

Color	Colour	M / W	Lot	Class	BW	Name	Competition	SQ Result	BP Result	DL Result	Tot. Result	Points 3 Lift	Points Bench
			1									#VALUE!	#VALUE!
			2									#VALUE!	#VALUE!
		M	3	90	85.50	A Bester	Master Bench		170.0		170.0	111.55	111.55
y		M	4	82.5	82.25	Aldo Botha	SA Bench		145.0		145.0	97.28	97.28
		M	5	82.5	80.15	Aldo Botha	Inter Prov	180.0	140.0	232.5	552.5	376.58	95.42
		M	6	82.5	78.50	Aldo Botha	Gauteng Champs	185.0	130.0	242.5	557.5	385.23	89.83
		M	7	82.5	78.90	Aldo Botha	SA Powerlifting	212.5	137.5	235.0	585.0	402.95	94.71
	y	M	8	82.5	78.90	Aldo Botha	SA Powerlifting	212.5	137.5	235.0	585.0	402.95	94.71
		M	9	82.5	78.30	Aldo Botha	SA Secondaries	180.00	130.00	230.00	540.0	373.79	89.99
		M	10	82.5	81.9	Booyesen Johannes	Master Worlds	140.0	90.0	180.0	410.0	275.89	60.56
y		W	11	44	37.45	Christine Mhlongo	SA Bench		52.5		52.5	#N/A	#N/A
		W	12	44	37.60	Christine Mhlongo	HS Day		52.5		52.5	#N/A	#N/A
y		M	13	90	88.55	Clayton Opperman	SA Bench		175.0		175.0	112.63	112.63
		M	14	90	90.00	Clayton Opperman	Gauteng Champs		170.0		170.0	108.53	108.53
y		M	15	75	71.00	Clifford Hayim	SA Bench		145.0		145.0	107.50	107.50
		M	16	75	70.35	Clifford Hayim	Inter Prov	80.0	120.0	125.0	325.0	242.48	89.53
		M	17	75	69.00	Clifford Hayim	SA Secondaries		137.50		137.5	104.20	104.20
		M	18	110	108.20	Colin De Bruyn	Inter Prov		140.0		140.0	82.82	82.82
		M	19	110	109.80	Colin De Bruyn	Gauteng Champs	190.0	137.5	190.0	517.5	304.70	80.96
y		M	20	75	73.95	Dan Oppenheim	Master Bench		132.5		132.5	95.31	95.31
		M	21	75	73.10	Dan Oppenheim	Inter Prov	120.0	60.0	192.5	372.5	270.29	43.54
		M	22	75	72.90	Dan Oppenheim	SA Master	140.0	100.0	190.0	430.0	312.65	72.71
	y	M	23	125	112.00	Dane Richa	HS Day	130.0	95.0	190.0	415.0	242.90	55.60
		M	24	90	86.70	Daniel Hurlin	HS Day	165.0	130.0	190.0	485.0	315.78	84.64
		M	25	90	89.20	Denzil Van Niekerk	SA Junior	280.0	170.0	260.0	710.0	455.32	109.02
y	y	M	26	100	96.50	Denzil Van Niekerk	Commonwealth	300.0	185.0	295.0	780.0	481.81	114.27
	y	M	27	100	95.10	Denzil van Niekerk	SA Powerlifting	300.0	175.0	300.0	775.0	481.82	108.80
y		M	28	90	89.95	Derek Allen	SA Bench		190.0		190.0	121.30	121.30
		M	29	90	89.70	Derek Allen	SA Master	240.0	180.0	215.0	635.0	406.08	115.11
	y	M	30	90	89.45	Derek Allen	Master Worlds	245.0	180.0	225.0	650.0	416.13	115.24
		M	31	75	73.20	Eugene Popov	HS Day						
		M	32	125*	150.10	Francois Naude	SA Bench		220.0		220.0	121.70	121.70
y		M	33	125*	150.1	Francois Naude	Master Bench		240.0		240.0	132.77	132.77
		M	34	100	96.90	Gary Lewis	Gauteng Champs	250.0		260.0	510.0	314.47	
y		M	35	82.5	80.60	George Mahlakwane	SA Bench		200.0		200.0	135.90	135.90
	y	M	36	82.5	80.35	George Mahlakwane	Inter Prov	200.0	165.0	225.0	590.0	401.55	112.30
y		M	37	52	49.00	Gift Mbele	SA Bench		107.5		107.5	112.45	112.45
		M	38	52	49.90	Gift Mbele	HS Day		105.0		105.0	107.67	107.67
		M	39	100	93.75	Henk de Wet	SA Bench		155.0		155.0	96.98	96.98
		M	40	90	89.55	Henk De Wet	Commonwealth		150.0	245.0	395.0	252.72	95.97
		M	41	100	91.05	Henk de Wet	Inter Prov	240.0	150.0	260.0	650.0	412.43	95.18
