

MENS OVERALL RESULTS SA RAW BENCH PRESS CHAMPIONSHIPS - 25/02/2012

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M/W	BW	Name	Nation Province	Tot. Result	Wilks Points	Badge	Category	Date of Birth	Age Category	Place	Team Points
M	58.4	Kgalisho Tladi	Gauteng	40	34.98	Yellow	59	27/04/1997	S/J	1.	
M	58.4	Kgalisho Tladi	Gauteng	40	34.98	Yellow	59	27/04/1997	S	1.	WP
M	63.25	Stuart Hughs	Gauteng	97.5	79.30	Blue	66	24/01/1994	S/J	1.	
M	61.15	Thembanani Makhubada	Gauteng	70	58.65	Yellow	66	04/01/1994	S/J	2.	EC
M	64.7	Dirk O"Kennedy	EP	117.5	93.80	Black	66	04/10/1988	S	1.	Gauteng
M	63.25	Stuart Hughs	Gauteng	97.5	79.30	Blue	66	24/01/1994	S	2.	NW
M	61.15	Thembanani Makhubada	Gauteng	70	58.65	Yellow	66	04/01/1994	S	3.	KZN
M	61.1	Phomelo Phasha	Gauteng	60	50.34	Yellow	66	12/12/1993	S	4.	FS
M	61.1	Phomelo Phasha	Gauteng	60	50.34	Yellow	66	12/12/1993	J	1.	
BEST LIFTERS											
M	69.75	Gabriel Genn	Gauteng	92.5	69.47	Orange	74	13/07/1995	S/J	1.	
M	67.4	Luke Routier	Gauteng	80	61.75	Yellow	74	28/09/1996	S/J	2.	Men
M	69.8	Thabang Mpe	Gauteng	130	97.63	Black	74	29/06/1990	S	1.	S/J Stuart Hughs
M	73.5	Rayner Bartsch	Gauteng	105	75.89	Green	74	07/09/1989	S	2.	J Thabang Mpe
M	73	Dan Oppenheim	Gauteng	100	72.64	Green	74	30/06/1945	S	3.	S Ian Furman
M	68.95	Kennedy Sekome	Gauteng	95	71.99	Orange	74	03/03/1992	S	4.	M1 Ian Furman
M	69.75	Gabriel Genn	Gauteng	92.5	69.47	Orange	74	13/07/1995	S	5.	M2 Gary Katzen
M	67.4	Luke Routier	Gauteng	80	61.75	Yellow	74	28/09/1996	S	6.	M3 Ado Krige
M	73	Dan Oppenheim	Gauteng	100	72.64	Green	74	30/06/1945	M3	1.	
M	69.8	Thabang Mpe	Gauteng	130	97.63	Black	74	29/06/1990	J	1.	
M	73.5	Rayner Bartsch	Gauteng	105	75.89	Green	74	07/09/1989	J	2.	
M	68.95	Kennedy Sekome	Gauteng	95	71.99	Orange	74	03/03/1992	J	3.	
M	81.1	Ryan Miller	Gauteng	162.5	110.00	Silver	83	13/05/1985	S	1.	
M	82.6	Neresh Naidoo	KZN	157.5	105.43	Silver	83	16/06/1981	S	2.	
M	74.65	Ricardo Fitzpatrick	NC	155	110.76	Bronze	83	30/11/1980	S	3.	
M	79.1	Albert De Bondt	Gauteng	122.5	84.23	Blue	83	08/06/1987	S	4.	
M	92.75	Mark Phillips	Gauteng	125	78.60	Green	93	04/05/1968	S	1.	
M	84.35	Marvin Mpe	Gauteng	120	79.32	Green	93	26/11/1993	S	2.	
M	93	Tyrone Seaton - Smith	Gauteng	110	69.10	Orange	93	30/07/1990	S	3.	
M	92.55	Stuart Mciver	Gauteng	105	66.10	Yellow	93	17/09/1982	S	4.	
M	83.2	James Van Coller	Gauteng	100	66.65	Yellow	93	22/09/1992	S	5.	
M	92.75	Mark Phillips	Gauteng	125	78.60	Green	93	04/05/1968	M1	1.	
M	84.35	Marvin Mpe	Gauteng	120	79.32	Green	93	26/11/1993	J	1.	
M	93	Tyrone Seaton - Smith	Gauteng	110	69.10	Orange	93	30/07/1990	J	2.	
M	83.2	James Van Coller	Gauteng	100	66.65	Yellow	93	22/09/1992	J	3.	

