

25-Nov-17

7 Attempt 2017
School of Strength

							7 Attempts															Qualified for SA Powerlifting Champs						Qualified for SA Bench Champs							
	Lifter	Club	G	YOB	BW	Age Cat	Wdiv	1	2	3	4	5	6	7	Best Squat	Best Bench	Best Deadlift	TOTAL	Wilks	Overall Place	O	SJ	J	M1	M2	M3	O	SJ	J	M1	M2	M3			
Ladies	Emma Elcott	MA	F	1990	80.80	O	84	105.0	1	115.0	1	125.0	1	55.0	-1	55.0	1	130.0	1	140.0	1	125.0	55.0	140.0	320.0	291.20	1	Q							
	Megan Rogers	SoS	F	1999	110.00	SJ	84+	120.0	1	130.0	-1	132.5	1	60.0	1	65.0	1	135.0	1	142.5	-1	132.5	65.0	135.0	332.5	270.34	2	Q		Q			O		Q
	Marion Tanzer	Bar	F	1968	79.40	M1	84	90.0	1	95.0	1	102.5	1	52.5	1	57.5	-1	120.0	1	130.0	1	102.5	52.5	130.0	285.0	261.88	3	Q			Q				
	Lana Kleynhans	SoS	F	1967	68.20	M2	72	55.0	-1	55.0	1	60.0	1	65.0	1	57.5	1	60.0	-1	135.0	1	65.0	57.5	135.0	257.5	260.88	4	Q				Q			Q
	Alison Augustyn		F	1993	68.70	O	72	60.0	1	70.0	1	80.0	1	45.0	-1	45.0	1	115.0	1	125.0	1	80.0	47.5	125.0	252.5	254.50	5	Q							
	Bianca Rothman	WICO	F	1979	71.70	O	72	85.0	-1	85.0	-1	85.0	1	47.5	1	52.5	-1	110.0	1	120.0	1	85.0	47.5	120.0	252.5	247.14	6	Q							
	Cara van Deventer	JB	F	2000	44.90	SJ	47	65.0	1	67.5	-1	30.0	1	35.0	-1	65.0	1	70.0	1	75.0	-1	65.0	30.0	70.0	165.0	229.17	7		Q	Q					
	Fiona Hickman	Sos	F	1965	75.90	M2	84	70.0	1	77.5	1	82.5	1	50.0	1	110.0	1	117.5	-1	117.5	-1	82.5	50.0	110.0	242.5	228.83	8	Q				Q			
	Zonra Zietsman	SG	F	1979	64.70	O	72	70.0	1	80.0	-1	40.0	1	47.5	-1	90.0	1	100.0	1	105.0	1	70.0	40.0	105.0	215.0	226.33	9								
	Heba Sabra	SoS	F	1989	56.00	O	57	55.0	1	60.0	1	35.0	1	40.0	-1	80.0	1	90.0	1	95.0	-1	60.0	35.0	90.0	185.0	217.67	10	Q							
		Heather Leighton	SoS	F	1964	70.50	M2	72	35.0	1	40.0	1	45.0	1	32.5	1	35.0	1	90.0	1	100.0	-1	45.0	35.0	90.0	170.0	168.30	11					Q		
Bench Only	Pieter Erasmus		M	1970	91.00	M1	93	140.0	1	160.0	1	172.5	1							0.0	172.5	0.0	172.5	109.51	1						Q			Q	
	Andrew de Noon		M	1968	114.25	M1	120	130.0	1											0.0	130.0	0.0	130.0	75.67	2							Q(eq)			
Men	Andrew Ramsey	WICO	M	1988	74.80	O	83	190.0	1	205.0	1	127.5	1	135.0	1	240.0	1	255.0	1	262.5	-1	205.0	135.0	255.0	595.0	424.76	1	Q					Q		
	Malcolm McCann	Yard	M	1986	104.05	O	105	225.0	1	240.0	1	172.5	1	182.5	-1	250.0	1	260.0	-1	0.0	0	240.0	172.5	250.0	662.5	397.16	2	Q					Q		
	Archie Ayekpa	PHP	M	1985	80.00	O	83	180.0	1	190.0	1	205.0	-1	135.0	-1	135.0	1	210.0	1	225.0	1	190.0	135.0	225.0	550.0	375.48	3	Q					Q		
	Floyd Lebatie	RN	M	1988	83.00	O	83	160.0	1	170.0	1	185.0	1	135.0	-1	135.0	1	215.0	1	235.0	1	185.0	135.0	235.0	555.0	370.46	4	Q					Q		
	Ray Norman	WICO	M	1986	76.70	O	83	170.0	1	180.0	-1	127.5	1	130.0	1	200.0	1	210.0	1	215.0	-1	170.0	130.0	210.0	510.0	357.87	5	Q					Q		
	Hennie JV Rensburg	CA	M	1981	104.60	O	105	165.0	1	175.0	1	135.0	1	140.0	1	145.0	1	220.0	1	230.0	1	175.0	145.0	230.0	550.0	329.10	6	Q					Q		
	Bernard Boekkooi		M	1997	74.10	J	83	160.0	1	170.0	1	180.0	-1	95.0	1	102.5	1	170.0	1	185.0	1	170.0	102.5	185.0	457.5	328.77	7						Q		
	Charles-Lee Fourie	GY6	M	1994	73.05	J	74	132.5	1	137.5	1	142.5	1	77.5	1	82.5	-1	180.0	1	190.0	1	142.5	77.5	190.0	410.0	297.66	8			Q					
	Stuart Daly	WICO	M	1988	100.45	O	105	145.0	1	150.0	-1	150.0	1	115.0	1	125.0	1	190.0	1	200.0	-1	150.0	125.0	190.0	465.0	282.49	9								
	Yunus Hassen	SG	M	1954	72.65	M3	74	110.0	1	115.0	-1	115.0	1	55.0	1	60.0	1	180.0	1	190.0	1	115.0	60.0	190.0	365.0	266.05	10						Q		
		Tony dos Santos	SG	M	1960	96.50	M2	105	80.0	1	90.0	1	100.0	-1	50.0	1	55.0	1	130.0	-1	130.0	1	90.0	55.0	130.0	275.0	169.87	11							

Referees:

Jacqui Rees

Johann de Bruin

Megan Leighton

Rodney Anthony