

POWERLIFTING

Coastal Inter Provincial

DATE: 2011/08/13

AGE GROUP	TEAM	DIV	NAME	LOT NO	BODY MASS	WILKS FORMULA	SQUAT				BENCH PRESS				DEAD LIFT				TOTAL (kg)	POINTS (WILKS)	POSITION	TEAM POINTS	INCENTIVE BADGE							
							1ST	2ND	3RD	4TH	1ST	2ND	3RD	4TH	1ST	2ND	3RD	4TH												
<b>WOMEN POWERLIFTING</b>																														
	EC	52.0	Gillian Smith	51.90	51.90	1.2485	105.0	+	110.0	+	112.5	+	57.5	+	62.5	+	65.0	+	110.0	+	120.0	+	125.0	-	297.5	371.43	First	12	Bronze	
	EC	57.0	Ilze-Mari Maritz	56.40	56.40	1.1701	90.0	+	97.5	+	100.0	+	65.0	+	70.0	+	72.5	+	117.5	+	122.5	-	122.5	-	290.0	339.33	First	12	Black	
	EC	63.0	Anneke Jordaan	61.50	61.50	1.0939	100.0	+	107.5	-	110.0	+	45.0	+	50.0	-	50.0	-	100.0	+	107.5	+	112.5	+	267.5	292.62	First	12	Blue	
	WP	84.0	Natalie Mohr	72.50	72.50	0.9716	125.0	+	135.0	+	140.0	+	70.0	+	77.5	+	82.5	+	130.0	+	145.0	+	155.0	+	377.5	366.78	First	12	Brown	
	EC	84.0	Anneke Muller	84.00	84.00	0.8917	40.0	+	60.0	+	95.0	-	40.0	+	55.0	-	57.5	-	60.0	+	90.0	-	100.0	-	160.0	142.67	Second	9	White	
																													#N/A	#N/A
<b>MEN POWERLIFTING</b>																														
	EC	59.0	Shahil Sukuram	53.20	53.20	0.9583	65.0	-	65.0	+	77.5	+	70.0	+	77.5	+	85.0	-	110.0	+	117.5	+	125.0	+	280.0	268.32	Second	9	White	
	EC	59.0	Jacques Fourie	58.40	58.40	0.8745	140.0	+	150.0	+	155.0	+	122.5	+	125.0	+	127.5	+	140.0	+	150.0	+	162.5	+	445.0	389.15	First	12	Black	
																													#N/A	#N/A
	EC	66.0	Jacques Fourie	65.90	65.90	0.7862	140.0	+	155.0	+	165.0	+	85.0	+	92.5	+	95.0	+	190.0	+	200.0	+	205.0	-	460.0	361.65	Second	9	Brown	
	WP	66.0	Chris Bruce	65.70	65.70	0.7881	150.0	+	170.0	+	180.0	+	105.0	+	110.0	+	112.5	-	175.0	+	190.0	+	202.5	+	492.5	388.14	First	12	Black	
	EC	66.0	Leon Haarhoff	63.60	63.60	0.8100	100.0	+	110.0	+	117.5	+	70.0	+	75.0	+	77.5	-	165.0	+	175.0	+	182.5	+	375.0	303.75	Fourth	7	Orange	
	EC	66.0	Dirk O Kennedy	63.20	63.20	0.8144	105.0	+	107.5	+	110.0	+	105.0	-	105.0	+	107.5	+	150.0	+	160.0	+	162.5	+	380.0	309.47	Third	8	Orange	
																													#N/A	#N/A
	EC	74.0	Ettiene Combrinck	73.40	73.40	0.7235	80.0	+	90.0	+	102.5	+	75.0	+	80.0	+	85.0	-	165.0	+	167.5	+	175.0	+	357.5	258.65	Fifth	6	Yellow	
	EC	74.0	Christo Gerber	72.10	72.10	0.7330	140.0	+	160.0	+	185.0	-	130.0	-	130.0	-	130.0	-	160.0	+	175.0	+	180.0	+	340.0	249.22	Sixth	5	White	
