

29/11-4/12 2021 African Powerlifting and Bench Press Championships 2021

Classic Powerlifting - Women	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3		BP-1	BP-2	BP-3		DL-1	DL-2	DL-3	PL Total	Place	IPF GL Points	
Subjunior																					
	De Wet Mijuane	RSA	F-SJ-U	62,70	63	2006	120,0	125,0	130,0		60,0	65,0	67,5		130,0	140,0	145,0	330,0	1	72,42	
	Vermaak Ance	RSA	F-SJ-U	57,80	63	2003	80,0	90,0	92,5		40,0	45,0	50,0		100,0	110,0	120,0	250,0	2	58,04	
	Mottalini Gaia	RSA	F-SJ-U	67,80	69	2004	105,0	112,5	117,5		60,0	65,0	70,0		105,0	120,0	130,0	307,5	1	64,34	
	Groenewald Heike	RSA	F-SJ-U	66,00	69	2004	95,0	102,5	105,0		55,0	57,5	60,0		125,0	130,0	135,0	300,0	2	63,77	
	Brown Colleen	RSA	F-SJ-U	99,40	84+	2003	105,0	110,0	115,0		60,0	62,5	65,0		140,0	145,0	150,0	330,0	1	58,95	
Junior																					
	Poxon Caitlin	RSA	F-J-U	66,20	69	2000	115,0	122,5	125,0		62,5	67,5	72,5		130,0	140,0	150,0	342,5	1	72,67	
	Coetsee Tyla	RSA	F-J-U	68,05	69	1999	90,0	102,5	110,0		70,0	75,0	77,5		105,0	115,0	125,0	305,0	2	63,68	
Open																					
	Payne Sasha	RSA	F-O-U	56,25	57	1995	137,5	142,5	142,5		85,0	85,0	85,0		145,0	150,0	0,0	0,0		0,00	
	Da Silva Daniella	RSA	F-O-U	60,50	63	1997	130,0	140,0	140,0		60,0	65,0	67,5		150,0	160,0	170,0	357,5	1	80,35	
	Cupp Nicole	RSA	F-O-U	62,35	63	1992	110,0	115,0	120,0		60,0	65,0	67,5		140,0	152,5	160,0	347,5	2	76,54	
	Mashonganyika Maude	ZIM	F-O-U	68,20	69	1988	132,5	147,5	162,5		65,0	70,0	75,0		167,5	170,0	175,0	407,5	1	84,98	
	Perotti Olivia	RSA	F-O-U	73,20	76	1989	142,5	147,5	150,0		70,0	75,0	77,5		145,0	155,0	162,5	387,5	1	77,81	
	Svongwa Audrey	ZIM	F-O-U	74,75	76	1985	100,0	102,5	105,0		77,5	80,0	82,5		130,0	140,0	150,0	322,5	2	64,09	
	Engelbrecht Elmarie	RSA	F-O-U	83,55	84	1985	135,0	145,0	150,0		72,5	77,5	82,5		155,0	175,0	185,0	417,5	1	79,01	
	Steyn Kay-Lee	RSA	F-O-U	129,85	84+	1994	160,0	170,0	180,0		60,0	65,0	70,0		140,0	150,0	155,0	405,0	1	68,60	
Master 1																					
	Barry Elisabeth	RSA	F-M1-U	51,95	52	1973	60,0	67,5	75,0		37,5	40,0	40,0		90,0	100,0	110,0	222,5	1	56,23	
	Garber Sorah	RSA	F-M1-U	58,20	63	1981	120,0	125,0	130,0		85,0	87,5	90,0		145,0	155,0	162,5	375,0	1	86,62	
	Longhurst Monica	RSA	F-M1-U	68,05	69	1980	115,0	120,0	125,0		70,0	77,5	82,5		115,0	122,5	127,5	330,0	1	68,90	
	Ngwenya Zanele	RSA	F-M1-U	75,05	76	1979	110,0	115,0	122,5		60,0	65,0	70,0		125,0	137,5	147,5	332,5	1	65,95	
	Poxon Jodi	RSA	F-M1-U	75,70	76	1975	105,0	110,0	115,0		60,0	65,0	65,0		130,0	140,0	140,0	305,0	2	60,25	
	Pretorius Patty-Johanita	RSA	F-M1-U	81,65	84	1978	120,0	130,0	137,5		75,0	80,0	82,5		150,0	160,0	167,5	380,0	1	72,58	
Master 2																					
	Kaka Christine	RSA	F-M2-U	54,65	57	1968	80,0	90,0	90,0		35,0	37,5	42,5		80,0	87,5	95,0	212,5	1	51,50	
Master 3																					
	Sinclair Miriam	RSA	F-M3-U	53,00	57	1958	70,0	80,0	85,0		52,5	57,5	60,0		110,0	117,5	122,5	260,0	1	64,60	

