

LFG Development Competition

Name	Div	Bwt - kg	IPF Wt CIs	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Pl/Div/CIs/Event	IPF GL Points	Events Entered
Aaqilah Johnson	F-SJ-U	46.40	47	55.0	65.0	70.0	70.0	-25.0	30.0	-35.0	30.0	80.0	95.0	-105.0	95.0	195.0	1/F-SJ-U/47/PL	54.75	PL
Sumaiyah Louw	F-SJ-U	53.10	57	40.0	45.0	-50.0	45.0	27.5	32.5	-35.0	32.5	80.0	87.5	92.5	92.5	170.0	1/F-SJ-U/57/PL	42.17	PL
Caitlyn Reed	F-J-U	58.25	63	95.0	102.5	107.5	107.5	42.5	47.5	-52.5	47.5	125.0	135.0	137.5	137.5	292.5	1/F-J-U/63/PL	67.52	PL
Akeelah Petersen	F-O-U	51.05	52	60.0	65.0	-80.0	65.0	50.0	-60.0	60.0	60.0	90.0	100.0	110.0	110.0	235.0	1/F-O-U/52/PL	60.30	PL
Ayesha Sayed-Osmany	F-O-U	72.80	76	100.0	105.0	110.0	110.0	50.0	55.0	-57.5	55.0	140.0	150.0	-155.0	150.0	315.0	1/F-O-U/76/PL	63.43	PL
Arshad Carelse	M-SJ-U	49.75	53	70.0	72.5	80.0	80.0	45.0	50.0	52.5	52.5	110.0	130.0	140.0	140.0	272.5	1/M-SJ-U/53/PL	49.42	PL
Imtiyaz Galiem	M-SJ-U	70.30	74	110.0	120.0	125.0	125.0	70.0	80.0	90.0	90.0	-170.0	180.0	190.0	190.0	405.0	1/M-SJ-U/74/PL	61.07	PL
Sylviano Songisa	M-SJ-U	73.95	74	70.0	85.0	-100.0	85.0	50.0	60.0	65.0	65.0	80.0	100.0	-145.0	100.0	250.0	2/M-SJ-U/74/PL	36.72	PL
Nathan September	M-SJ-U	97.65	105	120.0	125.0	140.0	140.0	-90.0	100.0	-105.0	100.0	-170.0	0.0	0.0	0.0	0.0		0.00	PL
Timothy Arendse	M-J-U	53.95	59	50.0	70.0	90.0	90.0	50.0	-60.0	-60.0	50.0	100.0	-120.0	125.0	125.0	265.0	1/M-J-U/59/PL	46.01	PL
Muaad Moose	M-J-U	63.35	66	-140.0	140.0	150.0	150.0	80.0	85.0	90.0	90.0	190.0	205.0	-215.0	205.0	445.0	1/M-J-U/66/PL	70.89	PL
Ian Graaff	M-J-U	77.65	83	-140.0	140.0	157.5	157.5	100.0	107.5	115.0	115.0	175.0	195.0	207.5	207.5	480.0	1/M-J-U/83/PL	68.74	PL
Thaafir Dramat	M-J-U	89.20	93	195.0	205.0	-212.5	205.0	100.0	110.0	117.5	117.5	225.0	235.0	240.0	240.0	562.5	1/M-J-U/93/PL	75.11	PL
Oliver Dijzel	M-J-U	91.20	93	170.0	182.5	-192.5	182.5	130.0	140.0	-145.0	140.0	195.0	210.0	220.0	220.0	542.5	2/M-J-U/93/PL	71.65	PL
Ethan May	M-J-U	92.15	93	-70.0	-70.0	-70.0	0.0	50.0	70.0	80.0	80.0	110.0	-130.0	-145.0	110.0	0.0		0.00	PL
Ewan Rose	M-O-U	77.85	83	145.0	152.5	160.0	160.0	105.0	-112.5	112.5	112.5	180.0	192.5	200.0	200.0	472.5	1/M-O-U/83/PL	67.58	PL
Jody Richards	M-O-U	85.50	93	200.0	-210.0	-210.0	200.0	-120.0	130.0	-140.0	130.0	230.0	240.0	-260.0	240.0	570.0	1/M-O-U/93/PL	77.73	PL
Azhaan Ebrahim	M-O-U	101.50	105	-205.0	215.0	225.0	225.0	105.0	115.0	125.0	125.0	225.0	235.0	-242.5	235.0	585.0	1/M-O-U/105/PL	73.38	PL
Kailan Padayachee	M-O-U	104.80	105	-160.0	190.0	-210.0	190.0	100.0	110.0	125.0	125.0	200.0	-220.0	-230.0	200.0	515.0	2/M-O-U/105/PL	63.64	PL
Junaid Fredericks	M-O-U	95.45	105	140.0	155.0	167.5	167.5	112.5	120.0	125.0	125.0	135.0	160.0	180.0	180.0	472.5	3/M-O-U/105/PL	61.04	PL
Yaseen Omar	M-M2-U	91.35	93	120.0	130.0	0.0	130.0	110.0	-125.0	-125.0	110.0	200.0	220.0	-225.0	220.0	460.0	1/M-M2-U/93/PL	60.71	PL
Angus Ross	M-M2-U	101.80	105	-140.0	140.0	-150.0	140.0	100.0	-102.5	-102.5	100.0	180.0	190.0	200.0	200.0	440.0	1/M-M2-U/105/PL	55.12	PL
Mike Cooper	M-M4-U	126.90	120+	-40.0	40.0	0.0	40.0	-90.0	90.0	-100.0	90.0	110.0	115.0	120.0	120.0	250.0	1/M-M4-U/120+/PL	28.37	PL
Referees																			
	Left			Centre			Right												
Flight 1 Squat	Danielle Waldeck			Simon & Robert Raw			Shameeg Brenner												
Flight 2 Squat	Simon & Robert Raw			Igsaan Stephens			Shameeg Brenner												
Flight 1 Bench	Igsaan Stephens			Danielle Waldeck			Simon & Robert Raw												
Flight 2 Bench	Danielle Waldeck			Shameeg Brenner			Simon & Robert Raw												
Flight 1 Deadlift	Igsaan Stephens			Simon & Robert Raw			Shameeg Brenner												
Flight 2 Deadlift	Simon & Robert Raw			Danielle Waldeck			Igsaan Stephens												