

DETAILED SCORESHEET - LADIES

PL.	Lifter	BY	Weight	Wilkes	Prov/Club	Seven Attempts							TOTAL	Place	Wilkes Total			
						1	2	3	4	5	6	7	Best Squat	Best Bench	Best Deadlift			
Open 47kg						Squat	Benchpress			Deadlift								
	Giulia Muto	1987	47.00	1.3449		85.0	-95.0	-95.0	45.0	-100.0	100.0	107.5	85.0	45.0	107.5	237.5	6	319.41
52kg						80.0	-85.0	85.0	-90.0	-42.5	-42.5	100.0	85.0	x	100.0	x	x	x
57kg						80.0	87.5	92.5	50.0	100.0	115.0	122.5	92.5	50.0	122.5	265.0	7	314.00
	Chanel Rodrigues	1989	56.10	1.1750	Crossfit Vaal	70.0	75.0	80.0	50.0	-52.5	85.0	90.0	80.0	50.0	90.0	220.0	12	258.50
	Gillian Johnston	1988	54.20	1.2071	5E	65.0	70.0	75.0	37.5	40.0	80.0	85.0	75.0	40.0	85.0	200.0	14	241.42
63kg						95.0	102.5	55.0	-60.0	110.0	120.0	130.0	102.5	55.0	130.0	287.5	5	320.94
	Sune Gadney		62.90	1.0753	Sarel	60.0	70.0	-80.0	30.0	70.0	80.0	90.0	70.0	30.0	90.0	190.0	19	204.31
	Roxy Firmani	1988	60.35	1.1106	Barbell Bullies	75.0	85.0	90.0	45.0	100.0	120.0	-127.5	90.0	45.0	120.0	255.0	8	283.20
	Ronel Reyneke	1969	61.00	1.1007	Gauteng	80.0	-90.0	90.0	50.0	105.0	110.0	-115.0	90.0	50.0	110.0	250.0	9	275.18
	Kelly Loe		61.05	1.1007	RAW	85.0	95.0	97.5	100.0	57.5	125.0	137.5	100.0	57.5	137.5	295.0	4	324.71
	Claire Pacariz	1977	62.30	1.0831		-70.0	70.0	75.0	40.0	90.0	-105.0	-105.0	75.0	40.0	90.0	205.0	18	222.04
	Candice Firmani	1967	61.70	1.0884	Barbell Bullies	65.0	75.0	-80.0	-45.0	-45.0	45.0	90.0	75.0	45.0	90.0	210.0	16	228.56
	Shoba Naidoo	1968	60.45	1.1092		-30.0	-30.0	30.0	25.0	60.0	65.0	70.0	30.0	25.0	70.0	125.0	21	138.65
72kg						77.5	82.5	42.5	47.5	85.0	97.5	102.5	82.5	47.5	102.5	232.5	15	231.52
	Laura de Wet	1974	67.70	1.0185	Barbell Bullies	120.0	130.0	-137.5	60.0	140.0	150.0	160.0	130.0	60.0	160.0	350.0	2	356.48
	Danel van Jaarsveld	1977	63.35	1.0701	Find your Edge	120.0	125.0	70.0	72.5	-140.0	-140.0	140.0	125.0	72.5	140.0	337.5	1	361.16
	Nikitha Brits	1997	69.50	0.9998	G West	30.0	30.0	35.0	37.5	80.0	95.0	110.0	30.0	37.5	110.0	177.5	20	177.46
	Toni Joubert	1986	68.00	1.0153		60.0	70.0	80.0	40.0	80.0	90.0	100.0	80.0	40.0	100.0	220.0	17	223.37
84kg						80.0	90.0	95.0	60.0	100.0	120.0	125.0	95.0	60.0	125.0	280.0	10	267.32
	Heidi Kennedy	1992	77.30	0.9333	Crossfit Vaal	85.0	90.0	95.0	50.0	55.0	115.0	120.0	95.0	55.0	120.0	270.0	13	251.99
	Sandri van Staden	1988	76.85	0.9369	Alpha W	120.0	135.0	50.0	70.0	152.5	160.0	170.0	135.0	70.0	170.0	375.0	3	351.34
	Leandre Swart	1995	78.84	0.9229	G West	70.0	80.0	50.0	60.0	130.0	142.5	-150.0	80.0	60.0	142.5	282.5	11	260.72
