



# MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Eastern Cape  
Meet Town Port Elizabeth

Meet Name Arise 2025  
Meet Date 2025-04-26

Place	Name	Sex	Age	Equip ment	Division	Body weight Kg	Weight Class Kg	Squat1 Kg	Squat2 Kg	Squat3 Kg	Best Squat Kg	Bench1 Kg	Bench2 Kg	Bench3 Kg	Best Bench Kg	Dead Lift 1 Kg	Dead Lift 2 Kg	Dead Lift 3 Kg	Best Deadlift Kg	Total Kg	Points	Event	Team
1	Nicole Louber	F	20	Sleeves	J20-23	59.8	60	95	100	105	105	45	50	55	55	110	115	125	125	285	281.48	SBD	
1	Keira Walker	F	21	Sleeves	J20-23	69	75	95	-100	100	100	50	52.5	-55	52.5	127.5	-135	-135	127.5	280	248.09	SBD	
1	Jade Watkins	F	34	Sleeves	Open	58.1	60	-90	95	-105	95	50	55	60	60	120	125	130	130	285	287.99	SBD	
2	Nicole Louber	F	20	Sleeves	Open	59.8	60	95	100	105	105	45	50	55	55	110	115	125	125	285	281.48	SBD	
1	Thashiana Pillay	F	31	Wraps	Open	89.7	90	105	110	115	115	65	70	-72.5	70	115	125	132.5	132.5	317.5	238.87	SBD	
1	Kim Halgreen	F	32	Wraps	Open	96.3	100	170			170	110			110	175			175	455	330.81	SBD	
1	Melanie Hattingh	F	16	Sleeves	T16-17	53.2	56	55	60	-65	60	30	35	-40	35	80	85	90	90	185	200.69	SBD	
DQ	Mariana Erasmus	F	16	Sleeves	T16-17	55.6	56	40	45	50	50	-30	-35	-35		-85	85	92.5	92.5			SBD	
1	Jacinda Diedericks	F	17	Sleeves	T16-17	57.3	60	60	65	70	70	30	37.5	-42.5	37.5	90	95	100	100	207.5	212.02	SBD	
NS	Benito Smouse	M		Sleeves	J20-23																	SBD	
NS	Okuhle Dyantyi	M		Sleeves	J20-23																	SBD	
NS	Simamkele Mkonto	M		Sleeves	J20-23																	SBD	
1	Brice Garcez	M	22	Sleeves	J20-23	73.5	75	122.5	130	137.5	137.5	80	85	90	90	135	145	-160	145	372.5	260.38	SBD	
1	Kylle Stock	M	22	Sleeves	J20-23	85.4	90	140	150	-160	150	120	127.5	-132.5	127.5	190	195	200	200	477.5	301.19	SBD	
1	Muzikayise Nkosi	M	23	Wraps	J20-23	113.9	125	180			180	120			120	190	200	-240	200	500	278.72	SBD	
NS	Thomas Mabandla	M		Sleeves	M45-49																	SBD	
1	Rudiger Hayden	M	47	Sleeves	M45-49	56	56	82.5	90	92.5	92.5	42.5	45	-47.5	45	130	137.5	142.5	142.5	280	249.91	SBD	
1	Thinus Germishuizen	M	49	Sleeves	M45-49	87.5	90	130	145	160	160	100	110	125	125	160	180	190	190	475	295.31	SBD	
1	Steven Jonathan Hartnick	M	32	Wraps	Open	66.7	67.5	160	170	175	175	90	-95	-95	90	210	220	222.5	222.5	487.5	368.58	SBD	
1	Leeurwin mino	M	35	Wraps	Open	79.2	82.5	-160	160	-180	160	110	-120	-120	110	200	210	-225	210	480	317.91	SBD	

1	Nnamdi Benjamin Chukwu	M	24	Wraps	Open	104.1	110	170			170	110			110	260	280	-300	280	560	320.5	SBD	
1	Bryason de Reuck	M	27	Sleeves	Open	116.6	125	220	235	-250	235	130	140	-147.5	140	220	240	255	255	630	349.31	SBD	
2	Andrew Emms	M		Sleeves	Open	113	125	150	160	170	170	95	102.5	110	110	180	190	200	200	480	268.09	SBD	
1	Claudio Ntuli	M	15	Sleeves	T13-15	74.8	75	140	145	150	150	65	70	75	75	140	-145	160	160	385	265.6	SBD	
1	Jordan Anthony	M	15	Sleeves	T16-17	58	60	80	85	90	90	50	-55	-62.5	50	110	115	120	120	260	223.9	SBD	
DQ	Lithalethu Boya	M	16	Sleeves	T16-17	62.9	67.5	-100	-107.5	-110		65	70	-77.5	70	-150	155	-160	155			SBD	
1	Tyler Wilson	M	15	Sleeves	T16-17	96.8	100	150	155	160	160	85	90	-92.5	90	180	185	192.5	192.5	442.5	260.91	SBD	
2	Rikus Pieterse	M	16	Sleeves	T16-17	91.8	100	100	-130	-130	100	70	80	85	85	130	-160	-160	130	315	190.68	SBD	
1	Stanley Lucas	M	18	Sleeves	T18-19	74.2	75	135	140	145	145	90	-95	-95	90	160	170	177.5	177.5	412.5	286.28	SBD	
2	Miguel Jordan	M	18	Sleeves	T18-19	71.8	75	75	80	85	85	60	65	-70	65	135	140	145	145	295	209.96	SBD	
1	Lara Nel	M	17	Sleeves	T18-19	88.4	90	-75	75	77.5	77.5	25	30	37.5	37.5	75	80	87.5	87.5	202.5	125.15	SBD	
1	Raeze Morgan	M	17	Sleeves	T18-19	106.3	110	-95	95	100	100	80	-85	85	85	160	165	170	170	355	201.73	SBD	
1	Johannes Coenraad Pieterse	M	14	Sleeves	T13-15	82.9	90					80	-87.5	92.5	92.5	170	-185	-185	170	262.5	168.68	BD	
1	Luke Rudlin	M	17	Sleeves	T16-17											110	120	130	130	130	172.17	D	