



# MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Gauteng  
Meet Town Benoni

Meet Name Beast Mode Powerwars 2025  
Meet Date 2025-03-15

Place	Name	Sex	Age	Equipment	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	Caitlin Landsberg	F	23	Wraps	F_JCR_AAPF	87.73	90	100	110	120	120	40	45	-50	45	110	120	125	125	290	220.73	SBD	
1	Courtney Prentice	F	23	Wraps	F_JCR_APF	51.58	52	-95	100	-110	100	40	45	47.5	47.5	90	-102.5	102.5	102.5	250	278.08	SBD	
1	Liest Strydom	F	22	Wraps	F_JCR_APF	67.35	67.5	125	-135	-135	125	55	60	-62.5	60	145	155	-165	155	340	306.61	SBD	
1	Liselle van der Merwe	F	41	Wraps	F_MCR_1_APF	82.33	82.5	65			65	50			50	80	100	120	120	235	185.35	SBD	
1	Tania Bam	F	50	Wraps	F_MCR_3_APF	61.9	67.5	-95	95		95	55	60	65	65	110	115	120	120	280	269.2	SBD	
1	Elmarie Van Rheede Van Oudtshoorn	F	39	Wraps	F_OCR_AAPF	90.1	100	150	160	-165	160	80	85	90	90	-180	180	195	195	445	334.03	SBD	
2	Almone Prins	F	28	Wraps	F_OCR_AAPF	95.25	100	110	120		120	60	65		65	120	130	140	140	325	237.48	SBD	
1	Liest Strydom	F	22	Wraps	F_OCR_APF	67.35	67.5	125	-135	-135	125	55	60	-62.5	60	145	155	-165	155	340	306.61	SBD	
1	Megan Bezuidenhout	F	27	Wraps	F_OCR_APF	85.61	90	100	120	-130	120	47.5	50	-55	50	105	120	125	125	295	227.54	SBD	
1	Lizette Bester	F	19	Wraps	F_TCR_3_APF	86.3	90	110	120	-125	120	65	70	-75	70	130	140	150	150	340	261.09	SBD	
1	Jacqui Meyer	F	42	Wraps	F_MCR_1_APF	86.66	90					30	37.5	40	40	80	82.5	85	85	125	95.77	BD	
1	Michael Buys	M	23	Wraps	M_JCR_APF	73.63	75	180	-187.5	187.5	187.5	115	120	-125	120	200	210	220	220	527.5	368.23	SBD	
1	JJ Steyn	M	20	Sleeves	M_JCR_APF	106.12	110	260	280	300	300	205	215	225	225	275	295	300	300	825	469.08	SBD	
1	Theuns Labuschagne	M	40	Wraps	M_MCR_1_AAPF	84.06	90	140	-150	150	150	90	-97.5	-97.5	90	185	-195	200	200	440	280.26	SBD	
1	Kagisho Segatlaka	M	44	Wraps	M_MCR_1_APF	77.62	82.5	180	185	190	190	-100	100	-110	100	200	205	210	210	500	335.83	SBD	
1	Johan Lazenby	M	42	Wraps	M_MCR_1_APF	96.62	100	180	200	-220	200	110			110	200	220	240	240	550	324.57	SBD	
1	Lionel van der Merwe	M	44	Wraps	M_MCR_1_APF	127.04	140	200	240	260	260	160	-180	190	190	250	280		280	730	396.6	SBD	
2	Seshe Mampe	M	44	Wraps	M_MCR_1_APF	133.54	140	180	-200		180	145	-165	170	170	200			200	550	295.27	SBD	
1	William Ainslie	M	45	Wraps	M_MCR_2_APF	123.48	125	230	240	250	250	170	180	187.5	187.5	240	260	282.5	282.5	720	393.96	SBD	
1	Joe Loubser	M	54	Wraps	M_MCR_3_APF	116.97	125	190	200	-210	200	135	140	-145	140	240	250	260	260	600	332.44	SBD	

1	Frik Kruger	M	61	Wraps	M_MCR_5_APF	97.13	100	240	260	-275	260	155	165	-170	165	270			270	695	409.15	SBD	
1	Mikaeel Abdulla	M	28	Wraps	M_OCR_AAPF	95.22	100	200	-220		200	100	107.5	112.5	112.5	190	210	-220	210	522.5	310.48	SBD	
1	Dillon Rothman	M	38	Wraps	M_OCR_APF	69.74	75	160	-170	-170	160	80	87.5	95	95	200	-215	220	220	475	346.01	SBD	
1	Gabriel Challens	M	25	Wraps	M_OCR_APF	81.03	82.5	-190	200	210	210	150	155	162.5	162.5	235	250	-262.5	250	622.5	405.99	SBD	
2	Sbusiso Mthembu	M	34	Wraps	M_OCR_APF	81.23	82.5	200	230	235	235	-110	125	135	135	220	-240	240	240	610	397.19	SBD	
3	Aphiwe Danisa	M	25	Wraps	M_OCR_APF	80.83	82.5	190	-210	-210	190	130	140	142.5	142.5	235	255	262.5	262.5	595	388.69	SBD	
4	CJ van Bulderen	M	38	Wraps	M_OCR_APF	80.27	82.5	160	170	-175	170	100	-105	-105	100	160	170	180	180	450	295.34	SBD	
1	Thomas Payne	M	31	Wraps	M_OCR_APF	89.2	90	200	210	220	220	140	150	157.5	157.5	230	245	-257.5	245	622.5	382.77	SBD	
1	Zane Wilson	M	27	Wraps	M_OCR_APF	98	100	190	200		200	95	105		105	205	215		215	520	304.9	SBD	
1	Seshe Mampe	M	44	Wraps	M_OCR_APF	133.54	140	180	-200		180	145	-165	170	170	200			200	550	295.27	SBD	
1	Keagan Dietrich	M	15	Wraps	M_TCR_1_AAPF	63.48	67.5	60	-65	70	70	40	45	-52.5	45	80	90	100	100	215	169.82	SBD	
1	Christiaan Weitz	M	14	Wraps	M_TCR_1_APF	76.55	82.5	130	-150	-150	130	77.5	87.5	-95	87.5	155	170	180	180	397.5	269.63	SBD	
1	Jayden Swart	M	17	Wraps	M_TCR_2_APF	70.17	75	-90	-110	110	110	50	60	-65	60	120	135	-150	135	305	221.07	SBD	
1	Conrad van der Zwaard	M	17	Wraps	M_TCR_2_APF	133.25	140	170	185		185	100	110	120	120	180	190		190	495	265.88	SBD	
1	Rubin Claassens	M	19	Wraps	M_TCR_3_APF	88.7	90	180	200	210	210	140	150	-157.5	150	200	220	240	240	600	370.11	SBD	
1	Kobus Bester	M	47	Single-ply	M_MES_2_APF	80.8	82.5	200	210	220	220	130	140	-145	140	200	220	230	230	590	385.56	SBD	
1	Leon van den Berg	M	60	Single-ply	M_MES_5_APF	88.78	90	140	150		150	125	135	142.5	142.5	150	165		165	457.5	282.06	SBD	
1	Colin de Bruyn	M	48	Single-ply	M_MES_2_APF	108.21	110					140	150	155	155					155	87.59	B	
1	Mark Esch	M	57	Single-ply	M_MES_4_APF	121.81	125					140	150	155	155					155	85.1	B	