



100% RAW SA: Push, Pull & Strict Curl - West Workout - 07 December 2013



Name	Sex	Body Weight (kg)	Weight Division (kg)	Age	Age Group	Bench			Deadlift			Sub Total	Strict Curl			Total	Position
						1	2	3	1	2	3		1	2	3		
Zoe Cosmopoulos	F	55	56	21	Junior	37.5	40	42.5	80	90	100	142.5	23.5	26	27	168.5	1 (Overall)
Zane Pelser	F	59	60	29	Open	40	45	50	50	65	80	130	18.5	21	23.5	153.5	1
Hesphia Short	F	67.35	67.5	32	Sub Master	35	40	45	110	120	125	165	18.5	21	23.5	188.5	1
Molly Gigaba	F	72.25	75	47	Master 2	55	57.5	57.5	95	115	125	172.5	21	26	31	203.5	1
Marsha Nezura	F	68.15	75	19	Teen 4	42.5	47.5	50	85	97.5	107.5	155	21	26	28.5	183.5	2
Nina Nezura	F	74.85	75	45	Master 2	37.5	40	42.5	50	57.5	65	97.5	18.5	21	23.5	121	3
Michelle Sleigh	F	81.95	82.5	41	Master 1	60	65	70	115	122.5	130	195	25	28.5	31	223.5	1
Sean Brokenshire	M	52.5	56	26	Open	80	85	90	165	175	182.5	272.5	31	41	45.5	313.5	1 (Overall)
Leseuer Dolph	M	72.1	75	40	Master 1	100	110	110	160	175	200	300	41	41	46	346	1
Conrad Dippenaar	M	81.3	82.5	23	Open	130	137.5	142.5	225	240	245	382.5	46	53.5	61	443.5	1
Jason Steyn	M	81.5	82.5	19	Teen 4	85	90	102.5	130	150	160	250	37.5	41	47	297	2
Marius Botha	M	87.5	90	28	Open	105	115	122.5	195	215	225	340	46	51	53.5	393.5	1
Norman Mcfarlane	M	86.7	90	58	Master 4	60	67.5	72.5	105	120	130	202.5	36	41	46	243.5	2

Failed