+ 84kg																		

SA Powerlifting Federation
Rodney's 7 Attempts RAW - St Stithians HPC 29/11/2014
DETAILED SCORESHEET - MEN

PL.	Lifter	BY	Weight	Wilkes	Prov/Club	Seven Attempts							Best	Best	Best	TOTAL	Place	Wilkes Total
						1	2	3	4	5	6	7	Squat	Bench	Deadlift			
Open						Squat		Benchpress		Deadlift								
66kg																		
	Rudi De Witt	1988	62.25	0.8258	G West	70.0	92.5	60.0	-65.0	150.0	170.0	180.0	92.5	60.0	180.0	332.5	24	274.58
	Mpho Rantao	1986	59.75	0.8568	Barbell bullies	85.0	90.0	102.5	85.0	120.0	140.0	-160.0	102.5	85.0	140.0	327.5	23	280.60
74kg																		
	Robert Bruce	1997	69.0	0.7578	Saints	87.5	95.0	100.0	-105.0	75.0	132.5	142.5	100.0	75.0	142.5	317.5	34	240.60
	Raymond Norman	1986	73.6	0.7221	Gauteng	120.0	130.0	110.0	120.0	190.0	-200.0	-200.0	130.0	120.0	190.0	440.0	13	317.72
	Dylan Treges	1989	72.70	0.7285	Gauteng	140.0	150.0	-160.0	110.0	190.0	-200.0	-200.0	150.0	110.0	190.0	450.0	12	327.83
83kg																		
	Mark Nel	1980	83.0	0.6675	Saints	150.0	160.0	175.0	125.0	170.0	185.0	200.0	175.0	125.0	200.0	500.0	10	333.75
	Brendon Katz	1984	77.45	0.6975	Saints	120.0	140.0	90.0	-100.0	135.0	150.0	160.0	140.0	90.0	160.0	390.0	25	272.03
	Shau Mafuna	1993	74.3	0.7173	Saints	105.0	120.0	102.5	-110.0	150.0	165.0	175.0	120.0	102.5	175.0	397.5	21	285.13
	Neville Young	1992	82	0.6724	Barbell bullies	150.0	165.0	130.0	-135.0	190.0	205.0	-215.0	165.0	130.0	205.0	500.0	9	336.20
	Pat Banda	1960	79.4	0.686	Barbell bullies	100.0	110.0	-115.0	50.0	190.0	210.0	-220.0	110.0	50.0	210.0	370.0	31	253.82
	Tommie de Nysschen	1963	76.5	0.7029		120.0	135.0	85.0	92.5	130.0	140.0	150.0	135.0	92.5	150.0	377.5	28	265.34
	Caylen Cane	1992	77.45	0.6975	Gauteng	150.0	165.0	95.0	170.0	180.0	200.0	225.0	165.0	95.0	225.0	485.0	8	338.29
	Joshua Bryant	1996	74.9	0.7132	G West	70.0	95.0	70.0	80.0	150.0	170.0	-175.0	95.0	80.0	170.0	345.0	33	246.05
	Martin Nel	1986	77.75	0.6957	Pit Bull Power	140.0	-155.0	110.0	115.0	120.0	175.0	190.0	140.0	120.0	190.0	450.0	15	313.07
93kg																		
	Brendan O'Shea	1981	87.65	0.6475	Gauteng	-155.0	155.0	100.0	110.0	185.0	205.0	-220.0	155.0	110.0	205.0	470.0	18	304.33
	Graham Green		92.05	0.6315	Gauteng	175.0	185.0	195.0	135.0	140.0	220.0	240.0	195.0	140.0	240.0	575.0	4	363.11
	Dillon Davie	1984	90.2	0.6377	Gauteng	135.0	142.5	-145.0	105.0	-112.5	170.0	-182.5	142.5	105.0	170.0	417.5	27	266.24
