



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



**2025 NATIONALS
JUNE 13,14,15
BENONI**

Meet State: GAUTENG
Meet Town: BENONI

Meet Name: WPC & AWPC NATIONALS 2025
Meet Date: 13, 14 & 15 June 2025

Place	Name	Sex	Age	Equip ment	Division	Body weight Kg	Weight Class Kg	Squat1 Kg	Squat2 Kg	Squat3 Kg	Squat4 Kg	Best Squat Kg	Bench1 Kg	Bench2 Kg	Bench3 Kg	Bench4 Kg	Best Bench Kg	Dead Lift 1 Kg	Dead Lift 2 Kg	Dead Lift 3 Kg	Dead Lift 4 Kg	Best Deadlift Kg	Total Kg	Points	Event	Team
1	Faith Lemensich	F	22	Wraps	F_JCR_AAPF	46.28	48	70	80	-90	90	80	50	55	-58		55	117.5	-125.5	-125.5		117.5	252.5	306.46	SBD	Strength Den
1	Caitlin Landsberg	F	23	Wraps	F_JCR_AAPF	87.6	90	120	130	140		140	40	45	-50		45	120	130	-140		130	315	239.96	SBD	
1	Nishwariya Sharma	F	22	Wraps	F_JCR_AAPF	90.45	100	140	150	-160		150	-75	75	-82.5		75	185	195	-205		195	420	314.65	SBD	Beast Mode Powerlifting
1	Rebecca Engelbrecht	F	20	Wraps	F_JCR_APF	58.94	60	-160	167.5	177.5		177.5	95	-100	100		100	177.5	-191	-191		177.5	455	454.56	SBD	Team TK
1	Ashira van der Byl	F	43	Wraps	F_MCR_1_AAPF	64.68	67.5	120	-130	-137.5		120	52.5	55	-57.5		55	125	135	-140		135	310	288.13	SBD	TNW
1	Surei Nel	F	40	Wraps	F_MCR_1_AAPF	73.35	75	-125	135	-147.5		135	50	-60			50	140	150	160		160	345	292.85	SBD	Body Culture Health
2	Althea Moonsamy	F	42	Wraps	F_MCR_1_AAPF	73.46	75	125	130	135		135	60	62.5	-65		62.5	135	142.5	145		145	342.5	290.43	SBD	Bohemian Barbelle
3	Kirsty Roebuck	F	42	Wraps	F_MCR_1_AAPF	74.94	75	105	115	-117.5		115	60	-65	-65		60	120	130	-140		130	305	255.19	SBD	OTG
1	Chay Blackman	F	40	Wraps	F_MCR_1_AAPF	96.77	100	-105	110	120		120	60	62.5	-65		62.5	135	145	-160		145	327.5	237.59	SBD	TNW
1	Paula Turner	F	42	Wraps	F_MCR_1_APF	71.81	75	110	120	135		135	62.5	67.5	-72.5		67.5	150	160	170		170	372.5	320.84	SBD	OTG
1	Monica Cox	F	44	Wraps	F_MCR_1_APF	79.84	82.5	190	-202.5	-207.5	207.5	190	105	115	125		125	185	200	-205		200	515	413.77	SBD	Iron Ison
1	Mariza Pretorius	F	42	Wraps	F_MCR_1_APF	97.1	100	170	180	185		185	75	82.5	87.5		87.5	180	-190	195		195	467.5	338.65	SBD	
1	Hellen Werth	F	44	Wraps	F_MCR_1_APF	101.6	110	120	-130	-130		120	-60	60	65		65	120	130	140		140	325	230.94	SBD	OTG
1	Amy Froneman	F	45	Wraps	F_MCR_2_AAPF	58.44	60	127.5	-135.5	135.5		135.5	62.5	67.5	-70		67.5	157.5	167.5	175.5		175.5	378.5	380.7	SBD	Bohemian Barbelle
1	Sarah Rowan	F	46	Wraps	F_MCR_2_AAPF	63.77	67.5	97.5	107.5	-110		107.5	55	60	-62.5		60	120	-127.5	-127.5		120	287.5	270.12	SBD	TNW
