



# MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Western Cape  
Meet Town Cape Town

Meet Name Iron Maiden 2025  
Meet Date 2025-03-01

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	Aimee Langenhoven	F	20	Sleeves	Junior	99.1	100	50	55	65	65	40	45	47.5	47.5	80	90	-100	90	202.5	145.39	SBD	
1	Olivia Adriaanse	F	43	Sleeves	M1	86.8	90	75	80	100	100	50	55	-62.5	55	110	120	130	130	285	218.17	SBD	
1	Catherine Barnett	F	40	Sleeves	M1	98	100	-110	-115	115	115	-60	-62.5	62.5	62.5	105	115	-122.5	115	292.5	211.02	SBD	
1	Aveleigh Gateman	F	40	Sleeves	M1	109.7	110	-90	90	100	100	45	47.5	50	50	100	110	120	120	270	186.99	SBD	
1	Bronwen James	F	45	Sleeves	M2	67.3	67.5	80	85	92.5	92.5	40	42.5	-45	42.5	90	100	110	110	245	221.06	SBD	
2	Kim Stanley	F	49	Sleeves	M2	66.3	67.5	50	55	60	60	30	32.5	35	35	70	80	90	90	185	168.79	SBD	
3	Robyn Spacey	F	48	Sleeves	M2	62.2	67.5	40	50	55	55	-30	30	-32.5	30	50	60	70	70	155	148.45	SBD	
1	Robyn Hancock	F	45	Sleeves	M2	70.6	75	50	60	65	65	32.5	35	40	40	65	75	85	85	190	165.61	SBD	
1	Karen Wahl	F	48	Sleeves	M2	80.9	82.5	95	102.5	112.5	112.5	47.5	50	-52.5	50	135	145	155	155	317.5	253.05	SBD	
2	Zuzette Waters	F	49	Sleeves	M2	80.3	82.5	80	85	-90	85	50	55	-55	55	110	115	-125	115	255	204.16	SBD	
1	Nicole Sprut	F	49	Sleeves	M2	87	90	70	75	-90	75	35	-37.5	40	40	90	100	110	110	225	172.02	SBD	
2	Kate Daniels	F	47	Sleeves	M2	84.5	90	52.5	-60	60	60	35	-37.5	-37.5	35	90	95	105	105	200	155.39	SBD	
1	Izle Beyer	F	47	Sleeves	M2	98.6	100	35	40	50	50	35	-37.5	40	40	80	90	100	100	190	136.71	SBD	
1	Anita Sardini	F	51	Sleeves	M3	66.5	67.5	65	-72.5	75	75	47.5	50	52.5	52.5	100	110	115	115	242.5	220.75	SBD	
2	Senta Da Conceicao	F	50	Sleeves	M3	65.8	67.5	55	60	70	70	45	50	52.5	52.5	95	105	-110	105	227.5	208.74	SBD	
3	Tamara Hartley	F	50	Sleeves	M3	67.3	67.5	60	67.5	75	75	40	42.5	-45	42.5	85	95	107.5	107.5	225	203.02	SBD	
4	Estelle Smidt	F	54	Sleeves	M3	64.2	67.5	30	35	-45	35	30	32.5	-35	32.5	50	60	-80	60	127.5	119.18	SBD	
1	Trish Armstrong	F	59	Sleeves	M4	120.9	110+	140	-150	150	150	90	105	112.5	112.5	160	180	200	200	462.5	312.84	SBD	
1	Jean Reid	F	62	Sleeves	M5	88	90	50	60	75	75	30	32.5	35	35	80	85	87.5	87.5	197.5	150.08	SBD	
1	Jo Eyre	F	38	Sleeves	Open	65.9	67.5	67.5	72.5	75	75	37.5	40	-42.5	40	90	100	-105	100	215	197.04	SBD	

1	Alicea Rall	F	34	Sleeves	Open	67.8	75	90	100	115	115	62.5	67.5	-72.5	67.5	115	120	130	130	312.5	280.44	SBD		
2	Yvette Ras	F	34	Sleeves	Open	69.3	75	85	90	95	95	45	50	52.5	52.5	97.5	110	120	120	267.5	236.28	SBD		
3	Megan Hessell	F	34	Sleeves	Open	69.1	75	82.5	87.5	90	90	40	47.5	52.5	52.5	95	100	102.5	102.5	245	216.85	SBD		
1	Benita Louw	F	31	Sleeves	Open	89.1	90	80	90	100	100	60	-67.5	67.5	67.5	115	130	-145	130	297.5	224.6	SBD		
DQ	Esti Joorst	F	39	Sleeves	Open	97.7	100	120	130	135	135	-55	60	-62.5	60	-140	0						SBD	
1	Diane Schallert	F	39	Sleeves	Open	102.5	110	120	-125	125	125	-60	62.5	65	65	135	142.5	-150	142.5	332.5	235.43	SBD		
1	Summer Becker	F	16	Sleeves	Teen 2	71.9	75	100	110	117.5	117.5	52.5	57.5	60	60	120	132.5	137.5	137.5	315	271.08	SBD		
1	Fable Schallert	F	8	Sleeves	Teen1	40.4	44	47.5	-50	50	50	20	22.5	25	25	55	60	65	65	140	188.7	SBD		
1	Leila Schreuder	F	13	Sleeves	Teen1	62.3	67.5	40	45	50	50	30	32.5	35	35	60	70	80	80	165	157.83	SBD		
1	Katya Karakashian-Malan	F	42	Sleeves	M1	81	82.5	80	85	90	90					90	95	100	100	190	151.32	SD		
1	Shiba Melissa Mazaza	F	37	Sleeves	Open	87.6	90	90	95	105	105									105	79.98	S		