y	y	M	42	100	91.70	Henk De Wet	Gauteng Champs	260.0	160.0	262.5	682.5	431.68	101.20
	y	M	43	90	89.95	Henk de Wet	SA Powerlifting	262.5	155.0	265.0	682.5	435.71	98.95
		M	44	90	89.05	Henk de Wet	SA Secondaries	220.00	150.00	252.50	622.5	399.46	96.26
		M	45	125	119.8	Ian Furman	Master Bench						
y		M	46	125	121.90	Ian Furman	Inter Prov		240.0		240.0	137.50	137.50
		M	47	125	123.75	Ian Furman	HS Day		240.0		240.0	137.04	137.04
		M	48	82.5	79.85	Ian Hacker	Gauteng Champs	165.0	110.0	190.0	465.0	317.69	75.15
		M	49	75	71.90	Jaco Van Niekerk	HS Day	120.0	65.0	160.0	345.0	253.40	47.74
		M	50	90	89.00	Jacques Schlebusch	Gauteng Champs	115.0	85.0	180.0	380.0	244.00	54.58
		W	51	56	56.00	Janine Izaakse	Inter Prov	60.0	32.5	90.0	182.5	214.73	38.24
		W	52	60	57.00	Janine Izaakse	Gauteng Champs	67.5	37.5	100.0	205.0	237.88	43.52
		M	53	90	89.65	Jaques Schlebusch	Inter Prov	122.5	60.0	100.0	282.5	180.66	38.37
		M	54	75	70.30	Jason Mosca	SA Junior	170.0	115.0	180.0	465.0	347.31	85.89
		M	55	75	70.00	Jason Mosca	Gauteng Champs	170.0	110.0	185.0	465.0	348.47	82.43
		M	56	75	71.70	Jason Mosca	SA Secondaries						
		M	57	100	94.60	John Hall	SA Bench		175.0		175.0	109.06	109.06
		M	58	100	96.00	John Hall	SA Master	245.0	160.0	280.0	685.0	424.08	99.06
y	y	M	59	100	98.85	John Hall	Master Worlds	265.0	190.0	282.5	737.5	450.83	116.15
y		M	60	67.5	63.40	Jonathan Kariv	SA Bench		132.5		132.5	107.62	107.62
		M	61	60	59.00	Jonathan Kariv	SA Junior	160.0	105.0	170.0	435.0	376.80	90.95
	y	M	62	60	59.40	Jonathan Kariv	SA Powerlifting	175.0	120.0	185.0	480.0	413.18	103.30
		W	63	48	48.00	Junko Kitamura	SA Powerlifting	130.0	77.5	122.5	330.0	437.05	102.64
		W	64	48	47.80	Junko Kitamuro	SA Bench		77.5		77.5	102.96	102.96
y		W	65	52	48.30	Junko Kitamuro	Master Bench		85.0		85.0	112.06	112.06
		W	66	52	49.50	Junko Kitamuro	SA Master	120.0	82.5	120.0	322.5	417.44	106.79
	y	W	67	52	48.05	Junko Kitamuro	Master Worlds	130.0	80.0	122.5	332.5	439.70	105.79
		W	68	48	47.40	Junko Kitamuro	Commonwealth	125.0	80.0	125.0	330.0	441.11	106.94
		M	69	52	45.60	Kirsten Wright	SA Bench		95.0		95.0	107.84	107.84
		M	70	52	44.80	Kirsten Wright	Inter Prov		95.0		95.0	110.12	110.12
y		M	71	52	46.30	Kirsten Wright	HS Day		105.0		105.0	117.11	117.11
		M	72	52	45.80	Kirsten Wright	SA Secondaries		97.50		97.5	110.12	110.12
		M	73	100	94.00	Kyle Beyrooti	Gauteng Champs	115.0	90.0	170.0	375.0	234.38	56.25

		M	74	90	87.60	Ilino de rose 2	SA Master	155.0	130.0	175.0	460.0	297.85	84.18
y		W	75	60	59.05	Lisa Basson	SA Bench		70.0		70.0	78.97	78.97
		W	76	60	57.00	Lisa Basson	Commonwealth	105.0	65.0	125.0	295.0	342.32	75.43
		W	77	60	58.55	Lisa Basson	Gauteng Champs	100.0	55.0	120.0	275.0	312.26	62.45
	y	W	78	60	57.70	Lisa Basson	SA Powerlifting	112.5	65.0	127.5	305.0	350.57	74.71
		W	79	60	57.10	Lisa Basson	SA Secondaries	80.00	57.50	115.00	252.5	292.60	66.63
		M	80	125*	137.00	Louis Joubert	HS Day	240.0	185.0	265.0	690.0	386.88	103.73
y		M	81	110	108.75	Lourens Rosslee	SA Bench		227.5		227.5	134.34	134.34
