

African Men's Equipped Powerlifting Championships

Potchefstroom / South Africa, 30 November – 4 December, 2021

Division «Open»

#	Name	Born	Team	SQ	BP	DL	Total
-83kg							
1.	Fongang Techap	1989	Cameroon	330.0	200.0	325.0	855.0
2.	Marie Mohamed	1977	Egypt	260.0	180.0	260.0	700.0
-120kg							
1.	Smith Johan	1991	South Africa	380.5	290.0	300.0	970.5
120+kg							
1.	Noonan Kyle	1990	South Africa	305.0	215.0	340.5	860.5
In Division there are 4 Lifters							

Division «Juniors»

#	Name	Born	Team	SQ	BP	DL	Total
-74kg							
1.	Kotsi Tshepo	1997	South Africa	195.0	105.0	250.0	550.0
2.	Manamela Karabo	1999	South Africa	210.0	120.0	220.0	550.0
In Division there are 2 Lifters							

Division «Masters I»

#	Name	Born	Team	SQ	BP	DL	Total
3.	Phalatsi Jacobus	1981	South Africa	225.0	160.0	210.0	595.0
-105kg							
1.	Green Graham	1978	South Africa	272.5	190.0	260.0	722.5
In Division there are 2 Lifters							

Division «Masters II»

#	Name	Born	Team	SQ	BP	DL	Total
2.	Schoonraad Christo	1963	South Africa	260.0	170.0	250.0	680.0
120+kg							
1.	Furman Ian	1967	South Africa	200.0	265.0	220.0	675.0
In Division there are 2 Lifters							

Division «Masters IV»

#	Name	Born	Team	SQ	BP	DL	Total
-74kg							
1.	Oppenheim Dan	1945	South Africa	160.0	100.0	190.0	450.0
In Total there are 11 Lifters							