

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Power Place	SQ 4.	BP 4.	DL 4.
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
1.	W	1	47S/J	46.72	Jillian Daniels	EC	40.0	45.0	53.0	52.5	25.0	30-	30-	25.0	77.5	65.0	77.5	85.0	85.0	162.5	219.21	1.			
1.	W	2	52M2	51.37	Miriam Sinclair	WP	115.0	125.0	125.0	125.0	62.5	67.5	72.5	72.5	197.5	145.0	155-	155-	145.0	342.5	430.80	1.			
1.	W	3	57J	56.34	Ilze-Mari Maritz	EC	90.0	97.5	97.5	97.5	62.5	67.5	67.5	67.5	165.0	115.0	122.5	125-	122.5	287.5	336.40	1.			
1.	W	4	57S	56.34	Bealinda Coleman	WP	110.0	120.0	127.5	127.5	50.0	55.0	60-	55.0	182.5	100.0	120-	120-	100.0	282.5	330.55	1.			
1.	W	5	57M1	55.10	Hesterki Range	WP	110.0	117.5	125.0	125.0	55-	60.0	65-	60.0	185.0	140.0	152.5	155-	152.5	337.5	402.17	1.			
1.	W	6	63M1	62.47	Michelle de Souza	Gauteng	135.0	150.0	160-	150.0	70-	70.0	77.5	70.0	220.0	152.5	165.0	180-	165.0	385.0	415.99	1.			
1.	W	7	63S	62.91	Laurika Kilian	EC	110.0	122.5	127.5	122.5	65.0	72.5	77.5	72.5	195.0	157.5	165.0	172.5	165.0	360.0	386.64	1.			
1.	W	9	63S/J	61.25	Jerain Hunt	Gauteng	100.0	100-	110.0	110.0	50.0	60.0	65-	60.0	170.0	110.0	115.0	125.0	125.0	295.0	323.50	1.			
2.	W	8	63S/J	60.38	Anneke Jordaan	EC	100.0	107.5	112.5	107.5	45.0	47.5	50-	47.5	155.0	100.0	107.5	110.0	110.0	265.0	293.94	2.			
1.	W	10	72M1	71.63	Bonita Hein	WP	110.0	125.0	140.0	140.0	65.0	75-	75-	65.0	205.0	150-	150.0	160-	150.0	355.0	347.47	1.			
1.	W	11	72S	67.40	Renate van Dyk	WP	105-	105.0	110.0	110.0	57.5	62.5	65-	62.5	172.5	132.5	137.5	142.5	142.5	315.0	321.84	1.			
1.	W	12	72S/J	67.59	Havannah Hunt	Gauteng	90.0	100.0	110.0	110.0	50.0	60.0	67.5	67.5	177.5	110-	110-	110.0	110.0	287.5	293.11	1.			
1.	W	13	72J	71.86	Esther Caddy	Gauteng	95-	95.0	105-	95.0	52.5	52.5	57.5	57.5	152.5	115-	122.5	132.5	132.5	285.0	278.42	1.			

Flight 1
SA Powerlifting Championships 2011
24/06/2011

= 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.	Wilks Points	Power Place	SQ	BP	DL
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Result	4.	4.	4.	
1.	W	1	84J	74.15	Natalie Mohr	WP	120.0	130.0	140.0	140.0	70.0	77.5	82.5	77.5	217.5	125.0	135.0	150.0	150.0	367.5	351.73	1.			
1.	W	2	84+J	90.60	Esmay Smith	NW	180.0	200.0	210.0	200.0	70.0	80.0	90.0	80.0	280.0	160.0	170.0	180.0	180.0	460.0	396.38	1.			
3.	M	3	59J	57.34	Ethan Russel	NW	140.0	150.0	155.0	150.0	75.0	85.0	90.0	90.0	240.0	130.0	135.0	145.0	145.0	385.0	342.23	3.			
1.	M	4	66J	64.75	Given Scorgie	NW	140.0	150.0	150.0	150.0	95.0	100.0	100.0	95.0	245.0	170.0	190.0	195.0	195.0	440.0	350.81	1.			
1.	M	5	59J	58.95	Ivan Vers	NW	130.0	145.0	150.0	145.0	90.0	100.0	110.0	110.0	255.0	140.0	165.0	170.0	170.0	425.0	368.14	1.			
4.	M	6	59J	55.48	Thapelo Morekwena	Gauteng	80.0	100.0	120.0	100.0	40.0	50.0	50.0	50.0	150.0	100.0	120.0	135.0	120.0	270.0	247.97	4.			
1.	M	7	66S	61.15	Jacobus Phalatsi	NW	220.0	240.0	240.0	220.0	120.0	130.0	140.0	130.0	350.0	190.0	200.0	220.0	200.0	550.0	460.79	1.			
1.	M	8	66S/J	60.62	Itumeleng Toona	Gauteng	80.0	105.0	115.0	105.0	60.0	75.0	80.0	60.0	165.0	100.0	150.0	150.0	100.0	265.0	223.63	1.			
	M	9	66S/J	60.88	Percy Ntsotjo	NW	175.0	175.0	175.0	-----	50.0	60.0	70.0	70.0	Disq	160.0	170.0	185.0	170.0	Disq					
2.	M	10	59J	58.93	Jacques Fourie	EC	110.0	120.0	127.5	127.5	110.0	115.0	117.5	117.5	245.0	120.0	135.0	150.0	150.0	395.0	342.15	2.			

