

COMMONWEALTH GAMES FEDERATION
Commonwealth Womens Equipped Powerlifting Championships, Sun City (South Africa), 04-13.10.2024
DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot		All Squat				All Bench Press				All Deadlift				Total	IPF GL	Pts
Open																						
-47kg																						
1.	Sohail Sybil	12.04.9	PAK	46,65	0,2204	10	60,0	70,0	70,0	1	30,0	35,0	40,0	1	70,0	80,0	80,0	1	175,0	38,56	12	
-52kg																						
1.	Kean Stef	04.04.8	CAN	51,55	0,2049	9	125,0	135,0	142,5	1	70,0	77,5	80,0	1	175,0	195,5	196,0	1	418,0	85,64	12	
-63kg																						
1.	Daffue Janel	26.04.9	RSA	62,00	0,1822	8	135,0	145,0	152,5	1	80,0	82,5	85,0	1	140,0	147,5	152,5	1	390,0	71,06	12	
-76kg																						
1.	Hall Lottie	30.05.8	ENG	75,35	0,1647	11	155,0	176,0	180,5	1	52,5	67,5	72,5	1	130,0	142,5	147,5	1	396,0	65,23	12	
-84kg																						
1.	Sohail Twinkle	03.03.9	PAK	76,90	0,1632	12	90,0	100,0	107,5	1	45,0	50,0	55,0	1	90,0	105,0	110,0	1	272,5	44,48	12	

Team (points)

1.	Pakistan	24	[12+12]	83,04	IPF GL
2.	Canada	12	[12]	85,64	IPF GL
3.	South Africa	12	[12]	71,06	IPF GL
4.	England	12	[12]	65,23	IPF GL

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Kean Stef	Canada	51.55	418,0	85,6419	1
2.	Daffue Janel	South Africa	62.00	390,0	71,0560	1
3.	Hall Lottie	England	75.35	396,0	65,2303	1

Sub-Juniors

-63kg																					
1.	de Wet Mijuane	27.03.0	RSA	62,90	0,1807	9	190,0	202,5	202,5	1	97,5	102,5	108,0	1	160,0	180,0	190,0	1	488,0	88,18	12
-69kg																					
1.	Mulder Chante	14.11.0	RSA	68,10	0,1731	12	140,0	147,5	150,0	2	87,5	87,5	95,5	1	130,0	140,0	150,0	1	375,0	64,90	12
2.	Raut Kadambari	09.09.0	IND	68,45	0,1726	13	130,0	150,0	170,0	1	55,0	65,0	75,0	2	100,0	125,0	160,0	2	350,0	60,41	9
-76kg																					
1.	Maree Anika	12.07.0	RSA	74,75	0,1653	7	120,0	130,0	140,0	1	70,0	70,0	77,5	1	120,0	125,0	130,0	1	347,5	57,45	12
-84kg																					
1.	Tatum Katie	25.11.0	ENG	82,25	0,1586	2	152,5	162,5	167,5	1	50,0	100,0	105,5	1	115,0	130,0	135,0	1	403,0	63,92	12
84+kg																					
1.	Ashwin Desai Devika	06.04.0	IND	115,85	0,1424	5	132,5	145,0	155,0	1	52,5	60,0	70,0	1	135,0	137,5	160,0	1	360,0	51,27	12

Team (points)

1.	South Africa	36	[12+12+12]	210,53	IPF GL
2.	India	21	[12+9]	111,69	IPF GL
3.	England	12	[12]	63,92	IPF GL

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	de Wet Mijuane	South Africa	62.90	488,0	88,1806	1
2.	Mulder Chante	South Africa	68.10	375,0	64,8994	1
3.	Tatum Katie	England	82.25	403,0	63,9154	1

Juniors

-43kg																					
1.	Vidhi Vidhi	26.10.0	IND	41,45	0,2423	1	90,0	405,0	405,0	1	40,0	42,5	52,5	1	90,0	107,5	424,5	1	250,0	60,59	12
-52kg																					
1.	Sohail Veronika	21.07.0	PAK	49,10	0,2121	4	60,0	75,0	90,0	1	27,5	30,0	32,5	1	75,0	85,0	95,0	1	202,5	42,95	12
-57kg																					
1.	Almas Shaik Sadiya	27.10.0	IND	56,00	0,1939	6	170,0	180,0	185,0	1	95,0	400,0	400,0	1	165,0	172,5	180,0	1	460,0	89,17	12
2.	Hasell Nicole	06.03.0	RSA	56,25	0,1933	7	140,0	150,0	157,5	2	87,5	92,5	95,0	2	140,0	140,0	160,0	2	385,0	74,42	9
-69kg																					
1.	Vinayagamoorthy Rajesw	03.03.0	IND	68,05	0,1731	10	172,5	180,0	185,0	1	70,0	70,0	75,0	2	180,0	185,0	206,0	1	440,0	76,18	12
2.	Kajal Kajal	02.07.0	IND	67,10	0,1744	11	145,0	160,0	160,0	2	75,0	77,5	85,0	1	145,0	155,0	162,5	2	392,5	68,46	9
-76kg																					
1.	K Anushiya	09.05.0	IND	74,85	0,1652	6	150,0	165,0	180,0	1	70,0	85,0	92,5	1	140,0	165,0	177,5	1	450,0	74,35	12
-84kg																					
1.	Vaishnavi Mahesh	03.01.0	IND	81,20	0,1594	1	175,0	190,0	210,0	1	100,0	407,5	407,5	1	150,0	470,0	170,0	1	480,0	76,53	12
84+kg																					
1.	V Ameya	10.03.0	IND	102,60	0,1469	3	180,0	210,0	210,0	1	60,0	125,0	130,0	1	150,0	165,0	170,0	1	505,0	74,20	12

