

01/12/25 2025 KZN Powerlifting and Bench Press Championships

Classic Powerlifting	Name	Team	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Place	IPF GL Points	Best lifters	Qualified for SA's
Women - Open	Lindiwe Mchunu	Prov	62,50	63	1990	100,0	120,0	130,0	130,0	55,0	60,0	70,0	70,0	150,0	152,5	160,0	160,0	360,0	1	79,17	Open	Q
	Kieran Allcock	Prov	68,70	69	1997	112,5	120,0	130,0	130,0	65,0	70,0	-72,5	70,0	140,0	152,5	-162,5	152,5	352,5	1	73,21		Q
	Sorah Garber	Prov	64,50	69	1981	100,0	0,0		100,0	70,0	75,0	80,0	80,0	115,0	125,0	0,0	125,0	305,0	2	65,74		Q
Women M1	Sorah Garber	Prov	64,50	69	1981	100,0	0,0		100,0	70,0	75,0	80,0	80,0	115,0	125,0	0,0	125,0	305,0	1	65,74	M1	Q
Women M2	Vanessa Schlebusch	Prov	50,80	52	1970	67,5	-72,5	0,0	67,5	45,0	-47,5	0,0	45,0	105,0	110,0	0,0	110,0	222,5	1	57,34	M2	Q
Men - Subjunior	Akhona Ndawonde	Prov	64,90	66	2006	140,0	160,0	175,0	175,0	80,0	100,0	-105,0	100,0	200,0	215,0	225,0	225,0	500,0	1	78,64	SJ	Q
	Aaryan Valjee	Prov	61,70	66	2008	100,0	120,0	130,0	130,0	80,0	90,0	-97,5	90,0	160,0	-180,0	-180,0	160,0	380,0	2	61,39		Q
	Stian Labuschagne	Prov	72,90	74	2008	-145,0	145,0	-160,0	145,0	65,0	-70,0	-70,0	65,0	175,0	185,0	-195,0	185,0	395,0	1	58,44		Q
	Adam Munitz	Prov	97,80	105	2008	180,0	-195,0	195,0	195,0	-140,0	155,0	-165,0	155,0	180,0	210,0	230,0	230,0	580,0	1	74,05		Q
Men - Junior	Shravan Ishwarlall	Prov	78,30	83	2002	185,0	205,0	220,0	220,0	120,0	135,0	-140,0	135,0	185,0	205,0	212,5	212,5	567,5	1	80,92	Jun	Q
	Tristan Rugbeer	Prov	82,00	83	2002	-150,0	160,0	170,0	170,0	-110,0	110,0	-122,5	110,0	180,0	-200,0	-205,0	180,0	460,0	2	64,07		Q
	Shrihan Rago	Prov	87,20	93	2003	180,0	195,0	210,0	210,0	120,0	135,0	-142,5	135,0	190,0	210,0	230,0	230,0	575,0	1	77,65		Q
Men - Open	Nishalin Govender	Prov	80,80	83	1992	185,0	195,0	202,5	202,5	112,5	120,0	125,0	125,0	250,0	270,0	280,0	280,0	607,5	1	85,25		Q
	Saif Al Rambaran	Prov	90,80	93	2000	-170,0	-180,0	180,0	180,0	110,0	120,0	-127,5	120,0	190,0	200,0	-205,0	200,0	500,0	1	66,18		Q
	Krian Chetty	Prov	102,50	105	1998	175,0	-185,0	-185,0	175,0	110,0	120,0	-130,0	120,0	200,0	220,0	235,0	235,0	530,0	1	66,18		Q
	Keeran Nadas	Prov	117,30	120	1997	220,0	240,0	-245,0	240,0	140,0	160,0	165,0	165,0	-305,0	-325,0	325,0	325,0	730,0	1	85,71	Open	Q
	Kyle Martin	Prov	113,40	120	2001	240,0	-250,0	250,0	250,0	170,0	180,0	-190,0	180,0	280,0	-300,0	-300,0	280,0	710,0	2	84,63		Q
	Darien Bester	Prov	115,40	120	1994	220,0	240,0	0,0	240,0	150,0	165,0	-180,0	165,0	240,0	260,0	280,0	280,0	685,0	3	81,01		Q
	Joel Ramkisson	Prov	129,50	120+	1997	270,0	300,0	0,0	300,0	150,0	-172,5	172,5	172,5	240,0	255,0	-262,5	255,0	727,5	1	81,86		Q
Men - M1	Ryno Theron	Prov	72,15	74	1983	135,0	145,0	-152,5	145,0	95,0	-100,0	100,0	100,0	175,0	-185,0	-185,0	175,0	420,0	1	62,48		Q
	Dean Coleman	Prov	87,50	93		-130,0	130,0	140,0	140,0	85,0	90,0	95,0	95,0	250,0	260,0	275,0	275,0	510,0	1	68,75	M1	Q
Para Bench Press	Name	Team	Bwt - kg	Para wt cls	Birth Year					BP-1	BP-2	BP-3	Best BP				Best BP	Place	IPF GL Points	Best lifters		
Women M2	Sheena Jonker	Prov	78,40	79	1972					40,0	42,5	-45,0	42,5				42,5	1		Para		
Classic Bench Press	Name	Team	Bwt - kg	IPF Wt Cls	Birth Year					BP-1	BP-2	BP-3	Best BP				Best BP	Place	IPF GL Points	Best Lifters	Qualified for SA's	
Women - Open	Sorah Garber	Prov	64,50	69	1981					70,0	75,0	80,0	80,0				305,0	1	65,74	Open	Q	
Women - M1	Sorah Garber	Prov	64,50	69	1981					70,0	75,0	80,0	80,0				305,0	1	65,74	M1	Q	
Men - Junior	Gyan Beecum	Prov	82,80	83	2004					90,0	-140,0	-140,0	90,0				90,0	1	45,26	Junior	Q	

01/12/25 KZN Club Competition

Classic Powerlifting	Name	Team	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/Cls/Event	IPF GL Points	Best lifters	
Women - Junior	Nishwariya Sharma	Club	89,10	84+	2003	-130,0	130,0	-132,5	130,0	0,0			0,0	0,0			0,0	0,0		0,00		
Women - Open	Alyissa Munsamy	Club	83,50	84	1991	45,0	55,0	67,5	67,5	30,0	35,0	40,0	40,0	80,0	90,0	102,5	102,5	210,0	1	33,10	F Club	
Men - Subjunior	Isaiah Govender	Club	51,20	53	2011	60,0	65,0	72,5	72,5	40,0	50,0	-52,5	50,0	100,0	115,0	130,0	130,0	252,5	1	41,28		
Men - Subjunior	Banza Luyolo	Club	71,00	74	2008	80,0	-100,0	-110,0	80,0	-60,0	-80,0	-80,0	0,0	-100,0	100,0	120,0	120,0	0,0		0,00		
Men - Junior	Yeshlin Sithambaran	Club	86,60	93	2006	145,0	165,0	180,0	180,0	-80,0	90,0	-100,0	90,0	175,0	195,0	205,0	205,0	475,0	1	53,54		
Men - Open	Rahool Amin	Club	90,50	93	1994	180,0	195,0	205,0	205,0	135,0	142,5	147,5	147,5	240,0	250,0	255,0	255,0	607,5	1	66,84	M Club	
Men - Open	Kaveer Ramsaru	Club	103,80	105	1987	-200,0	0,0	0,0	0,0	-120,0	0,0		0,0	0,0			0,0	0,0		0,00		