

01-Mar-16		GPC Comp-Kg Results																					
Name	Age	Div	BWt (Kg)	WtCIs (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score
Sonja de Waal		F3	65.9	67.5	1.6656	145	155			155	-100	110	115		115	270	155	165	172.5		172.5	442.5	737.028
Sonja Kruger	49	F2	65.05	67.5	1.6792	107.5	115	117.5		117.5	65	67.5	70		70	187.5	-152.5	152.5	155		155	342.5	575.126
Trish Armstrong	49	F2	100.6	110	1.3598	-140	140	150		150	80	90	110		110	260	160	175	190		190	450	611.91
Hilary Gilmore		F1	47.7	52	2.3366	65	70	-75		70	35	40	45		45	115	75	90	100		100	215	502.369
Alicia Westraat		FT2	47.7	52	2.3366	85	90	-92.5		90	35	37.5	40		40	130	80	85			85	215	502.369
Leigh Scheepers	17	FT2	61.2	67.5	1.7522	95	102.5	110		110	37.5	42.5	-45		42.5	152.5	105	-112.5	-112.5		105	257.5	451.1915
Sorah Garber		FO	56	56	1.905	90	100	-112.5		100	57.5	62.5	65		65	165	115	125	-135		125	290	552.45
Lee-Ann Smith		FO	54.6	56	1.9588	80	90	-95		90	37.5	40	-45		40	130	95	105	-112.5		105	235	460.318
Debbie McAlpine		FO	67	67.5	1.647	132.5	-137.5	-137.5		132.5	55	-57.5	-57.5		55	187.5	120	130	-140		130	317.5	522.9225
Chantell Shaw		FO	73.4	75	1.5622	150	160	165		165	85	90	-95		90	255	185	-195	-195		185	440	687.368
Bicarla Goss		FO	75.6	82.5	1.538	140	-150	-150		140	75	82.5	85		85	225	130	150	-160		150	375	576.75
Theolan Govender		MJ	54.1	56	1.6904	120	-140	140		140	70	85			85	225	140	160	175		175	400	676.16
Jarrid-Leigh Muller		MJ	74.9	75	1.1182	220	-240	240		240	135	145	150		150	390	250	270	-280		270	660	738.012
Willie Fourie	20	MJ	74.9	75	1.1182	240	-252.5	-252.5		240	140	145	-150		145	385	250	267.5			267.5	652.5	729.6255
Cor du Bruyn		M6	80.9	82.5	1.0448	70	-85	-87.5		70	52.5	60	-65		60	130	100	120	-125		120	250	261.2
Jack Devnarain		M2	82.1	82.5	1.0328	-170	190	-200		190	120	-130	140		140	330	210	230	240		240	570	588.696
Nico van der Merwe	40	M1	82.2	82.5	1.0316	190	205	215		215	90	100	-107.5		100	315	190	205	-210		205	520	536.432
Neel Devnarain		MT2	73.65	75	1.1366	140	150	-165		150	100	105	-110		105	255	160	180	190		190	445	505.787
Franco Steenkamp		MT2	82	82.5	1.034	170	185	195		195	100	110	115		115	310	200	210	220		220	530	548.02
Reuben Coetzee	14	MT1	66.2	67.5	1.264	95	105	115		115	65	72.5	-77.5		72.5	187.5	120	130	132.5		132.5	320	404.48
Tristan Liam Birks		MT1	74.44	75	1.1256	100	-120	-120		100	50	55	-60		55	155	120	140	-152.5		140	295	332.052
Chandre Swanepoel		MT1	78.5	82.5	1.072	150	160	-170		160	65	75	90		90	250	170	-180	180		180	430	460.96
Shilo Ramdin		MO	67.4	67.5	1.239	175	-185	-190		175	95	-100	100		100	275	190	-205	-205		190	465	576.135
Martin Nhlanhla	31	MO	60.2	67.5	1.4158	100	120	135		135	70	85	-92.5		85	220	160	175	190		190	410	580.478
Shane Botha - E		MO	73.7	75	1.1366	-185	185	195		195	140	-145	-145		140	335	220	230	-235		230	565	642.179
Dean van Wyk		MO	80.9	82.5	1.0448	220	235	242.5		242.5	130	140	145		145	387.5	270	-290	-300		270	657.5	686.956
Rick Evans		MO	81.5	82.5	1.039	-200	200	220		220	140	150	-160		150	370	240	250	-257.5		250	620	644.18
Kobus Bester		MO	76.6	82.5	1.0948	170	-190	-190		170	135	140	-150		140	310	180	200	215		215	525	574.77
Martin Nel		MO	79.9	82.5	1.0552	150	-165	165		165	120	130	132.5		132.5	297.5	180	200	205		205	502.5	530.238
Matthew Voss		MO	80.6	82.5	1.0472	-200	-200	-200		0	130	-135	-135		130	0	230	235	240		240	0	0
Christiaan van der Wal	25	MO	77.9	82.5	1.0792	-140	-140	-150		0	-120				0	0	-170				0	0	0
Jaco de Waal		MO	89.4	90	0.9728	290	315	322.5		322.5	182.5	192.5	200		200	522.5	300	315	-322.5		315	837.5	814.72
George Kattan		MO	89.9	90	0.9694	-270	270	275		275	180	-185	-185		180	455	290	300	-305		300	755	731.897
Wesley van Zyl	28	MO	89.75	90	0.9698	-240	-245	245		245	160	-170	-170		160	405	250	260	-270		260	665	644.917
Brendon March		MO	88.45	90	0.979	-180	190	205		205	110	120	122.5		122.5	327.5	210	220	230		230	557.5	545.7925

