



16/06/2018		WPC-SA Nationals																				
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlif t 1	Deadlif t 2	Deadlif t 3	PL Total	Coeff Score	Age & Coeff	Place code	PI-Div-WtCI	Team Pts	Team	Events
Kamo Mosebi	21	MJ	110	110	0.5625	187.5	-205	205	120	130	-435	190	207.5	-220	542.5	305.16	311.26	1.00	2-MJ-110	5.00	GP	PL
Alexi Spanenberg	22	MJ	130.5	140	0.5398	-160	-160	160	115	122.5	125	200	220	230	515.0	277.97	280.75	1.00	2-MJ-140	5.00	KZN	PL
Richard Gertholtz	24	MO	106.4	110	0.5681	230	240	-245	130	140	-150	240	-250	250	630.0	357.90	357.90	1.00	3-MO-110	3.00		PL
Janke Heystek	23	MJ	140.2	SHW	0.5310	200	220	232.5	125	135	-145	220	240	260	627.5	333.17	333.17	1.00	1-MJ-SHW	7.00	GP	PL
Duane Matthys	40	M1	107.7	110	0.5660	280	300	-315	170	180	190	250	270	280	770.0	435.78	435.78	1.00	1-M1-110	7.00		PL
Juan Foure	21	MJ	109	110	0.5640	265	280	-290	-170	-170	-170	265	275	-280				1.00				PL
Duane Hall	31	MO	102.5	110	0.5757	225	235	240	170	175	177.5	275	280	-282.5	697.5	401.52	401.52	1.00	2-MO-110	5.00	OFS	PL
Amiel Morton	41	M1	139	140	0.5320	250	270	-292.5	150	160	-170	265	280	295	725.0	385.66	389.52	1.00	1-M1-140	7.00	KZN	PL
Cory Van Rooyen	22	MJ	126.4	140	0.5440	265	-277.5	-277.5	170	177.5	182.5	280	295	305	752.5	409.32	413.42	1.00	1-MJ-140	7.00	GP	PL
Rinus Bezuidenhout	23	MJ	109.7	110	0.5629	285	305	315	140	155	-165	290	-310	310	780.0	439.06	439.06	1.00	1-MJ-110	7.00	GP	PL
Blake Louwrens		MO	106.1	110	0.5687	290	305	320	170	180	-185	330	-340	-347.5	830.0	471.98		1.00	1-MO-110	7.00	KZN	PL
Bronwin Grib	25	MO	136.5	140	0.5341	-210	210	215	160	167.5	-172.5	210	220		602.5	321.80	321.80	1.00	2-MO-140	5.00	GP	PL
Shaun Roos	40	M1	109.9	110	0.5633	260	270	277.5	160	165	170	260	270		717.5	404.13	404.13	1.00	2-M1-110	5.00	GP	PL
Baine Viljoen	26	MO	135.4	140	0.5351	330	345	-367.5	180	190	195	340	-350		880.0	470.89	470.89	1.00	1-MO-140	7.00	GP	PL
Paul Theart	38	MO	108.3	110	0.5650	240	-265	-265	150	-160	160	240			640.0			1.00				PI
Zane Ison	49	M2	133	140	0.5374	-300	300	320	140	150	-160	260			730.0	392.30	436.63	1.00	1-M2-140	7.00	KZN	PL
Martin Nhlanhla	33	MO	65.3	67.5	0.7702	120	140	-160	70	85	95	140	170	195	430.0	331.16	331.16	1.00	1-MO-67.5	7.00	KZN	PL
Reuben Coetzee	16	MT2	74.9	75	0.6928	160	170	-175	95	-100	100	160	170	180	450.0	311.74	352.26	1.00	1-MT2-75	7.00	GP	PL
Francois Kruger	21	MJ	79.3	82.5	0.6618	150	-160	160	110	115	-120	175	185	-195	460.0	304.41	310.49	1.00	1-MJ-82.5	7.00	GP	PL
Trevor Smit	24	MO	75.7	82.5	0.6839	-160	160	-165	-115	115	120	180	195	205	485.0	331.67	331.67	1.00	2-MO-82.5	5.00	GP	PL
Corné Davel	28	MO	78.7	82.5	0.6652	-170	-170	170	115	122.5	130	210	225	-240	525.0	349.23	349.23	1.00	1-MO-82.5	7.00	KZN	PL
Justin Crous	23	MJ	88.1	90	0.6193	180	190	205	120	130	-140	210	220	240	575.0	356.07	356.07	1.00	2-MJ-90	5.00		PL
Tristen Carter	23	MJ	89.6	90	0.6134	175	-195	205	135	145	155	210	220	-235	580.0	355.74	355.74	1.00	1-MJ-90	7.00	KZN	PL
Corne Hubinger	36	MO	90	90	0.6119	250	265	-275	155	165	-172.5	260	285	-300	715.0	437.47	437.47	1.00	2-MO-90	5.00	GP	PL
Shaun McCreedy	36	MO	88.98	90	0.6157	260	272.5	280	150	157.5	-160	270	290	300	737.5	454.08	454.08	1.00	1-MO-90	7.00	KZN	PL
Hanre Ison	13	MT1	93.3	100	0.6003	110	125	135	60	70	75	135	150	165	375.0	225.11	288.14	1.00	1-MT1-100	7.00	KZN	PL
Jacques van Noordwyk	29	MO	94.1	100	0.5977	170	-185	185	100	117.5	127.5	180	195	215	527.5	315.29	315.29	1.00	2-MO-100	5.00	GP	PL
Jan Herbst	48	M2	94.5	100	0.5965	185	-190	-190	135	145	-147.5	200	217.5	-222.5	547.5	326.56	358.23	1.00	1-M2-100	7.00	GP	PL
Albert Jordan	42	M1	95.2	100	0.5943	180	-190	190	130	140	-150	200	220	230	560.0	332.81	339.46	1.00	1-M1-100	7.00	GP	PL
Gary Lewis	45	M2	98.6	100	0.5848	220	-260	-280	-150	-150	-150	200	240	-300				1.00			GP	PL