Flight 2

SA Powerlifting Championships 2011
24/06/2011

 = SA Official Record

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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Power Place	SQ 4.	BP 4.	DL 4.
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
4.	M	1	66J	65.48	David van Coller	Gauteng	<u>110.0</u>	125.	130.	110.0	<u>65.0</u>	<u>75.0</u>	77.5	75.0	185.0	<u>150.0</u>	<u>170.0</u>	180.	170.0	355.0	280.49	4.			
2.	M	2	74J	70.70	Freddie Senekal	EC	<u>110.0</u>	<u>120.0</u>	<u>135.0</u>	135.0	160.	<u>100.0</u>	107.5	100.0	235.0	<u>170.0</u>	185.	187.5	170.0	405.0	301.20	2.			
1.	M	4	66J	65.42	Kennedy Sekome	Gauteng	<u>170.0</u>	190.	190.	170.0	80.	<u>95.0</u>	107.5	95.0	265.0	<u>220.0</u>	<u>240.0</u>	262.5	240.0	505.0	399.00	1.			
2.	M	6	66J	63.25	Nick Stefanou	Gauteng	170.	<u>180.0</u>	190.	180.0	<u>90.0</u>	105.	105.	90.0	270.0	<u>190.0</u>	<u>205.0</u>	210.	205.0	475.0	386.32	2.			
3.	M	3	66J	64.68	Jaco Brits	Gauteng	120.	<u>145.0</u>	170.	145.0	90.	<u>90.0</u>	105.	90.0	235.0	<u>150.0</u>	<u>175.0</u>	190.	175.0	410.0	327.30	3.			
5.	M	5	66J	63.70	Leon Haarhoff	EC	<u>90.0</u>	<u>102.5</u>	<u>110.0</u>	110.0	<u>60.0</u>	<u>67.5</u>	<u>75.0</u>	75.0	185.0	<u>160.0</u>	<u>167.5</u>	175.	167.5	352.5	285.14	5.			
1.	M	7	74J	66.90	Thabang Mpe	Gauteng	<u>150.0</u>	<u>165.0</u>	<u>170.0</u>	170.0	<u>140.0</u>	147.5	147.5	140.0	310.0	<u>160.0</u>	190.	<u>190.0</u>	190.0	500.0	388.30	1.			
3.	M	8	74J	66.75	Thulani Mahlangu	Gauteng	<u>130.0</u>	145.	<u>160.0</u>	160.0	<u>40.0</u>	<u>65.0</u>	90.	65.0	225.0	<u>165.0</u>	195.	200.	165.0	390.0	303.23	3.			
1.	M	10	66S/J	65.73	Jacques Fourie	EC	<u>145.0</u>	155.	<u>155.0</u>	155.0	<u>85.0</u>	95.	95.	85.0	240.0	<u>180.0</u>	<u>190.0</u>	200.	190.0	430.0	338.50	1.			
2.	M	13	66S/J	61.74	Thembanani Makubalo	Gauteng	<u>130.0</u>	<u>150.0</u>	170.	150.0	<u>70.0</u>	80.	80.	70.0	220.0	<u>165.0</u>	<u>185.0</u>	200.	185.0	405.0	336.35	2.			
3.	M	9	66S/J	61.55	DC Luwes	FS	<u>137.5</u>	<u>152.5</u>	157.5	152.5	<u>52.5</u>	<u>65.0</u>	<u>75.0</u>	75.0	227.5	<u>140.0</u>	<u>160.0</u>	170.	160.0	387.5	322.75	3.			
4.	M	11	66S/J	62.74	Michael Denny	WP	<u>110.0</u>	<u>115.0</u>	<u>120.0</u>	120.0	<u>70.0</u>	<u>77.5</u>	82.5	77.5	197.5	<u>160.0</u>	<u>175.0</u>	182.5	175.0	372.5	305.04	4.			
	M	12	66S/J	62.85	Phomelelo Phasha	Gauteng	<u>100.0</u>	<u>120.0</u>	<u>140.0</u>	140.0	70.	70.	70.	-----	Disq	120.	<u>120.0</u>	160.	120.0	Disq					
	M	14	74J	66.60	Zakhele Tyhilani	NW	<u>160.0</u>	165.	165.	160.0	115.	115.	120.	-----	Disq	<u>200.0</u>	<u>210.0</u>	215.	210.0	Disq					

