

## Gauteng Powerlifting Championships 2011

M/W	BW	Name	Nation Province	SQ Result	BP Result	DL Result	Tot. Result	PL Wilks Points	Place	Category	BP Badge	PL Badge	Class	BP Wilks Points	Date	Competition Name	D.O.B	Flight
M	58.75	Godfrey Ramajoe	Gauteng	95.0	55.0	150.0	300.0	260.67	1.	J	Yellow	Yellow	59	47.79	27/08/2011	Gauteng Powerlifting Championships 2011	22/08/1990	Flight 1
M	56.25	Thapelo Morekwena	Gauteng	100.0	50.0	100.0	250.0	226.40	2.	S/J	Yellow	Yellow	59	45.28	27/08/2011	Gauteng Powerlifting Championships 2011	12/02/1993	Flight 1
M	64.95	Stuart Murchie	Gauteng	220.0	140.0	200.0	560.0	445.31	1.	J	Gold	Silver	66	111.33	27/08/2011	Gauteng Powerlifting Championships 2011	07/02/1991	Flight 1
M	66.00	Nick Stefanou	Gauteng	190.0	100.0	210.0	500.0	392.60	2.	J	Blue	Black	66	78.52	27/08/2011	Gauteng Powerlifting Championships 2011	20/04/1991	Flight 1
M	65.40	Kennedy Sekome	Gauteng	170.0	107.5	220.0	497.5	393.57	3.	J	Brown	Black	66	85.043	27/08/2011	Gauteng Powerlifting Championships 2011	17/08/1992	Flight 1
M	60.40	Thembanani Makubalo	Gauteng	140.0	77.5	195.0	412.5	349.68	4.	S/J	Yellow	Green	66	65.697	27/08/2011	Gauteng Powerlifting Championships 2011	27/01/1993	Flight 1
M	64.15	Phomelelo Phasha	Gauteng	130.0	80.0	160.0	370.0	297.30	5.	S/J	Orange	Orange	66	64.28	27/08/2011	Gauteng Powerlifting Championships 2011	02/07/1993	Flight 1
M	59.50	Itumeleng Toona	Gauteng	-----	75.0	140.0	Disq			S/J	Yellow	#N/A	66	64.455	27/08/2011	Gauteng Powerlifting Championships 2011	24/06/1993	Flight 1
M	70.14	Thabang Mpe	Gauteng	170.0	152.5	190.0	512.5	383.25	1.	J	Gold	Brown	74	114.04	27/08/2011	Gauteng Powerlifting Championships 2011	03/03/1992	Flight 2
M	73.00	Rayner Barstch	Gauteng	170.0	120.0	212.5	502.5	365.02	2.	J	Brown	Brown	74	87.168	27/08/2011	Gauteng Powerlifting Championships 2011	09/07/1989	Flight 2
M	82.95	Henmar Ebersohn	Gauteng	190.0	115.0	220.0	525.0	350.44	1.	S/J	Green	Blue	83	76.763	27/08/2011	Gauteng Powerlifting Championships 2011	16/04/1993	Flight 2
M	78.35	Kobus Bester	Gauteng	175.0	140.0	205.0	520.0	359.63	2.	S/J	Black	Blue	83	96.824	27/08/2011	Gauteng Powerlifting Championships 2011	26/07/1995	Flight 2
M	77.75	Mathebula Dumisani	Gauteng	140.0	60.0	120.0	320.0	222.43	3.	S/J	Yellow	Yellow	83	41.706	27/08/2011	Gauteng Powerlifting Championships 2011	04/01/1994	Flight 2
M	82.25	James van Coller	Gauteng	-----	-----	-----	Disq			J	#N/A	#N/A	83	#VALUE!	27/08/2011	Gauteng Powerlifting Championships 2011	22/09/1992	Flight 2
M	90.10	Frikkie Veldman	Gauteng	240.0	180.0	235.0	655.0	417.89	1.	S	Gold	Black	93	114.84	27/08/2011	Gauteng Powerlifting Championships 2011	29/05/1987	Flight 3
M	86.35	Dawid Diakowski	Gauteng	230.0	145.0	240.0	615.0	401.16	2.	S	Brown	Brown	93	94.584	27/08/2011	Gauteng Powerlifting Championships 2011	11/08/1977	Flight 3
M	87.10	Mvuyo Nhlabathi	Gauteng	200.0	90.0	180.0	470.0	305.27	3.	S/J	Yellow	Orange	93	58.455	27/08/2011	Gauteng Powerlifting Championships 2011	07/02/1994	Flight 3
M	87.25	Sampie Ludick	Gauteng	100.0	150.0	175.0	425.0	275.70	4.	M2	Black	Yellow	93	97.305	27/08/2011	Gauteng Powerlifting Championships 2011	14/10/1954	Flight 3
M	92.20	Dumisani Dlamini	Gauteng	165.0	70.0	190.0	425.0	268.09	5.	J	Yellow	Yellow	93	44.156	27/08/2011	Gauteng Powerlifting Championships 2011	04/09/1992	Flight 3
M	95.30	Mark Phillips	Gauteng	245.0	165.0	260.0	670.0	416.14	1.	M1	Black	Black	105	102.48	27/08/2011	Gauteng Powerlifting Championships 2011	04/05/1968	Flight 3
M	100.50	Clyde Kevy	Gauteng	220.0	170.0	235.0	625.0	379.63	2.	J	Bronze	Brown	105	103.26	27/08/2011	Gauteng Powerlifting Championships 2011	22/05/1990	Flight 3
M	104.90	Cornel Welgemoed	Gauteng	180.0	137.5	200.0	517.5	309.36	3.	M1	Blue	Orange	105	82.198	27/08/2011	Gauteng Powerlifting Championships 2011	06/08/1970	Flight 3
M	104.00	Nolan Moore	Gauteng	215.0	85.0	170.0	470.0	281.81	4.	J	Yellow	Yellow	105	50.966	27/08/2011	Gauteng Powerlifting Championships 2011	29/06/1990	Flight 3
M	119.65	Helgard Coertze	Gauteng	312.5	200.0	287.5	800.0	460.24	1.	M1	Gold	Silver	120	115.06	27/08/2011	Gauteng Powerlifting Championships 2011	16/10/1962	Flight 3
M	107.40	Pravir Singh	Gauteng	180.0	130.0	210.0	520.0	308.36	2.	S	Green	Orange	120	77.09	27/08/2011	Gauteng Powerlifting Championships 2011	21/08/1987	Flight 3
M	108.55	Sammy Randa	Gauteng	165.0	92.5	175.0	432.5	255.56	3.	S/J	Yellow	Yellow	120	54.658	27/08/2011	Gauteng Powerlifting Championships 2011	23/02/1994	Flight 3

