	510.0	74.87	Q
Stehan van der Merwe	M-SJ-U	81.80	83	180.0	195.0	195.0	100.0	107.5	107.5	205.0	220.0	240.0	522.5	72.86	Q
Thomas Hickman	M-SJ-U	80.30	83	167.5	175.0	175.0	87.5	92.5	92.5	225.0	235.0	235.0	497.5	70.03	Q
Philip de Bruyn	M-SJ-U	98.80	105	135.0	140.0	145.0	85.0	90.0	92.5	145.0	0.0	0.0	375.0	47.65	Q
MEN - JUNIOR - RAW															
Name	Div	Bwt - kg	IPF Wt CIs	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Qualified
Kai Van Den Berg	M-J-U	80.00	83	190.0	200.0	215.0	130.0	140.0	140.0	255.0	265.0	272.5	617.5	87.09	Q
Daniel Cotton	M-J-U	91.90	93	205.0	217.5	227.5	135.0	142.5	145.0	265.0	277.5	285.0	647.5	85.20	Q
Xander Nel	M-J-U	88.90	93	175.0	195.0	205.0	90.0	100.0	110.0	205.0	235.0	250.0	565.0	75.57	Q
Adriaan Stander	M-J-U	98.70	105	180.0	185.0	190.0	130.0	140.0	150.0	270.0	290.0	300.0	630.0	80.08	Q
Ameen Cassiem	M-J-U	116.60	120	235.0	240.0	250.0	155.0	167.5	170.0	275.0	285.0	292.5	702.5	82.70	Q

MEN - OPEN - RAW															
Name	Div	Bwt - kg	IPF Wt CIs	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Qualified
Nathan Michael-Steyn	M-O-U	70.00	74	170.0	180.0	185.0	115.0	120.0	122.5	200.0	212.5	222.5	527.5	79.72	Q
Carl Osborne	M-O-U	70.90	74	155.0	160.0	160.0	125.0	125.0	130.0	195.0	205.0	207.5	485.0	72.81	Q
El-Shane Grove	M-O-U	69.50	74	150.0	0.0		105.0	110.0	115.0	180.0	0.0		440.0	66.75	Q
Pieter Nel	M-O-U	82.70	83	185.0	195.0	202.5	125.0	132.5	137.5	260.0	280.0	290.0	615.0	85.29	Q
Stuart Norrie	M-O-U	77.50	83	170.0	182.5	190.0	122.5	130.0	135.0	220.0	235.0	250.0	570.0	81.71	Q
Sulaiman Albertyn	M-O-U	78.50	83	175.0	190.0	197.5	110.0	115.0	117.5	200.0	210.0	222.5	537.5	76.54	Q
Cameron Park	M-O-U	76.80	83	150.0	160.0	170.0	110.0	112.5	112.5	220.0	235.0	245.0	527.5	75.97	Q
Abdul Baasit Stemmet	M-O-U	78.50	83	150.0	160.0	170.0	90.0	100.0	110.0	175.0	185.0	200.0	465.0	66.22	Q
Brandon Samuels	M-O-U	90.90	93	225.0	235.0	250.0	155.0	165.0	175.0	270.0	300.0	310.0	725.0	95.91	Q
Sam Scherer	M-O-U	91.50	93	205.0	220.0	235.0	160.0	170.0	175.0	260.0	275.0	290.0	700.0	92.31	Q
Ruan Koch	M-O-U	89.40	93	185.0	195.0	205.0	130.0	140.0	145.0	220.0	240.0	255.0	590.0	78.70	Q
Calum Harding	M-O-U	102.10	105	222.5	232.5	245.0	142.5	150.0	155.0	222.5	237.5	250.0	650.0	81.31	Q
Michael Cowley	M-O-U	103.10	105	200.0	220.0	230.0	135.0	145.0	150.0	260.0	275.0	285.0	650.0	80.94	Q
Kyle Noonan	M-O-U	119.50	120	280.0	290.0	300.0	180.0	190.0	190.0	320.0	350.0	360.0	820.0	95.50	Q
Ameen Cassiem	M-O-U	116.60	120	235.0	240.0	250.0	155.0	167.5	170.0	275.0	285.0	292.5	702.5	82.70	Q
Minolan Naidoo	M-O-U	116.20	120	200.0	220.0	230.0	140.0	145.0	145.0	220.0	240.0	260.0	605.0	71.33	Q
Denzel Vermeulen	M-O-U	108.90	120	130.0	150.0	162.5	80.0	90.0	100.0	150.0	200.0	0.0	452.5	54.93	
Pieter-Francois Van Zyl	M-O-U	144.00	120+	250.0	280.0	290.0	160.0	160.0	170.0	260.0	300.0	305.0	750.0	80.86	Q
Robert Raw	M-O-U	139.60	120+	220.0	230.0	240.0	150.0	150.0	162.5	240.0	270.0	270.0	660.0	72.03	Q
MEN - MASTERS - RAW															
Name	Div	Bwt - kg	IPF Wt CIs	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Qualified
Enrico Johnson	M-M1-U	65.30	66	145.0	155.0	165.0	80.0	105.0	112.5	165.0	210.0	222.5	482.5	75.64	Q
Nathan Michael-Steyn	M-M1-U	70.00	74	170.0	180.0	185.0	115.0	120.0	122.5	200.0	212.5	222.5	527.5	79.72	Q
Ryan Altern	M-M1-U	79.10	83	170.0	180.0	187.5	120.0	130.0	135.0	220.0	230.0	240.0	557.5	79.08	Q
Allistair Begg	M-M1-U	76.20	83	180.0	195.0	205.0	120.0	130.0	130.0	200.0	230.0	240.0	555.0	80.25	Q
Russell McLaren	M-M1-U	90.70	93	150.0	160.0	180.0	110.0	115.0	120.0	195.0	205.0	210.0	505.0	66.88	Q
Ebrahim Mobara	M-M2-U	87.90	93	175.0	182.5	187.5	97.5	100.0	102.5	160.0	210.0	230.0	520.0	69.94	Q
Johny Charles Johnson	M-M2-U	102.50	105	190.0	200.0	210.0	160.0	170.0	175.0	240.0	250.0	260.0	640.0	79.91	Q
Mogammat Kader	M-M2-U	107.20	120	225.0	240.0	242.5	140.0	150.0	157.5	250.0	260.0	265.0	657.5	80.40	Q
Denzel Vermeulen	M-M2-U	108.90	120	130.0	150.0	162.5	80.0	90.0	100.0	150.0	200.0	0.0	452.5	54.93	Q
Stanley Lameyer	M-M3-U	73.50	74	150.0	180.0	195.0	70.0	80.0	90.0	180.0	190.0	205.0	490.0	72.19	Q