

SA Powerlifting Federation
Double Deadlift - St Stithians HPC, 4 July 2015
DETAILED SCORESHEET - LADIES

Lifters	Weight 1	Weight 2	Comb. Weight	Deadlift Attempts			TOTAL	Place	Wilks 1	Wilks 2	Average Wilks Total
				1	2	3					
120kg											
Gabriella de Gouveia + Lauren Hilledge	56.70	59.85	116.55	220.0	250.0	265.0	265.0	1	308.778	295.820	302.299
Megan Pascali + Kerri Carreira	57.00	51.95	108.95	185.0	202.5	220.0	220.0	2	255.288	274.252	264.770
Giulia Muto + Megan Leighton	51.85	57.30	109.15	185.0	-230.0	-230.0	185.0	3	230.973	213.786	222.379
Candice Firmani + Lauren Katz	64.70	54.55	119.25	180.0	-230.0	-230.0	180.0	4	189.486	216.342	202.914
Mijuane de Wet + Carol Anthony	33.80	61.25	95.05	100.0	110.0	120.0	120.0	5	179.232	131.592	155.412
150kg											
Laura de Wet + Sarah Ezzideen	71.55	68.00	139.55	250.0	270.0	280.0	280.0	1	274.568	284.284	279.426
Toni Firmani + Roxy Firmani	77.50	62.70	140.20	230.0	250.0	255.0	255.0	2	237.609	274.865	256.237
Elzanne Werth + Michelle de Jongh	71.80	63.55	135.35	220.0	245.0	-252.5	245.0	3	239.586	261.562	250.574
Ri-Hanna Vermeulen + Claire Pacariz	77.65	65.30	142.95	150.0	200.0	-240.0	200.0	4	186.080	209.100	197.590

SA Powerlifting Federation
Double Deadlift - St Stithians HPC, 4 July 2015
DETAILED SCORESHEET - MEN

Lifters	Weight 1	Weight 2	Comb. Weight	Deadlift Attempts			TOTAL	Place	Wilks 1	Wilks 2	Average Wilks Total	
				1	2	3						
150kg												
Shau Mafuna + Dan Oppenheim	74.65	75.35	150.00	320.0	345.0	360.0	360.0	1	257.256	255.813	256.535	
Nick L + Josh Richards	70.15	62.40	132.55	230.0	255.0	265.0	265.0	2	198.167	218.228	208.197	
Duncan Williamson + Mitch Booyse	66.05	52.80	118.85	-230.0	230.0	245.0	245.0	3	192.374	236.621	214.498	
200kg												
Darryn Anthony + Sean Manders	96.05	103.80	199.85	480.0	520.0	530.0	550	530.0	1	328.123	318.000	323.062
Graham Green + Rob F	95.60	101.50	197.10	450.0	500.0	522.5	522.5	2	324.107	316.113	320.110	
Neville Young + Kyle Mew	85.40	102.75	188.15	380.0	450.0	470.0	470.0	3	308.602	282.987	295.794	
Andrew Ramsay + Sergio de Costa	76.50	101.10	177.60	400.0	445.0	467.5	467.5	4	328.606	283.305	305.955	
Jean-Arthur Pretorius + Conrad Dippenaar	81.35	79.15	160.50	400.0	450.0	465.0	465.0	5	314.294	319.502	316.898	
Jared Dallas + Marc Steinhobel	93.45	90.95	184.40	400.0	430.0	462.5	462.5	6	289.803	293.641	291.722	
Zander Worst + Uno Mduladlo	104.25	89.00	193.25	400.0	450.0	-460.0	450.0	7	269.550	288.945	279.248	
Eric Kobal + Shaun	96.95	100.80	197.75	350.0	390.0	410.0	410.0	8	252.638	248.747	250.693	
Ray Norman + Craig Masson	74.70	108.70	183.40	350.0	390.0	405.0	405.0	9	289.413	239.234	264.323	
Chris Carreira + Luke Routier	73.00	80.25	153.25	320.0	330.0	350.0	350.0	10	254.240	238.385	246.313	
Hennie Janse van Rensburg + David Jacobsz	103.85	91.30	195.15	x	x	x	0.0	11	0.000	0.000	0.000	
200+ kg												
Henk de Wet + Kyle Noonan	99.70	124.90	224.60	500.0	550.0	575.0	575.0	1	350.347	327.693	339.020	
Chris van der Linde + Raymond van Ryneveld	154.20	116.00	270.20	550.0	560.0	-575.0	560.0	2	308.616	324.632	316.624	
Ruan Roux + Liam Schultz	122.25	117.85	240.10	420.0	480.0	500.0	500.0	3	286.250	288.750	287.500	
Mark Phillips + Clyde Keevy	99.45	110.70	210.15	400.0	465.0	-502.5	465.0	4	283.557	273.141	278.349	
Adrian Smith + Jean van der Have	92.25	116.20	208.45	400.0	-460.0	460.0	460.0	5	290.030	266.570	278.300	
Fanie de Preez + Lance Ceronio	137.80	123.15	260.95	420.0	460.0	-502.5	460.0	6	257.692	262.936	260.314	

SA Powerlifting Federation
 Double Deadlift - St Stithians HPC, 4 July 2015
 DETAILED SCORESHEET - MIXED COUPLES

Lifters	Weight 1	Weight 2	Comb. Weight	Deadlift Attempts			TOTAL	Place	Wilks 1	Wilks 2	Average Wilks Total
				1	2	3					
135kg											
Roxy Firmani + Jason Szeili	62.70	70.10	132.80	270.0	290.0	310.0	310.0	1	334.149	232.066	283.108
Bethany Williamson + Duncan Williamson	60.95	66.05	127.00	150.0	170.0	185.0	185.0	2	203.630	145.262	174.446
Lauren Jarvis + Ryan Jarvis	62.15	51.60	113.75	140.0	160.0	180.0	180.0	3	195.444	178.074	186.759
Mijuane de Wet + Keaton Anthony	33.80	78.60	112.40	100.0	110.0	120.0	120.0	4	179.232	82.660	130.946
175kg											
Laura de Wet + Henk de Wet	71.55	99.70	171.25	350.0	400.0	-440.0	400.0	1	392.240	243.640	317.940
Giulia Muto + Graham Green	51.85	95.60	147.45	300.0	320.0	345.0	345.0	2	430.732	214.003	322.368
Michelle de Jongh + Shau Mafuna	63.55	74.65	138.20	210.0	240.0	270.0	270.0	3	288.252	192.942	240.597
Claire Pacariz + Eric Kobal	65.30	96.95	162.25	220.0	230.0	240.0	240.0	4	250.920	147.912	199.416
Megan Leighton + Luke Routier	57.30	80.25	137.55	195.0	215.0	237.5	237.5	5	274.455	161.761	218.108
Carol Anthony + Keaton Anthony	61.20	78.65	139.85	140.0	160.0	190.0	190.0	6	208.620	131.081	169.851
175+ kg											
Ri-Hanna Vermeulen + Robert F	77.65	101.50	179.15	250.0	300.0	345.0	345.0	1	320.988	208.725	264.857
Sarah Ezzideen + Ruan Roux	68.00	122.25	190.25	300.0	330.0	345.0	345.0	2	350.279	197.513	273.896
Toni Firmani + Shaun	77.50	100.80	178.30	300.0	320.0	340.0	340.0	3	316.812	206.278	261.545