1	Karen Wahl	F	49	Wraps	F_MCR_2_AAPF	79.44	82.5	120	127.5	-132.5		127.5	50	52.5	-55		52.5	150	157.5	160		160	340	274.01	SBD	Bohemian Barbelle
2	Linda Mabaso	F	49	Wraps	F_MCR_2_AAPF	77.78	82.5	85	95	100		100	42.5	45	-47.5		45	115	125	-130		125	270	220.5	SBD	TNW
1	Taneal Mitchell	F	47	Wraps	F_MCR_2_AAPF	90.6	100	110	122.5	130		130	37.5	42.5	45		45	135	-140	140		140	315	235.79	SBD	TNW
1	Yolandie Hayden	F	46	Wraps	F_MCR_2_AAPF	131.13	110+	115	-125			115	60	62.5	-65		62.5	137.5	147.5	-155.5	155.5	147.5	325	215.82	SBD	Peck's Posse
1	Sherrit Knickelbein	F	49	Wraps	F_MCR_2_APF	54.41	56	115	122.5	-130		122.5	-60	60	62.5		62.5	110	115	120		120	305	324.89	SBD	TNW
1	Danel van Jaarsveld	F	47	Wraps	F_MCR_2_APF	67.42	67.5	190	200			200	110	115	120		120	200	210			210	530	477.59	SBD	Antifragile Athletes
2	Tarynne Cass	F	49	Wraps	F_MCR_2_APF	66.21	67.5	160	170	-180		170	80	85			85	180	190	200		200	455	415.54	SBD	TNW
1	Antoinette McArthur	F	47	Wraps	F_MCR_2_APF	108.64	110	135	145	-152.5		145	80	85	87.5		87.5	140	155	-160		155	387.5	269.03	SBD	Iron Ison

1	Brenda Mollentze	F	51	Wraps	F_MCR_3_AAPF	66.62	67.5	90	105	-113		105	47.5	50	-52.5		50	115	120	125		125	280	254.55	SBD	2Bfit	
2	Anita Sardini	F	52	Wraps	F_MCR_3_AAPF	65.43	67.5	80	87.5	90		90	50	52.5	-55		52.5	110	117.5	-120		117.5	260	239.57	SBD	Bohemian Barbelle	
1	Tania Bam	F	50	Wraps	F_MCR_3_APF	55.5	56	100	115	-125.5		115	60	65	-70		65	110	115	-120		115	295	309.25	SBD	Bam Fitness	
1	Robyn Geldart	F	55	Wraps	F_MCR_4_AAPF	69.91	75	105	115	-120		115	57.5	60	-62.5		60	117.5	127.5	135		135	310	272.1	SBD	TNW	
1	Julie Goldman	F	59	Wraps	F_MCR_4_AAPF	80.46	82.5	72.5	80	-85		80	32.5	35	37.5		37.5	87.5	92.5	97.5		97.5	215	171.92	SBD	TNW	
1	Trish Armstrong	F	59	Wraps	F_MCR_4_APF	114.17	110+		130	150	172.5		172.5	110	117.5	125		125	190	205	-225		205	502.5	344.58	SBD	Bohemian Barbelle
1	Wendy Chatterton	F	60	Wraps	F_MCR_5_AAPF	92.61	100	110	120	125		125	50	55	-57.5	57.5	55	135	145	-150		145	325	240.65	SBD	TNW	
1	Amy Froneman	F	45	Wraps	F_OCR_AAPF	58.44	60	127.5	-135.5	135.5		135.5	62.5	67.5	-70		67.5	157.5	167.5	175.5		175.5	378.5	380.7	SBD	Bohemian Barbelle	
2	Trimira Naidoo	F	37	Wraps	F_OCR_AAPF	57.92	60	117.5	125	130		130	50	52.5	-55		52.5	125	135	140		140	322.5	326.7	SBD	Bohemian Barbelle	
3	Nicky Mayer	F	39	Wraps	F_OCR_AAPF	59.5	60	-125	125	-135		125	60	65	-67.5		65	130	-135	-135		130	320	317.31	SBD	Bohemian Barbelle	
DQ	Jade Watkins	F	34	Wraps	F_OCR_AAPF	57.68	60	90	-100	-105		90	-57.5	-60	-60			120	130	-140		130			SBD	Eastern Cape	
