

**INTERNATIONAL POWERLIFTING FEDERATION**  
**Africa powerlifting Woman Raw, Potch (SA), 01-05.10.2019**  
**DETAILED SCORESHEET**

Rnk	Name	d.o.b.	Team	Bwt	Lot	All Squat			All Bench Press			All Deadlift			Total	IPF Pts	Pts			
<b>Open</b>																				
<b>-57kg</b>																				
1	Payne Sasha	10.05.95	RSA	56,15	7	117.5	<del>122.5</del>	122.5	1	70.0	72.5	75.0	1	145.0	152.5	157.5	1	355.0	651.14	12
<b>-63kg</b>																				
1	Kouri Safia	12.05.74	ALG	62,45	13	145.0	150.0	155.0	1	67.5	72.5	75.0	1	180.0	190.0	<del>198.0</del>	1	420.0	733.67	12
<b>-72kg</b>																				
1	Tatar Zohra	26.09.92	ALG	70,35	21	135.0	142.5	150.0	2	62.5	67.5	70.0	2	185.0	187.5	197.5	1	417.5	688.66	12
2	Perotti Olivia	29.01.89	RSA	70,35	23	155.0	165.0	<del>177.5</del>	1	<del>80.0</del>	80.0	85.0	1	155.0	165.0	<del>172.5</del>	2	415.0	684.50	9
3	Hartzler Jozanne	18.03.87	RSA	71,65	24	115.0	122.5	<del>125.0</del>	3	60.0	65.0	67.5	4	140.0	155.0	X	3	345.0	563.38	8
4	Svonga Audrey	22.11.85	Zim	71,55	22	92.5	97.5	100.0	4	65.0	67.5	<del>70.0</del>	3	120.0	125.0	<del>127.5</del>	4	292.5	477.09	7
<b>-84kg</b>																				
1	Chafai Malia	20.10.74	ALG	82,85	31	125.0	<del>135.0</del>	142.5	1	60.0	65.0	67.5	1	150.0	160.0	170.0	1	380.0	584.16	12
2	Elcott Emma	04.01.90	RSA	83,95	30	135.0	<del>142.5</del>	142.5	2	60.0	67.5	<del>70.0</del>	2	142.5	152.5	<del>162.5</del>	2	362.5	554.62	9
<b>84+kg</b>																				
1	Norton Lauren	31.03.89	RSA	110,80	36	160.0	172.5	<del>185.0</del>	1	105.0	110.0	<del>117.5</del>	1	<del>170.0</del>	170.0	<del>180.0</del>	1	452.5	620.72	12
2	Kendouci Touria	20.04.78	ALG	106,55	37	160.0	<del>170.0</del>	<del>170.0</del>	2	55.0	65.0	<del>67.5</del>	2	140.0	155.0	<del>170.0</del>	2	380.0	531.99	9

**Nation (points)**

1	South Africa	50	[12+12+9+9+8]	3074.36	IPF Pts
2	Algeria	45	[12+12+12+9]	2538.49	IPF Pts
3	Zimbabwe	7	[7]	477.09	IPF Pts

**Best Lifters of Open by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	C.Rnk
1.	Kouri Safia	Algeria	62,45	420.0	733.6746	1
2.	Tatar Zohra	Algeria	70,35	417.5	688.6619	1
3.	Perotti Olivia	South Africa	70,35	415.0	684.4966	2

**Sub-Juniors**

<b>-52kg</b>																				
1	Grefen Aimee	25.04.03	RSA	51,70	3	85.0	92.5	<del>96.0</del>	1	35.0	40.0	<del>45.0</del>	1	95.0	112.5	117.5	1	245.0	458.05	12
2	Baadjes Liame	12.02.02	RSA	52,00	2	67.5	<del>72.5</del>	<del>72.5</del>	2	37.5	40.0	<del>45.0</del>	2	112.5	117.5	<del>120.0</del>	2	220.0	406.34	9
<b>-57kg</b>																				
1	Colling Minke	08.11.03	RSA	55,95	5	85.0	90.0	<del>92.5</del>	1	42.5	45.0	<del>47.5</del>	1	115.0	120.0	122.5	1	257.5	465.26	12
2	Molife Juliet	29.04.03	Zim	55,85	6	80.0	82.5	85.0	2	37.5	40.0	<del>45.0</del>	2	90.0	97.5	100.0	2	225.0	403.21	9

**Nation (points)**

1	South Africa	33	[12+12+9]	1329.64	IPF Pts
2	Zimbabwe	9	[9]	403.21	IPF Pts

**Best Lifters of Subjuniors by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	C.Rnk
1.	Colling Minke	South Africa	55,95	257.5	465.2584	1
2.	Grefen Aimee	South Africa	51,70	245.0	458.0474	1
3.	Baadjes Liame	South Africa	52,00	220.0	406.3376	2

