

Place	M/W	Lot	Class	BW	Name	Nation Province	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Wilks	Power	SQ	BP	DL	
							1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	Points	Place	4.	4.	4.	
1.	W	1	72	64.70	SHARON CADDY	Gauteng	20.0	25.0	30.0	30.0	30.0	35.0	37.5	37.5	67.5	80.0	90.0	100.0	100.0	167.5	176.33	1.				
1.	W	2	57	55.20	LISA BASSON	Gauteng	115.0	125.0	132.5	115.0	65.0	70.0	75.0	75.0	190.0	130.0	140.0	140.0	330.0	392.70	1.					
1.	W	3	63	62.95	MICHELLE DE SOUZA	Gauteng	130.0	140.0	150.0	140.0	62.5	67.5	70.0	67.5	207.5	150.0	165.0	170.0	165.0	372.5	400.07	1.				
1.	M	4	74	71.90	JERRY LEHALAKALA	Gauteng	90.0	100.0	120.0	120.0	70.0	85.0	95.0	85.0	205.0	150.0	160.0	180.0	180.0	385.0	282.78	1.				
1.	M	6	83	78.20	ALBERT DE BONDT	Gauteng	140.0	155.0	165.0	165.0	122.5	132.5	137.5	132.5	297.5	155.0	180.0	190.0	180.0	477.5	330.76	1.				
2.	M	5	83	80.50	MARCUS SAPIRE	Gauteng	140.0	155.0	165.0	165.0	110.0	120.0	127.5	127.5	292.5	150.0	170.0	185.0	185.0	477.5	324.70	2.				
3.	M	7	83	81.80	ISAACK NHLAPHO	Gauteng	110.0	115.0	120.0	120.0	70.0	75.0	80.0	80.0	200.0	180.0	195.0	205.0	195.0	395.0	265.99	3.				

FLIGHT 1
Saints Club Competition
27/03/2011

= SA Official Record

= SA Unofficial Record

Side Referee _____

Chief Referee _____

RESULTS
FLIGHT 1

Saints Club Competition

27/03/2011

<u>LOT</u>	<u>CATEGORY</u>		<u>S</u>	<u>M1</u>	<u>M2</u>	<u>M3</u>	<u>DIVISION</u>	<u>WEIGHT</u>	<u>M/W</u>	<u>LIFTER</u>	<u>NATION</u>	<u>PL TOTAL</u>	<u>BADGE</u>	<u>PLACE</u>	<u>MEDAL</u>	<u>WILKS POINTS</u>
	<u>S/J</u>	<u>J</u>									<u>PROVINCE</u>					
1	1		S		M2		72.00	64.70	W	SHARON CADDY	Gauteng	167.50	Yellow	1	Gold	176.33 SHARON CADDY
5	6		S				83.00	78.20	M	ALBERT DE BONDT	Gauteng	477.50	Green	1	Gold	330.76 ALBERT DE BONDT
6	5	J	S				83.00	80.50	M	MARCUS SAPIRE	Gauteng	477.50	Green	2	Silver	324.70 MARCUS SAPIRE
7	7	S/J	S				83.00	81.80	M	ISAACK NHLAPHO	Gauteng	395.00	Yellow	1	Gold	265.99 ISAACK NHLAPHO
4	4	S/J	S				74.00	71.90	M	JERRY LEHALAKALA	Gauteng	385.00	Orange	1	Gold	282.78 JERRY LEHALAKALA
3	3		S	M1			63.00	62.95	W	MICHELLE DE SOUZA	Gauteng	372.50	Silver	1	Gold	400.07 MICHELLE DE SOUZA
2	2		S				57.00	55.20	W	LISA BASSON	Gauteng	330.00	Bronze	1	Gold	392.70 LISA BASSON

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Highest Points

MEN	ALBERT DE BONDT	330.76
WOMEN	MICHELLE DE SOUZA	400.07
S/J MEN	ISAACK NHLAPHO	265.99
J MEN	MARCUS SAPIRE	324.70
S MEN	ALBERT DE BONDT	330.76
M1 MEN	#N/A	
M2 MEN	#N/A	
M3 MEN	#N/A	
S/J WOMEN	#N/A	
J WOMEN	#N/A	
S WOMEN	MICHELLE DE SOUZA	400.07
M1 WOMEN	MICHELLE DE SOUZA	400.07
M2 WOMEN	SHARON CADDY	176.33
M3 WOMEN	#N/A	