

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SO	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.	W	1	84	73.75	Esther Caddy	G	<u>90.0</u>	100.0	<u>100.0</u>	100.0	55.0	<u>55.0</u>	<u>60.0</u>	60.0	160.0	<u>120.0</u>	135.0	<u>135.0</u>	135.0	295.0	283.32	1.			
1.	W	2	72	64.25	Charlotte Van Der Haer	KZN	100.0	<u>100.0</u>	110.0	100.0	65.0	70.0	<u>70.0</u>	70.0	170.0	<u>135.0</u>	<u>145.0</u>	<u>150.0</u>	150.0	320.0	338.43	1.			
1.	M	6	66	65.40	Kennedy Sekome	G	<u>170.0</u>	<u>190.0</u>	197.5	190.0	<u>80.0</u>	<u>95.0</u>		110.0	300.0	<u>200.0</u>	<u>240.0</u>	252.5	<u>252.5</u>	552.5	437.08	1.			
2.	M	8	66	63.95	Stuart Murchie	G	<u>180.0</u>	200.0	<u>200.0</u>	200.0	<u>120.0</u>	<u>130.0</u>	140.0	130.0	330.0	<u>170.0</u>	<u>185.0</u>	212.5	185.0	515.0	414.94	2.			
3.	M	4	66	60.70	Percy Ntsotjo	NW	<u>140.0</u>	<u>170.0</u>	190.0	<u>170.0</u>	<u>50.0</u>	<u>70.0</u>	80.0	70.0	240.0	<u>140.0</u>	<u>175.0</u>	185.0	175.0	415.0	350.22	3.			
4.	M	3	66	62.10	Thembanani Makubalo	G	<u>120.0</u>	<u>130.0</u>	140.0	130.0	<u>60.0</u>	<u>70.0</u>	<u>77.5</u>	77.5	207.5	<u>170.0</u>	<u>185.0</u>	195.0	185.0	392.5	324.60	4.			
5.	M	5	66	63.00	DC Luwes	FS	<u>100.0</u>	<u>120.0</u>	<u>140.0</u>	140.0	<u>55.0</u>	<u>65.0</u>	70.0	65.0	205.0	<u>140.0</u>	<u>160.0</u>	<u>170.0</u>	170.0	375.0	306.23	5.			
	M	7	66	64.40	Ian Jordaan	G				-----	<u>100.0</u>	<u>105.0</u>	110.0	105.0	Disq				-----	Disq					
	M	9																							
1.	M	11	74	74.00	Marlon Daniels	G	<u>215.0</u>	<u>225.0</u>	<u>250.0</u>	<u>250.0</u>	<u>190.0</u>	195.0	<u>195.0</u>	<u>195.0</u>	445.0	<u>200.0</u>	220.0	<u>220.0</u>	220.0	665.0	478.33	1.			
2.	M	12	74	68.95	Thabang Mpe	G	160.0	<u>175.0</u>	182.5	175.0	<u>140.0</u>	<u>150.0</u>	<u>152.5</u>	<u>152.5</u>	327.5	<u>175.0</u>	<u>185.0</u>	192.5	185.0	512.5	388.37	2.			
3.	M	10	74	73.45	Dan Oppenheim	G	<u>150.0</u>	170.0	<u>170.0</u>	170.0	<u>112.5</u>	<u>122.5</u>	127.5	122.5	292.5	<u>180.0</u>	<u>200.0</u>	<u>210.0</u>	<u>210.0</u>	<u>502.5</u>	363.21	3.			
	W	13	84+	88.10	Isabel Kruger	NW				-----	<u>72.5</u>	<u>77.5</u>	82.5	77.5	Disq				-----	Disq					
4.	M	14	74	73.80	Rayner Bartsch	G	170.0	<u>170.0</u>	<u>180.0</u>	180.0	<u>120.0</u>			120.0	300.0	<u>200.0</u>			200.0	500.0	360.35	4.			
5.	M	15	74	71.55	Jerry Lekalakala	G	<u>150.0</u>	<u>165.0</u>	<u>175.0</u>	175.0	<u>80.0</u>	<u>95.0</u>	100.0	95.0	270.0	<u>180.0</u>	<u>205.0</u>	<u>215.0</u>	215.0	485.0	357.30	5.			