		M	82	125	113.90	Lourens Rosslee	HS Day		225.0		225.0	131.09	131.09
y		M	83	52	45.05	Malcolm Chinian	SA Bench		105.0		105.0	120.76	120.76
		M	84	52	44.20	Malcolm Chinian	HS Day		100.0		100.0	117.81	117.81
		M	85	52	49.25	Malcolm Chinian	SA Secondaries		97.50		97.5	101.30	101.30
y		M	86	100	92.65	Mark Phillips	SA Bench		160.0		160.0	100.67	100.67
		M	87	90	88.90	Mark Phillips	Inter Prov	190.0	140.0	220.0	550.0	353.32	89.94
		M	88	67.5	82.35	Marlon Daniels	SA Bench		135.0		135.0	111.17	111.17
		M	89	60	58.60	Marlon Daniels	Inter Prov	185.0	135.0	197.5	517.5	451.10	117.68
		M	90	60	58.85	Marlon Daniels	Commonwealth	200.0	130.0	200.0	530.0	459.78	112.78
		M	91	60	59.10	Marlon Daniels	Gauteng Champs	200.0	140.0	190.0	530.0	458.34	121.07
y	y	M	92	60	59.15	Marlon Daniels	SA Powerlifting	207.5	140.0	197.5	545.0	470.61	120.89
		M	93	60	59.45	Marlon Daniels	SA Secondaries	180.00	132.50	185.00	497.5	427.55	113.87
		M	94	110	106.10	Mathew Cosmo	Gauteng Champs	260.0	220.0	250.0	730.0	434.64	130.99
y		M	95	110	107.90	Mathew Cosmo	SA Bench		242.5		242.5	143.58	143.58
y	y	M	96	110	106.10	Mathew Cosmo	SA Powerlifting	310.0	220.0	220.0	750.0	446.55	130.99
y	y	M	97	90	89.80	Michael Johnson	Gauteng Champs	245.0	150.0	260.0	655.0	418.61	95.87
		M	98	90	87.25	Michael Johnson	SA Secondaries	240.00	140.00	255.00	635.0	411.92	90.82
		W	99	56	55.50	Moekie Grobelaar	SA Bench		90.0		90.0	106.64	106.64
		M	100	125	116.60	Nicholas Tatalias	Inter Prov	145.0	125.0	180.0	450.0	260.55	72.38
		M	101	125	115.30	Nicholas Tatalias	Gauteng Champs	170.0	130.0	192.5	492.5	285.95	75.48
		M	102	125	115.15	Nicholas Tatalias	SA Secondaries	165.00	125.00	190.00	480.0	278.78	72.60
		M	103	100	99.30	P Heenop	SA Junior	180.0	125.0	250.0	555.0	338.72	76.29
		M	104	110	109.30	Rodney Anthony	SA Master	275.0			275.0	162.17	
y	y	M	105	110	109.95	Rodney Anthony	Inter Prov	250.0	170.0	250.0	670.0	394.30	100.05
		M	106	110	104.35	Roger Ransome	Inter Prov	100.0	80.0	145.0	325.0	194.61	47.90
		M	107	110	104.40	Roger Ransome	Gauteng Champs	100.0	100.0	140.0	340.0	203.59	59.88
y		M	108	110	110.00	Ross Devine	SA Bench		180.0		180.0	105.93	105.93
		M	109	110	110.00	Ross Devine	Inter Prov	100.0	170.0	180.0	450.0	264.83	100.05
		M	110	110	109.75	Ross Devine	Gauteng Champs	150.0	175.0	200.0	525.0	309.12	103.04
		M	111	110	109.55	Ross Devine	SA Secondaries		162.50		162.5	95.75	95.75
y	y	W	112	82.5	81.45	Roxy Adamson	Commonwealth		95.0	150.0	245.0	221.92	86.05
		W	113	82.5	82.50	Roxy Adamson	SA Powerlifting	145.0	95.0	165.0	405.0	364.50	85.50
		W	114	82.5	82.10	Roxy Adamson	SA Secondaries	142.50	77.50	150.00	370.0	333.85	69.93
		M	115	82.5	76.40	Salomon Liebenberg	HS Day		97.5		97.5	68.60	68.60
		M	116	90	89.65	Stephen Farrah	SA Secondaries	185.00	132.50	195.00	512.5	327.74	84.73
		M	117	100	97.15	Terence Delaney	Master Bench		170.0		170.0	104.69	104.69
		M	118	100	99.50	Theunis Naude	SA Secondaries	150.00	80.00	200.00	430.0	262.21	48.78
		M	119	100	92.00	V Harris	SA Master	130.0	110.0		240.0	151.56	69.47
		M	120	82.5	81.70	Werner Heenop	SA Junior	177.5	115.0	187.5	480.0	323.47	77.50