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M/W	BW	Name	Nation Province	Tot. Result	Wilks Points	Badge	Category	Date of Birth	Age Category	Power Place				
												Team Points		
M	58.4	Kgalisho Tladi	Gauteng	262.5	229.56	Yellow	59	27/04/1997	S/J	1.				
M	58.4	Kgalisho Tladi	Gauteng	262.5	229.56	Yellow	59	27/04/1997	S	1.		WP		
M	61.15	Thembanani Makhuba	Gauteng	360	301.61	Orange	66	04/01/1994	S/J	1.		Gauteng		
M	64.7	Dirk O"Kennedy	EP	402.5	321.32	Green	66	04/10/1988	S	1.		KZN		
M	61.15	Thembanani Makhuba	Gauteng	360	301.61	Orange	66	04/01/1994	S	2.		FS		
M	61.1	Phomelo Phasha	Gauteng	285	239.12	Yellow	66	12/12/1993	S	3.				
M	61.1	Phomelo Phasha	Gauteng	285	239.12	Yellow	66	12/12/1993	J	1.		BEST LIFTERS		
											Men			
											S/J	Thembanani Makhubada		
M	67.4	Luke Routier	Gauteng	330	254.73	Yellow	74	28/09/1996	S/J	1.	J	Douglas A'Bear		
											S	Edwin Govender		
M	69.8	Thabang Mpe	Gauteng	475	356.73	Blue	74	29/06/1990	S	1.	M1	Mark Phillips		
M	68.95	Kennedy Sekome	Gauteng	467.5	354.27	Blue	74	03/03/1992	S	2.	M2			
M	73.5	Rayner Bartsch	Gauteng	435	314.42	Green	74	07/09/1989	S	3.	M3	Dan Oppenheim		
M	73	Dan Oppenheim	Gauteng	415	301.46	Orange	74	30/06/1945	S	4.				
M	67.4	Luke Routier	Gauteng	330	254.73	Yellow	74	28/09/1996	S	5.				
M	73	Dan Oppenheim	Gauteng	415	301.46	Orange	74	30/06/1945	M3	1.				
M	69.8	Thabang Mpe	Gauteng	475	356.73	Blue	74	29/06/1990	J	1.				
M	68.95	Kennedy Sekome	Gauteng	467.5	354.27	Blue	74	03/03/1992	J	2.				
M	73.5	Rayner Bartsch	Gauteng	435	314.42	Green	74	07/09/1989	J	3.				
M	79.1	Albert De Bondt	Gauteng	457.5	314.58	Orange	83	08/06/1987	S	1.				
M	92.75	Mark Phillips	Gauteng	575	361.56	Brown	93	04/05/1968	S	1.				
M	93	Tyrone Seaton - Smith	Gauteng	517.5	325.09	Green	93	30/07/1990	S	2.				
M	83.2	James Van Coller	Gauteng	460	306.59	Orange	93	22/09/1992	S	3.				
M	92.55	Stuart Mciver	Gauteng	450	283.28	Orange	93	17/09/1982	S	4.				
M	84.35	Marvin Mpe	Gauteng	430	284.23	Yellow	93	26/11/1993	S	5.				
M	92.75	Mark Phillips	Gauteng	575	361.56	Brown	93	04/05/1968	M1	1.				
M	93	Tyrone Seaton - Smith	Gauteng	517.5	325.09	Green	93	30/07/1990	J	1.				
M	83.2	James Van Coller	Gauteng	460	306.59	Orange	93	22/09/1992	J	2.				
M	84.35	Marvin Mpe	Gauteng	430	284.23	Yellow	93	26/11/1993	J	3.				
M	101.95	Dylon Bakos	Gauteng	457.5	276.28	Yellow	105	01/01/1994	S/J	1.				
M	104	Sammy Randa	Gauteng	397.5	238.34	Yellow	105	23/02/1994	S/J	2.				
M	96.9	Sarel Gadney	Gauteng	585	360.71	Blue	105	24/03/1987	S	1.				

