

Open Women Raw

Name	Age	Div	BWT (Kg)	WtCls (Kg)	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Dead	PL Total	Coeff Score	Age & Cod	PI-Div-WtCl	
56Kg																						
Shelby Cox	25	F-O	55.3	56	80	-90	-90	80	42.5	45	-50	45	125	90	110	-115	110	235	454.49	454.49	1-F-O-56	
Sandra McGeehan	36	F-O	55.96	56	65	-75	75	75	42.5	-45	-45	42.5	117.5	105	112.5	-122.5	112.5	230	438.978	438.978	2-F-O-56	
60Kg																						
Kelly Loe	22	F-O	58.3	60	95	-105	105	105	55	-57.5	-60	55	160	140	147.5	-155	147.5	307.5	563.217	568.8492	1-F-O-60	
67.5Kg																						
Heidi De Mendonca	38	F-O	66.4	67.5	105	-112.5	-115	105	52.5	55	-60	55	160	160	165	-170	165	325	539.175	539.175	1-F-O-67.5	
Guilla Chambers	33	F-O	60.95	67.5	85	95	105	105	-45	45	50	50	155	100	110	-120	110	265	466.347	466.347	2-F-O-67.5	
Debbie McAlpine	38	F-O	62.15	67.5	105	115	-122.5	115	52.5	57.5	-62.5	57.5	172.5	60				60	232.5	402.9225	402.9225	3-F-O-67.5
Lulama Makuma	15	F-O	60.8	67.5	-60	60	70	70	25	30	-35	30	100	80	95	100	100	200	353.04	416.5872	4-F-O-67.5	
Melissa Roux	14	F-O	67	67.5	65	75	-80	75	30	-35	-35	30	105	80	90	-100	90	195	321.477	395.4167	5-F-O-67.5	
82.5Kg																						
Vallerie Sweeney	30	F-O	82.4	82.5	90	110	125	125	60	-65	65	65	190	145	155	165	165	355	524.193	524.193	1-F-O-82.5	
Jodi Poxon	39	F-O	81.8	82.5	90	100	105	105	50	52.5	-55	52.5	157.5	100	115	-127.5	115	272.5	403.6815	403.6815	2-F-O-82.5	

