



## 100% RAW SA: SA Championships - Full Meet - West Workout Gym - 07 July 2012



Name	Sex	Body Weight (kg)	Weight Division (kg)	Age	Age Group	Squat			Bench			Sub Total	Deadlift				Total	Position
						1	2	3	1	2	3		1	2	3	4		
Robin Kuipers	F	66.6	67.5	36	Senior	100	112.5	112.5	50	55	57.5	157.5	130	137.5	137.5	-	295	1
Bonita Hein	F	72.6	75	42	Masters 1	90	90	110	55	65	67.5	177.5	140	150	160	-	327.5	1
Molly Gigaba	F	68.6	75	46	Masters 2	77.5	80	82.5	52.5	55	57.5	137.5	100	105	117.5	-	255	2
Marsha Nezura	F	70.95	75	18	Teen	40	50	60	42.5	47.5	50	107.5	70	80	90	-	197.5	3
Sean Brokenshire	M	55.1	56	24	Junior/Open	115	125	132.5	87.5	92.5	97.5	225	175	185	190	-	415	1
Remi Fredericks	M	65.8	67.5	25	Senior	140	145	152.5	97.5	105	105	242.5	215	230	240	240	472.5	1
Nathan Valentine	M	80.4	82.5	23	Junior	190	202.5	210	140	150	155	365	260	270	275	-	640	1
Howard Cladingbowl	M	81.9	82.5	45	Masters 2	192.5	203.5	211	125	130	130	333.5	225	235	246	250	579.5	2
Anver Brown	M	78.8	82.5	19	Teen	170	185	195	110	115	120	305	185	205	210	-	515	3
Maruis Botha	M	80.1	82.5	27	Senior	117.5	127.5	137.5	85	90	92.5	230	175	185	192.5	-	422.5	4
Duanne Sales	M	76.5	82.5	21	Junior	100	130	145	90	100	105	230	140	160	180	-	410	5
Conrad Dippenaar	M	86.05	90	22	Junior	165	175	182.5	130	140	147.5	330	220	230	235	-	565	1
Jarrod Firmani	M	88.5	90	21	Junior	150	160	170	130	132.5	135	305	200	215	225	-	530	2
Mark Phillips	M	92.9	100	42	Masters 1	160	170	185	125	130	130	310	220	240	252.5	-	550	1
Albert Korf	M	97.6	100	18	Teen	160	180	-	120	120	120	280	160	180	200	-	480	2
Morne Niewoudt	M	109.6	110	27	Senior	150	150	175	150	150	175	325	170	185	195	-	520	1
Jerome Korf	M	115.65	125	16	Teen	160	170	170	120	130	140	300	190	200	220	-	500	1
Brandon Lee Miller	M	119.3	125	15	Teen	140	155	160	75	85	90	250	140	160	165	-	410	2

### Bench Only

Ian Furman	M	123.8	125	45	Masters 2	-	-	-	190	202.5	207.5	202.5	-	-	-	-	202.5	1
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