



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State KwaZulu Natal
Meet Town Durban

Meet Name Iron Ison Full Power 2024
Meet Date 2024-10-19

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	Nishwariya Sharma	M	21	Sleeves	F_JCR_AAPF	90.4	100	130	135	-140	135	60	65	-70	65	170	-175	-175	170	370	225.83	SBD	
1	Michaela Landman	M	23	Sleeves	F_JCR_APF	77.8	82.5	95	105	107.5	107.5	45	47.5	-52.5	47.5	105	115	127.5	127.5	282.5	189.43	SBD	IRON ISON
1	Monica Cox	M	44	Sleeves	F_MCR_1_APF	79.2	82.5	120	145	150	150	90	95	105	105	120	140	150	150	405	268.24	SBD	IRON ISON
1	Sarah Rowan	M	46	Sleeves	F_MCR_2_AAPF	63.9	67.5	95	105		105	50	55		55	105	112.5	117.5	117.5	277.5	217.88	SBD	TNW
1	Tarryne Cass	M	48	Sleeves	F_MCR_2_APF	68.3	75	100			100	70			70	150			150	320	237.14	SBD	TNW
1	Carol Foxon	M	63	Sleeves	F_MCR_5_AAPF	55.5	56	50	55	60	60	35	37.5	-42.5	37.5	70	85	87.5	87.5	185	166.67	SBD	IRON ISON
1	Nolanda Lawrie	M	37	Sleeves	F_OCR_AAPF	64.2	67.5	95	100	110	110	55	57.5	-60	57.5	120	125	130	130	297.5	232.6	SBD	IRON ISON
1	Andrea Bohmer	M	27	Sleeves	F_OCR_AAPF	87.2	90	110	120	127.5	127.5	65	70	72.5	72.5	125	137.5	150	150	350	218.03	SBD	
1	Skylar Ison	M	11	Sleeves	F_TCR_1_APF	58.9	60	20	35	40	40	20	-25		20	35	45	62.5	62.5	122.5	103.89	SBD	IRON ISON
1	Sandile Kunene	M	43	Sleeves	M_MCR_1_AAPF	112.1	125	280	285	290	290	160	165	170	170	280	285	290	290	750	419.73	SBD	
1	Amos Gumede	M	41	Sleeves	M_MCR_1_APF	133.2	140	230	250	260	260	130	-140		130	260	280	-290	280	670	359.92	SBD	
1	Donovan Carter	M	55	Sleeves	M_MCR_4_APF	121.9	125	170			170	90			90	170			170	430	236.04	SBD	HI
1	Kaveer Ramsaru	M	37	Sleeves	M_OCR_AAPF	102.4	110	180	190	-200	190	135	-137.5	-137.5	135	-250	250	-260	250	575	331.09	SBD	
1	Sandile Kunene	M	43	Sleeves	M_OCR_AAPF	112.1	125	280			280	160			160	280			280	720	402.94	SBD	
DQ	Isaiah Govender	M	13	Sleeves	M_TCR_1_AAPF	50.6	52	-80	-80	-85		40	45	-50	45	100	110	115	115			SBD	
1	Dimitri Galanopoulos	M	17	Sleeves	M_TCR_2_AAPF	73.6	75	142.5	145	155	155	95	97.5	102.5	102.5	170	177.5	180	180	437.5	305.5	SBD	IRON ISON