

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	Result	Result	Result	4.	4.
2.	M	1	90	87.70	John Mackechnie	Gauteng	120.0	135.0	145.0	145.0	110.0	120.0	<del>130.0</del>	120.0	265.0	180.0	200.0	<del>220.0</del>	200.0	465.0	300.90	2.			
1.	M	2	82.5	79.45	Dillon Bakos	Gauteng	<del>100.0</del>	100.0	112.5	112.5	60.0	65.0	<del>70.0</del>	65.0	177.5	135.0	152.5	<del>157.5</del>	152.5	330.0	226.18	1.			
1.	M	3	75	73.50	Marlon Daniels	Gauteng	180.0	200.0	220.0	220.0	170.0	<del>175.0</del>	180.0	180.0	400.0	180.0	200.0	220.0	220.0	620.0	448.14	1.			
1.	M	4	100	95.30	Henk De Wet	Gauteng	240.0	<del>260.0</del>	<del>260.0</del>	240.0	155.0	172.5	<del>177.5</del>	172.5	412.5	220.0	255.0	<del>282.5</del>	255.0	667.5	414.58	1.			
	M	5	82.5	82.20	Kurt Nolting	Gauteng	120.0	130.0	<del>140.0</del>	130.0	90.0	<del>92.5</del>	102.5	102.5	232.5				-----	Disq					
2.	M	7	75	72.20	Mathew Stevens	Gauteng	110.0	120.0	<del>137.5</del>	120.0	75.0	82.5	85.0	85.0	205.0	150.0	167.5	180.0	180.0	385.0	281.90	2.			
3.	M	6	75	73.90	Dean Rickelton	Gauteng	95.0	<del>105.0</del>	<del>107.5</del>	95.0	55.0	60.0	65.0	65.0	160.0	130.0	142.5	147.5	147.5	307.5	221.40	3.			
1.	M	9	90	89.25	Irvine Dekeya	Gauteng	130.0	160.0	190.0	190.0	110.0	125.0	130.0	130.0	320.0	150.0	220.0	<del>230.0</del>	220.0	540.0	346.14	1.			
	M	8	90	88.95	Robert Huff	Gauteng	<del>180.0</del>	200.0	<del>200.0</del>	-----					Disq					Disq					
	M	10	52																						
	M	11	52																						
	M	12	52																						
	M	13	52																						
	M	14	52																						
			44																						

**FLIGHT 1**  
**GAUTENG NOVICE/DEVELOPMENT**  
**18/04/2009**

= SA Official Record

= SA Unofficial Record

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

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

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	Result	Result	Result	4.	4.
1.	W	1	56	52.80	Lisa Basson	Gauteng	80.0	<del>90.0</del>	90.0	90.0	45.0	50.0	55.0	55.0	145.0	100.0	120.0	<del>125.0</del>	120.0	265.0	326.48	1.			
1.	W	2	90+	104.05	Yvette Coetzee	Gauteng	55.0	60.0	65.0	65.0	40.0	50.0	57.5	57.5	122.5	100.0	120.0	135.0	135.0	257.5	212.05	1.			
1.	M	3	110	107.50	Gary Katzen	Gauteng					165.0	<del>180.0</del>	<del>182.5</del>	165.0	165.0				165.0	97.81	1.				
1.	M	4	67.5	66.75	Paul Makuta	Gauteng	140.0	<del>160.0</del>	<del>160.0</del>	140.0	110.0	115.0	<del>122.5</del>	115.0	255.0	155.0	165.0	<del>170.0</del>	165.0	420.0	326.55	1.			
1.	M	5	60	59.65	Kekeletso Makuta	Gauteng	90.0	100.0	<del>115.0</del>	100.0	65.0	70.0	<del>82.5</del>	70.0	170.0	115.0	122.5	135.0	135.0	305.0	261.32	1.			
2.	M	6	67.5	64.00	Damion Piquet	Gauteng	<del>80.0</del>	80.0	92.5	92.5	55.0	<del>60.0</del>	<del>60.0</del>	55.0	147.5	110.0	<del>120.0</del>	120.0	120.0	267.5	215.52	2.			
1.	M	7	75	73.85	Juan Louw	Gauteng	155.0	<del>170.0</del>	<del>170.0</del>	155.0	80.0	85.0	90.0	90.0	245.0	150.0	165.0	<del>180.0</del>	165.0	410.0	295.20	1.			
	M	8	52																						
	M	9	52																						
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