

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power	Power	SQ	BP	DL
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place	4.	4.	4.
2.	W	1	60	59.95	Danel Van Jaarsveld	Development March			<u>95.0</u>	95.0			<u>50.0</u>	50.0	145.0			<u>115.0</u>	115.0	260.0	289.87	2.			
1.	W	2	90+	104.50	Yvette Coetzee	Development March			<u>170.0</u>	170.0			<u>95.0</u>	95.0	265.0			<u>162.5</u>	162.5	427.5	351.70	1.			
1.	W	3	67.5	66.20	Michelle de Souza	Development March			<u>127.5</u>	127.5			<u>55.0</u>	55.0	182.5			<u>157.5</u>	157.5	340.0	351.93	1.			
1.	W	4	52	50.60	Kelly-Anne Grobler	Development March			<u>90.0</u>	90.0			<u>60.0</u>	60.0	150.0			<u>120.0</u>	120.0	270.0	343.71	1.			
1.	W	5	60	57.65	Lisa Basson	Development March			<u>115.0</u>	115.0			<u>77.5</u>	77.5	192.5			<u>140.0</u>	140.0	332.5	382.18	1.			
1.	M	6	90	89.40	Robert Huff	Development March			<u>160.0</u>	160.0			<u>115.0</u>	115.0	275.0			<u>150.0</u>	150.0	425.0	272.26	1.			
1.	M	7	110	109.80	Rodney Anthony	Development March			<u>155.0</u>	155.0			<u>110.0</u>	110.0	265.0			<u>200.0</u>	200.0	465.0	273.79	1.			
1.	M	8	75	73.55	Marlon Daniels	Development March			<u>240.0</u>	240.0			<u>187.5</u>	187.5	427.5			<u>230.0</u>	230.0	657.5	474.78	1.			
1.	M	10	100	93.50	John Mackechnie	Development March			<u>245.0</u>	245.0			<u>150.0</u>	150.0	395.0			<u>285.0</u>	285.0	680.0	426.09	1.			
2.	M	9	100	97.50	Joshua Capazorio	Development March			<u>245.0</u>	245.0			<u>140.0</u>	140.0	385.0			<u>260.0</u>	260.0	645.0	396.68	2.			
1.	M	11	67.5	66.50	Harry Shomalistos	Development March			<u>180.0</u>	180.0			<u>145.0</u>	145.0	325.0			<u>270.0</u>	270.0	595.0	464.34	1.			
1.	M	12	125	115.40	Warren Bakos	Development March			<u>200.0</u>	200.0			<u>100.0</u>	100.0	300.0			<u>190.0</u>	190.0	490.0	284.45	1.			
	M	13	52																						
	M	14	52																						
			44																						

FLIGHT 1  
Gauteng Development  
06/03/2010

= SA Official Record

= SA Unofficial Record

Side Referee \_\_\_\_\_

Chief Referee \_\_\_\_\_