

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	SQUAT					BENCH PRESS					DEAD LIFT					TOTAL (kg)	IPF Points	POSITION	INCENTIVE BADGE			
				1ST	2ND	3RD	1ST	2ND	3RD	1ST	2ND	3RD	TOTAL (kg)	IPF Points	POSITION	INCENTIVE BADGE										
WOMEN POWERLIFTING																										
Youth	Novice	63	Christi Minnie	61.40	50.0	+	60.0	+	70.0	+	30.0	+	37.5	+	42.5	+	60.0	+	72.5	+	80.0	+	187.5	319.71	First	White
Sub Junior	Novice	47	Emma Diedricks	46.80	20.0	+	25.0	+	27.5	+	20.0	+	22.5	+	25.0	+	50.0	+	55.0	+	60.0	+	110.0	188.22	First	White
Open	Novice	57	Alicia de Lange	54.70	85.0	+	95.0	+	105.0	+	30.0	+	40.0	+	55.0	+	100.0	+	115.0	+	130.0	+	275.0	504.33	First	Brown
Sub Junior	Champs	69	Stephene Loubser	67.30	90.0	+	95.0	-	95.0	-	45.0	+	50.0	-	50.0	+	120.0	+	130.0	-	130.0	-	260.0	433.80	Second	Green
Sub Junior	Champs	69	Chante Mulder	67.40	100.0	+	107.5	+	110.0	-	60.0	+	65.0	-	65.0	-	125.0	+	135.0	+	137.5	-	302.5	506.14	First	Blue
Sub Junior	Champs	76	Anika Maree	74.60	120.0	+	125.0	+	130.0	-	55.0	+	60.0	+	62.5	-	130.0	+	135.0	+	140.0	-	320.0	513.53	First	Blue
Junior	Champs	57	Caityln du Plessis	52.70	55.0	+	60.0	-	60.0	-	30.0	+	32.5	+	35.0	+	80.0	+	90.0	-	90.0	+	180.0	323.93	First	Yellow
Junior	Champs	69	Chante Mulder	67.40	100.0	+	107.5	+	110.0	-	60.0	+	65.0	-	65.0	-	125.0	+	135.0	+	137.5	-	302.5	506.14	First	Blue
Junior	Champs	76	Anika Maree	74.60	120.0	+	125.0	+	130.0	-	55.0	+	60.0	+	62.5	-	130.0	+	135.0	+	140.0	-	320.0	513.53	First	Blue
Master 2	Champs	52	Elisabeth Barry	51.80	65.0	+	-	-	-	-	35.0	+	37.5	-	-	-	100.0	+	105.0	+	-	-	205.0	376.73	First	Green
Master 3	Champs	57	Miriam Sinclair	55.80	65.0	+	75.0	+	80.0	+	45.0	+	50.0	+	52.5	+	90.0	+	100.0	+	110.0	+	242.5	437.01	First	Green
Sub Junior	Guest Lifter	76	Rochelle van der Merwe	74.60	115.0	+	120.0	+	127.5	+	57.5	+	62.5	+	65.0	+	140.0	+	145.0	+	150.0	+	342.5	549.79	First	Brown
Junior	Guest Lifter	57	Kate Wilkin	56.10	87.5	+	92.5	+	97.5	+	47.5	+	52.5	+	57.5	-	100.0	+	105.0	+	110.0	+	260.0	469.47	First	Blue
MEN POWERLIFTING																										
Sub Junior	Novice	66	Donovan Tennant	62.20	80.0	+	85.0	+	90.0	-	50.0	+	55.0	+	60.0	-	100.0	+	120.0	+	130.0	+	270.0	286.31	Second	White
Sub Junior	Novice	74	Ehli Reveley	67.10	85.0	+	90.0	+	95.0	-	45.0	+	50.0	+	57.5	-	110.0	+	125.0	+	140.0	+	280.0	279.88	First	White
Sub Junior	Novice	66	Brandon Loock	65.80	100.0	+	110.0	+	115.0	+	75.0	-	80.0	+	90.0	+	120.0	+	135.0	+	145.0	+	350.0	377.33	First	Yellow
Sub Junior	Novice	74	Henre van der Berg	68.50	100.0	+	105.0	+	110.0	+	70.0	+	75.0	+	80.0	-	100.0	+	120.0	+	130.0	+	315.0	319.70	First	White
Sub Junior	Novice	83	Ayabonga Goba	79.90	150.0	+	165.0	-	165.0	+	85.0	+	100.0	+	-	-	175.0	+	185.0	+	190.0	+	455.0	443.99	First	Orange
Sub Junior	Novice	93	Morgan Holmes	85.90	140.0	+	150.0	+	155.0	-	92.5	+	97.5	+	102.5	+	165.0	+	170.0	+	175.0	+	427.5	390.78	Second	Yellow
