

School of Strength CLEAN & DEADLIFT SHOWDOWN

St David's College, 1 April 2017

Lifter	Club	G	YOB	BW	CLEAN						DEADLIFT						TOTAL	
					1	2	3	Best	Sinclair points	Place	1	2	3	Best	Wilks points	Place	Sinclair + Wilks	Place
Caileigh Dade	Bar	F	1989	83.80	100	105	110	110	124.66	1	160	170	180	180	160.70	4	285.36	1
Kerri Carreira	DA	F	1977	51.35	64	68	71	71	106.85	2	115	122.5	127.5	127.5	160.49	5	267.35	2
Chantelle du Toit	B1610	F	1985	70.20	65	70	75	75	92.42	4	150	162.5	170	162.5	161.34	3	253.76	3
Angela Watson	Bar	F	1991	59.30	70	76	78	76	103.46	3	110	125	132.5	125	140.64	11	244.10	4
Lisa Basson	SoS	F	1984	63.15	60	63	66	66	86.37	5	130	145	160	145	155.44	6	241.82	5
Mariska Casey	SoS	F	1978	48.80	37	40	45	40	62.58	11	122.5	130	135	130	170.08	1	232.67	6
Caroline Wolf	B1610	F	1979	58.25	55	59	62	62	85.39	6	105	115	125	125	142.61	8	228.00	7
Demi-Lee Preston	CF G	F	1996	61.45	55	58	60	60	79.85	7	115	125	130	130	142.29	9	222.14	8
Megan Leighton	SoS	F	1996	59.85	37	40	45	40	54.13	12	130	140	150	150	167.56	2	221.69	9
Jacqui Rees	B1610	F	1980	93.90	60	65	70	70	76.02	8	155	170	175	170	144.49	7	220.51	10
Zelia Brook-Sofianos	B1610	F	1990	55.60	45	50	53	53	75.33	9	105	112.5	120	120	141.99	10	217.32	11
Mijuane de Wet	Bull	F	2006	45.45	35	38	40	40	66.27	10	70	80	85	85	117.07	12	183.34	12
Megan Brook-Sofianos	B1610	F	1992	102.95	40	48	53	48	50.69	13	125	135	142.5	135	111.49	13	162.19	13
Talitha de Wet	Bull	F	2008	28.80	0	0	0	0	0.00	14	30	35	41	41	68.48	14	0.00	14
Gian Smit	GY6	M	1990	84.40	140	150	160	150	178.69	1	230	250	267.5	250	165.25	2	343.95	1
John Romela	Sow	M	1993	68.20	122	128	131	131	175.38	2	180	200	210	200	152.94	4	328.33	2
Nick Deetlefs	Bar	M	1984	106.90	120	130	135	130	140.87	10	270	282.5	300	282.5	167.78	1	308.64	3
Matthew Smith	Bar	M	1992	87.80	130	137	142	142	166.08	4	195	210	220	220	142.27	9	308.35	4
Shau Mafuna	SoS	M	1993	79.10	115	120	125	125	153.81	7	190	207.5	222.5	222.5	153.00	3	306.81	5
Dave Gerber	Bar	M	1986	95.70	130	137	142	142	160.12	5	212.5	227.5	235	227.5	141.05	10	301.17	6
Jared Anthony	DA	M	1983	95.35	135	140	145	140	158.10	6	220	230	240	230	142.83	6	300.93	7
Damian Winter	Bar	M	1991	74.90	110	116	121	121	153.33	8	185	200	205	200	142.64	7	295.97	8
Grant Pow Chong	SoS	M	1983	78.10	125	130	135	135	167.23	3	170	185	192.5	185	128.27	13	295.50	9
Michael Klinck	SoS	M	1991	105.55	116	121	126	121	131.66	11	220	240	240	240	143.15	5	274.81	10
Henning le Grange	GY6	M	1980	100.75	105	115	125	115	127.17	12	210	230	242.5	230	139.56	11	266.73	11
Charles-lee Fourie	GY6	M	1994	72.50	85	90	95	95	122.62	13	185	195	207.5	195	142.35	8	264.97	12
Chris Carreira	DA	M	1977	74.70	90	96	100	96	121.83	14	175	185	195	185	132.19	12	254.02	13
Ross Booyse	SoS	M	1999	61.25	90	100	105	100	143.61	9	120	135	135	120	100.46	14	244.06	14
Quinlan Martin	CW	M	1995	87.70	80	85	90	90	105.32	15	115	130	150	150	97.06	15	202.38	15

Referees: Antoinette Kriel
Gillian Johnston
Dylan van Houten
Announcers + scorer: Carol Anthony
Dan Oppenheim
Laura de Wet
Heather Leighton

Ladies: Average Sinclair 81.85
Average Wilks 147.40
Men: Average Sinclair 147.06
Average Wilks 139.39