



# MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Gauteng  
Meet Town Benoni

Meet Name Dogzilla  
Meet Date 2025-09-27

Place	Name	Sex	Age	Equipment	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	Vikayla Van Vuuren	F	22	Wraps	F_JCR_AAPF	57.2	60	65	80	-90	80	40	-45	45	45	80	90	100	100	225	230.22	SBD	
1	Vikayla Van Vuuren	F	22	Wraps	F_OCR_AAPF	57.2	60	65	80	-90	80	40	-45	45	45	80	90	100	100	225	230.22	SBD	
1	Andrea Bohmer	F	28	Wraps	F_OCR_AAPF	80.53	82.5	115	122.5	-130	122.5	62.5	67.5	-70	67.5	125	-135	135	135	325	259.75	SBD	
1	Megan Bezuidenhout	F	28	Wraps	F_OCR_APF	89.2	90	117.5	-122.5	-127.5	117.5	50	-55	-55	50	115	120	125	125	292.5	220.69	SBD	
1	Jared Ras	M	21	Wraps	M_JCR_AAPF	96.31	100	205	215	-220	215	100	110	-120	110	210	220	230	230	555	325.06	SBD	
2	Juan du Plessis	M	21	Wraps	M_JCR_AAPF	99.98	100	155	165	-175	165	105	110	115	115	205	-210	-210	205	485	279.03	SBD	
1	Theuns Labuschagne	M	40	Wraps	M_MCR_1_AAPF	85.53	90	-140	140	-150	140	90	95	100	100	190	200	205	205	445	280.43	SBD	
1	Johan Lazenby	M	42	Wraps	M_MCR_1_APF	99.5	100	220	235	250	250	135	145	150	150	230	245	260	260	660	381.53	SBD	
1	Yusuf Osman	M	31	Wraps	M_OCR_AAPF	81.91	82.5	160	175	-185	175	100	110	-117.5	110	170	185	200	200	485	314.08	SBD	
1	Luyanda Cele	M	24	Wraps	M_OCR_AAPF	106.8	110	205	215	-220	215	-135	135	142.5	142.5	240	250	-260	250	607.5	341.87	SBD	
1	Alan Wigglesworth	M	30	Wraps	M_OCR_AAPF	119.16	125	195	-215	215	215	140	-150	-150	140	200	220	240	240	595	325.56	SBD	
1	Aphiwe Danisa	M	26	Wraps	M_OCR_APF	80.23	82.5	210	-232.5	232.5	232.5	145	-155		145	267.5	-280	-280	267.5	645	423.46	SBD	
2	Wellington Moyo	M	37	Wraps	M_OCR_APF	79.45	82.5	195	210	215	215	-110	120	127.5	127.5	235	250	260	260	602.5	398.18	SBD	
1	Sipho Hlope	M	37	Wraps	M_OCR_APF	89.76	90	270	-305	-305	270	-170	-170	170	170	275	285	-305	285	725	444.24	SBD	
2	CJ Van Bulderen	M	38	Wraps	M_OCR_APF	82.81	90	170	185	192.5	192.5	100	-107.5	-112.5	100	175	190	202.5	202.5	495	318.3	SBD	
1	Joaquim De Jenga	M	26	Wraps	M_OCR_APF	92.82	100	225	245		245	175	185	-190	185	300	-320		300	730	436.34	SBD	
1	Christian Lawu	M	26	Wraps	M_OCR_APF	115.74	125	305	-330	-330	305	170	-175	-175	170	285	-300		285	760	419.31	SBD	
1	David Francois Putter	M	30	Wraps	M_OCR_APF	131.28	140	280	-305	-305	280	175	-187.5	-187.5	175	275	300	-310	300	755	404.28	SBD	
1	Leon Van Der Berg	M	61	Wraps	M_MCR_5_APF	88.54	90					122.5	135		135	155	170	180	180	315	194.51	BD	
1	JP Van Wyk	M	37	Wraps	M_OCR_AAPF	88.5	90					140	145	152.5	152.5	205	215	220	220	372.5	230.07	BD	
1	Joshua Ford	M	27	Wraps	M_OCR_APF	86.68	90					110	-120	-120	110	200	220		220	330	206.3	BD	
1	Michael Laubscher	M	39	Wraps	M_TCR_1_AAPF	56.35	60					40	45	50	50	70	80	90	90	140	124.15	BD	