

2024/04/27 SA Equipped Powerlifting Championships 2024

Womens Equipped Powerlifting	Name	Team	Div	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	Best lifters	Place	IPF GL Points	Qual for SA team
Subjunior	Mijuane de Wet	G	F-SJ	63,00	63	Mar-06	180,0	200,0	0,0	200,0	90,0	95,0	100,0	100,0	150,0	170,0	190,0	170,0	470,0	Best Subjunior	1	84,85	Q
	Chanté Mulder	EC	F-SJ	68,15	69	Nov-06	130,0	135,0	140,0	140,0	85,0	87,5	90,0	90,0	130,0	137,5	140,0	140,0	370,0		1	64,01	Q
	Anika Maree	EC	F-SJ	74,90	76	Jul-06	130,0	132,5	0,0	130,0	72,5	75,0	77,5	77,5	100,0	0,0	0,0	100,0	307,5		1	50,79	Q
Junior	Nicole Hassell	G	F-J	56,20	57	Mar-01	130,0	140,5	147,5	147,5	75,0	80,0	82,5	82,5	135,0	150,0	158,0	158,0	388,0	Best Junior	1	75,04	Q
	Chanté Mulder	EC	F-J	68,15	69	Nov-06	130,0	135,0	140,0	140,0	85,0	87,5	90,0	90,0	130,0	137,5	140,0	140,0	370,0		1	64,01	Q
Open	Alexa Pentopolous	G	F-O	51,70	52	Dec-94	142,5	152,5	160,0	160,0	80,0	80,0	85,0	85,0	135,0	150,0	155,0	150,0	395,0		1	80,77	Q
	Carol Anthony	G	F-O	51,60	52	May-66	110,0	115,0	120,0	115,0	50,0	52,5	55,0	52,5	115,0	122,5	122,5	122,5	290,0		2	59,38	1bb
	Nicole Hassell	G	F-O	56,20	57	Mar-01	130,0	140,5	147,5	147,5	75,0	80,0	82,5	82,5	135,0	150,0	158,0	158,0	388,0		1	75,04	Q
	Megan Leighton	G	F-O	59,70	63	Jan-96	155,0	162,5	165,0	162,5	65,0	90,0	100,0	100,0	152,5	160,0	165,0	165,0	427,5		1	79,64	Q
	Janél Daffue	EC	F-O	62,55	63	Apr-99	135,0	142,5	147,5	147,5	80,0	80,0	85,0	85,0	140,0	147,5	152,5	152,5	385,0		2	69,79	Q
	Laura de Wet	G	F-O	67,15	69	Nov-74	175,0	185,0	190,0	190,0	85,0	90,5	92,5	90,5	160,0	180,0	187,5	187,5	468,0	Best Open	1	81,59	Q
	Lize-Mari de Beer	G	F-O	82,15	84	Oct-00	100,0	110,0	120,0	110,0	75,0	80,0	82,5	82,5	105,0	112,5	120,0	120,0	312,5		1	49,59	
	Jacqui Rees	G	F-O	91,35	84+	Mar-80	190,0	197,5	197,5	190,0	116,0	120,5	122,5	122,5	170,0	180,0	185,5	185,5	498,0		1	75,92	Q
	Christi Rees	G	F-O	96,45	84+	Jan-86	165,0	175,0	175,0	165,0	155,0	160,0	160,0	155,0	160,0	170,0	175,0	160,0	480,0		2	71,86	Q
Master 1	Jacqui Rees	G	F-M1	91,35	84+	Mar-80	190,0	197,5	197,5	190,0	116,0	120,5	122,5	122,5	170,0	180,0	185,5	185,5	498,0	Best Master 1	1	75,92	Q
Master 2	Carol Anthony	G	F-M2	51,60	52	May-66	110,0	115,0	120,0	115,0	50,0	52,5	55,0	52,5	115,0	122,5	122,5	122,5	290,0		1	59,38	Q
	Marieke van Linge	NW	F-M2	62,65	63	Dec-72	110,0	117,5	120,5	120,5	47,5	50,0	52,5	52,5	110,0	125,0	138,0	138,0	311,0		1	56,32	Q
	Laura de Wet	G	F-M2	67,15	69	Nov-74	175,0	185,0	190,0	190,0	85,0	90,5	92,5	90,5	160,0	180,0	187,5	187,5	468,0	Best Master 2	1	81,59	Q
Master 3	Heather Leighton	G	F-M3	68,35	69	Jun-64	85,0	90,0	95,0	95,0	65,0	67,5	67,5	65,0	90,0	97,5	105,5	105,5	265,5	Best Master 3	1	45,86	Q