Flight 3

SA Powerlifting Championships 2011
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 = SA Official Record

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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Power Place	SQ 4.	BP 4.	DL 4.
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
3.	M	1	74J	68.35	Owen Pieteron	NW	160.0	170.0	175.0	170.0	90.0	100.0	110.0	100.0	270.0	140.0	160.0	170.0	170.0	440.0	335.72	3.			
1.	M	2	66M1	64.72	Karl Christians	WP	190.0	200.0	200.0	190.0	90.0	100.0	105.0	100.0	290.0	190.0	200.0	205.0	205.0	495.0	394.66	1.			
2.	M	3	74S	70.69	Peter Lekopa	NW	170.0	185.0	185.0	170.0	100.0	105.0	110.0	110.0	280.0	180.0	190.0	200.0	200.0	480.0	356.98	2.			
1.	M	4	74J	73.46	Japhta Khalapa	NW	220.0	225.0	225.0	220.0	110.0	110.0	120.0	110.0	330.0	220.0	230.0	240.0	240.0	570.0	412.00	1.			
2.	M	5	74J	73.40	Rayner Bartsch	Gauteng	170.0	177.5	182.5	177.5	117.5	125.0	130.0	125.0	302.5	200.0	207.5	207.5	200.0	502.5	363.56	2.			
4.	M	6	74J	72.62	Ruan Venter	Gauteng	145.0	160.0	180.0	160.0	90.0	90.0	100.0	90.0	250.0	170.0	170.0	190.0	170.0	420.0	305.97	4.			
1.	M	7	74M3	73.25	Dan Oppenheim	Gauteng	170.0	170.0	182.5	170.0	117.5	117.5	122.5	122.5	292.5	180.0	192.5	202.5	202.5	495.0	358.48	1.			
1.	M	9	74S	72.27	Matthew Coppenhall	WP	240.0	260.0	260.0	240.0	160.0	175.0	175.0	160.0	400.0	260.0	260.0	270.0	260.0	660.0	482.79	1.			
3.	M	8	74S	71.01	Isreal Mokwena	NW	110.0	120.0	135.0	135.0	110.0	120.0	135.0	120.0	255.0	160.0	170.0	180.0	180.0	435.0	322.16	3.			
1.	M	12	74S/J	73.10	Tshepo Rapoo	NW	230.0	250.0	250.0	230.0	110.0	110.0	110.0	110.0	340.0	200.0	210.0	220.0	220.0	560.0	406.34	1.			
2.	M	13	74S/J	71.25	Whanstacwin Booysen	WP	180.0	200.0	210.0	200.0	100.0	100.0	110.0	110.0	310.0	185.0	200.0	210.0	210.0	520.0	384.28	2.			
4.	M	11	74S/J	72.10	Christo Gerber	EC	120.0	145.0	155.0	145.0	120.0	150.0	150.0	120.0	265.0	140.0	160.0	177.5	140.0	405.0	296.87	4.			
5.	M	10	74S/J	72.85	Carlo Buchner	EC	85.0	100.0	112.5	112.5	80.0	87.5	87.5	80.0	192.5	130.0	145.0	152.5	152.5	345.0	250.85	5.			
1.	M	14	83S	76.70	Albert De Bondt	Gauteng	170.0	190.0	190.0	170.0	130.0	140.0	140.0	130.0	300.0	185.0	200.0	210.0	210.0	510.0	357.87	1.			
3.	M	15	74S/J	72.04	Jerry Lekalakala	Gauteng	140.0	170.0	190.0	170.0	80.0	105.0	105.0	80.0	250.0	185.0	200.0	205.0	200.0	450.0	329.85	3.			