29/11-4/12 2021 African Powerlifting and Bench Press Championships 2021

Classic Powerlifting - Men	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	F'cast Place	IPF GL Points	
Subjunior																			
	Mashinini Sechaba	RSA	M-SJ-U	71,20	74	2003	145,0	152,5	160,0	90,0	100,0	-102,5	167,5	180,0	195,0	455,0	1	68,15	
	Arendse Matthew	RSA	M-SJ-U	73,05	74	2004	140,0	145,0	150,0	110,0	112,5	115,0	175,0	180,0	190,0	455,0	2	67,25	
	Kruger Janko	RSA	M-SJ-U	82,55	83	2004	185,0	-195,0	200,0	125,0	135,0	-142,5	220,0	240,0	-250,0	575,0	1	79,81	
	Albertyn Jordan	RSA	M-SJ-U	82,45	83	2004	180,0	190,0	-200,0	100,0	105,0	-107,5	200,0	-210,0	210,0	505,0	2	70,14	
	Delpport Liam	RSA	M-SJ-U	86,15	93	2003	157,5	165,0	-170,0	105,0	110,0	-112,5	210,0	220,0	-222,5	495,0	1	67,25	
	Buck Conor	RSA	M-SJ-U	102,70	105	2004	195,0	215,0	-227,5	97,5	105,0	112,5	215,0	240,0	250,0	577,5	1	72,04	
	Osman Taariq	RSA	M-SJ-U	113,15	120	2005	190,0	205,0	215,0	110,0	120,0	-122,5	200,0	220,0	235,0	570,0	1	68,01	
	Rollo Dylan	RSA	M-SJ-U	128,50	120+	2004	155,0	162,5	170,0	92,5	102,5	110,0	185,0	205,0	215,0	495,0	1	55,88	
Junior																			
	Maharaj Suvar	RSA	M-J-U	73,75	74	2000	210,0	220,0	230,0	130,0	135,0	137,5	222,5	-232,5	240,0	607,5	1	89,34	
	van der Linde Ruben	RSA	M-J-U	71,85	74	1998	205,0	217,5	225,0	105,0	115,0	120,0	220,0	232,5	-262,5	577,5	2	86,09	
	Thekiso Khotso	RSA	M-J-U	82,30	83	1998	160,0	-167,5	167,5	100,0	105,0	107,5	255,0	-275,0	-275,0	530,0	1	73,68	
	McCaw Cameron	RSA	M-J-U	79,45	83	1999	-150,0	150,0	170,0	100,0	-110,0	-110,0	200,0	220,0	-235,0	490,0	2	69,35	
	Yslie Fabio	RSA	M-J-U	91,75	93	1999	210,0	220,0	-225,0	165,0	167,5	0,0	225,0	235,0	245,0	632,5	1	83,29	
	Furman Justin	RSA	M-J-U	117,60	120	2001	235,0	250,0	-260,0	135,0	140,0	142,5	240,0	270,0	0,0	662,5	1	77,70	
Open																			
	Goliath Geordie	RSA	M-O-U	58,30	59	1993	165,0	-170,0	-170,0	80,0	95,0	102,5	130,0	-140,0	155,0	422,5	1	70,36	
	Vorster Marcel	RSA	M-O-U	65,80	66	1994	200,0	207,5	-210,0	120,0	127,5	130,0	200,0	-210,0	210,0	547,5	1	85,48	
	Govington Chadwyn	RSA	M-O-U	73,90	74	1985	200,0	212,5	-217,5	150,0	160,0	-162,5	225,0	242,5	-252,5	615,0	1	90,35	
	Sadie Eugene	RSA	M-O-U	80,70	83	1992	180,0	-200,0	200,0	120,0	140,0	152,5	240,0	255,0	-267,5	607,5	1	85,30	
	Smedley Deon	RSA	M-O-U	92,15	93	1984	220,0	230,0	235,0	137,5	142,5	145,0	240,0	255,0	-270,0	635,0	1	83,44	
	Smith Julian	RSA	M-O-U	102,60	105	1994	-225,0	225,0	-235,0	155,0	162,5	-167,5	245,0	260,0	-267,5	647,5	1	80,81	
	Wewege Tom	RSA	M-O-U	104,30	105	1992	-260,0	-260,0	-260,0	185,0	-195,0	195,0	270,0	290,0	-300,0	0,0	0,00		
	Johannes Marius	NAM	M-O-U	111,70	120	1974	210,0	220,0	227,5	175,0	182,5	-192,5	-255,0	255,0	265,0	675,0	1	81,01	
	Noonan Kyle	RSA	M-O-U	146,25	120+	1990	-300,0	300,0	310,0	210,0	-220,0	-220,0	330,0	350,0	-355,0	870,0	1	93,23	
Master 1																			
	Phalatsi Jacobus	RSA	M-M1-U	73,40	74	1981	200,0	205,0	210,0	120,0	140,0	-155,0	-225,0	-225,0	-225,0	0,0	0,00		
	Forget Chris	RSA	M-M1-U	82,60	83	1979	225,0	235,0	-245,0	120,0	125,0	127,5	235,0	257,5	-267,5	620,0	1	86,03	
	Du Toit Koos	RSA	M-M1-U	110,45	120	1973	-180,0	180,0	200,0	120,0	130,0	-140,0	230,0	250,0	260,0	590,0	1	71,17	
Master 2																			
	Hacker Ian	RSA	M-M2-U	73,60	74	1964	170,0	180,0	190,0	100,0	110,0	112,5	192,5	-200,0	210,0	512,5	1	75,45	
	Tania Nils	RSA	M-M2-U	72,55	74	1966	160,0	170,0	-180,0	80,0	87,5	-92,5	160,0	-170,0	-170,0	417,5	2	61,93	
	de Nysschen Tommie	RSA	M-M2-U	82,55	83	1963	135,0	145,0	0,0	135,0	140,0	-142,5	145,0	160,0	175,0	460,0	1	63,85	
	Schoonraad Christo	RSA	M-M2-U	103,40	105	1963	240,0	250,0	0,0	117,5	125,0	127,5	240,0	260,0	270,0	647,5	1	80,52	
	De Beer Hermanus	RSA	M-M2-U	115,40	120	1970	180,0	200,0	220,0	125,0	135,0	145,0	250,0	270,0	290,0	655,0	1	77,46	
	Bensch Denis	RSA	M-M2-U	118,50	120	1965	190,0	210,0	220,0	125,0	135,0	-140,0	190,0	215,0	225,0	580,0	2	67,79	
	Furman Ian	RSA	M-M2-U	130,40	120+	1967	150,0	-155,0	0,0	185,0	195,0	200,0	150,0	0,0		500,0	1	56,10	