2024/04/27

SA Equipped Powerlifting Championships 2024

Mens Equipped Powerlifting	Name	Team	Div	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	Best lifters	F'cast Place	IPF GL Points	Qual for SA team	
Subjunior																								
	Brandon Looock	EC	M-SJR	65,75	66	Jan-06	115,0	125,0	-130,0	125,0	85,0	90,0	-95,0	90,0	135,0	142,5	150,0	150,0	365,0		1	49,02		
	Seth Webster	EC	M-SJR	63,05	66	Dec-08	70,0	80,0	85,0	85,0	50,0	55,0	60,0	60,0	105,0	117,5	-125,0	117,5	262,5		2	36,35		
	Alex Collocott	G	M-SJR	71,55	74	Nov-08	145,0	-155,0	-155,0	145,0	100,0	110,0	-115,0	110,0	160,0	170,0	-175,0	170,0	425,0		1	53,85	1bb	
	Ehli Reveley	EC	M-SJR	71,55	74	Feb-06	100,0	110,0	-115,0	110,0	50,0	52,5	55,0	55,0	130,0	142,5	147,5	147,5	312,5		2	39,59		
	Jean-Pierre Blom	G	M-SJR	92,25	93	Aug-06	205,0	225,0	235,5	235,5	120,0	-127,5	-127,5	120,0	200,0	220,0	-225,0	220,0	575,5	Best Subjunior	1	62,68	Q	
	Timothy Pawson	EC	M-SJR	118,90	120	Jul-06	-110,0	120,0	130,0	130,0	110,0	-120,0	-120,0	110,0	190,0	205,0	-210,0	205,0	445,0		1	43,16		
Junior																								
	Elton Khoza	NW	M-JR	60,30	66	Aug-01	-155,0	-155,0	155,0	155,0	85,0	87,5	90,0	90,0	165,0	-167,5	167,5	167,5	412,5		1	59,06		
	Ryno du Plessis	NW	M-JR	103,70	105	May-01	300,0	315,0	325,0	325,0	140,0	-150,0	155,0	155,0	230,0	250,0	265,0	265,0	745,0		1	76,58	Q	
	Sean Britz	G	M-JR	103,75	105	Aug-03	-275,0	-275,0	275,0	275,0	150,0	160,0	167,5	167,5	230,0	250,0	260,0	260,0	702,5		2	72,20	Q	
	Justin Furman	G	M-JR	118,85	120	May-01	300,0	325,0	-340,5	325,0	170,0	180,0	185,0	185,0	280,0	300,0	-310,0	300,0	810,0	Best Junior	1	78,57	Q	
Open																								
	Marcel Vorster	G	M-O	71,20	74	Dec-94	-245,0	250,0	260,0	260,0	170,0	180,0	185,0	185,0	180,0	200,0	207,5	207,5	652,5	Best Open	1	82,94	Q	
	Haroun Pietersen	G	M-O	104,55	105	Oct-87	280,0	300,0	-310,0	300,0	195,0	202,5	207,5	207,5	255,0	270,0	-282,5	270,0	777,5		1	79,63	1bb	
	Derik van Wyk	G	M-O	104,10	105	Aug-86	275,0	295,0	305,0	305,0	-195,0	195,0	-202,5	195,0	235,0	245,0	252,5	252,5	752,5		2	77,22	1bb	
	Graham Green	G	M-O	100,60	105	Mar-78	-240,0	240,0	-250,0	240,0	175,0	185,0	-190,0	185,0	230,0	0,0		230,0	655,0		3	68,30		
	Azariel Ndoni	NW	M-O	100,75	105	Jun-87	230,0	242,5	255,0	255,0	110,0	117,5	125,0	125,0	245,0	-260,0	-260,0	245,0	625,0		4	65,13		
	Justin Furman	G	M-O	118,85	120	May-01	300,0	325,0	-340,5	325,0	170,0	180,0	185,0	185,0	280,0	300,0	-310,0	300,0	810,0		1	78,57	1bb	
Master 1																								
	Graham Green	G	M-M1	100,60	105	Mar-78	-240,0	240,0	-250,0	240,0	175,0	185,0	-190,0	185,0	230,0	0,0		230,0	655,0	Best Master 1	1	68,30	Q	
	Madikane Faku	NW	M-M1	116,15	120	Jul-75	240,0	245,0	247,5	247,5	80,0	-85,0	85,0	85,0	270,0	285,0	-290,0	285,0	617,5		1	60,45		
Master 2																								
	Johnny Dam	G	M-M2	92,20	93	Dec-69	-230,0	235,0	245,0	245,0	165,0	170,0	-175,5	170,0	250,0	260,0	272,5	272,5	687,5	Best Master 2	1	74,90	(nonSA)	
	Hermanus de Beer	G	M-M2	113,30	120	Apr-70	180,0	200,0	220,0	220,0	160,0	170,0	-180,0	170,0	250,0	270,0	-290,5	270,0	660,0		1	65,27	Q	
Master 3																								
	Tommy de Nysschen	FS	M-M3	82,40	83	May-63	135,0	145,0	155,0	155,0	145,0	150,5	165,5	165,5	155,0	165,0	170,0	170,0	490,5	Best Master 3	1	56,88	1bb	
Master 4																								
	Dan Oppenheim	G	M-M4	80,55	83	Jun-45	-150,0	-150,0	150,0	150,0	85,0	95,0	-105,0	95,0	160,0	177,5	0,0	177,5	422,5	Best Master 4	1	49,66	1bb	