Flight 4

SA Powerlifting Championships 2011
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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Power Place	SQ 4.	BP 4.	DL 4.
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
1.	M	1	83S/J	80.54	Bryan Silkstone	WP	<u>140.0</u>	<u>150.0</u>	160.	150.0	<u>110.0</u>	<u>117.5</u>	125.	117.5	267.5	<u>180.0</u>	<u>200.0</u>	<u>220.0</u>	220.0	487.5	331.26	1.			
3.	M	2	83J	77.03	Jabulani Phantile	NW	<u>250.0</u>	270.	270.	250.0	<u>135.0</u>	145.	<u>145.0</u>	145.0	395.0	<u>230.0</u>	<u>235.0</u>	<u>240.0</u>	240.0	635.0	444.06	3.			
2.	M	3	83S/J	77.90	Mathebula Dumisani	Gauteng	<u>120.0</u>	<u>150.0</u>	165.	150.0	<u>50.0</u>	70.	<u>70.0</u>	70.0	220.0	<u>120.0</u>	<u>140.0</u>	150.	140.0	360.0	250.02	2.			
1.	M	9	83J	80.70	Pieter Fourie	Gauteng	<u>240.0</u>	<u>252.5</u>	<u>260.0</u>	260.0	<u>170.0</u>	<u>180.0</u>	<u>187.5</u>	187.5	447.5	<u>240.0</u>	<u>252.5</u>	<u>262.5</u>	262.5	710.0	482.09	1.			
2.	M	8	83J	78.20	Nathan Valentine	WP	<u>240.0</u>	260.	<u>260.0</u>	260.0	<u>140.0</u>	150.	150.	140.0	400.0	<u>260.0</u>	280.	280.	260.0	660.0	457.18	2.			
4.	M	6	83J	81.55	Kyle Dorfling	WP	<u>220.0</u>	<u>240.0</u>	250.	240.0	<u>120.0</u>	130.	<u>130.0</u>	130.0	370.0	<u>225.0</u>	<u>250.0</u>	<u>260.0</u>	260.0	630.0	424.87	4.			
5.	M	4	83J	78.38	Clive Battison	WP	<u>220.0</u>	<u>235.0</u>	245.	235.0	<u>130.0</u>	<u>140.0</u>	<u>142.5</u>	142.5	377.5	<u>230.0</u>	<u>245.0</u>	247.5	245.0	622.5	430.52	5.			
7.	M	7	83J	81.40	Marcus Sapire	Gauteng	<u>190.0</u>	210.	<u>210.0</u>	210.0	<u>135.0</u>	142.5	<u>142.5</u>	142.5	352.5	<u>190.0</u>	<u>210.0</u>	215.	210.0	562.5	379.91	7.			
8.	M	5	83J	82.55	James van Coller	Gauteng	165.	<u>165.0</u>	<u>180.0</u>	180.0	<u>105.0</u>	<u>115.0</u>	<u>120.0</u>	120.0	300.0	<u>200.0</u>	<u>212.5</u>	215.	212.5	512.5	343.07	8.			
1.	M	10	83M2	81.55	Louis Jacobs	FS	<u>190.0</u>	<u>210.0</u>	<u>215.0</u>	215.0	<u>110.0</u>	<u>120.0</u>	125.	120.0	335.0	<u>190.0</u>	<u>200.0</u>	<u>205.0</u>	205.0	540.0	364.18	1.			
1.	M	11	83S	76.85	Desmond Herbst	EC	<u>180.0</u>	<u>185.0</u>	<u>187.5</u>	187.5	<u>120.0</u>	127.5	120.	120.0	307.5	<u>220.0</u>	225.	225.	220.0	527.5	369.51	1.			
1.	M	12	93M2	91.60	Robert Huff	Gauteng	<u>180.0</u>	<u>200.0</u>	<u>210.0</u>	210.0	<u>110.0</u>	115.	115.	110.0	320.0	<u>170.0</u>	<u>180.0</u>	180.	180.0	500.0	316.40	1.			
1.	M	13	83M1	74.08	David Quatse	NW	<u>175.0</u>	<u>185.0</u>	<u>210.0</u>	210.0	<u>85.0</u>	<u>95.0</u>	100.	95.0	305.0	<u>185.0</u>	<u>200.0</u>	<u>220.0</u>	220.0	525.0	377.27	1.			
6.	M	14	83J	82.38	Nelson Sitsile	NW	210.	<u>210.0</u>	235.	210.0	<u>110.0</u>	<u>120.0</u>	125.	120.0	330.0	<u>220.0</u>	<u>245.0</u>	252.5	245.0	575.0	385.48	6.			

