

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power Points	Power Place	PL	BP	PTS
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Result	Result			
4.	M	1	82.5	77.55	MATT STEVENS	G	130.0	150.0	160.0	160.0	90.0	100.0	<del>110.0</del>	100.0	260.0	180.0	202.5	210.0	210.0	470.0	327.26	4.	Green	Orange	7.0
1.	M	7	90	89.7	ETIENNE POTGIETER	GN	245.0	<del>280.0</del>	<del>280.0</del>	245.0	140.0	150.0	160.0	160.0	405.0	245.0	270.0		270.0	675.0	431.66	1.	Bronze	Bronze	12.0
4.	M	3	90	89.85	MARIUSZ GLUCHOWSKI	FS	210.0	230.0	240.0	240.0	140.0	145.0	<del>150.0</del>	145.0	385.0	220.0	240.0	250.0	250.0	635.0	405.64	2.	Black	Black	9.0
3.	M	8	90	88.25	BRETT JOHNSON	KZN	225.0	240.0	<del>250.0</del>	240.0	135.0	145.0	<del>150.0</del>	145.0	385.0	235.0	245.0		245.0	630.0	406.16	3.	Black	Black	8.0
2.	M	2	90	88.25	FLIPPIE PRETORIUS	FS	180.0	200.0	210.0	210.0	130.0	140.0	150.0	150.0	360.0	180.0	210.0	230.0	230.0	590.0	380.37	4.	Brown	Black	7.0
7.	M	4	90	84.9	BUROTOLUWA FASEDEMI	G	190.0	210.0	220.0	220.0	110.0	120.0	<del>125.0</del>	120.0	340.0	205.0	225.0	235.0	235.0	575.0	378.81	5.	Brown	Green	6.0
6.	M	9	90	86.1	LIAM SMITHERS	KZN	170.0	185.0	195.0	195.0	<del>135.0</del>	135.0	<del>140.0</del>	135.0	330.0	180.0	200.0	215.0	215.0	545.0	356.21	6.	Blue	Brown	5.0
5.	M	5	90	86.55	RYNO SAIMAN	GN	160.0	200.0	<del>210.0</del>	200.0	<del>130.0</del>	130.0	140.0	140.0	340.0	190.0	200.0	<del>210.0</del>	200.0	540.0	351.81	7.	Blue	Brown	4.0
8.	M	6	90	87.45	ADRIAAN SWART	FS	160.0	<del>170.0</del>	180.0	180.0	90.0	110.0	<del>120.0</del>	110.0	290.0	205.0	220.0	230.0	230.0	520.0	336.91	8.	Green	Orange	3.0
2.	M	10	100	90.7	MARTINUS VERMAAK	KZN	200.0	225.0	240.0	240.0	120.0	140.0	<del>150.0</del>	140.0	380.0	220.0	240.0	250.0	250.0	630.0	400.62	1.	Brown	Blue	12.0
1.	M	11	100	98.65	HENDRI SLABBERT	FS	190.0	210.0	220.0	220.0	130.0	140.0	145.0	145.0	365.0	180.0	200.0	210.0	210.0	575.0	351.79	2.	Blue	Brown	9.0
3.	M	13	100	96.9	GORDON SHAW	G	150.0	170.0	<del>180.0</del>	170.0	90.0	100.0	<del>110.0</del>	100.0	270.0	<del>180.0</del>	180.0	207.5	207.5	477.5	294.43	3.	Orange	Yellow	8.0
4.	M	12	100	99.75	NOMBULELO MKENCELE	GN	<del>180.0</del>	130.0	<del>150.0</del>	130.0	30.0	40.0	45.0	45.0	175.0	110.0	140.0	155.0	155.0	330.0	201.00	4.	Yellow	Yellow	7.0
	M	14	52																						
			44																						

**POWERLIFTING**

**FLIGHT 2**  
SA Inter-Provincial Championships (Inland)  
07/08/2010

		BP	
G	7+6+8	21.0	G 7+7+8 22.0
KZN	12+5+8	25.0	KZN 8+5+9 22.0
GN	12+4+7	23.0	GN 12+6+7 25.0
FS	9+7+3+9	28.0	FS 7+9+3+12 31.0