1	Amy Rheeder	F	34	Wraps	F_OCR_AAPF	64.87	67.5	117.5	122.5	-127.5		122.5	75	80	-82.5		80	147.5	157.5	-165		157.5	360	333.86	SBD	Bohemian Barbelle	
2	Alicea Rall	F	34	Wraps	F_OCR_AAPF	64.8	67.5	110	-117.5	-120		110	67.5	72.5	75		75	135	145	-150		145	330	306.29	SBD	Bohemian Barbelle	
1	Yvette Ras	F	34	Wraps	F_OCR_AAPF	68.4	75	92.5	102.5	-105		102.5	47.5	-55	-55		47.5	110	120	127.5		127.5	277.5	247.46	SBD	STS	
1	Karen Wahl	F	49	Wraps	F_OCR_AAPF	79.44	82.5	120	127.5	-132.5		127.5	50	52.5	-55		52.5	150	157.5	160		160	340	274.01	SBD	Bohemian Barbelle	
1	Thashiana Pillay	F	31	Wraps	F_OCR_AAPF	89.38	90	110	-120	130		130	65	70	-72.5		70	120	132.5	-140		132.5	332.5	250.61	SBD	STS	
2	Jamie-Lee Gerber	F	30	Wraps	F_OCR_AAPF	88.65	90	115	120	-125		120	47.5	-52.5	-52.5		47.5	130	-135	-135		130	297.5	225.19	SBD	Bohemian Baebelle	
1	Elmarie van Rheede van Oudtshoorn	F	39	Wraps	F_OCR_AAPF	92.93	100	160	170	-180		170	87.5	92.5			92.5	180	-192.5	-192.5		180	442.5	327.11	SBD	BL Strength	
1	Melissa Bottcher	F	32	Wraps	F_OCR_AAPF	110.9	110+		-115	115	-125		115	62.5	-65	-65		62.5	155	165	-175		165	342.5	236.56	SBD	Peck's Posse
1	Courtney Prentice	F	24	Wraps	F_OCR_APF	51.87	52	100	105	110		110	42.5	47.5	52.5		52.5	100	105	110		110	272.5	301.73	SBD		
2	Bianca Botes	F	34	Wraps	F_OCR_APF	50.95	52	95	105	-110		105	35	40	-42.5		40	112.5	122.5	-127.5		122.5	267.5	300.52	SBD	OTG	
1	Danel van Jaarsveld	F	47	Wraps	F_OCR_APF	67.42	67.5	190	200			200	110	115	120		120	200	210			210	530	477.59	SBD	Antifragile Athletes	
1	Kim Edwards	F	35	Wraps	F_OCR_APF	71.63	75	-135	135	-145		135	72.5	77.5	80		80	130	-140			130	345	297.68	SBD	OTG	
1	Bernice van der Westhuizen	F	37	Wraps	F_OCR_APF	88.33	90	-140	140	150		150	75	80	85		85	155	165	175		175	410	310.94	SBD	Bloem Barbelle	
1	Kim Halgreen	F	32	Wraps	F_OCR_APF	94.75	100	200	-220	220		220	125	-135.5	135.5		135.5	-200	215	-230		215	570.5	417.88	SBD	STS	
2	Nicole Fourie	F	25	Wraps	F_OCR_APF	98.4	100	160	175	180		180	65	75	-80		75	155	165	170		170	425	306.07	SBD	Cape Town	
3	Nadine du Preez	F	29	Wraps	F_OCR_APF	95.31	100	135	145	160		160	60	70	-80		70	155	-165	167.5		167.5	397.5	290.37	SBD		
1	Antoinette Venter	F	34	Wraps	F_OCR_APF	128.54	110+		-175	182.5	190		190	95	97.5	102.5		102.5	170	182.5	-200		182.5	475	316.83	SBD	Iron Ison
1	Caitlin Hayden	F	15	Wraps	F_TCR_1_APF	77.9	82.5	80	95	-103	-103		95	37.5	40	-42.5		40	95	105	112.5		112.5	247.5	201.93	SBD	Peck's Posse
