



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Eastern Cape
Meet Town Port Elizabeth

Meet Name Conquer 2024
Meet Date 2024-10-26

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	Zanique Richardson	F	21	Sleeves	Junior	107		115	125	132.5	132.5	50	55	60	60	120	130	140	140	332.5	231.75	SBD	
2	Carla Hartsief	F	23	Sleeves	Junior	115.9		-70	-72.5	72.5	72.5	-55	55	57.5	57.5	130	145	155	155	285	194.72	SBD	
3	Keira Watker	F	20	Sleeves	Junior	71.6		80	87.5	92.5	92.5	-45	50	-55	50	110	120	130	130	272.5	235.19	SBD	
NS	Natasha Labuschagne	F		Sleeves	Junior																	SBD	
1	Surei Net	F	45	Sleeves	M1	73.6		120	130	140	140	55	60	62.5	62.5	137.5	147.5	-150	147.5	350	296.41	SBD	
2	Amy Froneman	F	44	Sleeves	M1	63.2		100			100	60			60	120			120	280	264.88	SBD	
1	Karen Wahl	F	48	Sleeves	M2	78.4		90	100	107.5	107.5	45	47.5	50	50	125	135	150	150	307.5	249.87	SBD	
2	Yolandie Hayden	F	45	Sleeves	M2	125.1		95	105	112.5	112.5	52.5	-55	-55	52.5	112.5	125	135	135	300	201.33	SBD	
1	Janice Weideman	F	54	Sleeves	M3	67.5		82.5	90	100	100	40	45	47.5	47.5	107.5	115	120	120	267.5	240.84	SBD	
1	Melissa Bottcher	F	31	Sleeves	Open	123.9		-95	95	102.5	102.5	-52.5	55	57.5	57.5	132.5	145	155	155	315	211.86	SBD	
2	Nicky Mayer	F	38	Sleeves	Open	61.7		110			110	55	60		60	120			120	290	279.49	SBD	
3	Jade Watkins	F	33	Sleeves	Open	66.3		75	80	87.5	87.5	40	47.5	52.5	52.5	105	112.5	115	115	255	232.65	SBD	
4	Kyla Macdonald	F	26	Sleeves	Open	62.6		75	82.5	-87.5	82.5	-52.5	-55	55	55	87.5	92.5	100	100	237.5	226.34	SBD	
1	Jacinda Diedericks	F	16	Sleeves	T1	54.3		60	65	70	70	30	35	40	40	85	90	100	100	210	224.06	SBD	
2	Melanie Hattingh	F	15	Sleeves	T1	50.6		-45	50	55	55	25	30	-35	30	65	70	80	80	165	186.41	SBD	
3	Caitlin Hayden	F	14	Sleeves	T1	67.2		-50	-50	50	50	30	32.5	35	35	60	67.5	75	75	160	144.53	SBD	
1	Lara Lategan	F	17	Sleeves	T2	88.4		60	65	70	70	40	45	-50	45	-90	95	100	100	215	162.98	SBD	
NS	Elske Boers	F		Sleeves	T2																	SBD	
1	Summer Jessica Schutte	F	19	Sleeves	T3	59.5		75	85	90	90	37.5	40	42.5	42.5	77.5	85	90	90	222.5	220.63	SBD	
1	Bradley Paul	M	23	Sleeves	Junior	84.4		150	160	-170	160	110	115	-122.5	115	190	200	207.5	207.5	482.5	306.56	SBD	

