MEET COUNTRY SOUTH AFRICA
FEDERATION : AWPC / WPC

Meet State Gauteng
MeetTown Benoni

Meet Name Black Hawk Bar Benders 2025
Meet Date 2025-02-15

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	Kirsty Roebuck	F	42	Wraps	F_MCR_1_AAPF	79.64	82.5	90	100		100	50	55		55	100	110		110	265	213.24	SBD	
1	Andrea Bohmer	F	28	Wraps	F_OCR_AAPF	79.92	82.5	117.5	-127.5	127.5	127.5	65	67.5	-70	67.5	135	145	155	155	350	281.03	SBD	
1	Jayde Jamison	F	34	Wraps	F_OCR_APF	63	67.5	110	115	120	120	55	57.5	60	60	140	145	-147.5	145	325	308.24	SBD	
1	Bernice van der Westhuizen	F	37	Wraps	F_OCR_APF	87.13	90	115	125		125	65	70		70	135	145	155	155	350	267.37	SBD	
1	Marinda Nell	F	38	Wraps	F_OCR_APF	60.98	67.5					32.5	-35	35	35	60	65	70	70	105	102.12	BD	
1	Mariaan Conroy	F	40	Wraps	F_MCR_1_APF	88.24	90					85	95		95					95	72.08	B	
1	Leo Ockert Ferreira	M	20	Wraps	M_JCR_AAPF	79.28	82.5	120	130	140	140	100	-110	110	110	160	170	180	180	430	284.6	SBD	
1	Jared Ras	M	21	Wraps	M_JCR_AAPF	94.6	100	170	180	190	190	95	100	-107.5	100	190	205	220	220	510	304.02	SBD	
1	Jason De Bruyn	M	22	Wraps	M_JCR_APF	81	82.5	180	200	205	205	105	115	130	130	190	210	220	220	555	362.09	SBD	
1	Wayne Laubscher	M	43	Wraps	M_MCR_1_AAPF	79.53	82.5	140	145	-150	145	90	95	100	100	187.5	-190		187.5	432.5	285.64	SBD	
1	Scott Manly	M	43	Wraps	M_MCR_1_AAPF	88.15	90	195	-205	205	205	125	130	-137.5	130	222.5	230	-240	230	565	349.76	SBD	
1	Reon Coetzee	M	52	Wraps	M_MCR_3_APF	109.98	110	170	-180		170	120	130	-150	130	220			220	520	292.49	SBD	
1	Guy Conroy	M	53	Wraps	M_MCR_3_APF	110.7	125	220	-240		220	140	-145		140	220			220	580	325.67	SBD	
1	Leon van der Berg	M	60	Wraps	M_MCR_5_APF	88.96	90	130	140	147.5	147.5	115	125		125	155	165		165	437.5	269.42	SBD	
1	Barnard Steyn	M	28	Wraps	M_OCR_AAPF	109.96	110	180	200	210	210	110	120	-127.5	120	180	200	210	210	540	303.75	SBD	
1	Warren Wardell	M	38	Wraps	M_OCR_APF	94.97	100	175	-185	195	195	95	107.5		107.5	185	200	-207.5	200	502.5	298.98	SBD	
1	Samuel Zeelie	M	35	Wraps	M_OCR_APF	107.9	110	180	200	230	230	150	-175	-175	150	190	220	230	230	610	345.03	SBD	
2	Dawie Viljoen	M	31	Wraps	M_OCR_APF	108.4	110	190	200	-240	200	140	150	160	160	190	200	215	215	575	324.77	SBD	
1	Robert Haman	M	36	Wraps	M_OCR_APF	120.46	125	160	180	220	220	160	180	190	190	240	260	-270	260	670	368.8	SBD	
1	Anrich Els	M	27	Wraps	M_OCR_APF	136.9	140	220	-235	250	250	-100	-100	100	100	230	250	-265	250	600	320.3	SBD	

1	Daniel Laubscher	M	15	Wraps	M_TCR_1_AAPF	66.55	67.5	90	95	100	100	50	55	60	60	120	130	140	140	300	227.26	SBD	
1	Rihan Gobind	M	17	Wraps	M_TCR_2_APF	66.4	67.5	-100	100	110	110	70	80	90	90	180	190	210	210	410	311.19	SBD	
1	Manie Clegg	M	55	Single-ply	M_MES_4_APF	88.7	90	170	180	190	190	150	-155		150	200	205	210	210	550	339.26	SBD	
1	Ian Buckle	M	65	Wraps	M_MCR_6_APF	95.66	100					110	115	117.5	117.5	150	160	170	170	287.5	170.46	BD	
1	Alan Wrigglesworth	M	28	Wraps	M_OCR_AAPF	118.8	125					145	150	-155	150					150	82.82	B	