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Rozelt Herbst		MJ	109.9	110	0.885	220	-230	-240		220	130	135	137.5		137.5	357.5	240	255	260		260	617.5	546.4875
Darien Bester		MJ	136.4	140	0.8444	260	-280	290		290	160	180			180	470	280	300			300	770	650.188
Kane Prinsloo		MJ	132.7	140	0.848	220	240	250		250	215	-225	-225		215	465	260	275	-290		275	740	627.52
Derek Allen		M4	96.65	100	0.9282	-180	180	-200		180	120	130	140		140	320	180	200	210		210	530	491.946
Jan Kruger		M3	113.1	125	0.8766	240	260	-270		260	180	190	200		200	460	240	260	280		280	740	648.684
Lionel Phillips		M3	144.2	SHW	0.836	250	-272.5	272.5		272.5	140	152.5	-165		152.5	425	265	285	300		300	725	606.1
Johan Steenkamp		M2	96.9	100	0.9274	230	242.5	247.5		247.5	135	147.5	155		155	402.5	245	260	-270		260	662.5	614.4025
Jan Herbst		M2	97.1	100	0.9266	180	190	-195		190	130	137.5	140		140	330	180	205	212.5		212.5	542.5	502.6805
Mark Parsley		M2	122.8	125	0.86	-240	250	262.5		262.5	150	162.5	-172.5		162.5	425	-260	-280	-280		0	0	0
Zane Ison		M2	136.7	140	0.844	280	320	-340		320	140				140	460	280	305	-310		305	765	645.66
Kevin Barry		M2	127.4	140	0.8544	-200	200	-220		200	-190	190	-205		190	390	220	240	250		250	640	546.816
Colin du Bruyn		M1	116.1	125	0.8706	180	195	200		200	140	150	160		160	360	190	215	-232.5		215	575	500.595
Ettiene Smit		M1	158.9	SHW	0.8244					0					0	0					0	0	0
Michael Snooke		MT3	169.8	SHW	0.818	-190	210	230		230	142.5	150	155		155	385	265	280	-290		280	665	543.97
Reece De Olivera		MT2	99.4	100	0.9174	-175	180	192.5		192.5	95	100	105		105	297.5	180	195	205		205	502.5	460.9935
Keaton Le Roux		MT2	106.3	110	0.894	110	120	130		130	90	100	-110		100	230	140	170	190		190	420	375.48
John Mackechnie		MO	99.4	100	0.9174	290	300	305		305	160	-170	170		170	475	330	-350			330	805	738.507
Donavin Hawkey		MO	100	100	0.915	235	245	255		255	175	185			185	440	300	315	-325		315	755	690.825
Michael Barnard		MO	97.5	100	0.925	230	250	260		260	145	155	160		160	420	270	290	-300		290	710	656.75
Andre Engelbrecht - E		MO	98.4	100	0.9214	250	-260	260		260	140	155	170		170	430	270	280			280	710	654.194
Duane Hall		MO	99.5	100	0.917	220	230	-240		230	170	-180	-180		170	400	250	265	285		285	685	628.145
Morgan Mabunda		MO	92.2	100	0.9524	155	170	200		200	125	135	145		145	345	230	-250	250		250	595	566.678
Jason Evans		MO	99.75	100	0.9158	190	-210	-210		190	130	137.5	142.5		142.5	332.5	220	235	250		250	582.5	533.4535
Terrence Viviers		MO	98	100	0.923	180	200	-220		200	120	-125	-125		120	320	-280	-280			0	0	0
Juan Booyse		MO	107.9	110	0.89	285	-300	-315		285	185	195	200		200	485	260	282.5	-287.5		282.5	767.5	683.075
Shaun Roos		MO	109.6	110	0.8856	280	290	-300		290	155	165	-170		165	455	270	280	285		285	740	655.344
David Bezuidenhout		MO	108	110	0.89	-250	250			250	150	157.5			157.5	407.5	270	-282.5	-282.5		270	677.5	602.975
Daniel Ross Hurlin		MO	124.8	125	0.858	-310	320	-330		320	195	205	212.5		212.5	532.5	290	305	-317.5		305	837.5	718.575
Minal Raniga - E		MO	130.3	140	0.851	-310	-310	310		310	175	192.5			192.5	502.5	260	282.5	-300		282.5	785	668.035
Anton Buckner		MO	138.8	140	0.8418	270	282.5	290		290	160	167.5	-170		167.5	457.5	280	290	-300		290	747.5	629.2455

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Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score
Jonty Hall		MJ	99.45	100	0.917	160	170	-175		170	155.89
Ian Buckle - E		M4	101.3	110	0.9098	160	170	175		175	159.215
Diego Cardona		M1	107.5	110	0.891	180	192.5	200		200	178.2
Franz Rusch		MO	113.1	125	0.8766	195	205	-210		205	179.703
Craig Masson		MO	114.6	125	0.873	170	175	-185		175	152.775