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	2	59	58.75	Godfrey Ramajoe	Gauteng	<del>120.0</del>	<del>120.0</del>	<del>120.0</del>	95.0	<del>40.0</del>	<del>55.0</del>	<del>65.0</del>	55.0	150.0	<del>100.0</del>	<del>135.0</del>	<del>150.0</del>	150.0	300.0	260.67	1.			
2.	M	3	59	56.25	Thapelo Morekwena	Gauteng	<del>160.0</del>	<del>100.0</del>	<del>115.0</del>	100.0	<del>40.0</del>	<del>50.0</del>	<del>60.0</del>	50.0	150.0	<del>100.0</del>	<del>120.0</del>	<del>120.0</del>	100.0	250.0	226.40	2.			
1.	M	6	66	64.95	Stuart Murchie	Gauteng	<del>185.0</del>	<del>205.0</del>	<del>220.0</del>	<b>220.0</b>	<del>125.0</del>	<del>135.0</del>	<del>140.0</del>	<b>140.0</b>	360.0	<del>175.0</del>	<del>190.0</del>	<del>200.0</del>	200.0	<b>560.0</b>	445.31	1.			
2.	M	7	66	66.00	Nick Stefanou	Gauteng	<del>180.0</del>	<del>190.0</del>	<del>200.0</del>	190.0	<del>100.0</del>	<del>100.0</del>	<del>110.0</del>	100.0	290.0	<del>200.0</del>	<del>210.0</del>	<del>215.0</del>	210.0	500.0	392.60	2.			
3.	M	5	66	65.40	Kennedy Sekome	Gauteng	<del>170.0</del>	<del>190.0</del>	<del>192.5</del>	170.0	<del>80.0</del>	<del>95.0</del>	<del>107.5</del>	107.5	277.5	<del>220.0</del>	<del>250.0</del>	<del>250.0</del>	220.0	497.5	393.57	3.			
4.	M	8	66	60.40	Thembanani Makubalo	Gauteng	<del>120.0</del>	<del>140.0</del>	<del>155.0</del>	140.0	<del>60.0</del>	<del>70.0</del>	<del>77.5</del>	77.5	217.5	<del>170.0</del>	<del>185.0</del>	<del>195.0</del>	<b>195.0</b>	412.5	349.68	4.			
5.	M	4	66	64.15	Phomelelo Phasha	Gauteng	<del>110.0</del>	<del>130.0</del>	<del>140.0</del>	130.0	<del>60.0</del>	<del>70.0</del>	<del>80.0</del>	80.0	210.0	<del>120.0</del>	<del>150.0</del>	<del>160.0</del>	160.0	370.0	297.30	5.			
	M	9	66	59.50	Itumeleng Toona	Gauteng	<del>120.0</del>	<del>120.0</del>	<del>120.0</del>	-----	<del>70.0</del>	<del>75.0</del>	<del>80.0</del>	75.0	Disq	<del>130.0</del>	<del>140.0</del>	<del>150.0</del>	140.0	<b>Disq</b>					
	W	9	43																						
	W	10	43																						
	W	11	43																						
	W	12	43																						
	W	13	43																						
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	W	15	43																						