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M/W	BW	Name	Nation Province	Tot. Result	Wilks Points	Badge	Category	Date of Birth	Age Category	Power Place				
													Team Points	
M	96.5	Deon van Der Berg	Gauteng	580	358.27	Blue	105	14/11/1982	S	2.				
M	103.7	Cornel Welgemoed	Gauteng	530	318.11	Green	105	08/06/1970	S	3.				
M	101.95	Dylon Bakos	Gauteng	457.5	276.28	Yellow	105	01/01/1994	S	4.				
M	104	Sammy Randa	Gauteng	397.5	238.34	Yellow	105	23/02/1994	S	5.				
M	103.7	Cornel Welgemoed	Gauteng	530	318.11	Green	105	08/06/1970	M1	1.				
M	106.8	Jonathan Mentz	Gauteng	505	300.02	Orange	120	15/02/1994	S/J	1.				
M	107.8	Liam Schultz	Gauteng	432.5	256.17	Yellow	120	16/05/1997	S/J	2.				
M	117.8	Edwin Govender	KZN	655	378.26	Brown	120	13/01/1980	S	1.				
M	116	Douglas A'Bear	Gauteng	640	371.01	Brown	120	02/07/1990	S	2.				
M	117	Juan Booyse	Gauteng	620	358.67	Blue	120	14/03/1990	S	3.				
M	106.8	Jonathan Mentz	Gauteng	505	300.02	Orange	120	15/02/1994	S	4.				
M	106.4	Ruan Roux	Gauteng	490	291.45	Yellow	120	07/06/1991	S	5.				
M	107.8	Liam Schultz	Gauteng	432.5	256.17	Yellow	120	16/05/1997	S	6.				
M	116	Douglas A'Bear	Gauteng	640	371.01	Brown	120	02/07/1990	J	1.				
M	117	Juan Booyse	Gauteng	620	358.67	Blue	120	14/03/1990	J	2.				
M	106.4	Ruan Roux	Gauteng	490	291.45	Yellow	120	07/06/1991	J	3.				
M	120.45	Christian Ashcroft	Gauteng	437.5	251.30	Yellow	120+	05/07/1980	S	1.				
										0.				

WOMENS OVERALL RESULTS SA RAW POWERLIFTING CHAMPIONSHIPS - 25/02/2012												77			
M/W	BW	Name	Nation Province	Tot. Result	Wilks Points	Badge	Category	Date of Birth	Age Category	Power Place	Team Points		Total		
													Team Points		
W	62.55	Michelle Israel	Gauteng	190	205.05	Yellow	63	08/01/1979	S	1.	12				
W	65.8	Laura De Wet	Gauteng	315	327.51	Blue	72	04/11/1974	S	1.	12		WP		
W	65.6	Valeska Mbatha	Gauteng	175	182.35	Yellow	72	06/08/1993	S	2.	9		EC		
W	65.6	Valeska Mbatha	Gauteng	175	182.35	Yellow	72	06/08/1993	J	1.	12		Gauteng		
W	86	Ri-Hanna Vermeulen	Gauteng	210	185.14	Yellow	84+	15/06/1976	S	1.	12		NW		
										0.	0		KZN		
										0.	0		FS		
										0.	0				
										0.	0		BEST LIFTERS		
										0.	0		Women		
										0.	0		S/J		
										0.	0		J	Valeska Mbatha	
										0.	0		S	Laura De Wet	
										0.	0		M1		
										0.	0		M2		
										0.	0		M3		
										0.	0				

WOMENS OVERALL RESULTS SA RAW BENCH PRESS CHAMPIONSHIPS - 25/02/2012												77			
M/W	BW	Name	Nation Province	Tot. Result	Wilks Points	Badge	Category	Date of Birth	Age Category	Power Place	Team Points		Total		
													Team Points		
W	62.55	Michelle Israel	Gauteng	35	37.772	Yellow	63	08/01/1979	S	1.	12				
W	65.8	Laura De Wet	Gauteng	55	57.1835	Orange	72	04/11/1974	S	1.	12	WP	0		
W	65.6	Valeska Mbatha	Gauteng	30	31.26	Yellow	72	06/08/1993	S	2.	9	EC	0		
W	65.6	Valeska Mbatha	Gauteng	30	31.26	Yellow	72	06/08/1993	J	1.	12	Gauteng	57		
W	86	Ri-Hanna Vermeulen	Gauteng	40	35.264	Yellow	84+	15/06/1976	S	1.	12	NW	0		
										0.	0	KZN	0		
										0.	0	FS	0		
										0.	0				
										0.	0	BEST LIFTERS			
										0.	0	Women			
										0.	0	S/J			
										0.	0	J	Valeska Mbatha		
										0.	0	S	Laura De Wet		
										0.	0	M1			
										0.	0	M2			
										0.	0	M3			
										0.	0				