1	Summer Becker	F	16	Wraps	F_TCR_2_APF	66.66	67.5	115	-125	125		125	55	60	-62.5		60	140	145			145	330	299.87	SBD	STS	
1	Jacinda Diedericks	F	17	Wraps	F_TCR_2_SO	52.26	56	70	75	80		80	30	35	40		40	100	105	110		110	230	253.13	SBD	Westview	
2	Melanie Hattingh	F	16	Wraps	F_TCR_2_SO	52.56	56	-65	70	-75		70	30	35	40		40	85	90	95		95	205	224.57	SBD	Westview	

1	Mariana Erasmus	F	16	Wraps	F_TCR_2_SO	56.22	60	55	60	-65		60	30	-35	-40		30	95	100	105		105	195	202.31	SBD	Westview
1	Lara Nel	F	17	Wraps	F_TCR_2_SO	90.96	100	60	65	-70		65	35	40	45		45	80	85	-90		85	195	145.67	SBD	Westview
1	Summer Schutte	F	19	Wraps	F_TCR_3_AAPF	56.98	60	85	92.5	100		100	40	45	-50		45	92.5	100	105		105	250	256.59	SBD	
1	Catherine Rowan	F	19	Wraps	F_TCR_3_AAPF	83.15	90	105	120	130		130	47.5	50	-52.5		50	130	140.5	145		145	325	254.86	SBD	TNW
1	Lizette Bester	F	19	Wraps	F_TCR_3_APF	86	90	120	125	130		130	65	72.5	-77.5		72.5	150	-157.5	-157.5		150	352.5	271.22	SBD	Dogzilla
1	Skylar Ison	F	12	Wraps	F_YCR_AAPF	62.63	67.5	20	25	30		30	20	25			25	60	70	-75		70	125	119.08	SBD	Iron Ison
1	Amber Fisher	F	11	Wraps	F_YCR_APF	62.45	67.5	45	52.5	62.5		62.5	27.5	32.5	35		35	65	72.5	-77.5		72.5	170	162.31	SBD	Iron Ison
1	Angelique Kok	F	44	Wraps	F_MCR_1_APF	84.93	90						95.5	110	-112.5		110						110	85.22	B	
2	Mariaan Conry	F	40	Wraps	F_MCR_1_APF	89.5	90						92.5	97.5	105		105						105	79.09	B	Bloem Barbelle
1	Liselle van der Merwe	F	41	Wraps	F_MCR_1_APF	79.31	82.5											95	110	-125		110	110	88.74	D	Just Stand Up
1	Karen Wahl	F	49	Wraps	F_MCR_2_AAPF	79.44	82.5											150	157.5	160		160	160	128.95	D	Bohemian Barbelle
1	Karen Wahl	F	49	Wraps	F_OCR_AAPF	79.44	82.5											150	157.5	160		160	160	128.95	D	Bohemian Barbelle
1	Grant Mason	M	21	Wraps	M_JCR_AAPF	67.42	67.5	130	-140	140		140	-72.5	-80	80		80	150	162.5	175		175	395	295.92	SBD	
1	Cameron Palavar	M	22	Wraps	M_JCR_AAPF	74.67	75	150	-160	165		165	110	117.5	-122.5		117.5	225	240	250		250	532.5	367.83	SBD	Iron Ison
2	Leo Ferreira	M	20	Wraps	M_JCR_AAPF	74.07	75	150	-160	165		165	112.5	115	117.5		117.5	190	205	217.5		217.5	500	347.47	SBD	Parys Powerlifting Club
1	Ryan Mason	M	23	Wraps	M_JCR_AAPF	76.63	82.5	190	-202.5	-205		190	115	120	122.5		122.5	210	220	232.5		232.5	545	369.41	SBD	
1	Ismail Aboobaker	M	22	Wraps	M_JCR_AAPF	98.17	100	180	-190	-190		180	105	-112.5			105	200	215	-225		215	500	292.95	SBD	Iron Assassin
1	Faraaz Khan	M	22	Wraps	M_JCR_APF	65.08	67.5	185	-200	-200		185	-95	95	-105		95	215	232.5	-240		232.5	512.5	395.87	SBD	Iron Assassins
