



100% RAW: Push & Pull Meet - West Workout - 23 July 2011



Name	Sex	Body Weight	Weight Division	Age Group	Bench			Deadlift			Total	Position
					1	2	3	1	2	3		
Nikki de Jager	Female	55.05	56	Junior	33.5	35	37.5	85	92.5	97.5	130	1
Rose Batchelder	Female	72.25	75	Sub-Masters	50	55	60	115	125	132.5	180	1
Sean Brokenshire	Male	52.95	56	Junior	90	97.5	97.5	85	95	110	200	1
Remi Fredericks	Male	66.3	67.5	Junior	80	95	105	170	200	220	305	1
Whanstacwin Booyesen	Male	72.9	75	Sub-Junior	90	100	100	180	202.5	210	300	1
Conrad Dippenaar	Male	77.75	82.5	Junior	115	122,5	130	185	205	217.5	335	2
Juan-Pierre Oosthuisen	Male	80.65	82.5	Senior	100	112.5	122.5	150	170	190	302.5	3
Nathan Valentine	Male	81.8	82.5	Junior	130	140	150	240	265	-	415	1
Pieter Pretorius	Male	78.4	82.5	Senior	85	95	105	155	170	185	290	4
Marius Botha	Male	88.95	90	Senior	85	95	100	170	185	190	285	2
Pardon Chizomba	Male	86.4	90	Junior	130	140	150	220	240	250	400	1
Lenhard van Zyl	Male	96.89	100	Senior	155	160	170	200	210	-	360	1
Brandon-Lee Miller	Male	107.4	110	Sub-Junior	50	60	65	90	100	115	180	1
Pieter Kruger	Male	115	125	Senior	125	135	145	220	240	260	405	1
Steven Blake	Male	115.9	125	Sub-Masters	125	135	142.5	230	250	262.5	397.5	2

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