	EC	74.0	Neil Colburn	72.20	72.20	0.7322	140.0	+	150.0	+	165.0	+	130.0	+	140.0	+	145.0	-	190.0	+	205.0	+	210.0	+	515.0	377.08	First	12	Brown	
	WP	74.0	Virgil Arendse	69.10	69.10	0.7569	120.0	+	135.0	+	145.0	-	75.0	+	80.0	+	85.0	+	135.0	+	150.0	+	170.0	+	390.0	295.19	Fourth	7	Orange	
	EC	74.0	Freddy Senekal	72.90	72.90	0.7271	115.0	+	130.0	+	150.0	-	100.0	+	107.5	+	115.0	-	165.0	+	175.0	+	185.0	-	412.5	299.93	Third	8	Orange	
	EC	74.0	Christiaan Barnard	72.80	72.80	0.7278	140.0	+	150.0	+	157.5	+	117.5	+	125.0	+	130.0	-	140.0	+	150.0	+	165.0	+	447.5	325.69	Second	9	Green	
	EC	74.0	Jeandre van Eck	70.20	70.20	0.7478	80.0	+	85.0	+	95.0	-	75.0	+	82.5	+	92.5	-	110.0	+	120.0	+	137.5	+	305.0	228.08	Seventh	4	White	
																													#N/A	#N/A
	EC	83.0	Desmond Herbst	79.00	79.00	0.6882	180.0	+	187.5	+	192.5	+	120.0	+	125.0	+	127.5	-	220.0	+	225.0	+	235.0	-	542.5	373.35	Third	8	Brown	
	WP	83.0	Lawrence Arendse	80.10	80.10	0.6822	170.0	+	190.0	+	202.5	+	130.0	+	137.5	+	142.5	+	185.0	+	205.0	+	215.0	+	560.0	382.03	Second	9	Brown	
	WP	83.0	Clive Battison	78.00	78.00	0.6939	220.0	+	240.0	-	240.0	-	130.0	+	137.5	+	140.0	+	230.0	+	245.0	-	245.0	-	590.0	409.40	First	12	Black	
																													#N/A	#N/A
																													#N/A	#N/A
	EC	93	Stephen Stander	91.40	91.40	0.6335	210.0	+	220.0	+	230.0	-	140.0	+	147.5	-	147.5	+	235.0	+	250.0	+	252.5	-	617.5	391.19	First	12	Black	
	WP	93	Ben Coetsee	88.00	88.00	0.6459	155.0	+	165.0	+	172.5	+	150.0	+	157.5	-	157.5	+	205.0	+	215.0	+	225.0	+	547.5	353.63	Second	9	Blue	
																													#N/A	#N/A
	EC	105	Christo Jordaan	102.40	102.40	0.6030	240.0	+	250.0	+	255.0	+	137.5	+	142.5	+	145.0	-	240.0	+	257.5	+	300.0	-	655.0	394.97	First	12	Black	
																													#N/A	#N/A
																													#N/A	#N/A
	EC	120	Andre Ludik	110.70	110.70	0.5874	170.0	+	185.0	+	200.0	+	167.5	+	172.5	+	-	-	210.0	+	220.0	+	225.0	+	597.5	350.97	First	12	Blue	
																													#N/A	#N/A
	WP	120+	Shaun O' Meara	140.90	140.90	0.5583	315.0	+	330.0	+	340.0	-	200.0	+	210.0	+	215.0	+	285.0	+	295.0	-	300.0	-	830.0	463.39	First	12	Silver	
																													#N/A	#N/A
																													#N/A	#N/A
																													#N/A	#N/A