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Name	Age	Div	BWT (Kg)	WtCls (Kg)	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Dead	PL Total	Coeff Score	Age & Cod	PI-Div-WtCl	
56Kg																						
Dalton Davhule	17	M-O	53.4	56	60	-70	-70	60	-40	50	60	60	120	110	115	120	120	240	417.552	450.9562	1-M-O-56	
60Kg																						
Karabo Manamela	15	M-O	56.8	60	90	95	-100	95	50	60	65	65	160	100	115	130	130	290	450.254	531.2997	1-M-O-60	
67.5Kg																						
Sinoye Nkumane	16	M-O	60.9	67.5	80	90	-100	90	50	60	-65	60	150	135	145	-150	145	295	411.171	464.6232	1-M-O-67.5	
75Kg																						
Aasif Ismail	20	M-O	74.95	75	155	-165	165	165	135	140	145	145	310	235	-240	240	240	550	614.35	632.7805	1-M-O-75	
Aadil Ismail	19	M-O	68.3	75	135	145	-155	145	112.5	115		115	260	180	185	190	190	450	548.55	570.492	2-M-O-75	
Neel Devnarain	16	M-O	73	75	100	120	140	140	70	85	-100	85	225	140	160	-180	160	385	441.595	499.0024	3-M-O-75	
Bonolo Moche	16	M-O	68.3	75	-120	120	-140	120	70	80	-90	80	200	170	180	-190	180	380	464.74	525.1562	4-M-O-75	
82.5Kg																						
Mark Nel	34	M-O	77.8	82.5	160	170	180	180	120	130	-140	130	310	180	195	-210	195	505	545.602	545.602	1-M-O-82.5	
Dominic Nel	31	M-O	81.8	82.5	-150	160	-170	160	110	115	-130	115	275	170	190	210	210	485	502.266	502.266	2-M-O-82.5	
Ishaq Oocrat	19	M-O	80.6	82.5	140	150		150	90	100	-105	100	250	180	200	210	210	460	481.712	500.9805	3-M-O-82.5	
Speshile Dalasile	16	M-O	82	82.5	130	-140	-140	130	55	60	-65	60	190	150	160	170	170	360	372.24	420.6312	4-M-O-82.5	
Hein Kruger	25	M-O	78.7	82.5	60	-100	-100	60	70	-80	85	85	145	140	-160	-160	140	285	304.836	304.836	5-M-O-82.5	
90Kg																						
Michael Barnard	28	M-O	89.7	90	200	205	215	215	125	135	145	145	360	245	265	-270	265	625	606.5	606.5	1-M-O-90	
Johan Steenkamp	44	M-O	88.5	90	190	-210	220	220	140	150	155	155	375	190	210	220	220	595	582.505	607.5527	2-M-O-90	
Wesley Roberts	28	M-O	86.5	90	170	-190	-190	170	115	-120	-120	115	285	200	220	-240	220	505	501.97	501.97	3-M-O-90	
Tim Schultz	27	M-O	86	90	110	-130	150	150	100	-110	-110	100	250	180	205	222.5	222.5	472.5	471.555	471.555	4-M-O-90	
Christiaan Griesel	26	M-O	89.25	90	-180	-180	-190	0	110	120	-140	120	0	230	240	250	250	0	0	0	0	
100Kg																						
Garth Ryan Homan	20	M-O	97.9	100	240	260	270	270	150	160	-165	160	430	280			0	280	710	655.614	675.2824	1-M-O-100
Matthew Ashe	35	M-O	96.5	100	190	190	210	190	115	-130		115	305	200	230	0	230	535	497.015	497.015	2-M-O-100	
Alessandro Baatjes	23	M-O	99.5	100	140	155	165	165	130	140	-155	140	305	160	180	200	200	505	463.085	463.085	3-M-O-100	
Michael Poxon	39	M-O	99.7	100	-155	160	180	180	90	-100	-100	90	270	165	185	-200	185	455	416.871	416.871	4-M-O-100	
Kharendwe Mutobvu	18	M-O	91.4	100	70	110	-140	110	-60	60	80	80	190	120	160	185	185	375	359.55	381.123	5-M-O-100	
110Kg																						
Mohammed Raees Dar	23	M-O	107.4	110	300	320	-332.5	320	165	185	192.5	192.5	512.5	320	340	0	340	852.5	759.9185	759.9185	1-M-O-110	
Robert Kennedy	20	M-O	107.2	110	260	-280	-280	260	150	160	-165	160	420	280	300	320	320	740	660.08	679.8824	2-M-O-110	
Greg Kruger	37	M-O	108.5	110	180	200	-220	200	125	140	-160	140	340	220	240	-260	240	580	515.62	515.62	3-M-O-110	
125Kg																						
Andre Sweeney	32	M-O	120.9	125	260	-280	280	280	160	180	-190	180	460	280	300	0	300	760	655.424	655.424	1-M-O-125	
Johan Rudd	26	M-O	120.3	125	260	-280	-280	260	-160	170	-185	170	430	280	290	-300	290	720	621.936	621.936	2-M-O-125	
Malesela Modiba	16	M-O	111.2	125	110	125	-140	125	60	70	75	75	200	160	170	-182.5	170	370	326.044	368.4297	3-M-O-125	
140+Kg																						
Kelin Mills	25	M-O	167	SHW	30			30	190	210	220	220	250	-337.5	337.5	-357.5	337.5	587.5	481.75	481.75	1-M-O-SHW	

Bench Press Only Raw

Name	Age	Div	BWT (Kg)	WtCls (Kg)	Bench 1	Bench 2	Bench 3	Best Bench	PI-Div-WtCl
Pieter De Waal	59	M-O	81.6	82.5	120	130		130	1-M-O-82.5
Frank Jansen Van Rens	34	M-O	124.6	125	190	202.5		202.5	1-M-O-125

Best Lifter Female

Kelly Loe

Best Lifter Male

Mohammed-Raees Dangor