

SA Powerlifting Federation
Rodney's 7 Attempts RAW - St Stithians 03/12/2016

Unofficial SA record

DETAILED SCORESHEET - LADIES

PL.	Lifter	BY	Weight	Wilks	Prov/Club	Seven Attempts							Best Squat	Best Bench	Best Deadlift	TOTAL	Place	Wilks Total	Qualified for SA Raw?					
						1	2	3	4	5	6	7							Open	SJ	J	M1	M2	M3
						Squat		Benchpress		Deadlift														
Open						Squat		Benchpress		Deadlift														
57kg						Squat		Benchpress		Deadlift														
	Jeanri Bezuidenhout	1992	52.2	1.2429	Greenlyn	125.0	-130.0	62.5	-67.5	130.0	-140.0	x	125.0	62.5	130.0	317.5	1	394.62	1	Q				
	Jennifer Moodie		56.25	1.1733	Andrew Ramsay	90.0	-100.0	35.0	40.0	110.0	115.0	-122.5	90.0	40.0	115.0	245.0	2	287.46		Q				
	Zanalee Davies	1986	55.95	1.1783	5E	75.0	82.5	42.5	47.5	100.0	110.0	-115.0	82.5	47.5	110.0	240.0	3	282.79		Q				
63kg						Squat		Benchpress		Deadlift														
	Tracy Bath	1988	62.25	1.0844	Andrew Ramsay	90.0	100.0	45.0	52.5	110.0	117.5	-122.5	100.0	52.5	117.5	270.0	1	292.79		Q				
	Carol Anthony	1966	59.55	1.1221	SOS	77.5	82.5	42.5	-47.5	120.0	130.0	-135.0	82.5	42.5	130.0	255.0	2	286.14		Q				Q
	Jenny Ramsay	1962	62.4	1.0818	Andrew Ramsay	65.0	75.0	32.5	37.5	85.0	95.0	105.0	75.0	37.5	105.0	217.5	3	235.29		Q				Q
72kg						Squat		Benchpress		Deadlift														
	Nicole Scott	1980	72	0.976		105.0	-115.0	62.5	67.5	150.0	160.0	170.0	105.0	67.5	170.0	342.5	1	334.28	2	Q				
	Lara Taylor	1988	65.55	1.0432	Andrew Ramsay	85.0	95.0	45.0	52.5	120.0	135.0	-145.0	95.0	52.5	135.0	282.5	2	294.70		Q				
	Amanda Troughton	1987	70.85	0.9871		70.0	80.0	50.0	-60.0	110.0	130.0	-132.5	80.0	50.0	130.0	260.0	3	256.65		Q				
	Gaenor Crips	1976	68.15	1.0142	Barbell 1610	77.5	82.5	-87.5	47.5	-112.5	112.5	122.5	82.5	47.5	122.5	252.5	4	256.09		Q			Q	
	Bianca Gain	2001	66.15	1.0362	SOS	57.5	65.0	70.0	35.0	75.0	85.0	95.0	70.0	35.0	95.0	200.0	5	207.24		Q				
84kg						Squat		Benchpress		Deadlift														
	Linda Rubin	1964	76.2	0.9414	SOS	40.0	47.5	52.5	-35.0	35.0	75.0	82.5	52.5	35.0	82.5	170.0	1	160.04						Q
+84kg						Squat		Benchpress		Deadlift														
	Lauren Norton		106.55	0.8189	5E	100.0	110.0	120.0	70.0	77.5	140.0	170.0	120.0	77.5	170.0	367.5	1	300.95	3	Q				
	Jacqui Rees	1980	93.2	0.8523	Barbell 1610	115.0	122.5	130.0	57.5	155.0	162.5	-165.0	130.0	57.5	162.5	350.0	2	298.31		Q				
	Tarryn Merifield		89.2	0.8673	Barbell Bullies	110.0	120.0	-130.0	60.0	70.0	130.0	150.0	120.0	70.0	150.0	340.0	3	294.88		Q				
	Roelien Watson	1985	91.8	0.8572		-85.0	90.0	110.0	57.5	65.0	120.0	130.0	110.0	65.0	130.0	305.0	4	261.45		Q				
	Megan Brooke-Sofianas	1992	103.5	0.8247	Barbell 1610	105.0	-122.5	120.0	50.0	55.0	110.0	122.5	120.0	55.0	122.5	297.5	5	245.35						
	Taskin Quagliani	1997	89.25	0.8673	Nelo Gym	90.0	-100.0	55.0	62.5	90.0	105.0	115.0	90.0	62.5	115.0	267.5	6	232.00			Q			
	Bridgette Quagliani	1967	85.20	0.8856	Nelo Gym	40.0	50.0	50.0	55.0	70.0	90.0	100.0	50.0	55.0	100.0	205.0	7	181.55						Q

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DETAILED SCORESHEET - MEN

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