



# MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Western Cape  
Meet Town Cape Town

Meet Name Draugr Demolition 2024  
Meet Date 2024-11-23

| 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     | Althea Moonsamy     | F   | 42  | Sleeves    | F_MCR_1_A | 74             | 75              | 100       | 110       | 115       | 115           | 55        | 57.5      | 60        | 60            | 130            | 137.5          | 140            | 140              | 315      | 309    | SBD   |      |
| 1     | Zuzette Waters      | F   | 49  | Sleeves    | F_MCR_2   | 80.9           | 82.5            | 85        | -90       | -90       | 85            | 50        | -52.5     | -52.5     | 50            | 115            | 120            | -125           | 120              | 255      | 238.95 | SBD   |      |
| 1     | Rebecca Engelbrecht | F   | 19  | Wraps      | F_OCR     | 59.6           | 60              | 155       | 165       | -170      | 165           | 97.5      | -102.5    | -102.5    | 97.5          | 175            | -187.5         | 187.5          | 187.5            | 450      | 500.96 | SBD   |      |
| 1     | Trimira Naidoo      | F   | 36  | Sleeves    | F_OCR_A   | 59.2           | 60              | 107.5     | 115       | 120       | 120           | 42.5      | 45        | 47.5      | 47.5          | 112.5          | 117.5          | 125            | 125              | 292.5    | 327.02 | SBD   |      |
| 1     | Sakeenah Dramat     | F   | 28  | Sleeves    | F_OCR_A   | 88.3           | 90              | 85        | -95       | 105       | 105           | 42.5      | -50       | -50       | 42.5          | 105            | 115            | 125            | 125              | 272.5    | 245.02 | SBD   |      |
| 1     | Natasha Urbanik     | F   | 18  | Sleeves    | F_TCR_3   | 74.2           | 75              | 100       |           |           | 100           | 52.5      | 55        |           | 55            | 100            |                |                | 100              | 255      | 249.78 | SBD   |      |
| 1     | Rebecca Engelbrecht | F   | 19  | Wraps      | F_TCR_3_A | 59.6           | 60              | 155       | 165       | -170      | 165           | 97.5      | -102.5    | -102.5    | 97.5          | 175            | -187.5         | 187.5          | 187.5            | 450      | 500.96 | SBD   |      |
| 1     | Ismael Cader        | M   | 20  | Sleeves    | M_JCR     | 63.5           | 67.5            | -125      | 132.5     | -137.5    | 132.5         | 95        | -102.5    | 102.5     | 102.5         | 140            | 150            | 165            | 165              | 400      | 322.71 | SBD   |      |
| 1     | Uzair Noordien      | M   | 23  | Sleeves    | M_JCR     | 80.8           | 82.5            | 165       | 172.5     | -177.5    | 172.5         | 107.5     | 115       | 120       | 120           | 207.5          | 215            | 220            | 220              | 512.5    | 351.34 | SBD   |      |
| 1     | Ruan Bezuidenhout   | M   | 34  | Wraps      | M_OCR     | 65.9           | 67.5            | 150       | -160      | 160       | 160           | 110       | 120       | 130       | 130           | 185            | 205            | 220            | 220              | 510      | 400.05 | SBD   |      |
| 1     | David Aguirre       | M   | 25  | Sleeves    | M_OCR     | 81.5           | 82.5            | 125       | 135       | 145       | 145           | 105       | 110       | 120       | 120           | 180            | 190            | -200           | 190              | 455      | 310.37 | SBD   |      |
| 1     | Travis Gamble       | M   | 28  | Sleeves    | M_OCR     | 88.3           | 90              | -235      | 255       | -267.5    | 255           | 147.5     | 157.5     | -162.5    | 157.5         | 295            | 325            | -350           | 325              | 737.5    | 481.53 | SBD   |      |
| 2     | Mark Fairhurst      | M   | 26  | Sleeves    | M_OCR     | 86.6           | 90              | 260       | 280       | -290      | 280           | 147.5     | 157.5     | -162.5    | 157.5         | 270            | 295            | -315           | 295              | 732.5    | 483.16 | SBD   |      |
| 3     | Everaad Schubert    | M   | 29  | Wraps      | M_OCR     | 89.1           | 90              | 175       | 185       | 192.5     | 192.5         | 135       | 145       | 150       | 150           | 220            | 230            | 242.5          | 242.5            | 585      | 380.19 | SBD   |      |
| 1     | Jason Meyer         | M   | 27  | Wraps      | M_OCR     | 96.1           | 100             | 260       | 280       | 290       | 290           | 180       | -190      | -190      | 180           | 260            | 280            | -300           | 280              | 750      | 469.9  | SBD   |      |
| 2     | Jason Baadjies      | M   | 24  | Wraps      | M_OCR     | 91.2           | 100             | 195       | 215       | 222.5     | 222.5         | 120       | 127.5     | -130      | 127.5         | 230            | 250            | -270           | 250              | 600      | 385.41 | SBD   |      |
| 3     | Matthew Thomas      | M   | 32  | Wraps      | M_OCR     | 99             | 100             | -200      | 200       | 210       | 210           | 120       | 130       | -145      | 130           | 260            | -280           | -280           | 260              | 600      | 370.93 | SBD   |      |
| 1     | Kyle Solomans       | M   | 28  | Wraps      | M_OCR     | 105            | 110             | 250       | 275       | 282.5     | 282.5         | 150       | 162.5     | 167.5     | 167.5         | 275            | 300            | -310           | 300              | 750      | 452.32 | SBD   |      |
| 2     | Bulla               | M   | 37  | Sleeves    | M_OCR     | 103.3          | 110             | 242.5     | 257.5     | 265       | 265           | 145       | 162.5     | 180       | 180           | 270            | 285            | 300            | 300              | 745      | 452.31 | SBD   |      |
| 1     | Brandon Beier       | M   | 26  | Sleeves    | M_OCR     | 124.7          | 125             | 140       | 155       | 170       | 170           | 80        | 90        | 100       | 100           | 150            | 165            | 180            | 180              | 450      | 255.23 | SBD   |      |