29/11-4/12 2021 African Powerlifting and Bench Press Championships 2021

Equipped Powerlifting - Women	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	F'cast Place	IPF GL Points	
Open																			
	Kriel Antoinette	RSA	F-O	56,35	57	1971	135,0	142,5	150,0	100,0	105,0	-110,0	150,0	160,0	-170,0	415,0	1	80,13	
	De Wet Mijuane	RSA	F-O	63,00	63	2006	165,0	-175,0	175,0	80,0	85,0	87,5	152,5	162,5	167,5	430,0	1	77,63	
	Leighton Megan	RSA	F-O	62,40	63	1996	135,0	140,0	145,0	-107,5	107,5	-112,5	-150,0	-160,0	-160,0	0,0		0,00	
	De Jager Christi	RSA	F-O	101,10	84+	1986	-195,0	200,0	-210,0	-167,5	167,5	-172,5	165,0	175,0	180,0	547,5	1	80,79	
Master 1																			
	Barry Elisabeth	RSA	F-M1	51,90	52	1973	100,0	-107,5	-107,5	47,5	50,0	52,5	110,0	115,0	117,5	270,0	1	55,06	
	Lessing Vanessa	RSA	F-M1	66,20	69	1978	105,0	115,0	125,0	70,0	77,5	80,0	135,0	147,5	-152,5	352,5	1	61,92	
Master 2																			
	Anthony Carol	RSA	F-M2	51,65	52	1966	105,0	-117,5	-117,5	47,5	50,0	52,5	-120,0	120,0	125,0	282,5	1	57,80	
Equipped Powerlifting - Men	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	F'cast Place	IPF GL Points	
Subjunior																			
	Strydom Marchelle	RSA	M-SJR	92,50	93	2003	180,0	220,0	235,0	100,0	115,0	-122,5	200,0	220,0	-237,5	570,0	1	61,99	
Junior																			
	Manamela Karabo	RSA	M-JR	72,10	74	1999	220,0	230,0	-247,5	120,0	130,0	140,0	210,0	220,0	-230,0	590,0	1	74,37	
Master 2																			
	Schoonraad Christo	RSA	M-M2	103,25	105	1963	275,0	-285,0	285,0	165,0	172,5	177,5	250,0	275,0	-277,5	737,5	1	75,97	
Legend:	NAM - Namibia																		
	RSA - South Africa																		
	ZIM - Zimbabwe																		
APF University Cup	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	F'cast Place	IPF GL Points	
Women																			
	Poxon Caitlin	UVC	F-U-U	66,20	69	2000	115,0	122,5	125,0	62,5	67,5	-72,5	130,0	140,0	150,0	342,5	1	72,67	
Men																			
	Mulaudzi Tshepo	UV	M-U-U	51,15	53	2001	90,0	-100,0	110,0	60,0	70,0	-85,0	130,0	145,0	-157,5	325,0	1	58,07	
	van der Linde Ruben	UA	M-U-U	71,85	74	1998	205,0	217,5	225,0	105,0	115,0	120,0	220,0	232,5	-262,5	577,5	1	86,09	
	Manamela Karabo	UP	M-U-U	71,60	74	1999	160,0	-200,0	-200,0	60,0	100,0	115,0	200,0	205,0	210,0	485,0	2	72,44	
	Knowles Jason	UW	M-U-U	80,95	83	1997	215,0	227,5	240,0	125,0	132,5	-140,0	235,0	245,0	-255,0	617,5	1	86,57	
	O'Donahue Grant	UP	M-U-U	81,95	83	1999	195,0	205,0	210,0	112,5	-117,5	-120,0	225,0	240,0	-245,0	562,5	2	78,37	
Legend:	UA - AROS University																		
	UP - University of Pretoria																		
	UV - VEGA University																		
	UVC - Varsity College																		
	UW - University of Witwatersrand																		

