

Badge	M / W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ Result	BENCH PRESS			BP Result	Sub. Tot.	DEADLIFT			DL Result	Tot. Result	Wilks Points	Place			
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
Yellow	W	1	57-S-S/J-	52.30	Alicia Du Toit	Gauteng					32.5	35.0	37.5	35.0	35.0					35.0	43.44				
Yellow	W	2	57-S-S/J-	56.80	Megan Leighton	Gauteng					30.0	35.0	37.5	35.0	35.0					35.0	40.73				
Green	W	3	72-S-M1	67.75	Michelle de Souza	Gauteng					57.5	62.5	67.5	62.5	62.5					62.5	63.59				
Yellow	W	4	72-S-M3	70.25	Roline Harris	Gauteng					30.0	37.5	40.0	40.0	40.0					40.0	39.68				
Brown	M	5	74-S-J	70.35	Bonginkosi Msimanga	Gauteng					110.0	120.0	127.5	120.0	120.0					120.0	89.53				
Blue	M	6	74-S-M1	70.35	Cliff Hayim	Gauteng					100.0	105.0	110.0	110.0	110.0					110.0	82.07				
Bronze	M	7	74-S-J	71.00	Thabang Mpe	Gauteng					120.0	127.5	135.0	135.0	135.0					135.0	100.09				
Orange	M	8	74-S	71.50	Aadil Ismail	Gauteng					70.0	85.0	90.0	90.0	90.0					90.0	66.38				
Bronze	M	9	74-S-J	72.40	William Smit	Gauteng					100.0	120.0	137.5	137.5	137.5					137.5	100.47				
Yellow	W	10																							
Yellow	W	11																							
Yellow	W	12																							
Yellow	W	13																							
Yellow	W	14																							
Yellow	W	15																							

Lifter on the Platform

OF GROUP

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= SA Unofficial Record

Side Referee _____

Chief Referee _____

Flight 1
Gauteng Raw Bench Press Championships 2012
25/08/2012

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							1.	2.	3.		1.	2.	3.			1.	2.	3.							
Yellow	W	1	57-S-S/J-	52.30	Alicia Du Toit	Gauteng					32.5	35.0	37.5	35.0	35.0					35.0	43.44				
Yellow	W	2	57-S-S/J-	56.80	Megan Leighton	Gauteng					30.0	35.0	37.5	35.0	35.0					35.0	40.73				
Green	W	3	72-S-M1	67.75	Michelle de Souza	Gauteng					57.5	62.5	67.5	62.5	62.5					62.5	63.59				
Yellow	W	4	72-S-M3	70.25	Roline Harris	Gauteng					30.0	37.5	40.0	40.0	40.0					40.0	39.68				
Brown	M	5	74-S-J	70.35	Bonginkosi Msimanga	Gauteng					110.0	120.0	127.5	120.0	120.0					120.0	89.53				
Blue	M	6	74-S-M1	70.35	Cliff Hayim	Gauteng					100.0	105.0	110.0	110.0	110.0					110.0	82.07				
Bronze	M	7	74-S-J	71.00	Thabang Mpe	Gauteng					120.0	127.5	135.0	135.0	135.0					135.0	100.09				
Orange	M	8	74-S	71.50	Aadil Ismail	Gauteng					70.0	85.0	90.0	90.0	90.0					90.0	66.38				
Bronze	M	9	74-S-J	72.40	William Smit	Gauteng					100.0	120.0	137.5	137.5	137.5					137.5	100.47				
Yellow	W	10																							
Yellow	W	11																							
Yellow	W	12																							
Yellow	W	13																							
Yellow	W	14																							
Yellow	W	15																							

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49

Total	100	100	100
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Team Points	
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WP	
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EC	
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Gauteng	108
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NW	
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KZN	
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FS	
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	BEST LIFTER
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<u>Women</u>	
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S/J	

J	
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S	Michelle de

M1	

M2	

M3	

[illegible]

Badge	M / W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Place			
							1.	2.	3.		1.	2.	3.			1.	2.	3.							
Brown	W	1	72-S-M1	67.75	Michelle de Souza	Gauteng					<u>70.0</u>	~~75.0~~	<u>75.0</u>	75.0	75.0					75.0	76.31				
Brown	W	2	84+-S	86.75	Michelle Dolphin	Gauteng					<u>85.0</u>	<u>90.0</u>	~~95.0~~	90.0	90.0					90.0	79.00				
Black	M	3	74-S-M1	70.35	Cliff Hayim	Gauteng					<u>115.0</u>	<u>125.0</u>	~~135.0~~	125.0	125.0					125.0	93.26				
Gold	M	4	74-S-J	71.00	Thabang Mpe	Gauteng					<u>140.0</u>	<u>150.0</u>	~~157.5~~	150.0	150.0					150.0	111.21				
Black	M	5	83-S	77.90	Kobus Bester	Gauteng					<u>135.0</u>	<u>140.0</u>	~~152.5~~	140.0	140.0					140.0	97.23				
Black	M	6	83-S-S	81.35	Albert De Bondt	Gauteng					<u>132.5</u>	<u>142.5</u>	~~152.5~~	142.5	142.5					142.5	96.24				
Bronze	M	7	83-S-J	81.75	Micheal Egan	Gauteng					<u>140.0</u>	<u>147.5</u>	<u>152.5</u>	152.5	152.5					152.5	102.69				
		8																							
# N/A	M	9	93-S	90.25	David Hatton-Jones	Gauteng					~~175.0~~	~~180.0~~	~~180.0~~	-----	Disq					Disq					
Elite 3	M	10	120-S-J	119.40	Juan Booyse	Gauteng					~~220.0~~	<u>227.5</u>	<u>240.0</u>	240.0	240.0					240.0	138.14				
Black	M	11	74-S-J	70.35	Bonginkosi Msimanga	Gauteng					<u>120.0</u>	<u>125.0</u>	~~130.0~~	125.0	125.0					125.0	93.26				
Yellow	W	12	57-S-S/J-	52.30	Alicia Du Toit	Gauteng					<u>30.0</u>	~~35.0~~	~~40.0~~	30.0	30.0					30.0	37.23				
Yellow	W	13																							
Yellow	W	14																							
Yellow	W	15																							

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