Chief Referee

Side Referee

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Ian Buckle	59	M5	95.3	100	0.5940				160	165	170	200	210	215				1.00			GP	PP
Frank JV Rensburg		MO	140.3	SHW	0.5309	220	-250	-250	-300	-300	-300	-200						1.00			GP	PL
Mani Clegg	48	M2	96.8	100	0.5897	-180	-180	-180	140	-145		-220						1.00			GP	PL
Rozelt Herbst	22	MJ	98.9	100	0.5854	200	215	225	135	-145	145	260	280	-285	650.0	380.48	384.28	1.00	1-MJ-100	7.00	GP	PL
Shandon Carter	28	MO	98.1	100	0.5862	250	-270	270	160	-170	-170	270	-280	-280	700.0	410.31	410.31	1.00	1-MO-100	7.00	KZN	PL
Gerhard Steenekamp	51	M3	85.8	90	0.6290				-170	170	-190							1.00				BP
Luan Kruger	28	MO	119.8	125	0.5512				175	-187.5								1.00			GP	BP
Franz Rusch	33	MO	105.9	110	0.5699				190	202.5								1.00			WP	BP
Michelle DeOliviera	22	FJ	53.3	56	1.0861	-70	-80	-80	35	40	-45	85	95	-105				1.00			KZN	PL
Somare Herbst	18	FT3	66.4	67.5	0.9113	95	-100	100	45	-52.5	52.5	95	102.5	105	257.5	234.66	248.74	1.00	1-FT3-67.5	7.00	GP	PL
Michelle Carstens	47	F2	88	90	0.7570	80	92.5	107.5	60	70	72.5	110	122.5	132.5	312.5	236.55	255.94	1.00	1-F2-90	7.00	WP	PL
Jeanne Duplessis	30	FO	75.1	82.5	0.8354	120	127.5	135	65	72.5	-77.5	120	130	150	357.5	298.64	298.64	1.00	1-FO-82.5	7.00		PL
Shannon Van Rij	25	FO	70.8	75	0.8696	105	112.5	122.5	50	55	60	145	152.5	157.5	340.0	295.65	295.65	1.00	1-FO-75	7.00	GP	PL
Stephani Dippenaar	32	FO	66.6	67.5	0.9092	130	-140	140	60	65	-70	150	-162.5	-172.5	355.0	322.75	322.75	1.00	2-FO-67.5	5.00	WP	PL
Andy De Bod	31	FO	62.1	67.5	0.9608	137.5	145	-150	65	70	-72.5	155	160	-165	375.0	360.30	360.30	1.00	1-FO-67.5	7.00	GP	PL
Xena Botha	36	FO	88.3	90	0.7555	180	-185		100	105		195	-205	205	490.0	370.17	370.17	1.00	1-FO-90	7.00	GP	PL
Colin Debruin	42	M1	124.6	125	0.5459	200	210	215	150	160		210	225	235	610.0	333.00	339.66	1.00	1-M1-125	7.00	GP	PL
Pat Botha	60	M6	124.5	125	0.5460	260	280		120	130		230	240	252.5	662.5	361.73	484.71	1.00	1-M6-125	7.00	GP	PL
Donovan Carter		M2	121.5	125	0.5494	-250	-250	250	125	132.5	137.5	240	250	-255	637.5	350.24		1.00	1-M2-125	7.00	KZN	PL
Dylan Jones	30	MO	119.8	125	0.5512	250	-270	270	150	160	170	250	275	285	725.0	399.58	399.58	1.00	2-MO-125	5.00	KZN	PL
Gawie V.D Berg	33	MO	114	125	0.5574	230	-260	260	140	160	170	-250	250	290	720.0	401.29	401.29	1.00	3-MO-125	3.00	GP	PL
Nick Storm	28	MO	120.6	125	0.5504	250	260	-270	150	155	-160	280	290	-300	705.0	388.00	388.00	1.00	4-MO-125	2.00	GP	PL
Nicolaas Dupreez	24	MO	123.9	125	0.5474	340	365	-382.5	200	210	215	340	360	365	945.0	517.29	517.29	1.00	1-MO-125	7.00	NW	PL

Chief Referee

Side Referee

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