Lifter on the Platform

Flight 1  
Gauteng Powerlifting Championships 2011  
27/08/2011

OF GROUP

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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
							1.	2.	3.		1.	2.	3.			1.	2.	3.				
1.	M	10	74	70.14	Thabang Mpe	Gauteng	150.0	170.0	182.5	170.0	145.0	152.5	152.5	322.5	170.0	185.0	190.0	190.0	512.5	383.25	1.	
2.	M	11	74	73.00	Rayner Barstch	Gauteng	170.0	192.5	200.0	170.0	120.0	120.0	120.0	290.0	200.0	207.5	212.5	212.5	502.5	365.02	2.	
1.	M	13	83	82.95	Henmar Ebersohn	Gauteng	170.0	190.0	200.0	190.0	115.0	120.0	115.0	305.0	190.0	205.0	220.0	220.0	525.0	350.44	1.	
2.	M	15	83	78.35	Kobus Bester	Gauteng	155.0	165.0	175.0	175.0	135.0	140.0	140.0	315.0	180.0	195.0	205.0	205.0	520.0	359.63	2.	
3.	M	14	83	77.75	Mathebula Dumisani	Gauteng	120.0	140.0	150.0	140.0	60.0	70.0	60.0	200.0	120.0	150.0	150.0	120.0	320.0	222.43	3.	
	M	12	83	82.25	James van Coller	Gauteng	175.0	190.0	190.0	-----	145.0	-----	-----	Disq	185.0	-----	-----	-----	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																			
	W	15	43																			