1	Michael Buys	M	23	Wraps	M_JCR_APF	71.76	75	205	210	220		220	130	135	-140		135	-240	240	-252.5		240	595	423.66	SBD	Pit Bull
1	Dylan Grant	M	23	Wraps	M_JCR_APF	80.73	82.5	225	240	250		250	145	157.5	162.5		162.5	-235	245	255		255	667.5	436.42	SBD	Team Lethal
2	Christopher Howard-Browne	M	23	Wraps	M_JCR_APF	80.4	82.5	120	140	150		150	110	-120			110	230	252.5	-257.5		252.5	512.5	335.99	SBD	
1	Dante Driessen	M	22	Wraps	M_JCR_APF	98.57	100	270	-285	-285		270	180	-190	190		190	260	280	295		295	755	441.56	SBD	Evolution Fitness
DQ	Brandon Kennedy	M	22	Wraps	M_JCR_APF	95.98	100	-290	-290	-290			160	-170	170		170	270	290	-295		290			SBD	
1	Wayne Laubscher	M	44	Wraps	M_MCR_1_AAPF	74.57	75	160	170	-175		170	95	100	102.5		102.5	205	225	-233		225	497.5	343.99	SBD	OTG
1	Scott Manly	M	43	Wraps	M_MCR_1_AAPF	89.23	90	190	200	-207.5		200	120	127.5	132.5		132.5	212.5	222.5	232.5		232.5	565	347.35	SBD	
1	Alfred Botes	M	44	Wraps	M_MCR_1_AAPF	105.28	110	200	210	-220		210	122.5	130	-137.5		130	195	210	217.5		217.5	557.5	317.82	SBD	TNW
1	Johan Lazenby	M	42	Wraps	M_MCR_1_APF	98.01	100	200	220	-240		220	130	140	150		150	220	240	260		260	630	369.38	SBD	Team Lazenby
1	Gawie van der Berg	M	40	Wraps	M_MCR_1_APF	123.85	125	-250	275			275	120	130			130	180	200	-220		200	605	330.77	SBD	
1	Lionel van der Merwe	M	44	Wraps	M_MCR_1_APF	127.18	140	260	285	300		300	180	195			195	240	265			265	760	412.79	SBD	Just Stand Up
2	Amos Gumede	M	41	Wraps	M_MCR_1_APF	130.98	140	200				200	140				140	200				200	540	291.24	SBD	
1	Yandisa Deza	M	41	Wraps	M_MCR_1_APF	153.9	140+	240	255	265		265	140	145	-147.5		145	300	310	315		315	725	376.85	SBD	Iron Ison
2	Franco Seaman	M	41	Wraps	M_MCR_1_APF	153.9	140+	140	160			160	185	212.5	220		220	270	305	325		325	705	366.45	SBD	

1	Rudiger Hayden	M	47	Wraps	M_MCR_2_AAPF	56	56	82.5	92.5	-97.5		92.5	42.5	45	47.5		47.5	132.5	137.5	145		145	285	254.38	SBD	Peck's Posse
1	Michael Naidoo	M	46	Wraps	M_MCR_2_AAPF	84.4	90	150	160	175		175	70	-80		70	160	170	180		180	425	270.03	SBD	Bohemian Barbelle	
1	Kagisho Segattaka	M	45	Wraps	M_MCR_2_APF	76.95	82.5	180	190	-202.5		190	100	110	112.5		112.5	205	215		215	517.5	349.72	SBD	Body Wizard	
1	Thinus Germishuizen	M	49	Wraps	M_MCR_2_APF	87.84	90	150	-165	170		170	110	120	130		130	170	190	200		200	500	310.15	SBD	
1	Michael Reifarth	M	45	Wraps	M_MCR_2_APF	98.16	100	195	210	225		225	145	-155	-155		145	225	240	-255		240	610	357.41	SBD	
1	William Ainslie	M	45	Wraps	M_MCR_2_APF	120.48	125	240	255	265		265	180	187.5	192.5		192.5	265	285	300		300	757.5	416.95	SBD	Antifragile Athletes