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Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SO	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	21	83	81.60	Pieter Fourie	G	250.0	262.5	267.5	267.5	120.0	172.5	180.0	180.0	447.5	225.0	250.0	265.0	265.0	712.5	480.51	1.			
2.	M	17	83	80.90	Marcus Sapire	G	185.0	205.0	215.0	205.0	130.0	140.0	145.0	145.0	350.0	195.0	212.5	217.5	212.5	562.5	381.32	2.			
3.	M	18	83	79.15	Albert De Bondt	G	160.0	175.0	175.0	175.0	125.0	135.0	142.5	142.5	317.5	175.0	200.0	215.0	200.0	517.5	355.57	3.			
4.	M	19	83	81.60	James van Coller	G	160.0	175.0	195.0	175.0	110.0	110.0	110.0	110.0	285.0	200.0	210.0	210.0	200.0	485.0	327.08	4.			
	M	20	83	74.50	Franco Holder	NW				-----	110.0	120.0	120.0	Disq				-----	Disq						
	M	16	83	81.35	Neresh Naidoo	KZN				-----	170.0	180.0	180.0	170.0	Disq				-----	Disq					
	W	7	43																						
	W	8	43																						
	W	9	43																						
	W	10	43																						
	W	11	43																						
	W	12	43																						
	W	13	43																						
	W	14	43																						
	W	15	43																						

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Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SO	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	29	93	91.05	Etienne Potgieter	G	<u>265.0</u>	285-		265.0	<u>185.0</u>	<u>195.0</u>	205-	195.0	460.0	<u>255.0</u>	<u>275.0</u>	285-	275.0	735.0	466.36	1.			
2.	M	25	93	93.00	John Hall	G	<u>220.0</u>	<u>240.0</u>	260-	240.0	<u>160.0</u>	<u>170.0</u>	180-	170.0	410.0	<u>240.0</u>	<u>260.0</u>	287.5-	260.0	670.0	420.89	2.			
3.	M	31	93	91.90	Pieter Erasmus	FS	<u>220.0</u>	<u>240.0</u>	<u>255.0</u>	255.0	<u>150.0</u>	<u>170.0</u>		170.0	425.0	<u>220.0</u>	<u>240.0</u>	255-	240.0	665.0	420.15	3.			
4.	M	30	93	89.25	Frikkie Veldman	G	<u>200.0</u>	<u>210.0</u>	<u>220.0</u>	220.0	<u>160.0</u>	170-	<u>175.0</u>	175.0	395.0	<u>210.0</u>	<u>220.0</u>	<u>240.0</u>	240.0	635.0	407.04	4.			
5.	M	22	93	85.50	Dawid Diakowski	G	180-	<u>180.0</u>	215-	180.0	<u>140.0</u>	155-	155-	140.0	320.0	<u>240.0</u>	267.5-	267.5-	240.0	560.0	367.47	5.			
6.	M	23	93	90.65	Sarel Gadney	G	<u>200.0</u>	215-	215-	200.0	135-	<u>135.0</u>	140-	135.0	335.0	<u>210.0</u>	220-	220-	210.0	545.0	346.57	6.			
7.	M	32	93	87.10	Werner Serfontein	G	190-	<u>190.0</u>	205-	190.0	120-	<u>120.0</u>	<u>127.5</u>	127.5	317.5	<u>185.0</u>	<u>205.0</u>	<u>212.5</u>	212.5	530.0	344.24	7.			
8.	M	26	93	85.35	Henmar Ebersohn	G	<u>185.0</u>	<u>195.0</u>	205-	195.0	115-	<u>115.0</u>	<u>120.0</u>	120.0	315.0	<u>185.0</u>	<u>200.0</u>	<u>210.0</u>	210.0	525.0	344.72	8.			
9.	M	24	93	90.70	Adriaan Swart	FS	<u>150.0</u>	165-	<u>170.0</u>	170.0	<u>115.0</u>	120-	125-	115.0	285.0	<u>200.0</u>	<u>220.0</u>	240-	220.0	505.0	321.13	9.			
10.	M	34	93	92.15	Stuart McIver	G	<u>135.0</u>	150-	150-	135.0	<u>95.0</u>	<u>105.0</u>	110-	105.0	240.0	170-	<u>170.0</u>	187.5-	170.0	410.0	258.63	10.			
	M	33	93	87.50	Sampe Ludick	G				-----	<u>120.0</u>	<u>130.0</u>	<u>140.0</u>	140.0	Disq				-----	Disq					
	M	27	93	90.75	Trent Williams	G	185-	165-	<u>165.0</u>	165.0	125-			-----	Disq	180-			-----	Disq					
	M	28	93	92.55	Robert Huff	G	190-	200-	200-	-----	<u>110.0</u>	115-	115-	110.0	Disq	<u>170.0</u>	<u>180.0</u>	185-	180.0	Disq					
	W	14	43																						
	W	15	43																						

