



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Gauteng
Meet Town Benoni

Meet Name Barbarian Games 2024
Meet Date 2024-10-12

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	Jayde Jamison	F	34	Wraps	F_OCR_APF	59.75	60	90	95	102.5	102.5	50	55	-60	55	120	125	130	130	287.5	284.14	SBD	
1	Cherissa O'Brien	F	33	Wraps	F_OCR_APF	71.1	75	130	140	147.5	147.5	65	70	-75	70	155	165	175	175	392.5	340.46	SBD	
1	Scott Manly	M	43	Wraps	M_MCR_1_AAPF	89.12	90	180	190	200	200	115	120	125	125	210	220	230	230	555	341.44	SBD	
1	Heinrich Nienaber	M	43	Wraps	M_MCR_1_APF	115.2	125	220	-240	-250	220	-160	170	175	175	240	250	262.5	262.5	657.5	365.56	SBD	
1	Seshe Mampe	M	44	Wraps	M_MCR_1_APF	129.42	140	160	180	200	200	-140	150	-165	150	200	230	250	250	600	324.52	SBD	
1	Jaco Hein Pretorius	M	51	Wraps	M_MCR_3_APF	96.72	100	200			200	130			130	230	260		260	590	348.01	SBD	
1	Manie Clegg	M	55	Wraps	M_MES_4_APF	92.86	100	170			170	150	155	-160	155	200	210	-220	210	535	321.91	SBD	
1	Ruan Faure Smit	M	38	Wraps	M_OCR_AAPF	74.37	75	180	-195	-195	180	120	-125	-125	120	215	-230	-230	215	515	356.81	SBD	
1	Bernard Grobler	M	25	Wraps	M_OCR_AAPF	88.4	90	190	205	210	210	120	127.5	130	130	230	-245	-245	230	570	352.28	SBD	
2	Scott Manly	M	43	Wraps	M_OCR_AAPF	89.12	90	180	190	200	200	115	120	125	125	210	220	230	230	555	341.44	SBD	
3	JP van Wyk	M	36	Wraps	M_OCR_AAPF	88.8	90	195	-205	-205	195	140	145	147.5	147.5	200	205	210	210	552.5	340.61	SBD	
1	Koos Kruger	M	26	Wraps	M_OCR_AAPF	97.5	100	135	145	160	160	100	107.5	110	110	160	175	185	185	455	267.41	SBD	
1	Franco Steenkamp	M	26	Wraps	M_OCR_AAPF	109.35	110	180	200		200	110	120	125	125	180	200	210	210	535	301.41	SBD	
1	Alan Wrigglesworth	M	29	Wraps	M_OCR_AAPF	116.6	125	185	200	-215	200	135	-145	-145	135	220	-235	235	235	570	316.04	SBD	
1	Dillon Rothman	M	38	Wraps	M_OCR_APF	69.32	75	150	160	-170	160	85	90	-95	90	200	215	-220	215	465	340.39	SBD	
1	Morgan Chissano	M	36	Wraps	M_OCR_APF	97.83	100	245	252.5	-260	252.5	145	152.5	-160	152.5	290	307.5	-315	307.5	712.5	418.09	SBD	
1	Gys Smit	M	36	Wraps	M_OCR_APF	114.73	125	240	250	260	260	135	145	155	155	250	280	-300	280	695	386.77	SBD	
DQ	Sean van Rooyen	M	35	Wraps	M_OCR_APF	112.35	125	195	200	-205	200	0											SBD
1	Seshe Mampe	M	44	Wraps	M_OCR_APF	129.42	140	160	180	200	200	-140	150	-165	150	200	230	250	250	600	324.52	SBD	
1	Jan Christiaan Weitz	M	14	Wraps	M_TCR_1_APF	73.27	75	120	-140	142.5	142.5	72.5	77.5	-85	77.5	145	160	175	175	395	276.76	SBD	
1	Reece Livingston	M	19	Wraps	M_TCR_3_AAPF	76.58	82.5	-140	-150	150	150	120	-130	-130	120	150	170	190	190	460	311.94	SBD	
1	Troy Deyzel	M	19	Wraps	M_TCR_3_AAPF	107.7	110	150	160	170	170	120	130	140	140	200	220	-240	220	530	299.94	SBD	
1	Danie Martin	M	47	Wraps	M_MCR_2_APF	86.97	90					60	-65	65	65	100	110	-120	110	175	109.19	BD	