



# MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State KwaZulu Natal  
Meet Town Durban

Meet Name Clash Of The Titans 2025  
Meet Date 2025-03-29

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	Dead Lift 4 Kg	Best Deadlift Kg	Total Kg	Points	Event	Team
1	Nishwariya Sharma	F	22	Wraps	f_jcr_aapf	90.06	100	130	140	155	155	60	70	82.5	82.5	170	185	-200		185	422.5	364.97	SBD	
1	Chay Blackman	F	40	Wraps	f_mcr_1_aapf	98.42	100	110	120	-135	120	55			55	135	145	155		155	330	276.07	SBD	TNW
1	Monica Cox	F	44	Wraps	f_mcr_1_apf	76.1	82.5	175	185	-195	185	102.5	107.5	-115	107.5	175	185	200		200	492.5	463.99	SBD	Iron Ison
1	Hellen Werth	F	44	Wraps	f_mcr_1_apf	101.48	110	90	100	110	110	55	60	-65	60	110	120	130		130	300	248.73	SBD	OTG
1	Linda Mabaso	F	49	Wraps	f_mcr_2_aapf	76.78	82.5	70	77.5	82.5	82.5	37.5	40	42.5	42.5	95	105	115		115	240	224.89	SBD	TNW
1	Taneal Mitchell	F	47	Wraps	f_mcr_2_aapf	88.68	90	95	110	115	115	42.5	45	50	50	105				105	270	234.76	SBD	TNW
1	Sherril Knickelbein	F	49	Wraps	f_mcr_2_apf	55.02	56	90	100	110	110	50	55	60	60	90	100	115		115	285	340	SBD	TNW
1	Julie Jarrett	F	54	Wraps	f_mcr_3_aapf	56.44	60	60	65	70	70	35	37.5	-40	37.5	95	102.5	-105		102.5	210	245.58	SBD	TNW
1	Julie Goldman	F	59	Wraps	f_mcr_4_aapf	81.24	82.5	65	72.5	-80	72.5	32.5	35	37.5	37.5	80	85	90		90	200	181.47	SBD	TNW
1	Ashira Van der byl	F	43	Wraps	f_mrc_1_aapf	64.82	67.5	100	110		110	45	47.5	50	50	110				110	270	283.84	SBD	TNW
1	Jocelyn Botes	F	33	Wraps	f_ocr_aapf	82.38	82.5	105	115	-125	115	55	57.5	60	60	110	115	120		120	295	265.69	SBD	TNW
2	Shereen Krause	F	33	Wraps	f_ocr_aapf	78.34	82.5	107.5	112.5	122.5	122.5	50	55	-57.5	55	95	105	115		115	292.5	270.85	SBD	TNW
1	Bianca Botes	F	34	Wraps	f_ocr_apf	50.2	52	80	85	90	90	-30	35	-40	35	95	105	112.5		112.5	237.5	304.18	SBD	OTG
1	Antoinette Venter	F	33	Wraps	f_ocr_apf	119.5	110+	-130	140	152.5	152.5	82.5	87.5	-92.5	87.5	155	165	170		170	410	328.1	SBD	Iron Ison
1	Catherine Rowan	F	18	Wraps	f_tcr_3_aapf	80.6	82.5	110	120	-125	120	45	47.5	50	50	120	130	140		140	310	282.48	SBD	TNW
1	Amber Fisher	F	11	Wraps	f_ycr-apf	60.8	67.5	30	35	40	40	20	25	32.5	32.5	55	-65	65		65	137.5	151.74	SBD	Iron Ison
1	Grant Mason	M	21	Wraps	m_jcr_aapf	67.3	67.5	125	-137.5	137.5	137.5	80	-87.5	-87.5	80	145	160	-170		160	377.5	291.75	SBD	TNW
1	Ryan Mason	M	23	Wraps	m_jcr_aapf	74.4	75	180	187.5	200	200	115	120	-122.5	120	200	210	215		215	535	383.37	SBD	
2	Cameron Palavar	M	22	Wraps	m_jcr_aapf	74.5	75	150	-162.5	-162.5	150	110	117.5	-125	117.5	220	232.5	240		240	507.5	363.32	SBD	Iron Ison
1	Faraaz Khan	M	22	Wraps	m_jcr_apf	66.84	67.5	120			120	70			70	180				180	370	287.54	SBD	1 of 1
1	Dylan Grant	M	23	Wraps	m_jcr_apf	81.96	82.5	210			210	145			145	230				230	585	393.45	SBD	Lethal Power
1	Freddie Botes	M	44	Wraps	m_mcr_1_apf	107.9	110	175	185	-200	185	125	135	-145	135	185	200	210		210	530	313.8	SBD	TNW