 = SA Official Record

 = SA Unofficial Record

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

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

BP Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power Points	Power Place	PL	BP	PTS
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Result	Result			
1.	M	1	56	54.15	DANIEL KOBVOE	FS	130.0	140.0	150.0	150.0	60.0	80.0	87.5	80.0	230.0	160.0	180.0	210.0	210.0	440.0	413.78	1.	Black	Green	12.0
1.	M	3	60	59.5	MOSES TSIMANE	FS	<del>150.0</del>	150.0	160.0	160.0	100.0	125.0	130.0	130.0	290.0	180.0	200.0	<del>200.0</del>	200.0	490.0	421.11	1.	Bronze	Gold	12.0
1.	W	2	60	56.4	LISA BASSON	G	110.0	122.5	<del>132.5</del>	122.5	65.0	70.0	75.0	75.0	197.5	125.0	140.0	147.5	147.5	345.0	403.68	1.	Bronze	Bronze	12.0
2.	W	4	60	60	DANEL VAN JAARVELD	G	<del>100.0</del>	100.0	<del>112.5</del>	100.0	<del>65.0</del>	<del>65.0</del>	65.0	65.0	165.0	110.0	125.0	135.0	135.0	300.0	334.47	2.	Brown	Brown	9.0
1.	W	5	67.5	67.05	MICHELLE DE SOUZA	G	<del>130.0</del>	130.0	147.5	147.5	57.5	62.5	<del>65.0</del>	62.5	210.0	160.0	<del>175.0</del>	175.0	175.0	385.0	394.63	1.	Silver	Green	12.0
2.	M	6	75	74.45	MARLON DANIELS	G	160.0	180.0	200.0	200.0	130.0	140.0	150.0	150.0	350.0	180.0	200.0	220.0	220.0	570.0	408.06	1.	Black	Silver	12.0
1.	M	7	75	74.65	VINAY GOOSAI	KZN	190.0	210.0	<del>220.0</del>	210.0	140.0	150.0	155.0	155.0	365.0	<del>240.0</del>	<del>240.0</del>	<del>240.0</del>	-----	Disq			#N/A	Gold	
	M	8	75	71	FRECK JONK	NW					<del>150.0</del>	<del>150.0</del>	<del>150.0</del>	-----	Disq				Disq				#N/A	#N/A	
3.	M	12	82.5	82.45	FREDDY SNYMAN	KZN	230.0	250.0	<del>260.0</del>	250.0	120.0	<del>170.0</del>	<del>185.0</del>	120.0	370.0	235.0	255.0		255.0	625.0	418.69	1.	Bronze	Blue	12.0
1.	M	11	82.5	77.85	SEAN ANTHONY	G	<del>210.0</del>	220.0	<del>240.0</del>	220.0	125.0	135.0	<del>145.0</del>	135.0	355.0	210.0	<del>230.0</del>	230.0	230.0	585.0	406.28	2.	Black	Brown	9.0
2.	M	10	82.5	79.1	SAMPIE THERON	FS	<del>140.0</del>	140.0	170.0	170.0	110.0	120.0	<del>130.0</del>	120.0	290.0	<del>180.0</del>	210.0	225.0	225.0	515.0	354.11	3.	Blue	Blue	8.0
1.	W	9	82.5	75.2	SUE GLAZER	KZN	120.0	140.0	<del>150.0</del>	140.0	110.0	<del>115.0</del>	115.0	115.0	255.0	150.0	170.0		170.0	425.0	403.37	1.	Bronze	Gold	12.0
	M	13	52																						
	M	14	52																						
			44																						

POWERLIFTING				BP		
G	12+9+12+12+9	54.0		G	12+9+12+9+1	54.0
KZN	12+12	19.0		KZN	12+12+8	27.0
NW				NW		
FS	12+12+8	32.0		FS	12+12+9	33.0