|   |                     |   |    |           |           |       |      |      |       |       |       |     |        |        |       |       |       |       |       |       |        |     |  |
|---|---------------------|---|----|-----------|-----------|-------|------|------|-------|-------|-------|-----|--------|--------|-------|-------|-------|-------|-------|-------|--------|-----|--|
| 1 | David Afonso        | M | 26 | Sleeves   | M_OCR     | 125.3 | 140  | 325  | 352.5 | -370  | 352.5 | 205 | -212.5 |        | 205   | 320   | 355   | -365  | 355   | 912.5 | 516.77 | SBD |  |
| 1 | Sipho Hugo          | M | 31 | Sleeves   | M_OCR     | 152   | 140+ | 220  |       |       | 220   | 140 |        |        | 140   | 220   | -375  |       | 220   | 580   | 310.8  | SBD |  |
| 1 | Piers Mason         | M | 15 | Wraps     | M_TCR_2_A | 74.7  | 75   | 160  | 172.5 |       | 172.5 | 95  | 102.5  | -107.5 | 102.5 | 207.5 | 222.5 | 227.5 | 227.5 | 502.5 | 361.43 | SBD |  |
| 1 | Kyle Ferreira       | M | 18 | Sleeves   | M_TCR_3   | 74.4  | 75   | 150  | 155   | 162.5 | 162.5 | 130 | -135   | 135    | 135   | 170   | 177.5 | 185   | 185   | 482.5 | 347.95 | SBD |  |
| 1 | Lugman Simpson      | M | 19 | Wraps     | M_TCR_3   | 88.7  | 90   | 200  | 212.5 | 217.5 | 217.5 | 130 | -140   | -140   | 130   | 230   | -245  | -245  | 230   | 577.5 | 376.19 | SBD |  |
| 1 | Markus van Der Walt | M | 19 | Wraps     | M_TCR_3   | 92.8  | 100  | -175 | 180   | 195   | 195   | 110 | 120    | 127.5  | 127.5 | 220   | 240   | 250   | 250   | 572.5 | 364.63 | SBD |  |
| 1 | Junior Moore        | M | 37 | Unlimited | M_OCR     | 78.9  | 82.5 | 130  | 150   | 170   | 170   | 110 | 115    | 122.5  | 122.5 | 190   | 205   |       | 205   | 497.5 | 345.89 | SBD |  |