1	Hugo Thornhill	M	41	Wraps	m_mcr_1_apf	148.06	140+	-225	-225	250	250	150	165	-180	165	230	250	-290		250	665	368.62	SBD	TNW
2	Yandisa Deza	M	41	Wraps	m_mcr_1_apf	149.36	140+	220	230	240	240	115	120	125	125	260	270	300		300	665	368.16	SBD	
1	Greg Rowan	M	49	Wraps	m_mcr_2_apf	109.46	110	125	135	150	150	87.5	-95	95	95	155	165	175		175	420	247.54	SBD	TNW
1	Kevin Knickelbein	M	51	Wraps	m_mcr_3_apf	79.82	82.5	190	200		200	120	130		130	205	215			215	545	372.6	SBD	TNW
1	Ray Cox	M	53	Wraps	m_mcr_3_apf	98.96	100	90	120	-150	120	70	90	-100	90	120	140	160		160	370	226.13	SBD	Iron Ison
1	Vaughn Wichmann	M	51	Wraps	m_mcr_3_apf	104.9	110	-195	195	210	210	110	-120	120	120	220	240	-250		240	570	340.72	SBD	TNW
1	Brett Lewis	M	56	Wraps	m_mcr_4_apf	74.3	75	130	140	145	145	-95	95	100	100	175	185	195		195	440	315.59	SBD	OTG
1	Gordon van den Berg	M	26	Wraps	m_ocr_aapf	81.02	82.5	225	240	250	250	140	-150	-152.5	140	250	270	285		285	675	457.19	SBD	Snow Storm
2	Jonathan J Room	M	28	Wraps	m_ocr_aapf	77.42	82.5	200	220	230	230	110	120	130	130	225	250	-265		250	610	425.38	SBD	Snow Storm
1	Brendon Marsh	M	38	Wraps	m_ocr_aapf	88.9	90	180			180	100	115		115	180	200			200	495	318.01	SBD	ECT SA
1	Mike Proome	M	39	Wraps	m_ocr_aapf	99.9	100	135	150	-165	150	90	95	-100	95	190	205	215		215	460	280.06	SBD	TNW
1	Kaveer Ramsaru	M	37	Wraps	m_ocr_aapf	103.44	110	200	210	-220	210	-140	140	150	150	-250	250			250	610	366.47	SBD	
1	Lincoln James Wait	M	39	Wraps	m_ocr_aapf	144.8	140+	145	160	175	175	130	140	145	145	230	-240	245		245	565	314.18	SBD	TNW
1	Suhail Hafejee	M	36	Wraps	m_ocr_apf	87.56	90	210	-220	-220	210	-120	-120	120	120	220	240	245		245	575	372.39	SBD	
1	Riley Crowie	M	27	Wraps	m_ocr_apf	95.42	100	220	230	235	235	165	170		170	255	265	-275		265	670	415.93	SBD	Doorman Nutrition
2	David Bazley	M	33	Wraps	m_ocr_apf	96.2	100	230			230	130			130	240	260	275		275	635	392.78	SBD	TNW
1	Colton Engelbrcht	M	24	Wraps	m_ocr_apf	120.44	125	430	460	470	470	235	260	-272.5	260	430	455	470	-500	470	1200	689.32	SBD	
2	Shaun Piercy	M	33	Wraps	m_ocr_apf	113.22	125	220	-240	240	240	145	-165	-165	145	260	285	-300		285	670	390.97	SBD	NPD
1	Isaiah Govender	M	13	Wraps	m_tcr_1_aapf	52.02	56	60	70	80	80	40	50	-52.5	50	110	130	140		140	270	264.84	SBD	
1	Luke Greyling	M	16	Wraps	m_tcr_2_aapf	94.3	100	180	190	-200	190	105	-112.5	-115	105	200	210	-215		210	505	315.19	SBD	Snow Storm
1	Daniel Knickelbein	M	16	Wraps	m_tcr_2_apf	50.5	52	110	120		120	65	70		70	135	145			145	335	339.1	SBD	TNW
1	John Fisher	M	16	Wraps	m_tcr_2_apf	95.92	100	155	160	175	175	-102.5	102.5	105	105	205	212.5	220		220	500	309.68	SBD	Iron Ison
1	Dimitri Galanopoulos	M	17	Wraps	m_tcr_3_aapf	71.82	75	170	-182.5	-185	170	-100	-105	105	105	195	205	215		215	490	360.18	SBD	Iron Ison
DQ	Pradhithra Doorsamy	M	19	Wraps	m_tcr_3_aapf	80	82.5	-180	190	205	205	-130	-140	-140		-200	210	-240		210			SBD	
1	Yeshlin Sithambaram	M	18	Wraps	m_tcr_3_aapf	85.38	90	-180	-190	190	190	90	-100	-100	90	180	200	-210		200	480	315.21	SBD	
1	Kaelin Naidoo	M	19	Wraps	m_tcr_3_aapf	130.68	140	185	200	215	215	120	140	-150	140	230	-255	255		255	610	344.69	SBD	
1	James Lewis	M	18	Wraps	m_tcr_3_apf	66.9	67.5	120	137.5	145	145	-85	90	-100	90	160	175	185		185	420	326.16	SBD	
DQ	James McArthur	M	12	Wraps	m_ycr_aapf	73.2	75					25	27.5	30	30	90	97.5	105		105			SBD	Iron Ison
1	Zane Ison	M	56	Multi-ply	m_mem_4_apf	131.1	140	305	315	325	325	-170	170		170	260				260	755	426.39	SBD	OTG
1	James McArthur	M	12	Wraps	m_ycr_aapf	73.2	75					25	27.5	30	30	90	97.5	105		105	135	97.86	BD	Iron Ison