Flight 5

SA Powerlifting Championships 2011
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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Power Place	SQ 4.	BP 4.	DL 4.
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
1.	M	3	93J	90.50	Juan Fourie	EC	235.0			235.0	150.0	157.5	162.5	157.5	392.5	267.5			267.5	660.0	420.16	1.			
2.	M	2	93J	85.56	Dawid Diakowski	Gauteng	180.0	205.	205.	180.0	140.	140.0	155.0	155.0	335.0	240.0	260.0	270.	260.0	595.0	390.14	2.			
3.	M	1	93J	90.87	David Halton- Jones	Gauteng	180.0	190.	190.0	190.0	140.0	150.	180.	140.0	330.0	200.0	210.0	230.0	230.0	560.0	355.71	3.			
1.	M	4	93M1	90.80	Pieter Erasmus	FS	250.0	260.0	275.0	275.0	180.0	197.5	210.0	210.0	485.0	230.0	240.0	250.0	250.0	735.0	467.17	1.			
2.	M	5	93M1	91.65	Stephen Stander	EC	215.0	220.0	225.	220.0	130.0	135.0	140.0	140.0	360.0	240.0	245.0	257.5	245.0	605.0	382.66	2.			
1.	M	6	93S	85.90	Sidney Ramosoou	NW	140.	140.0	165.	140.0	100.0	110.	110.	100.0	240.0	180.0	200.	200.	180.0	420.0	274.89	1.			
1.	M	10	93S/J	86.90	Mark Reyneke	NW	200.0	220.	220.	200.0	120.0	130.0	140.	130.0	330.0	200.0	210.0	215.0	215.0	545.0	354.41	1.			
2.	M	12	93S/J	90.16	Trent Williams	Gauteng	160.	160.0	185.0	185.0	120.	120.0	135.	120.0	305.0	220.0	225.0	235.0	235.0	540.0	344.36	2.			
3.	M	9	93S/J	90.60	Lionel Drury	EC	115.0	120.0		120.0	105.	110.	110.0	110.0	230.0	180.0	195.0	200.0	200.0	430.0	273.61	3.			
4.	M	8	93S/J	88.80	Dumisani Dlamini	Gauteng	130.0	150.0	165.	150.0	50.0	70.	70.	50.0	200.0	160.0	185.0	200.0	200.0	400.0	257.12	4.			
5.	M	7	93S/J	85.55	Christian Venter	EC	110.	117.5	130.0	130.0	90.0	103.	102.5	90.0	220.0	165.0	175.0	190.	175.0	395.0	259.00	5.			
	M	11	93S/J	88.08	Mvuyo Nhlabathi	Gauteng	160.	160.	160.0	160.0	100.	115.	115.	-----	Disq	180.			-----	Disq					

