



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State KwaZulu Natal
Meet Town Durban

Meet Name Iron Gladiators 2024
Meet Date 2024-11-16

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	Nicole Berriman	F	44	Wraps	F_MCR_1_AAPF	80.06	82.5	120	130	135	135	57.5	62.5	65	65	125	135	140	140	340	310.97	SBD	TNW
1	Paula Turner	F	42	Wraps	F_MCR_1_APF	72.2	75	120	130	140	140	65	-70	70	70	145	155	165	165	375	365.34	SBD	
1	Donna Webb	F	46	Wraps	F_MCR_2_AAPF	65.02	67.5	70	-80	80	80	30	35	-37.5	35	90	95	100	100	215	225.51	SBD	TNW
1	Linda Mabaso	F	48	Wraps	F_MCR_2_AAPF	73.88	75	65	75	82.5	82.5	40	42.5	-45	42.5	110	115	120	120	245	235.14	SBD	TNW
1	Antoinette McArthur	F	46	Wraps	F_MCR_2_APF	108.74	110	130	137.5	-142.5	137.5	75	82.5	-85	82.5	140	147.5	155	155	375	305.66	SBD	
1	Robyn Geldart	F	54	Wraps	F_MCR_3_AAPF	69.62	75	105	112.5	-117.5	112.5	50	52.5	55	55	115	125	-140	125	292.5	292.09	SBD	TNW
1	Julie Goldman	F	58	Wraps	F_MCR_4_AAPF	81.16	82.5	47.5	55	62.5	62.5	-30	32.5	-35	32.5	75	80	85	85	180	163.41	SBD	TNW
1	Wendy Chatterton	F	60	Wraps	F_MCR_5_AAPF	92.94	100	100	110	117.5	117.5	50	-55	-55	50	120	130	140	140	307.5	262.35	SBD	TNW
1	Lorraine Niemack	F	63	Wraps	F_MCR_5_APF	96.34	100	50	60	70	70	-50	50	-55	50	110	120	-130	120	240	202.17	SBD	
1	Danel van Jaarsveld	F	47	Wraps	F_OCR_APF	72.96	75	170	180	200	200	115	120	125	125	170	190	200	200	525	507.97	SBD	
2	Kim Edwards	F	35	Wraps	F_OCR_APF	72.46	75	110	120	130	130	70	-75		70	125	135	-145	135	335	325.6	SBD	
1	Rebekah de Wit	F	28	Wraps	F_OCR_APF	117.64	110+	100			100	-50	60	-70	60	120	130	140	140	300	240.76	SBD	
1	Ismail Aboobaker	M	21	Wraps	M_JCR_AAPF	93.3	100	172.5	180	-185	180	100	105	-110	105	-195	200	210	210	495	310.48	SBD	
1	Sandile Kunene	M	43	Wraps	M_MCR_1_AAPF	109.3	110	280	290	300	300	170	175	-180	175	280	300	-310	300	775	456.98	SBD	
1	Sean Egan	M	43	Wraps	M_MCR_1_APF	108.6	110	255	275	-290	275	170	185	-195	185	280	295	-315	295	755	446.09	SBD	TNW
1	William Ainslie	M	45	Wraps	M_MCR_2_APF	121.82	125	240	250	-260	250	170	180	185	185	220			220	655	375.29	SBD	
1	Craig Krause	M	53	Wraps	M_MCR_3_APF	109.14	110	170	190	210	210	120	130	137.5	137.5	210	-225		210	557.5	328.88	SBD	TNW
1	Peter Buys	M	60	Wraps	M_MCR_5_APF	74.6	75	140	-165	-167.5	140	100	-120	120	120	150	-165	-165	150	410	293.24	SBD	TNW
1	Gavin Bazley	M	60	Wraps	M_MCR_5_APF	78.72	82.5	140			140	110	-120	-120	110	-140	150	185	185	435	300.05	SBD	
1	Brandon Van Burgen	M	37	Wraps	M_OCR_AAPF	74.26	75	185	195	202.5	202.5	110	115	-120	115	230	240	250	250	567.5	407.2	SBD	

