



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State KwaZulu Natal
Meet Town Durban

Meet Name Sleigh The Bar BD 2024
Meet Date 2024-12-07

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	Joanne Atterbury	F	48	Wraps	F_MCR_2_APF	66.16	67.5					47.5	50	-52.5	50	105	112.5	120	120	170	176.04	BD	
1	Robyn Geldart	F	54	Wraps	F_MCR_3_AAPF	67.46	67.5					50	55	-60	55	115	125	140	140	195	199.11	BD	
1	Jocelyn Botes	F	33	Wraps	F_OCR_AAPF	82.1	82.5					45	50	52.5	52.5	90	100	105	105	157.5	142.11	BD	
1	Chay Blackman	F	40	Wraps	F_OCR_AAPF	96.5	100					47.5	52.5	-60	52.5	95	105	120	120	172.5	145.23	BD	
1	Santa Claus	M	49	Wraps	M_MCR_2_AAPF	112.2	125					107.5	110	-112.5	110	175	180	-185	180	290	169.66	BD	
1	Greg Rowan	M	48	Wraps	M_MCR_2_APF	107.4	110					70	-77.5	82.5	82.5	140	155	165	165	247.5	146.76	BD	
1	Vaughan Wichmann	M	51	Wraps	M_MCR_3_APF	101.76	110					92.5	102.5	-107.5	102.5	200	220	232.5	232.5	335	202.49	BD	
1	Tony Mitchell	M	57	Wraps	M_MCR_4_APF	109.54	110					87.5	95	100	100	145	160	165	165	265	156.15	BD	
1	Keith Dinnematin	M	34	Wraps	M_OCR_APF	87.58	90					115	122.5	-130	122.5	170	180	-190	180	302.5	195.89	BD	
1	Mike Proome	M	39	Wraps	M_OCR_APF	100	100					82.5	-92.5	-92.5	82.5	180	195	205	205	287.5	174.97	BD	
1	Sean Rowan	M	15	Wraps	M_TCR_1_AAPF	78.02	82.5					47.5	52.5	57.5	57.5	100	115	125	125	182.5	126.62	BD	
1	Daniel Knicklebein	M	15	Wraps	M_TCR_1_APF	50.56	52					65	70	75	75	-135	150	160	160	235	237.57	BD	
1	Alan Walker	M	41	Wraps	M_MCR_1_AAPF	99.52	100					115	122.5	-130	122.5					122.5	74.7	B	
1	Hugo Thornhill	M	41	Wraps	M_MCR_1_APF	151.32	140+									200	230	250	250	250	138.15	D	