1	Kevin Knicklebein	M	52	Wraps	M_MCR_3_APF	80.6	82.5	210	-230	230		230	-147.5	147.5	155.5		155.5	220	230	240		240	625.5	409.4	SBD	TNW
1	Johan Steenkamp	M	54	Wraps	M_MCR_3_APF	98.13	100	220	240			240	130	140			140	230	250	280		280	660	386.76	SBD	Dogzilla
2	Warren Brits	M	54	Wraps	M_MCR_3_APF	99.64	100	180				180	130	137.5	145		145	200				200	525	305.63	SBD	Just Stand Up
1	Guy Conry	M	54	Wraps	M_MCR_3_APF	107.5	110	240	250	-260		250	147.5	155	162.5		162.5	240	257.5			257.5	670	379.39	SBD	Bloem Barbelle
2	Vaughan Wichmann	M	51	Wraps	M_MCR_3_APF	103.05	110	-200	200	215		215	115	125	-130		125	235	250	-260		250	590	338.92	SBD	TNW
3	Craig Krause	M	53	Wraps	M_MCR_3_APF	109.17	110	210	220	-237.5		220	135	-142.5	142.5		142.5	210	-220	-235		210	572.5	322.89	SBD	TNW
1	Joe Loubser	M	54	Wraps	M_MCR_3_APF	116.41	125	200	210	-220		210	140	142.5	147.5		147.5	255	265	-270		265	622.5	345.27	SBD	Healthcube
1	Brett Lewis	M	56	Wraps	M_MCR_4_APF	72.14	75	-125	125	135		135	90	100	-102.5		100	180	190	-200		190	425	301.37	SBD	OTG
1	Donovan Carter	M	56	Wraps	M_MCR_4_APF	121.72	125	230	-255	255		255	135	147.5	-155		147.5	220	245	255		255	657.5	361.04	SBD	Highway Iron
1	William Mollentze	M	62	Wraps	M_MCR_5_AAPF	100.52	110	180	-190	-190		180	105	112.5	115		115	220	230			230	525	304.52	SBD	2Bfit
1	Peter Buys	M	61	Wraps	M_MCR_5_APF	73.96	75	140	150	157.5		157.5	-105	115.5	120		120	150	175	180		180	457.5	318.29	SBD	Highway Iron
1	Gavin Bazley	M	60	Wraps	M_MCR_5_APF	80.07	82.5	-165	170	-180		170	110	117.5	120		120	177.5	190	200		200	490	322.13	SBD	Iron Ison
1	Frik Kruger	M	61	Wraps	M_MCR_5_APF	99.48	100	150				150	160	170			170	230				230	550	320.4	SBD	Julius' Gym
1	Ruan Bezuidenhout	M	34	Wraps	M_OCR_AAPF	66.1	67.5	165	-175	185		185	110	-122.5	122.5		122.5	200	215	-220		215	522.5	398.13	SBD	
1	Iwan Walters	M	30	Wraps	M_OCR_AAPF	86.43	90	255	265	275		275	155	165	-175		165	255	265	-275		265	705	441.49	SBD	Bohemian Barbelle
1	Neo Pheko	M	25	Wraps	M_OCR_AAPF	99.96	100	205	217.5	225		225	135	-140	140		140	235	-247.5	-247.5		235	600	348.82	SBD	Peck's Posse
2	Mikaeel Abdulla	M	28	Wraps	M_OCR_AAPF	93.93	100	210	230	240		240	97.5	110	-117.5		110	200	217.5	-225		217.5	567.5	339.49	SBD	Team Lethal
1	Kaveer Ramsaru	M	38	Wraps	M_OCR_AAPF	100.74	110	-200	205	-215		205	140	145	150		150	240	250	260		260	615	356.4	SBD	Beast Mode Powerlifting
2	Barnard Steyn	M	28	Wraps	M_OCR_AAPF	106.27	110	200	210	220		220	120	-130	-130		120	200	215	225		225	565	321.1	SBD	Bloem Barbell Club
