

SA POWERLIFTING FEDERATION

TOP 10 WOMEN

POWERLIFTING

ON 16TH AUGUST 2010

RANKING	DIVISION	NAME	TOTAL	POINTS	INSENTIVE
1	67.5kg	Sanet Momberg	422.5	444.20	Gold
2	52.0kg	Mirriam Sinclair	340	425.12	Gold
3	75.0kg	Sue Glazier	430	416.15	Silver
4	56.0kg	Lisa Basson	350	414.13	Silver
5	52.0kg	Liesl Pretorius	320	398.92	Silver
6	67.5kg	Micheal de Sousa	385	394.63	Silver
7	52.0kg	Gillian Smith	300	379.05	Bronze
8	90.0kg	Esmay Smith	425	378.10	Black
9	52.0kg	Kelly-Anne Grobler	290	368.07	Bronze
10	67.5kg	Cene Pettit	345	361.53	Black

TOP 20 MEN

POWERLIFTING

ON 16TH AUGUST 2010

RANKING	DIVISION	NAME	TOTAL	POINTS	INSENTIVE
1	100.0kg	Johan Smith	810	504.32	Gold
2	67.5kg	Harry Shamalistos	647.5	504.05	Elite 1
3	90.0kg	Pieter Erasmus	762.5	488.45	Gold
4	75.0kg	Matt Copenhall	645	481.26	Silver
5	75.0kg	Marlon Daniels	660	479.40	Gold
6	90.0kg	Ettiene Potgieter	737.5	475.78	Gold
7	125.0kg	Jaco Claassen	855	855	Gold
8	56.0kg	Jacobus Phalatsi	520	474.18	Gold
9	60.0kg	Warren Simon	545	467.5	Gold
10	90.0kg	Marthunis Vermaak	675	443.49	Bronze
11	90.0kg	Desmond du Toit	685	441.61	Bronze
12	100.0kg	Joshua Capizario	712.5	431.78	Black
13	100.0kg	John Mackendie	682.5	426.60	Black
14	60.0kg	Moses Tshimane	490	425.77	Brown
15	90.0kg	Ricardo Baretto	675	420.09	Bronze
16	75.0kg	Clive Batterson	585	419.20	Bronze
17	67.5kg	Karl Christians	530	416.67	Black
18	52.0kg	Sean Brokenshire	422.5	415.01	Bronze
19	56.0kg	Daniel Kopvoe	440	413.78	Black
20	125.0kg	Frank J v Rensburg	735	413.07	Black