	Charl Enslin	1974	84.9	0.6377	Find your edge	90.0	105.0	-115.0	75.0	120.0	130.0	150.0	105.0	75.0	150.0	330.0	35	210.44
	Henk de Wet	1974	92.85	0.6288	Barbell bullies	150.0	140.0	150.0	-155.0	240.0	270.0	-280.0	150.0	150.0	270.0	570.0	5	358.42
105kg																		
	Nic Ingel	1971	97.35	0.6155	Saints	120.0	135.0	117.5	122.5	-145.0	x	x	135.0	122.5	x	x	x	x
	Adrian Smith		98.3	0.6129	Alberton	-165.0	165.0	110.0	120.0	195.0	215.0	225.0	165.0	120.0	225.0	510.0	16	312.58
	Niall Marley	1995	104.55	0.5986	Sarel Gadney	140.0	160.0	175.0	95.0	150.0	160.0	175.0	175.0	95.0	175.0	445.0	26	266.38
	Michael Klinck	1991	97.05	0.6163	Gauteng	180.0	-190.0	130.0	137.5	190.0	205.0	215.0	180.0	137.5	215.0	532.5	11	328.18
	Sarel Gadney	1987	103.45	0.6009	Sarel Gadney	-255.0	-255.0	-255.0	-255.0	142.5	240.0	x	x	142.5	240.0	x	x	x
	Ruan Retief	1979	99.9	0.6088	Find your edge	160.0	180.0	-200.0	110.0	180.0	200.0	215.0	180.0	110.0	215.0	505.0	17	307.44
	Trent Williams		98.6	0.6121		180.0	195.0	160.0	175.0	250.0	270.0	280.0	195.0	175.0	280.0	650.0	2	397.87
	James Mynhardt	1998	96.35	0.6183	Sarel Gadney	90.0	100.0	-120.0	70.0	145.0	155.0	-160.0	100.0	70.0	155.0	325.0	36	200.95
	Craig Masson	1981	104.65	0.5984	Gauteng	-180.0	-180.0	180.0	165.0	-170.0	240.0	250.0	180.0	165.0	250.0	595.0	6	356.05
	Michael Spinks	1982	99	0.6111	Barbell bullies	130.0	145.0	145.0	150.0	170.0	-195.0	-205.0	145.0	150.0	170.0	465.0	22	284.16
	Patrick Casey	1972	96.7	0.6172	Find your edge	150.0	-160.0	-160.0	80.0	160.0	170.0	185.0	150.0	80.0	185.0	415.0	30	256.14
	Jannie Swanepoel		100.4	0.6076		165.0	-175.0	150.0	-160.0	230.0	250.0	260.0	165.0	150.0	260.0	575.0	7	349.37
120kg																		
	Lance Ceronio	1973	118.90	0.5762	Saints	140.0	165.0	185.0	110.0	225.0	245.0	255.0	185.0	110.0	255.0	550.0	14	316.91
	Liam Schultz	1997	118.7	0.5764	Saints	195.0	205.0	215.0	85.0	x	215.0	-232.5	215.0	85.0	215.0	515.0	19	296.85
	Stefan De Bruyn	1996	107.45	0.593	Pit Bull Power	120.0	140.0	90.0	100.0	175.0	185.0	-190.0	140.0	100.0	185.0	425.0	32	252.03
	Kyle Noonan	1990	119.4	0.5756	Barbell bullies	215.0	235.0	250.0	170.0	300.0	315.0	330.0	250.0	170.0	330.0	750.0	1	431.70
	Ryan Saunders	1989	111.3	0.5864	Saints	155.0	170.0	107.5	115.0	182.5	195.0	205.0	170.0	115.0	205.0	490.0	20	287.34
+ 120kg																		
	Ben Bugni		134	0.5627	Barbell bullies	-150.0	150.0	-170.0	100.0	180.0	207.5	215.0	150.0	100.0	215.0	465.0	29	261.66
	Kane Prinsloo	1992	125.7	0.5692		200.0	220.0	195.0	200.0	220.0	240.0	265.0	220.0	200.0	265.0	685.0	3	389.90