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 = SA Official Record

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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Power Place	SQ 4.	BP 4.	DL 4.
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
1.	M	2	105J	97.10	Johan Smith	NW	320.0	320.0	<u>320.0</u>	320.0	<u>200.0</u>	<u>210.0</u>	215.0	210.0	530.0	<u>260.0</u>	<u>282.5</u>	<u>300.0</u>	300.0	<u>830.0</u>	511.36	1.			
2.	M	3	105J	103.50	Martin Grobler	Gauteng	200.0	<u>200.0</u>	<u>230.0</u>	230.0	<u>140.0</u>	<u>175.0</u>	<u>190.0</u>	190.0	420.0	<u>220.0</u>	<u>245.0</u>	<u>265.0</u>	265.0	685.0	411.41	2.			
3.	M	1	105J	103.40	Duane de Lange	EC	<u>215.0</u>	<u>222.5</u>	<u>230.0</u>	230.0	<u>160.0</u>	170.0	170.0	160.0	390.0	<u>200.0</u>	<u>210.0</u>	220.0	210.0	600.0	360.54	3.			
4.	M	4	105J	104.10	Nolan Moore	Gauteng	<u>120.0</u>	<u>170.0</u>	200.0	170.0	<u>60.0</u>	<u>80.0</u>	<u>87.5</u>	87.5	257.5	<u>160.0</u>	<u>195.0</u>	<u>205.0</u>	205.0	462.5	277.22	4.			
2.	M	5	105M1	100.50	Christo Jordaan	EC	<u>235.0</u>	<u>245.0</u>	<u>255.0</u>	255.0	<u>135.0</u>	<u>142.5</u>	<u>145.0</u>	145.0	400.0	<u>240.0</u>	<u>255.0</u>		255.0	655.0	397.85	2.			
1.	M	6	105S	104.90	David Edwards	Gauteng	<u>245.0</u>	<u>257.5</u>	267.5	257.5	<u>210.0</u>	217.5	<u>217.5</u>	217.5	475.0	<u>240.0</u>	<u>270.0</u>	290.0	270.0	745.0	445.36	1.			
2.	M	7	105S	96.05	Peter Seleka	NW	<u>200.0</u>	<u>220.0</u>	<u>225.0</u>	225.0	<u>105.0</u>	<u>120.0</u>	130.0	120.0	345.0	<u>200.0</u>	<u>240.0</u>	<u>245.0</u>	240.0	585.0	362.00	2.			
1.	M	8	105M3	101.15	Theuns Naude	NW	<u>160.0</u>			160.0	60.0	<u>60.0</u>		60.0	220.0	<u>220.0</u>	232.5	232.5	220.0	440.0	266.51	1.			
1.	M	9	105M1	104.02	Johan Duvenhague	FS	<u>230.0</u>	<u>250.0</u>	265.0	250.0	<u>180.0</u>	<u>190.0</u>	200.0	190.0	440.0	<u>240.0</u>	265.0	<u>265.0</u>	265.0	<u>705.0</u>	422.58	1.			

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Side Referee _____

Chief Referee _____

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks Points	Power Place	SQ	BP	DL
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result			4.	4.	4.
1.	M	2	120J	106.66	Joshua Capazorio	Gauteng	270.0	300.0	300.0	270.0	180.0	190.0	197.5	190.0	460.0	260.0	280.0	290.0	280.0	740.0	439.78	1.			
2.	M	1	120J	107.71	Benedict Bucarizza	Gauteng	230.0	250.0	270.0	250.0	180.0	180.0	195.0	180.0	430.0	250.0	270.0	290.0	270.0	700.0	414.61	2.			
1.	M	3	120M1	108.64	Mathew Cosmo	Gauteng	280.0	290.0	300.0	300.0	215.0	230.0	240.0	230.0	530.0	240.0	260.0	277.5	277.5	807.5	476.99	1.			
	M	4	120M2	107.20	Andre Ludik	EC	180.0			-----	170.0			-----	Disq	210.0			-----	Disq					
1.	M	5	120S/J	112.40	Sammy Randa	Gauteng	140.0	155.0	162.5	162.5	65.0	100.0	100.0	65.0	227.5	150.0	185.0	207.5	185.0	412.5	241.19	1.			
1.	M	6	120S	111.95	Ruan Kleinsmit	Gauteng	300.0	300.0	322.5	300.0	180.0	180.0	220.0	180.0	480.0	300.0	315.0	315.0	300.0	780.0	456.53	1.			
1.	M	7	120+J	139.86	Eugene Nolan	EC	200.0			200.0	200.0	210.0	215.0	210.0	410.0	200.0	225.0	242.5	242.5	652.5	364.68	1.			
1.	M	8	120+M2	123.40	Willy Johnstone - Robertson	Gauteng	200.0	210.0	220.0	220.0	200.0	210.0	220.0	210.0	430.0	210.0	230.0	250.0	230.0	660.0	377.12	1.			
1.	M	10	120+S	130.80	Thando Makheta	NW	320.0	340.0	340.0	340.0	180.0	200.0	210.0	200.0	540.0	280.0	300.0	317.5	300.0	840.0	474.60	1.			
2.	M	9	120+S	139.75	Shaun O'Meara	WP	305.0	315.0	325.0	315.0	195.0	200.0	210.0	200.0	515.0	295.0	295.0	300.0	295.0	810.0	452.71	2.			

Flight 8
SA Powerlifting Championships 2011
24/06/2011

= SA Official Record

= SA Unofficial Record

Side Referee _____

Chief Referee _____