Team (points)

1.	India	60	[12+12+12+12+12]	390,43	IPF GL
2.	Pakistan	12	[12]	42,95	IPF GL
3.	South Africa	9	[9]	74,42	IPF GL

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Almas Shaik Sadiya	India	56.00	460,0	89,1710	1
2.	Vaishnavi Mahesh	India	81.20	480,0	76,5302	1
3.	Vinayagamoorthy Rajesw	India	68.05	440,0	76,1776	1

Masters 1

-57kg																					
—	Hussey Danielle	02.05.7	CAN	0,00	-0,5245	3	-	-	-	—	-	-	-	—	-	-	-	—	DSQ	—	—
-63kg																					
—	Hinchelwood Amber	10.04.7	ENG	0,00	-0,5245	6	-	-	-	—	-	-	-	—	-	-	-	—	DSQ	—	—
84+kg																					
—	Parkin Joanne	31.05.7	SCO	0,00	-0,5245	8	-	-	-	—	-	-	-	—	-	-	-	—	DSQ	—	—

Team (points)

—	Canada	—
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— England —
 — Scotland —

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
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Masters 2

-52kg

1.	Anthony Carol	02.05.6	RSA	51,50	0,2050	3	95,0	105,0	110,0	1	47,5	52,5	52,5	1	110,0	120,0	125,0	1	282,5	57,92	12
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-57kg

1.	Rodney Allison	29.04.6	ENG	56,75	0,1922	5	100,0	110,0	120,0	1	70,0	70,0	77,5	1	110,0	120,0	130,0	1	317,5	61,03	12
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-63kg

1.	Shergold Rita	30.05.6	ENG	62,05	0,1821	8	132,5	142,5	142,5	1	87,5	95,0	100,0	1	125,0	135,0	140,0	1	382,5	69,66	12
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2.	van Linge Marieke	12.12.7	RSA	61,50	0,1831	10	105,0	117,5	122,5	3	55,0	57,5	60,0	3	120,0	127,5	135,0	2	312,5	57,20	9
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3.	Treharne Yvonne	21.02.6	ENG	62,25	0,1818	9	112,5	120,0	120,0	2	62,5	67,5	72,5	2	95,0	105,0	110,0	3	302,5	54,99	8
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Team (points)

1.	England	32	[12+12+8]	185,67	IPF GL
2.	South Africa	21	[12+9]	115,12	IPF GL

Best Lifters of Masters 2 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
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1.	Shergold Rita	England	62.05	382,5	69,6571	1
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2.	Rodney Allison	England	56.75	317,5	61,0276	1
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3.	Anthony Carol	South Africa	51.50	282,5	57,9193	1
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Masters 3

-69kg

1.	Gordon Maureen	08.08.6	SCO	67,75	0,1735	6	125,0	130,0	132,5	1	115,0	120,0	125,5	1	140,0	147,5	152,5	1	405,0	70,28	12
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2.	Leighton Heather	25.06.6	RSA	68,40	0,1727	5	85,0	92,5	97,5	2	65,0	67,5	70,0	2	90,0	100,0	107,5	2	267,5	46,19	9
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84+kg

1.	Blasbery Jackie	10.03.6	ENG	98,50	0,1487	3	110,0	120,0	130,0	1	100,0	112,5	122,5	1	55,0	75,0	75,0	1	307,5	45,73	12
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Team (points)

1.	Scotland	12	[12]	70,28	IPF GL
2.	England	12	[12]	45,73	IPF GL
3.	South Africa	9	[9]	46,19	IPF GL

Best Lifters of Masters 3 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
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1.	Gordon Maureen	Scotland	67.75	405,0	70,2797	1
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2.	Leighton Heather	South Africa	68.40	267,5	46,1895	2
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3.	Blasbery Jackie	England	98.50	307,5	45,7326	1
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Abbreviations:

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

CAN = Canada
ENG = England
IND = India

PAK = Pakistan
RSA = South Africa
SCO = Scotland