Sub Junior	Novice	93	Zaid Niemand	92.90	160.0	+	170.0	+	180.0	+	115.0	-	115.0	+	115.0	+	180.0	+	190.0	+	200.0	+	495.0	441.51	First	Green
Sub Junior	Novice	105	Joshua Thurtie	103.20	90.0	+	100.0	+	110.0	+	50.0	+	57.5	+	65.0	-	100.0	+	120.0	+	150.0	+	317.5	233.91	First	White
Junior	Novice	66	Jayden Smith	63.80	80.0	+	85.0	+	90.0	-	60.0	-	60.0	-	60.0	-	110.0	+	120.0	+	130.0	+	DNF	#VALUE!		Elite 4
Junior	Novice	83	Anam Manyela	83.00	120.0	+	135.0	-	135.0	+	85.0	+	95.0	+	100.0	+	130.0	+	155.0	+	170.0	+	405.0	375.08	First	Yellow
Junior	Novice	93	Seth Niemand	91.30	160.0	+	180.0	-	185.0	+	115.0	+	120.0	-	120.0	-	200.0	+	220.0	+	225.0	+	525.0	478.93	First	Green
Open	Novice	74	Sherwyn Jantjies	70.80	100.0	+	105.0	+	110.0	-	105.0	-	105.0	-	105.0	-	140.0	+	150.0	+	160.0	-	360.0	367.32	First	Yellow
Open	Novice	93	Raul Arco	84.90	100.0	-	100.0	-	100.0	+	70.0	+	80.0	+	100.0	-	110.0	+	130.0	+	150.0	+	330.0	284.88	First	White
Sub Junior	Champs	66	Ferde Botha	64.90	120.0	+	125.0	-	-	-	80.0	+	87.5	+	90.0	+	140.0	+	145.0	+	150.0	+	360.0	395.18	First	Orange
Sub Junior	Champs	93	Stian Landman	92.30	152.5	+	160.0	+	170.0	-	80.0	+	90.0	+	-	-	175.0	+	185.0	+	195.0	-	435.0	379.42	First	Yellow
Junior	Champs	66	Ferde Botha	64.90	120.0	+	125.0	-	-	-	80.0	+	87.5	+	90.0	+	140.0	+	145.0	+	150.0	+	360.0	395.18	First	Orange
Junior	Champs	74	Tyron Potgieter	68.00	100.0	+	105.0	-	105.0	-	50.0	+	57.5	+	62.5	-	160.0	+	180.0	+	190.0	+	347.5	363.69	Third	Yellow
Junior	Champs	74	Juan Bezuidenhout	72.70	130.0	+	140.0	+	145.0	+	85.0	+	90.0	+	92.5	-	160.0	+	170.0	+	175.0	+	410.0	421.19	Second	Orange
Junior	Champs	74	Scott Pornss	73.40	180.0	+	210.0	+	-	-	130.0	+	140.0	+	150.0	-	220.0	+	250.0	+	275.0	+	625.0	681.74	First	Silver
Junior	Champs	83	Steven Vosloo	82.20	130.0	+	142.5	+	155.0	+	97.5	+	102.5	+	107.5	+	185.0	+	192.5	+	195.0	-	455.0	434.89	First	Orange
Junior	Champs	120	Simon Curtain	111.00	185.0	+	190.0	+	200.0	+	130.0	+	135.0	+	140.0	-	260.0	+	270.0	+	280.0	+	615.0	509.34	First	Blue
Open	Champs	74	Scott Pornss	73.40	180.0	+	210.0	+	-	-	130.0	+	140.0	+	150.0	-	220.0	+	250.0	+	275.0	+	625.0	681.74	First	Silver
Master 3	Champs	105	André Ludik	104.90	60.0	+	-	-	-	-	70.0	+	-	-	-	-	140.0	+	-	-	-	-	270.0	183.91	First	White
Sub Junior	Guest lifter	74	Alex Collocott	69.70	130.0	+	150.0	+	155.0	-	90.0	+	100.0	-	100.0	-	150.0	+	160.0	+	165.0	+	400.0	422.87	First	Orange
Master 3	Guest lifter	83	Tommie de Nysschen	82.90	120.0	+	130.0	+	-	-	120.0	+	130.0	+	140.0	+	120.0	+	135.0	+	-	-	405.0	375.41	First	Yellow

First Session		
Side Ref	Main Ref	Side Ref
Andre Ludik	Heike Groenewalt	Ilze-Mari Maritz
Stian Landman	Heike Groenewalt	Ferdi Botha

Scorer/Anouncer
MeganComputer
DominiqueSpotters
Wonga Jola
Clive Geldenhys
Pierre

Second Session		
Side Ref	Main Ref	Side Ref
Andre Ludik	Heike Groenewalt	Janel Daffue

Scorer/Anouncer
MeganComputer
DominiqueWonga Jola
Clive Geldenhys
Pierre