1	Alan Wigglesworth	M	30	Wraps	M_OCR_AAPF	120.26	125	190	200	210		210	-140	147.5	-152.5		147.5	230	240	250		250	607.5	334.52	SBD	Dogzilla
2	Brandon Beier	M	27	Wraps	M_OCR_AAPF	120.94	125	-190	190	210		210	105	-107.5	-107.5		105	190	-210	210		210	525	288.72	SBD	Bohemian Barbelle
1	Stephano Reid	M	33	Wraps	M_OCR_APF	60	60	165	170	175		175	97.5	100	102.5		102.5	220	232.5	-240		232.5	510	424.75	SBD	Kiana Sailing
1	Steven Hartnick	M	31	Wraps	M_OCR_APF	63.96	67.5	165	-175	-175		165	90	-95	-95		90	220	225	-230		225	480	376.96	SBD	Elliot Gym
1	Brendan Knicklebein	M	34	Wraps	M_OCR_APF	74.28	75	200	210	220		220	120	127.5			127.5	220	235	240		240	587.5	407.41	SBD	Physzeek Geek
2	Dillon Rothman	M	38	Wraps	M_OCR_APF	73.14	75	165	175	185		185	92.5	97.5	100		100	200	220	230		230	515	361.33	SBD	Antifragile Athletes
1	Sbu Mthembu	M	34	Wraps	M_OCR_APF	81.6	82.5	250	260	265		265	140	150	155		155	260	270	277.5		277.5	697.5	452.81	SBD	Topshape Health

1	Sive Plaatjie	M	17	Wraps	M_TCR_2_AAPF	75.97	82.5	130	-145	152.5		152.5	70	-85	90		90	-140	160	190		190	432.5	294.99	SBD	
1	Sean Rowan	M	16	Wraps	M_TCR_2_AAPF	82.53	90	112.5	122.5	-130		122.5	60	62.5	65		65	127.5	140	-150		140	327.5	211.05	SBD	TNW
DQ	Jonathan Hosking	M	16	Wraps	M_TCR_2_AAPF	123.15	125	-150	-150	-150			-95	-95	95		95	140	160	-180		160			SBD	Peck's Posse
1	Conrad van der Zwaard	M	17	Wraps	M_TCR_2_AAPF	132.41	140	205	215	230		230	125	130			130	210	222.5	230		230	590	317.39	SBD	Bloem Barbell Club
1	Daniel Knickelbein	M	16	Wraps	M_TCR_2_APF	49	52	140	150	-160		150	75	80	80.5		80.5	150.5	160	165		165	395.5	408.76	SBD	TNW
1	Rihan Gobind	M	17	Wraps	M_TCR_2_APF	67.5	67.5	-120	120	125		125	85	95	-100		95	-200	200	-205		200	420	314.34	SBD	
1	Piers Mason	M	16	Wraps	M_TCR_2_APF	76.06	82.5	172.5	185	190		190	-112.5	-112.5	112.5		112.5	227.5	247.5	-260		247.5	550	374.81	SBD	
2	Ethan Jordaan	M	16	Wraps	M_TCR_2_APF	76.84	82.5	135	147.5	-152.5		147.5	-105	-105	105		105	150	160	175		175	427.5	289.2	SBD	Iron Ison
1	John Fisher	M	17	Wraps	M_TCR_2_APF	98.78	100	195	210	222.5		222.5	107.5	112.5	117.5		117.5	215	227.5	-237.5		227.5	567.5	331.59	SBD	Iron Ison
1	Lithalethu Boya	M	16	Wraps	M_TCR_2_SO	61.93	67.5	100	105	-110		105	65	-75	-75		65	150	155	162.5		162.5	332.5	268.69	SBD	Westview
1	Claudio Ntuli	M	16	Wraps	M_TCR_2_SO	72.76	75	140	145	150		150	-70	75	-80		75	-150	-155	155		155	380	267.68	SBD	Westview