Bench Press

CHAMPIONSHIP

AGE GROUP	TEAM	DIV	NAME	LOT NO	BODY MASS	WILKS FORMULA	SQUAT				BENCH PRESS				DEAD LIFT				TOTAL (kg)	POINTS (WILKS)	POSITION	TEAM POINTS	INCENTIVE BADGE
							1ST	2ND	3RD	4TH	1ST	2ND	3RD	4TH	1ST	2ND	3RD	4TH					
<b>WOMEN BENCH PRESS</b>																							
	EC	52	Gillian Smith	51.90	51.90	1.2485	-	-	-	57.5	+	62.5	+	65.0	+	-	-	-	65.0	81.15		#N/A	Bronze
	EC	57	Ilze-Mari Maritz	56.40	56.40	1.1701	-	-	-	65.0	+	70.0	+	72.5	+	-	-	-	72.5	84.83		#N/A	Bronze
	EC	63	Anneke Jordaan	61.50	61.50	1.0939	-	-	-	45.0	+	50.0	-	50.0	-	-	-	-	45.0	49.23		#N/A	Yellow
							-	-	-												#N/A	#N/A	
	WP	84	Natalie Mohr	72.50	72.50	0.9716	-	-	-	70.0	+	77.5	+	82.5	+	-	-	-	82.5	80.16		#N/A	Brown
							-	-	-												#N/A	#N/A	
	EC	84	Anneke Muller	84.00	84.00	0.8917	-	-	-	40.0	+	55.0	-	57.5	-	-	-	-	40.0	35.67		#N/A	White
							-	-	-												#N/A	#N/A	
<b>MEN BENCH PRESS</b>																							
	EC	59	Shahil Sukuram	53.20	53.20	0.9583	-	-	-	70.0	+	77.5	+	85.0	-	-	-	77.5	74.27		#N/A	Orange	
	EC	59	Jacques Fourie	58.40	58.40	0.8745	-	-	-	122.5	+	125.0	+	127.5	+	-	-	-	127.5	111.50		#N/A	Gold
							-	-	-												#N/A	#N/A	
	EC	66	Jacques Fourie	65.90	65.90	0.7862	-	-	-	85.0	+	92.5	+	95.0	+	-	-	-	95.0	74.69		#N/A	Blue
	WP	66	Chris Bruce	65.70	65.70	0.7881	-	-	-	105.0	+	110.0	+	112.5	-	-	-	-	110.0	86.69		#N/A	Brown
	WP	66	JC Bruce	65.10	65.10	0.7942	-	-	-	85.0	+	87.5	-	87.5	+	-	-	-	87.5	69.49		#N/A	Green
	EC	66	Leon Haarhoff	63.60	63.60	0.8100	-	-	-	70.0	+	75.0	+	77.5	-	-	-	-	75.0	60.75		#N/A	Yellow
	EC	66	Dirk O Kennedy	63.20	63.20	0.8144	-	-	-	105.0	-	105.0	+	107.5	+	-	-	-	107.5	87.55		#N/A	Brown
							-	-	-												#N/A	#N/A	
	EC	74	Christo Gerber	72.10	72.10	0.7330	-	-	-	130.0	-	130.0	-	130.0	-	-	-	-				#N/A	White
	EC	74	Neil Colburn	72.20	72.20	0.7322	-	-	-	130.0	+	140.0	+	145.0	-	-	-	-	140.0	102.51		#N/A	Bronze
	WP	74	Virgil Arendse	69.10	69.10	0.7569	-	-	-	75.0	+	80.0	+	85.0	+	-	-	-	85.0	64.34		#N/A	Yellow
	EC	74	Freddy Senekal	72.90	72.90	0.7271	-	-	-	100.0	+	107.5	+	115.0	-	-	-	-	107.5	78.16		#N/A	Blue
	EC	74	Christiaan Barnard	72.80	72.80	0.7278	-	-	-	117.5	+	125.0	+	130.0	-	-	-	-	125.0	90.98		#N/A	Black
	EC	74	Jeandre van Eck	70.20	70.20	0.7478	-	-	-	75.0	+	82.5	+	92.5	-	-	-	-	82.5	61.69		#N/A	Yellow
	EC	74	Ettiene Combrinck	73.40	73.40	0.7235	-	-	-	75.0	+	80.0	+	85.0	-	-	-	-	80.0	57.88		#N/A	White
							-	-	-												#N/A	#N/A	
	EC	83	Desmond Herbst	79.00	79.00	0.6882	-	-	-	120.0	+	125.0	+	127.5	-	-	-	-	125.0	86.03		#N/A	Blue
	WP	83	Lawrence Arendse	80.10	80.10	0.6822	-	-	-	130.0	+	137.5	+	142.5	+	-	-	-	142.5	97.21		#N/A	Black
	WP	83	Clive Battison	78.00	78.00	0.6939	-	-	-	130.0	+	137.5	+	140.0	+	-	-	-	140.0	97.15		#N/A	Black
	WP	83	Peter Vermaak	82.10	82.10	0.6719	-	-	-	130.0	-	140.0	+	145.0	-	-	-	-	140.0	94.07		#N/A	Black
							-	-	-												#N/A	#N/A	
	EC	93	Juan Fourie	91.20	91.20	0.6342	-	-	-	160.0	-	160.0	-	160.0	-	-	-	-				#N/A	White
	EC	93	Stephen Stander	91.40	91.40	0.6335	-	-	-	140.0	+	147.5	-	147.5	+	-	-	-	147.5	93.44		#N/A	Black
	WP	93	Ben Coetsee	88.00	88.00	0.6459	-	-	-	150.0	+	157.5	-	157.5	-	-	-	-	150.0	96.89		#N/A	Black
	EC	93	JP Barnard	89.80	89.80	0.6391	-	-	-	127.5	+	135.0	+	140.0	-	-	-	-	135.0	86.28		#N/A	Blue
							-	-	-												#N/A	#N/A	
	EC	105	Christo Jordaan	102.40	102.40	0.6030	-	-	-	137.5	+	142.5	+	145.0	-	-	-	-	142.5	85.93		#N/A	Blue
							-	-	-												#N/A	#N/A	
	EC	120	Andre Ludik	110.70	110.70	0.5874	-	-	-	167.5	+	172.5	+	-	-	-	-	-	172.5	101.33		#N/A	Black
	WP	120+	Shaun O' Meara	140.90	140.90	0.5583	-	-	-	200.0	+	210.0	+	215.0	+	-	-	-	215.0	120.03		#N/A	Elite 1
	EC	120+	Martinus van Rooyen	136.90	136.90	0.5607	-	-	-	150.0	+	-	-	-	-	-	-	-	150.0	84.11		#N/A	Blue
	EC	120+	Eugene Nolan	139.10	139.10	0.5593	-	-	-	205.0	+	215.0	+	220.0	+	-	-	-	220.0	123.05		#N/A	Elite 1
							-	-	-												#N/A	#N/A	