



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Western Cape
Meet Town Cape Town

Meet Name Battle of the Barracks 2025
Meet Date 2025-05-10

| 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 | Bianca Edith van Tonder | F | 20 | Sleeves | Junior | 55.9 | 56 | 100 | 105 | 110 | 110 | 55 | 60 | 65 | 65 | 125 | 130 | 140 | 140 | 315 | 328.31 | SBD | |
| 1 | Aimee Langenhoven | F | 20 | Sleeves | Junior | 98.6 | 100 | 60 | 67.5 | 70 | 70 | 40 | 45 | -50 | 45 | 90 | 100 | -105 | 100 | 215 | 154.7 | SBD | |
| 1 | Penny Hancocks | F | 43 | Sleeves | Masters 1 | 62.1 | 67.5 | 50 | 55 | -62.5 | 55 | 35 | -37.5 | 37.5 | 37.5 | 70 | 75 | 80 | 80 | 172.5 | 165.41 | SBD | |
| 1 | Marsha Adonis | F | 40 | Sleeves | Masters 1 | 74.2 | 75 | 67.5 | 72.5 | 80 | 80 | 40 | 45 | 50 | 50 | 105 | -115 | -115 | 105 | 235 | 197.93 | SBD | |
| 1 | Robyn Spacey | F | 48 | Sleeves | Masters 2 | 63 | 67.5 | 65 | -70 | 70 | 70 | 40 | 42.5 | -45 | 42.5 | 70 | 80 | -90 | 80 | 192.5 | 182.55 | SBD | |
| DQ | Zuzette Waters | F | 49 | Sleeves | Masters 2 | 79.8 | 82.5 | 85 | 90 | -100 | 90 | -52.5 | -52.5 | -52.5 | | 115 | -120 | 120 | 120 | | | SBD | |
| 1 | Izle Beyer | F | 47 | Sleeves | Masters 2 | 95.9 | 100 | 90 | 105 | -115 | 105 | 37.5 | 40 | 42.5 | 42.5 | 100 | 110 | -115 | 110 | 257.5 | 187.57 | SBD | |
| 1 | Estelle Smidt | F | 54 | Sleeves | Masters 3 | 66.1 | 67.5 | 45 | 50 | 55 | 55 | 30 | 32.5 | 35 | 35 | 65 | -75 | 80 | 80 | 170 | 155.45 | SBD | |
| 1 | Lisa Martin | F | 52 | Sleeves | Masters 3 | 82.2 | 82.5 | 70 | 80 | -90 | 80 | 37.5 | 40 | -42.5 | 40 | 85 | 95 | 105 | 105 | 225 | 177.63 | SBD | |
| 2 | Suretha Bester | F | 53 | Sleeves | Masters 3 | 79 | 82.5 | 50 | -60 | 62.5 | 62.5 | 30 | 32.5 | 35 | 35 | 75 | 85 | -95 | 85 | 182.5 | 147.59 | SBD | |
| 1 | Michelle Haas | F | 37 | Sleeves | open | 66.2 | 67.5 | 100 | 110 | 117.5 | 117.5 | 50 | 55 | 60 | 60 | 120 | 130 | 140 | 140 | 317.5 | 290 | SBD | |
| 2 | Carla Verwey | F | 36 | Sleeves | open | 66.1 | 67.5 | 55 | 60 | 65 | 65 | 27.5 | -30 | 30 | 30 | 80 | 90 | -100 | 90 | 185 | 169.17 | SBD | |
| 1 | Jade Olivier | F | 24 | Sleeves | open | 88.3 | 90 | 97.5 | 102.5 | -110 | 102.5 | 50 | 55 | 60 | 60 | 105 | 115 | 125 | 125 | 287.5 | 218.07 | SBD | |
| 1 | Nadine du Preez | F | 30 | Sleeves | open | 99.3 | 100 | 130 | 140 | -150 | 140 | 60 | 65 | 70 | 70 | 130 | 150 | 165 | 165 | 375 | 269.01 | SBD | |
| 2 | Esti Joorst | F | 39 | Sleeves | open | 93.1 | 100 | 110 | 120 | 130 | 130 | 55 | 60 | -65 | 60 | 120 | 130 | 140 | 140 | 330 | 243.73 | SBD | |
| 3 | Jamie-Lee Gerber | F | 30 | Sleeves | open | 92.6 | 100 | 90 | 100 | 110 | 110 | 40 | 42.5 | 45 | 45 | -105 | 105 | 115 | 115 | 270 | 199.93 | SBD | |
| 1 | Chulu Gidi | M | 23 | Sleeves | Junior | 70.6 | 75 | 95 | 100 | 110 | 110 | 55 | 65 | 70 | 70 | 100 | 125 | 135 | 135 | 315 | 227.2 | SBD | |
| DQ | Alyan Shevelew | M | 21 | Sleeves | Junior | 81.6 | 82.5 | -180 | -200 | -200 | | 100 | 105 | 110 | 110 | 180 | 200 | -205 | 200 | | | SBD | |
| 1 | Ryan Buys | M | 15 | Sleeves | Teen 1 | 82.2 | 82.5 | 120 | | | 120 | 90 | | | 90 | 120 | | | 120 | 330 | 213.21 | SBD | |
| 1 | Luke Glock | M | 19 | Sleeves | Teen 3 | 74.3 | 75 | -110 | 110 | 125 | 125 | 70 | 75 | 77.5 | 77.5 | 150 | 155 | 160 | 160 | 362.5 | 251.33 | SBD | |

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|---|-------------------|---|----|---------|------|-------|------|------|-------|-------|-------|-----|-----|------|-----|-----|-----|------|-----|-------|--------|-----|--|
| 1 | Merrick Whittaker | M | 31 | Sleeves | open | 82.3 | 82.5 | 190 | 197.5 | 202.5 | 202.5 | 120 | 125 | -130 | 125 | 210 | 220 | 230 | 230 | 557.5 | 359.92 | SBD | |
| 1 | Chistiaan Burger | M | 24 | Sleeves | open | 88.9 | 90 | 130 | 140 | 145 | 145 | 100 | 105 | -110 | 105 | 160 | 175 | -180 | 175 | 425 | 261.82 | SBD | |
| 1 | Kyle Meyer | M | 37 | Sleeves | open | 92.6 | 100 | 105 | 115 | 125 | 125 | 105 | 110 | -115 | 110 | 165 | 175 | 185 | 185 | 420 | 253.08 | SBD | |
| 1 | Stian Stander | M | 29 | Sleeves | open | 116.5 | 125 | 260 | 280 | 300 | 300 | 180 | 200 | 210 | 210 | 240 | 260 | 280 | 280 | 790 | 438.1 | SBD | |
| 2 | Adriaan de Witt | M | 40 | Sleeves | open | 112 | 125 | -140 | 140 | | 140 | 100 | 110 | | 110 | 200 | 215 | 220 | 220 | 470 | 263.09 | SBD | |