Lifter on the Platform

Flight 2  
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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
							1.	2.	3.		1.	2.	3.			1.	2.	3.				
1.	M	19	93	90.10	Frikkie Veldman	Gauteng	<u>210.0</u>	<u>225.0</u>	<u>240.0</u>	240.0	<u>165.0</u>	<u>175.0</u>	<u>180.0</u>	180.0	420.0	<u>225.0</u>	<u>235.0</u>	<del>245.</del>	235.0	655.0	417.89	1.
2.	M	21	93	86.35	Dawid Diakowski	Gauteng	<u>190.0</u>	<u>210.0</u>	<u>230.0</u>	230.0	<u>145.0</u>	<del>160.</del>	<del>160.</del>	145.0	375.0	<u>240.0</u>	<del>260.</del>	<del>260.</del>	240.0	615.0	401.16	2.
3.	M	20	93	87.10	Mvuyo Nhlabathi	Gauteng	<u>160.0</u>	<u>190.0</u>	<u>200.0</u>	200.0	<u>80.0</u>	<u>90.0</u>	<del>100.</del>	90.0	290.0	<u>180.0</u>	<del>200.</del>	<del>200.</del>	180.0	470.0	305.27	3.
4.	M	18	93	87.25	Sampie Ludick	Gauteng	<u>100.0</u>	<del>110.</del>	<del>110.</del>	100.0	<u>140.0</u>	<u>150.0</u>	<del>157.5</del>	150.0	250.0	<u>140.0</u>	<u>165.0</u>	<u>175.0</u>	175.0	425.0	275.70	4.
5.	M	17	93	92.20	Dumisani Dlamini	Gauteng	<del>120.</del>	<del>150.</del>	<u>165.0</u>	165.0	<u>60.0</u>	<u>70.0</u>	<del>80.</del>	70.0	235.0	<u>160.0</u>	<u>190.0</u>	<del>215.</del>	190.0	425.0	268.09	5.
1.	M	23	105	95.30	Mark Phillips	Gauteng	<u>230.0</u>	<del>245.</del>	<u>245.0</u>	245.0	<u>165.0</u>	<del>172.5</del>	<del>172.5</del>	165.0	410.0	<u>240.0</u>	<u>250.0</u>	<u>260.0</u>	260.0	670.0	416.14	1.
2.	M	22	105	100.50	Clyde Keevy	Gauteng	<u>220.0</u>	<del>240.</del>	<del>240.</del>	220.0	<u>160.0</u>	<u>165.0</u>	<u>170.0</u>	170.0	390.0	<u>220.0</u>	<u>235.0</u>	<del>247.5</del>	235.0	625.0	379.63	2.
3.	M	24	105	104.90	Cornel Welgemoed	Gauteng	<u>160.0</u>	<del>180.</del>	<u>180.0</u>	180.0	<u>110.0</u>	<u>137.5</u>	<del>150.</del>	137.5	317.5	<u>160.0</u>	<u>200.0</u>	<del>222.5</del>	200.0	517.5	309.36	3.
4.	M	25	105	104.00	Nolan Moore	Gauteng	<u>170.0</u>	<u>210.0</u>	<u>215.0</u>	215.0	<u>70.0</u>	<u>85.0</u>	<del>92.5</del>	85.0	300.0	<u>170.0</u>	<del>210.</del>	<del>210.</del>	170.0	470.0	281.81	4.
1.	M	28	120	119.65	Helgard Coertze	Gauteng	<u>280.0</u>	<u>300.0</u>	<u>312.5</u>	<u>312.5</u>	<u>180.0</u>	<u>190.0</u>	<u>200.0</u>	200.0	512.5	<u>260.0</u>	<u>280.0</u>	<u>287.5</u>	<u>287.5</u>	800.0	460.24	1.
2.	M	27	120	107.40	Pravir Singh	Gauteng	<u>180.0</u>	<del>195.</del>	<del>195.</del>	180.0	<u>120.0</u>	<u>130.0</u>	<del>140.</del>	130.0	310.0	<u>190.0</u>	<u>210.</u>	<del>210.</del>	210.0	520.0	308.36	2.
3.	M	26	120	108.55	Sammy Randa	Gauteng	<del>165.</del>	<u>165.0</u>	<del>172.5</del>	165.0	<u>70.0</u>	<u>80.0</u>	<u>92.5</u>	92.5	257.5	<u>160.0</u>	<u>165.0</u>	<u>175.0</u>	175.0	432.5	255.56	3.
	W	15	43																			
	W	13	43																			
	W	14	43																			

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