

**Protea colours** SJ,Jun and Open only, who get qualifying standard  
**Federation (Green) colours** Masters who get qualifying standard  
**One badge below** 1 badge below qualifying standard - only for International Comps hosted in SA

Equipped Powerlifting - Men							
MEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
53							
59							
66							
74						Tommy de Nysschen	
83							
93							
105						Christo Schoonraad	
120		Justin Furman			Hermanus de Beer		
120+				Simon Breetzke	John Crain		

Reserves

Equipped Powerlifting - Women							
WOMEN	SubJunior	Junior	Open	Master 1	Master 2	Master 3	Master 4
43							
47	Pearl Bucwa				Elisabeth Barry		
52			Alexa Pentopoulos				
57							
63	Mijuane de Wet Catinka Fourie						
69	Chante Mulder Stephene Loubser	Chante Mulder					
76	Anika Maree		Chantelle du Toit				
84				Naiema Mohammed			
84+			Christi Rees				