29/11-4/12 2021 African Powerlifting and Bench Press Championships 2021

Arnold Classic Africa - Powerlifting	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	F'cast Place	IPF GL Points	
Women - Classic																			
	Buck Ilana	ARN	F-LW-U	50,20	52	2007	70,0	75,0	80,0	35,0	40,0	42,5	80,0	90,0	100,0	222,5	1	57,95	
	Garber Sorah	ARN	F-MW-U	58,20	63	1981	120,0	125,0	130,0	85,0	87,5	90,0	145,0	155,0	162,5	375,0	1	86,62	
	Engelbrecht Elmarie	ARN	F-SHW-U	83,55	84	1985	135,0	145,0	150,0	72,5	77,5	82,5	155,0	175,0	185,0	417,5	1	79,01	
	Pretorius Patty-Johanita	ARN	F-SHW-U	81,65	84	1978	120,0	130,0	137,5	75,0	80,0	82,5	150,0	160,0	167,5	380,0	2	72,58	
Women - Equipped																			
	Anthony Carol	ARN	F-LW	51,65	52	1966	105,0	117,5	117,5	47,5	50,0	52,5	120,0	120,0	125,0	282,5	1	57,80	
	Barry Elisabeth	ARN	F-LW	51,90	52	1973	100,0	107,5	107,5	47,5	50,0	52,5	110,0	115,0	117,5	270,0	2	55,06	
Men - Classic																			
	Mulaudzi Tshupo	ARN	M-LW-U	51,15	53	2001	90,0	100,0	110,0	60,0	70,0	85,0	130,0	145,0	157,5	325,0	1	58,07	
	Goliath Geordie	ARN	M-LW-U	58,30	59	1993	165,0	170,0	170,0	80,0	95,0	102,5	130,0	140,0	155,0	422,5	1	70,36	
	Mc Ilree James	ARN	M-LW-U	64,70	66	2000	135,0	147,5	155,0	90,0	95,0	100,0	170,0	177,5	185,0	432,5	1	68,13	
	Carr Jonah	ARN	M-MW-U	81,75	83	2005	150,0	167,5	175,0	95,0	105,0	107,5	180,0	200,0	212,5	487,5	1	68,00	
	Meyer Johann	ARN	M-HW-U	83,35	93	1981	160,0	170,0	175,0	120,0	125,0	130,0	190,0	210,0	225,0	515,0	1	71,14	
	Schoonraad Christo	ARN	M-HW-U	103,40	105	1963	240,0	250,0	0,0	117,5	125,0	127,5	240,0	260,0	270,0	647,5	1	80,52	
	Bezuidenhout Brandon	ARN	M-SHW-U	111,06	120	1993	240,0	250,0	255,0	190,0	200,0	202,5	280,0	290,0	310,0	747,5	1	89,94	
	Moodley Abel	ARN	M-SHW-U	123,45	120+	1992	280,0	290,0	290,0	150,0	155,0	160,0	270,0	280,0	290,0	730,0	1	83,82	
	De Beer Hermanus	ARN	M-SHW-U	115,40	120	1970	180,0	200,0	220,0	125,0	135,0	145,0	250,0	270,0	290,0	655,0	1	77,46	
Men - Equipped																			
	Manamela Karabo	ARN	M-MW	72,10	74	1999	220,0	230,0	247,5	120,0	130,0	140,0	210,0	220,0	230,0	590,0	1	74,37	
	Ogunfemi Adebayo (Steve)	ARN	M-MW	82,75	83	1969	200,0	220,0	220,0	120,0	127,5	132,5	250,0	267,5	267,5	602,5	1	69,70	
	Jansen Carel	ARN	M-MW	82,15	83	1976	150,0	165,0	180,0	115,0	125,0	125,0	185,0	205,0	220,0	510,0	2	59,25	
	Schoonraad Christo	ARN	M-HW	103,25	105	1963	275,0	285,0	285,0	165,0	172,5	177,5	250,0	275,0	277,5	737,5	1	75,97	
	Dam Johnny	ARN	M-HW	96,80	105	1969	215,0	230,0	245,0	165,0	175,0	180,0	225,0	245,0	255,0	680,0	2	72,25	

