



# MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Western Cape  
MeetTown Cape Town

Meet Name SB/DC 2025  
Meet Date 2025-10-11

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	Bianca van Tonder	F	20	Wraps	F_JCR_APF	57.2	60	95	105	-110	105	60	-65	65	65	120	125	135	135	305	312.07	SBD	
1	Sandri Steyn	F	24	Wraps	F_JCR_APF	79.5	82.5	105	-115	-115	105	55	60	-65	60	120	130	140	140	305	245.69	SBD	
1	Althea Moonsamy	F	43	Wraps	F_MCR_1_AAPF	76.8	82.5	130			130	65	67.5	-70	67.5	145			145	342.5	281.99	SBD	
1	Karen Wahl	F	49	Wraps	F_MCR_2_AAPF	80.4	82.5	120			120	50	52.5	-55	52.5	150			150	322.5	258	SBD	
1	Tammy Hartley	F	51	Wraps	F_MCR_3_AAPF	67.4	67.5	-65	67.5	-75	67.5	40	42.5	-45	42.5	95	105	-110	105	215	193.78	SBD	
1	Zuzette Waters	F	50	Wraps	F_MCR_3_APF	74.7	75	90	95	-100	95	55	-60	-60	55	125	130	140	140	290	243.15	SBD	
1	Trimira Naidoo	F	32	Wraps	F_OCR_AAPF	61.6	67.5	120	-125	125	125	47.5	50	52.5	52.5	125	135		135	312.5	301.55	SBD	
1	Abigail Nagel	F	16	Wraps	F_TCR_2_AAPF	63.8	67.5	65	70	80	80	35	40	-42.5	40	95	105	-110	105	225	211.32	SBD	
1	Eduan du Toit	M	21	Wraps	M_JCR_APF	116.3	125	160	170	-180	170	100	105	110	110	200	-210	-215	200	480	266.29	SBD	
1	Warren Hansen	M	41	Wraps	M_MCR_1_APF	72.6	75	137.5	147.5	160	160	70	80	-87.5	80	170	185	200	200	440	310.47	SBD	
1	Andrew Harvard	M	57	Wraps	M_MCR_4_AAPF	95.2	100	160	-180	-200	160	105	112.5	120	120	170	200	210	210	490	291.2	SBD	
1	Renaldo Ferreira	M	28	Wraps	M_OCR_AAPF	106.8	110	170	180	-190	180	120	130	140	140	220	240	-250	240	560	317.75	SBD	
1	Chris De Klerk	M	34	Wraps	M_OCR_AAPF	118.5	125	160	180	190	190	85	90	-95	90	200	220	-230	220	500	276.24	SBD	
1	Cornelius Net	M	37	Wraps	M_OCR_APF	98.2	100	275	-285	292.5	292.5	135	142.5	155	155	285	292.5	-305	292.5	740	433.5	SBD	
1	Daniel Erasmus	M	28	Wraps	M_OCR_APF	107.6	110	320	337.5	-350	337.5	170	180	-187.5	180	275	282.5	-290	282.5	800	452.87	SBD	
1	Bartholomew Van Niekerk	M	18	Wraps	M_TCR_3_AAPF	61.4	67.5	90	100	110	110	70	80	-87.5	80	140	160	182.5	182.5	372.5	303.46	SBD	
1	Ryan Buys	M	15	Wraps	M_TCR_1_AAPF	86.5	90					105	110		110					110	68.85	B	