



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Western Cape
Meet Town Cape Town

Meet Name WP Dominator 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	Faith Lehmensich	F	22	Sleeves	F_JCR_A	48.95	52	70	-75	75	75	55	-57.5	-57.5	55	117.5	125	-130	125	255	295.9	SBD	
1	Soerika Burger	F	20	Sleeves	F_JCR_A	66.3	67.5	70	-80	80	80	-40	40	-45	40	90	-100	-100	90	210	191.59	SBD	
1	Mariza Pretorius	F	42	Wraps	F_MCR_1	97.1	100	125			125	67.5			67.5	145	155	165	165	357.5	258.97	SBD	
1	Cindy Smallshaw	F	56	Sleeves	F_MCR_4_A	69.2	75	100	107.5	112.5	112.5	50	52.5	55	55	130	135	140	140	307.5	271.89	SBD	
1	Amy Rheeder	F	34	Sleeves	F_OCR_A	69.65	75	100			100	60			60	120			120	280	246.42	SBD	
1	Christine Burger	F	30	Sleeves	F_OCR_A	81.9	82.5	80	82.5	85	85	40	42.5	47.5	47.5	90	95	-100	95	227.5	179.99	SBD	
1	Christopher Howard-Browne	M	22	Sleeves	M_JCR	82.45	82.5	120	-130	140	140	110	120		120	235	-252.5	-252.5	235	495	319.19	SBD	
1	Dante Driessen	M	21	Sleeves	M_JCR	95.75	100	235	242.5	247.5	247.5	175	182.5	190	190	245	255	-267.5	255	692.5	410.4	SBD	
2	Markus van der Walt	M	20	Wraps	M_JCR	94.2	100	210	220	230	230	120	125	130	130	245	260	270	270	630	376.34	SBD	
1	Bjorn-Jan Krijgsman	M	23	Sleeves	M_JCR_A	71.1	75	165			165	100	105		105	200	210	-220	210	480	344.27	SBD	
1	Francois Le Roux	M	44	Sleeves	M_MCR_1	115.4	125	150	165	175	175	150	160	-165	160	220	230	-240	230	565	314	SBD	
1	Michael Reifarh	M	45	Sleeves	M_MCR_2	98.9	100	180	200	-215	200	145	152.5	157.5	157.5	200	220	240	240	597.5	348.94	SBD	
1	Michael Naidoo	M	46	Sleeves	M_MCR_2_A	82.2	82.5	150			150	90			90	180			180	420	271.36	SBD	
1	Stephano Reid	M	33	Wraps	M_OCR	59.8	60	150	155	160	160	90	92.5	95	95	210	215	220	220	475	396.88	SBD	
1	Jason Baadjies	M	25	Sleeves	M_OCR	82.7	90	210	220	-225	220	120	130	132.5	132.5	250	-260		250	602.5	387.76	SBD	
2	Christiaan Erasmus Burger	M	24	Sleeves	M_OCR	88.8	90	130	-140	140	140	100	-110	-110	100	150	170	175	175	415	255.83	SBD	
1	Francois Theron Bouwer	M	31	Wraps	M_OCR	115.8	125	280	300	-317.5	300	160	172.5	180	180	330	355	365	365	845	469.24	SBD	
1	Iwan Walters	M	30	Sleeves	M_OCR_A	89.8	90	200			200	140			140	200			200	540	330.8	SBD	
1	Brandon Beier	M	27	Sleeves	M_OCR_A	124.5	125	190	200		200	90	100	-110	100	-190	200	210	210	510	278.43	SBD	
1	Malachi farham	M	19	Sleeves	M_TCR_3	82.35	82.5	200	215	225	225	132.5	137.5	140	140	220	240	255	255	620	400.11	SBD	

1	Dylan Buys	M	18	Sleeves	M_TCR_3_A	84.45	90	160			160	95			95	180			180	435	276.28	SBD		
1	Ian David Junior Moore	M	37	Multi-ply	M_OCR	76.7	82.5	140	150	160	160	100	110	120	120	180	195	-205	195	475	321.75	SBD		
NS	David Dayson	M	42	Sleeves	M_MCR_1	145.6	140+															BD		
1	Simon Augustyn	M	40	Sleeves	M_MCR_1	88.15	90					140	142.5	145	145						145	89.76	B	
1	Johan Kruger	M	58	Sleeves	M_MCR_4	109.8	110					110	112.5	115	115						115	64.71	B	
1	Juandre Viviers	M	33	Sleeves	M_OCR	120.3	125					160	170	-175	170						170	93.6	B	
1	Christiaan Malherbe	M	18	Sleeves	M_TCR_3	65.1	67.5					80	85	92.5	92.5						92.5	71.43	B	