DQ	Jonathan Room	M	28	Wraps	M_OCR_AAPF	73.74	75	-200	200	220	220	110	115	120	120	-220	-230	-230				SBD	
1	Storm Wright	M	29	Wraps	M_OCR_AAPF	98.98	100	260	-280	290	290	160	180	185	185	290	320	-335	320	795	485.84	SBD	
2	Mathew Furnis	M	36	Wraps	M_OCR_AAPF	95.1	100	245	260	-270	260	130	-140		130	270	-290	290	290	680	422.78	SBD	
1	Ryan Gerber	M	24	Wraps	M_OCR_AAPF	108.52	110	205	230	-237.5	230	140	150	157.5	157.5	240	255	267.5	267.5	655	387.1	SBD	TNW
1	Sbongiseni Mgwengwe	M	35	Wraps	M_OCR_AAPF	111.44	125	220	230	-240	230	170	-180	-180	170	270	-280	-285	270	670	392.75	SBD	
1	James Wait	M	39	Wraps	M_OCR_AAPF	138.5	140	-190	205		205	130	-140	140	140	235	-252.5	252.5	252.5	597.5	334.43	SBD	TNW
1	Pravesh Kanjee	M	28	Wraps	M_OCR_APF	89.9	90	240	-255	-255	240	170	180	185	185	250	255		255	680	434.35	SBD	
1	Abdur Moosa	M	35	Wraps	M_OCR_APF	97.92	100	190	205	215	215	160	170	175	175	-290	290	-310	290	680	417.42	SBD	
1	Aaron Gregory	M	27	Wraps	M_OCR_APF	105.3	110	240	260	275	275	170	180		180	240	260	280	280	735	438.76	SBD	
2	Jody Hourquebie	M	38	Wraps	M_OCR_APF	108.2	110	185	210	-215	210	115	120	-127.5	120	225	235	240	240	570	337.18	SBD	
DQ	Vitesh Manichan	M	36	Wraps	M_OCR_APF	105.22	110	-220	-220			-155										SBD	
1	Cameron Krause	M	27	Wraps	M_OCR_APF	121.44	125	300	-320	-320	300	200	205	-212.5	205	300	315	325	325	830	475.89	SBD	TNW
2	Warren Els	M	33	Wraps	M_OCR_APF	120.3	125	275	290	-302.5	290	135	145	155	155	-215	215	230	230	675	387.85	SBD	TNW
1	Nathan Roetz	M	34	Wraps	M_OCR_APF	183.4	140+	240	260	280	280	150	162.5	-170	162.5	270			270	712.5	382.33	SBD	
1	Sean Rowan	M	15	Wraps	M_TCR_1_AAPF	74.32	75	85	95	105	105	50	55	-60	55	110	115	120	120	280	200.79	SBD	TNW
1	Breydan Sing	M	16	Wraps	M_TCR_2_AAPF	59.52	60	130	145	-160	145	90	-105	-105	90	160	-180		160	395	339.37	SBD	
1	Dimitrios Galanopoulos	M	16	Wraps	M_TCR_2_AAPF	72	75	155	165	-170	165	95	97.5	100	100	187.5	195	200	200	465	341.17	SBD	
1	Luke Greyling	M	16	Wraps	M_TCR_2_AAPF	93.86	100	160	170	-185	170	100	-105	-105	100	180	200	-210	200	470	293.98	SBD	
1	Ethan Pearson	M	16	Wraps	M_TCR_2_APF	78.5	82.5	120	130	140	140	80	85	90	90	160	180	190	190	420	290.23	SBD	
1	Gary Lewis	M	52	Single-ply	M_MES_3_APF	99.9	100	220	250	-302.5	250	-140	140	-160	140	220	255	-270	255	645	392.7	SBD	
1	James McArthur	M	11	Wraps	M_YCR_AAPF	70.82	75									75	82.5	90	90	90	66.85	D	