= SA Official Record

= SA Unofficial Record

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

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

**FLIGHT 1**  
SA Inter-Provincial Championships (Inland)  
07/08/2010

BP Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Power Points	Power Place	PL	BP	PTS
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Result	Result	Result	Result	Result
4.	M	1	110	101.02	JOSHUA CAPAZORIO	G	<u>260.0</u>	<u>280.0</u>	<del>300.0</del>	280.0	<u>155.0</u>	<u>162.5</u>	<del>170.0</del>	162.5	442.5	<u>220.0</u>	<u>250.0</u>	<u>270.0</u>	270.0	712.5	431.78	1.	Black	Black	12.0
5.	M	5	110	107.9	MINAL RANIGA	KZN	<del>275.0</del>	<del>275.0</del>	<u>275.0</u>	275.0	<u>130.0</u>	<u>140.0</u>	<del>150.0</del>	140.0	415.0	<u>235.0</u>	<u>250.0</u>	<del>270.0</del>	250.0	665.0	393.75	2.	Brown	Blue	9.0
2.	M	6	110	109.3	DAVE EDWARDS	GN	<u>180.0</u>	<u>200.0</u>	<u>210.0</u>	210.0	<u>170.0</u>		<del>245.0</del>	170.0	380.0	<u>200.0</u>	<u>220.0</u>	<u>240.0</u>	240.0	620.0	365.61	3.	Blue	Black	8.0
3.	M	2	110	106.95	ROELOF KINNEAR	FS	<u>150.0</u>	<del>170.0</del>	<del>170.0</del>	150.0	<u>150.0</u>		<del>165.0</del>	165.0	315.0	<u>220.0</u>	<u>250.0</u>	<del>270.0</del>	250.0	565.0	335.44	4.	Green	Black	7.0
	M	3	110	108.3	CLYDE KEEVY	G	<u>225.0</u>	<u>240.0</u>	<del>250.0</del>	240.0	<del>175.0</del>	<del>175.0</del>	<del>175.0</del>	-----	Disq	<u>225.0</u>	<del>227.5</del>	<del>250.0</del>	225.0	Disq			#N/A	#N/A	
1.	M	4	110	109.4	GARY KATZEN	G				-----	<u>185.0</u>	<del>200.0</del>	<del>205.0</del>	185.0	Disq				Disq				#N/A	Silver	
1.	M	8	125	124.99	JACO CLAASSEN	FS	<u>267.5</u>	<u>287.5</u>	<u>300.0</u>	300.0	<u>205.0</u>	<u>225.0</u>		225.0	525.0	<u>310.0</u>			310.0	835.0	475.78	1.	Gold	Elite 2	12.0
2.	M	11	125	118.8	WILLIE JOHNSTON ROBERTSON	GN	<u>150.0</u>			150.0	<u>200.0</u>	<del>220.0</del>	<del>220.0</del>	200.0	350.0	<u>200.0</u>	<u>220.0</u>	<del>230.0</del>	220.0	570.0	328.49	2.	Green	Gold	9.0
3.	M	7	125	123.75	COLLIN LUBBE	FS				-----	<del>150.0</del>	<u>150.0</u>	<del>167.5</del>	150.0	Disq				Disq				#N/A	Blue	
	M	9	125	123.65	IAN FURMAN	G				-----					Disq				Disq				#N/A	Yellow	
4.	M	10	125	117.05	WARREN BAKOS	G				-----	<u>95.0</u>	<u>105.0</u>	<del>110.0</del>	105.0	Disq	<u>180.0</u>	<u>200.0</u>	<u>210.0</u>	210.0	Disq			#N/A	Yellow	
1.	M	12	125+	135	FRANK JANSE VAN RENSBURG	KZN	<u>230.0</u>	<u>250.0</u>	<u>260.0</u>	260.0	<u>150.0</u>	<u>240.0</u>	<u>245.0</u>	245.0	505.0	<u>205.0</u>	<u>220.0</u>	<u>230.0</u>	230.0	735.0	413.07	1.	Black	Elite 3	12.0
	M	13	52																						
	M	14	52																						
			44																						

**POWERLIFTING**

**FLIGHT 3**  
SA Inter-Provincial Championships (Inland)  
07/08/2010

		BP	
G	12	12.0	12+7+7 26.0
KZN	12+9	21.0	KZN 6+12 18.0
GN	8+9	17.0	GN 9+9 17.0
FS	7+12	19.0	FS 8+12+8 28.0

 = SA Official Record

 = SA Unofficial Record

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

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