29/11-4/12 2021 African Powerlifting and Bench Press Championships 2021

Classic Bench Press - Men	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	IPF Pts Code	BP-1	BP-2	BP-3	Total	Place	IPF GL Points
Subjunior													
	Arendse Matthew	RSA	M-SJ-U	72,50	74	2004	MCB	115,0	120,0	-125,0	120,0	1	64,70
Junior													
	Yslië Fabio	RSA	M-J-U	92,00	93	1999	MCB	167,5	170,0	-175,0	170,0	1	81,08
Open													
	Duarte Nick	RSA	M-O-U	92,25	93	1995	MCB	165,0	175,0	-180,0	175,0	1	83,36
	Ayekpa Archie	RSA	M-O-U	90,35	93	1985	MCB	157,5	165,0	-170,0	165,0	2	79,41
	Johnson Johnny Charles	RSA	M-O-U	103,25	105	1972	MCB	160,0	170,0	-180,0	170,0	1	76,72
	Bezuidenhout Brandon	RSA	M-O-U	111,45	120	1993	MCB	190,0	200,0	-205,0	200,0	1	87,15
	Leask Jared	RSA	M-O-U	187,42	120+	1991	MCB	195,0	205,0	-207,5	205,0	1	73,63
Master 1													
	Ndatya Xolani	RSA	M-M1-U	68,85	74	1974	MCB	100,0	105,0	110,0	110,0	1	60,98
	Masson Craig	RSA	M-M1-U	104,45	105	1981	MCB	130,0	150,0	160,0	160,0	1	71,82
	Smith Gys	RSA	M-M1-U	136,90	120+	1972	MCB	155,0	165,0	175,0	175,0	1	69,95
Master 2													
	de Nysschen Tommie	RSA	M-M2-U	82,35	83	1963	MCB	137,5	-142,5	-142,5	137,5	1	69,34
	Crain John	RSA	M-M2-U	113,65	120	1969	MCB	155,0	165,0	172,5	172,5	1	74,52
	Human Mornay	RSA	M-M2-U	140,30	120+	1969	MCB	160,0	170,0	172,5	172,5	1	68,30
Master 3													
	Bruce JC	RSA	M-M3-U	65,45	66	1963	MCB	75,0	80,0	-82,5	80,0	1	45,58
	Thomas Glen	RSA	M-M3-U	91,65	93	1960	MCB	125,0	130,0	-132,5	130,0	1	62,12

29/11-4/12 2021 African Powerlifting and Bench Press Championships 2021

Arnold Classic Africa - Bench Press	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	IPF Pts Code	BP-1	BP-2	BP-3	Total	Place	IPF GL Points
Women - Classic													
	Garber Sorah	ARN	F-MW-U	58,60	63	1981	FCB	85,0	87,5	90,0	90,0	1	78,52
	Longhurst Monica	ARN	F-HW-U	67,75	69	1980	FCB	75,0	80,0	-85,0	80,0	1	64,32
Men - Classic													
	Ayekpa Archie	ARN	M-HW-U	90,35	93	1985	MCB	157,5	165,0	-170,0	165,0	1	79,41
	Crain John	ARN	M-SHW-U	113,65	120	1969	MCB	155,0	165,0	172,5	172,5	1	74,52
Men - Equipped													
	de Nysschen Tommie	ARN	M-MW	82,40	83	1963	MEB	142,5	147,5	152,5	152,5	1	54,56
	Dam Johnny	ARN	M-HW	97,45	105	1969	MEB	172,5	-182,5	-192,5	172,5	1	55,59