

WESTERN CAPE RAW CHAMPIONSHIP - 10 AUG 2019

Host Club: G-Team

Venue: Boat Angle Club, Gordon's Bay

Males													
Name	Surname	Gender	Body Weight	Weight Class	Age Category	Squat	Bench	Deadlift	Total	Wilks Points	Placing	SA Qualifying Std	SA Qualification
Subjunior													
53													
Xavier	Duplessis	M	47.5	53	Subjunior	100	65	142.5	307.5	333.04	1	N/A	Yes
66													
Sipho	Nozombile	M	64.9	66	Subjunior	120	85	170	375	298.58	1	N/A	Yes
74													
Lareedo	van der Rheede	M	73.9	74	Subjunior	120	60	175	355	255.60	1	N/A	Yes
93													
Michael	Kroukam	M	89	93	Subjunior	180	120	240	540	346.72	1	N/A	Yes
Junior													
66													
Emmanuel	Jacobs	M	63.3	66	Junior	127.5	75	170	372.5	302.95	1	322.5	Yes
Abdul Maliek	Mohamed	M	64.5	66	Junior	95	70	120	285	228.11	2	322.5	No
74													
Brandon	Samuels	M	69	74	Junior	172.5	127.5	220	520	394.03	1	347.5	Yes
Theo	Botha	M	72.4	74	Junior	155	110	195	460	336.14	2	347.5	Yes
Xavier	Daniels	M	73.8	74	Junior	180	90	190	460	331.52	3	347.5	Yes
Jason	Baadjies	M	73.9	74	Junior	137.5	100	207.5	445	320.40	4	347.5	Yes
83													
Kyle	Hattingh	M	78.8	83	Junior	150	105	200	455	313.64	1	385	Yes
Richiano	McKinnon	M	82	83	Junior	170	85	185	440	295.84	2	385	Yes
Abdul Baasit	Stemmet	M	77.9	83	Junior	150	90	190	430	298.63	3	385	Yes
93													
Rhowan	Du Plessis	M	90	93	Junior	180	130	200	510	325.58	1	407.5	Yes
Fabio	Yslie	M	89.7	93	Junior	170	150	180	500	319.74	2	407.5	Yes
Open													
59													
Anrich	Phillips	M	57.3	59	Open	160	80	180	420	373.96	1	352.5	Yes
66													
Nico	du Preez	M	65.40	66	Open	180	112.5	235	527.5	417.33	1	390	Yes
74													
Jeremy	Joubert	M	71.4	74	Open	170	150	230	550	406.05	1	420	Yes
Shane	Jonas	M	72.4	74	Open	150	80	220	450	328.83	2	420	Yes
Joshua	Noble	M	66.9	74	Open	150	90	197.5	437.5	339.75	3	420	Yes
83													
Ryan	Altern	M	79.8	83	Open	160	100	205	465	317.96	1	460	Yes
93													
Jade	Blake	M	93	93	Open	260	180	272.5	712.5	447.59	1	490	Yes
Lucien	Henning	M	91.6	93	Open	180	130	220	530	335.38	2	490	Yes
105													
Mario	Lombard	M	102.60	105	Open	205	115	275	595	358.53	1	520	Yes

120+													
Shafiek	Davids	M	134.3	120+	Open	260	160	260	680	382.46	1	555	Yes
Master 1													
105													
Charles	Johnson	M	101.1	105	Master1	230	170	260	660	399.94	1	432.5	Yes
Master 2													
93													
Donald	Julius	M	92.5	93	Master2	185	137.5	190	512.5	322.78	1	407.5	Yes
105													
Mogamat	Kader	M	103.5	105	Master2	225	160	250	635	381.41	1	432.5	Yes
120													
Johan	Kruger	M	120	120	Master2	160	130	200	490	281.71	1	452.5	Yes
Master 3													
74													
Isaac	Wesso	M	69.6	74	Master3	100	85	150	335	252.15	1	N/A	Yes
83													
Stanley	Lameyer	M	80.7	83	Master 3	210	100	230	540	366.65	1	N/A	Yes

Overall Winner: Jade Blake

Top3 per Category

	Name	Surname	Wilks Points	Placing
Subjunior	Michael	Kroukam	346.72	1
	Xavier	Duplessis	333.04	2
	Sipho	Nozombie	298.58	2
Junior	Brandon	Samuels	394.03	1
	Theo	Botha	336.14	2
	Xavier	Daniels	331.52	3
Open	Jade	Blake	447.59	1
	Nico	du Pleez	417.33	2
	Jeremy	Joubert	406.05	3
M1	Charles	Johnson	399.94	1
M2	Mogamat	Kader	381.41	1
	Donald	Julius	322.78	2
	Johan	Kruger	281.71	3
M3	Stanley	Lameyer	366.65	1
	Isaac	Wesso	252.15	2

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Females

Name	Surname	Gender	Body Weight	Weight Class	Age Category	Squat	Bench	Deadlift	Total	Wilks Points	Placing	SA Qualifying Std	SA Qualification
Subjunior													
57													
Liame	Baadjies	F	55.9	57	Subjunior	80	45	120	245	288.67	1	n/a	Yes
Anastacia	Scerris	F	53.9	57	Subjunior	90	45	105	240	290.96	2	n/a	Yes
63													
Malieka	Mohammed	F	61.70	63	Subjunior	100	35	112.5	247.5	270.06	1	n/a	Yes
Open													
63													
Samiera	Kenny	F	62.2	63	Open	140	80	140	360	390.40	1	197.5	Yes
Robyn	Rossouw	F	60.4	63	Open	77.5	47.5	100	225	249.56	2	197.5	Yes
84													
Naiema	Noordien	F	83.10	84	Open	160	87.5	170	417.5	374.33	1	247.5	Yes
Riette	Crieghton	F	77.8	84	Open	100	60	147.5	307.5	285.89	2	247.5	Yes
Master1													
72													
Michelle	Hamman	F	69.7	72	Master1	115	70	150	335	334.26	1	217.5	Yes
Master2													
84													
Fiona	Hickman	F	78.1	84	Master2	100	50	120	270	250.46	1	n/a	Yes
Francis	Pretorius	F	80.2	84	Master2	65	35	85	185	169.04	2	n/a	Yes
Master 3													
57													
Kim	Dubs	F	56.5	57	Master 3	60	30	75	165	192.79	1	n/a	Yes
Master 4													
57													
Dulcie	Duguid	F	56.1	57	Master 4	75	35	100	210	246.74	1	n/a	Yes

Overall Winner: Samiera Kenny

Top3 per Category

	Name	Surname	Wilks Points	Placing
Subjunior	Anastacia	Scerris	290.96	1
	Liame	Baadjies	288.67	2
	Malieka	Mohammed	270.06	3
Open	Samiera	Kenny	390.40	1
	Naiema	Noordien	374.33	2
	Riette	Crieghton	285.89	3
M1	Michelle	Hamman	334.26	1
M2	Fiona	Hickman	250.46	1
	Francis	Pretorius	169.04	2
M3	Kim	Dubs	192.79	1
M4	Dulcie	Duguid	246.74	11