



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Eastern Cape
Meet Town East London

Meet Name Slummies Strength Showdown 2025
Meet Date 2025-03-22

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	Janine Midlane	F	31	Bare	raw	148.3	110+	-60	60	-72.5	60	42.5	45	-47.5	45	90	-100	100	100	205	158.1	SBD	
1	Summer Schutte	F	19	Sleeves	raw	60.4	67.5	85	90	-95	90	-40	45	-47.5	45	87.5	95	100	100	235	259.42	SBD	
1	Sibahle Ndamase	F	45	Sleeves	raw	93.4	100	30	-40	-60	30	27.5	-30	30	30	70	-80	80	80	140	122.83	SBD	
1	Melissa Botcher	F	31	Sleeves	raw	110	110	100	105	112.5	112.5	57.5	-62.5	-62.5	57.5	155	160	-165	160	330	272.02	SBD	
1	Yolandie Hayden	F	46	Sleeves	raw	127.1	110+	-105	105	-115	105	57.5	-60	60	60	110	125	140	140	305	241.08	SBD	
2	Carla Hartief	F	24	Sleeves	raw	112.4	110+	72.5	75	80	80	50	55		55	130	145	-157.5	145	280	229.17	SBD	
1	Brenda Mollentze	F	51	Sleeves	raw and wraps	67.4	67.5	85	95	-100	95	45	-50	-50	45	100	110	115	115	255	263.49	SBD	
1	Riley Swanepoel	M	20	Bare	raw	72	75	100	110	120	120	90	-100	-100	90	135	150	165	165	375	276.32	SBD	
1	Sive Plaatjie	M	17	Bare	raw	79.9	82.5	-100	130	145	145	70	90	100	100	120	140	170	170	415	286.37	SBD	
1	Rudi Hayden	M	47	Sleeves	raw	58	60	80	-90	90	90	42.5	-45	-45	42.5	120	132.5	137.5	137.5	270	234.44	SBD	
1	Caitlin Hayden	M	15	Sleeves	raw	71.5	75	75	85	90	90	35	-37.5	37.5	37.5	90	100	-105	100	227.5	168.42	SBD	
1	Billy Mollentze	M	62	Sleeves	raw	98	100	160	170		170	100	-110	-110	100	200	220		220	490	304.29	SBD	
1	Justin Birkholtz	M	38	Sleeves	raw	112.6	125	200	220		220	130	145	-155	145	220	240		240	605	355.24	SBD	
2	Edgar Katushabe	M	32	Sleeves	raw	121.2	125	170			170	160			160	222.5			222.5	552.5	316.26	SBD	
1	Surei Nel	M	40	Sleeves	raw and wraps	75.3	82.5	-125	125	135	135	55	60	65	65	135	145	155	155	355	254.04	SBD	
1	Jonathan Hosking	M	16	Wraps	raw and wraps	124.6	125	150	-160	160	160	90	-100	-100	90	150	165	-175	165	415	235.44	SBD	