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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	35	105	96.20	Grant Van Der Haer	KZN	220.0	235.0	235.0	235.0	160.0	170.0	180.0	170.0	405.0	220.0	240.0	255.0	255.0	660.0	408.28	1.			
2.	M	38	105	104.60	Glenn Van Der Merwe	G	190.0	190.0	200.0	190.0	130.0	130.0	140.0	130.0	320.0	240.0	250.0	255.0	250.0	570.0	341.09	2.			
3.	M	37	105	101.65	Liam Schultz	G	95.0	107.5	120.0	120.0	65.0	72.5	72.5	72.5	192.5	145.0	167.5	180.0	167.5	360.0	217.66	3.			
	M	39	105																						
	M	36	105	103.10	Ian Buckle	NW	-----	-----	-----	-----	180.0	185.0	185.0	185.0	Disq	-----	-----	-----	-----	Disq					
	M	40	105	104.00	Nolan Moore	G	170.0	200.0	210.0	-----	70.0	-----	-----	-----	Disq	180.0	-----	-----	-----	Disq					
	W	7	43																						
	W	8	43																						
	W	9	43																						
	W	10	43																						
	W	11	43																						
	W	12	43																						
	W	13	43																						
	W	14	43																						
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Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SO	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	42	120	119.30	Helgard Coertze	G	275.0	295.0	305.	295.0	180.0	190.0	200.0	200.0	495.0	260.0	280.0	290.0	290.0	785.0	451.92	1.			
2.	M	44	120	117.10	Eddie Govender	KZN	220.	220.0	240.0	240.0	180.0	185.	185.0	185.0	425.0	235.0	250.	260.0	260.0	685.0	396.14	2.			
	M	43	120	106.65	Willie Van Rensburg	NW				-----	150.0	165.0	175.0	175.0	Disq				-----	Disq					
	M	41	120	107.00	David Edwards	G				-----	210.	210.	210.	-----	Disq					Disq					
	M	45	120	119.95	Ian Furman	G				-----	230.	230.0	255.	230.0	Disq					Disq					
1.	M	48	120+	127.20	Jaco Claasens	FS	295.0	310.0	320.0	320.0	210.0	230.0	240.0	240.0	560.0	310.0	340.	340.	310.0	870.0	494.07	1.			
2.	M	49	120+	162.50	Arno Lambrechts	G	305.0	315.	315.0	315.0	205.0	215.0		215.0	530.0	305.0	317.5		317.5	847.5	463.50	2.			
3.	M	47	120+	124.70	Minal Raniga	KZN	250.0	270.0	300.	270.0	140.0	170.0	200.	170.0	440.0	240.0	270.0	300.	270.0	710.0	404.77	3.			
4.	M	46	120+	120.75	Willy Johnston Robertson	G	200.	200.	200.0	200.0	200.0	210.	220.	210.0	410.0	230.0	235.	230.0	230.0	640.0	367.36	4.			
5.	M	50	120+	128.05	Jaco Van Heerden	G	180.	180.	180.0	180.0	150.0	160.0	172.5	160.0	340.0	200.0	230.0	250.	230.0	570.0	323.25	5.			
	W	11	43																						
	W	12	43																						
	W	13	43																						
	W	14	43																						
	W	15	43																						

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