1	Raeze Morgan	M	17	Wraps	M_TCR_2_SO	104.54	110	95	100	105		105	80	85	90		90	165	170	175		175	370	211.45	SBD	Westview
1	Libo Smith	M	19	Wraps	M_TCR_3_AAPF	62.17	67.5	120	130	140		140	100	-105	110		110	140	-170	180		180	430	346.23	SBD	
1	Dylan Buys	M	19	Wraps	M_TCR_3_AAPF	88.33	90	212.5	225	-232.5		225	105	110	112.5		112.5	212.5	225	-230		225	562.5	347.8	SBD	Bohemian Barbelle
DQ	Yeshlin Sithambaram	M	19	Wraps	M_TCR_3_AAPF	86.02	90	-195	-195	-195			90	100	-110		100	180	200	-210		200			SBD	
1	James Lewis	M	19	Wraps	M_TCR_3_APF	67.33	67.5	140	150	160		160	90	100	-105		100	185	-200	-200		185	445	333.76	SBD	OTG
DQ	Rubin Claassens	M	19	Wraps	M_TCR_3_APF	93	100	220	235	250		250	-160	-165				-210							SBD	
1	Reon Coetzee	M	52	Wraps	M_TCR_3_APF	114.35	125	175	185	-195		185	-130	135			135	225	235			235	555	309.1	SBD	Just Stand Up
1	Mihlali Ntantiso	M	18	Wraps	M_TCR_3_SO	54.87	56	90	95	100		100	55	60	-65		60	100	105	112.5		112.5	272.5	248.47	SBD	Westview
1	Stanley Lucas	M	18	Wraps	M_TCR_3_SO	74.17	75	-135	-135	135		135	90	-92.5	-92.5		90	160	170	-185		170	395	274.22	SBD	Westview
2	Miguel Jordan	M	18	Wraps	M_TCR_3_SO	71.42	75	85	95	100		100	60	65	-70		65	135	145	150		150	315	225.13	SBD	Westview
1	James McArthur	M	12	Wraps	M_YCR_AAPF	72.38	75	40	47.5	60		60	30	-37.5	-37.5		30	97.5	105	112.5		112.5	202.5	143.22	SBD	Iron Ison
1	Kobus Bester	M	47	Single-ply	M_MCR_2_APF	80.6	82.5	195	-210	225		225	130	-140	-140		130	200	220	232.5		232.5	587.5	384.52	SBD	Dogzilla
1	Gary Lewis	M	52	Single-ply	M_MCR_3_APF	97.38	100	220	-250	250		250	-135	135	-155		135	220	260.5			260.5	645.5	379.56	SBD	
1	Manie Clegg	M	55	Single-ply	M_MCR_4_APF	90.35	100	175	185	200		200	100	120	132.5		132.5	200	210	220		220	552.5	337.32	SBD	Highland Powerlifting
1	Leon van der Berg	M	61	Single-ply	M_MCR_5_APF	89.51	90	145	-155	160		160	142.5	150			150	120				120	430	263.89	SBD	Dogzilla
1	Warren Wardell	M	39	Single-ply	M_OCR_APF	86.86	90	212.5	-225	225		225	100	112.5	120		120	200	220	230		230	575	359.02	SBD	
1	Zane Ison	M	56	Multi-ply	M_MCR_4_APF	132.35	140	320	340	360		360	-165	165	172.5		172.5	265	280	303		303	835.5	449.5	SBD	Iron Ison
1	Simon Augustyn	M	40	Wraps	M_MCR_1_APF	87.46	90						145	150	-152.5		150						150	93.28	B	FitMotion
1	Seshe Mampe	M	44	Wraps	M_MCR_1_APF	133.81	140						-150	160	-175		160						160	85.86	B	Bam Fitness
1	Ian Buckle	M	66	Wraps	M_MCR_6_APF	95.95	100						105	112.5	117.5		117.5						117.5	69.57	B	North West
1	Hennie Roodt	M	77	Wraps	M_MCR_8_APF	90.37	100						95	100	102.5		102.5						102.5	62.57	B	Iron Ison