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Power			
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place			
1.	M	10	74S/J	67.40	Luke Routier	Gauteng	100.0	140.0	140.0	100.0	70.0	75.0	80.0	80.0	180.0	130.0	150.0	160.0	150.0	330.0	254.73	1.			
	M	14	74S/J	69.75	Gabriel Genn	Gauteng				-----	82.5	92.5	100.0	92.5	Disq				-----	Disq					
1.	M	15	74M3	73.00	Dan Oppenheim	Gauteng	110.0	120.0	130.0	130.0	90.0	95.0	100.0	100.0	230.0	160.0	172.5	185.0	185.0	415.0	301.46	1.			
1.	M	17	74J	69.80	Thabang Mpe	Gauteng	125.0	140.0	150.0	150.0	130.0	137.5	137.5	130.0	280.0	175.0	185.0	195.0	195.0	475.0	356.73	1.			
2.	M	18	74J	68.95	Kennedy Sekome	Gauteng	120.0	140.0	152.5	152.5	80.0	95.0	102.5	95.0	247.5	200.0	220.0	235.0	220.0	467.5	354.27	2.			
3.	M	16	74J	73.50	Rayner Bartsch	Gauteng	125.0	132.5	135.0	135.0	95.0	105.0	140.0	105.0	240.0	195.0	200.0	200.0	195.0	435.0	314.42	3.			
						NC																			
1.	M	21	83S	79.10	Albert De Bondt	Gauteng	120.0	135.0	145.0	145.0	115.0	122.5	137.5	122.5	267.5	160.0	175.0	190.0	190.0	457.5	314.58	1.			
						Gauteng									Disq				-----	Disq					
	M	24	83J	79.25	Simon Delmont	Gauteng	120.0	120.0	125.0	125.0	120.0	120.0	120.0	-----	Disq	160.0	180.0	195.0	195.0	Disq					
						KZN																			

Lifter on the Platform

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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Power			
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place			
	M	35	120S/J	106.80	Jonathan Mentz	Gauteng	<u>160.0</u>	<u>180.0</u>	<u>190.0</u>	190.0	<u>92.5</u>	<u>97.5</u>	<u>102.5</u>	102.5	292.5	<u>180.0</u>	<u>200.0</u>	<u>212.5</u>	212.5	505.0	300.02				
	M	36	120S/J	107.80	Liam Schultz	Gauteng	<u>140.0</u>	<u>155.0</u>	167.5	155.0	<u>70.0</u>	<u>75.0</u>	80.0	75.0	230.0	<u>185.0</u>	<u>202.5</u>	210.0	202.5	432.5	256.17				
	M	37	120J	106.40	Ruan Roux	Gauteng	<u>140.0</u>	<u>150.0</u>	<u>165.0</u>	165.0	<u>85.0</u>	<u>95.0</u>	<u>100.0</u>	100.0	265.0	<u>190.0</u>	<u>215.0</u>	<u>225.0</u>	225.0	490.0	291.45				
	M	40	120M1	109.50	Martin Vorster	LP				-----	<u>120.0</u>	<u>130.0</u>	140.0	130.0	Disq				-----	Disq					
	M	46	120+M1	129.90	Nigel Moss	Gauteng				-----	165.0	<u>172.5</u>	<u>182.5</u>	182.5	Disq				-----	Disq					
	M	47	120J	117.00	Juan Booyse	Gauteng	<u>180.0</u>	<u>200.0</u>	<u>230.0</u>	230.0	<u>160.0</u>	180.0	180.0	160.0	390.0	<u>200.0</u>	<u>220.0</u>	<u>230.0</u>	230.0	620.0	358.67				
	M	48	120J	116.00	Douglas A'Bear	Gauteng	<u>190.0</u>	<u>205.0</u>	<u>215.0</u>	215.0	<u>155.0</u>	165.0	165.0	155.0	370.0	<u>255.0</u>	<u>265.0</u>	<u>270.0</u>	270.0	640.0	371.01				
	M	49	120M1	119.65	Ian Furman	Gauteng				-----	<u>200.0</u>	205.0	205.0	200.0	Disq				-----	Disq					
	M	50	120S	117.80	Edwin Govender	KZN	<u>200.0</u>	<u>215.0</u>	<u>225.0</u>	225.0	<u>150.0</u>	<u>160.0</u>	167.5	160.0	385.0	<u>250.0</u>	<u>270.0</u>	280.0	270.0	655.0	378.26				
	M	55	120+S	120.45	Christian Ashcroft	Gauteng	<u>50.0</u>			50.0	<u>150.0</u>	155.0	155.0	150.0	200.0	<u>220.0</u>	<u>237.5</u>	250.0	237.5	437.5	251.30				

Lifter on the Platform

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OF GROUP

 = SA Official Record

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Side Referee _____

Chief Referee _____