**Juniors**

1	Maritz Nicola	14.10.97	RSA	57,00	4	80.0	87.5	90.0	1	42.5	<del>47.5</del>	47.5	1	<del>400.0</del>	100.0	X	1	237.5	423.36	12
<b>-63kg</b>																				

1	Poxon Caitlin	07.06.00	RSA	63,00	11	112.5	117.5	120.0	1	57.5	62.5	<del>65.0</del> 1	120.0	127.5	132.5	1	315.0	543.66	12	
<b>-72kg</b>																				
1	Houcine Amaria	05.06.98	ALG	63,15	20	125.0	130.0	<del>135.0</del> 1		50.0	55.0	57.5	1	110.0	130.0	140.0	1	327.5	565.28	12
2	Rhode Elmone	11.04.98	NAM	69,03	19	85.0	<del>90.0</del>	97.5	2	47.5	50.0	<del>57.5</del> 2		115.0	120.0	130.0	2	277.5	458.91	9

#### Nation (points)

1	South Africa	24	[12+12]	967.02	IPF Pts
2	Algeria	12	[12]	565.28	IPF Pts
3	Namibia	9	[9]	458.91	IPF Pts

#### Best Lifters of Juniors by IPF Points System

Rnk	Lifter	Nation	Bwt	Total	IPF Points	C.Rnk
1.	Houcine Amaria	Algeria	63,15	327.5	565.2774	1
2.	Poxon Caitlin	South Africa	63,00	315.0	543.6641	1
3.	Rhode Elmone	Namibia	69,03	277.5	458.9067	2

#### Masters 1

<b>-47kg</b>																				
1	Barry Elisabeth	28.03.73	RSA	47,00	1	60.0	70.0	75.0	1	35.0	37.5	40.0	1	100.0	115.0	<del>122.5</del> 1	230.0	448.39	12	
<b>-63kg</b>																				
1	Zietsman Zonra	23.04.90	RSA	62,65	10	85.0	95.0	<del>97.5</del> 1		47.5	50.0	52.5	1	100.0	105.0	112.5	1	260.0	446.88	12
<b>-72kg</b>																				
1	McAlpine Debbie	15.10.76	RSA	70,35	17	115.0	122.5	130.0	1	52.5	57.5	60.0	1	120.0	130.0	140.0	1	330.0	542.88	12
<b>-84kg</b>																				
1	Marangoni Pia	09.12.76	RSA	76,75	28	130.0	135.0	<del>140.0</del> 1		55.0	60.0	65.0	1	142.5	157.5	162.5	1	362.5	575.11	12
2	Poxon Jodi	02.04.75	RSA	75,40	27	107.5	<del>140.0</del>	110.0	2	57.5	<del>62.5</del>	<del>62.5</del> 2		<del>127.5</del>	127.5	130.0	2	297.5	475.26	9
<b>84+kg</b>																				
1	Moloele Phokwane	11.01.77	RSA	90,75	33	115.0	122.5	127.5	1	65.0	70.0	72.5	1	120.0	140.0	160.0	1	360.0	534.69	12

#### Nation (points)

1	South Africa	60	[12+12+12+12+12]	2547.94	IPF Pts
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#### Best Lifters of Masters 1 by IPF Points System

Rnk	Lifter	Nation	Bwt	Total	IPF Points	C.Rnk
1.	Marangoni Pia	South Africa	76,75	362.5	575.1089	1
2.	McAlpine Debbie	South Africa	70,35	330.0	542.8764	1
3.	Moloele Phokwane	South Africa	90,75	360.0	534.6887	1

#### Masters 2

<b>-63kg</b>																				
1	Reyneke Ronel	01.06.69	RSA	61,70	8	95.0	<del>100.0</del>	<del>100.0</del> 1		57.5	60.0	65.0	1	100.0	110.0	120.0	1	280.0	485.86	12
<b>-72kg</b>																				
1	Kleynhans Lana	15.02.67	RSA	69,50	16	95.0	102.5	<del>107.5</del> 1		65.0	70.0	72.5	1	140.0	150.0	156.0	1	331.0	547.41	12
<b>-84kg</b>																				
1	Hickman Fiona	05.09.65	RSA	82,00	26	100.0	110.0	115.0	1	55.0	60.0	65.0	1	120.0	130.0	140.0	1	320.0	494.73	12

#### Nation (points)

1	South Africa	36	[12+12+12]	1528.00	IPF Pts
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#### Best Lifters of Masters 2 by IPF Points System

Rnk	Lifter	Nation	Bwt	Total	IPF Points	C.Rnk
1.	Kleynhans Lana	South Africa	69,50	331.0	547.4086	1
2.	Hickman Fiona	South Africa	82,00	320.0	494.7293	1

3. Reyneke Ronel	South Africa	61,70	280.0	485.8587	1
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**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;

1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

ALG = Algeria

RSA = South Africa

NAM = Namibia

Zim = Zimbabwe