



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Eastern Cape
MeetTown Port Elizabeth

Meet Name Arise 2026
Meet Date 2026-03-13

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	Zanique Richardson	F	22	Sleeves	AJNR	32	104.5	110	125	132.5	137.5	137.5	52.5	60	62.5	62.5	130	140	150	150	350	245.95	SBD
1	Recia knickelbein	F	35	Sleeves	AOPEN	21	63.9	67.5	67.5	70	80	80	35	-40	-40	35	90	95	-100	95	210	197	SBD
1	Narishka Pillay	F	26	Sleeves	AOPEN	27	115.2	110+	75	85	95	95	47.5	-50	50	50	115	122.5	130	130	275	188.16	SBD
1	Melanie Hattingh	F	17	Sleeves	AT2	12	48.8	52	60	65	70	70	30	35	-40	35	80	85	90	90	195	226.84	SBD
1	Jacinda Diedericks	F	18	Sleeves	AT3	13	55.4	56	70	75	80	80	30	35	40	40	100	110	120	120	240	251.96	SBD
1	Summer Jessica Schutte	F	20	Sleeves	JNR	28	58.8	60	100	110	-120	110	47.5	50	-55	50	100	-110	110	110	270	270.25	SBD
1	Surei Nel	F	41	Sleeves	M1	20	73.6	75	130	140	147.5	147.5	55	62.5		62.5	140	150	155	155	365	309.11	SBD
1	Surei Nel	F	41	Sleeves	OPEN	20	73.6	75	130	140	147.5	147.5	55	62.5		62.5	140	150	155	155	365	309.11	SBD
1	Lindokuhle Bodlela	M	17	Bare	AT2	5	52.7	56	40	50	60	60	20	25	30	30	50	55	-60	55	145	138.08	SBD
1	Jordan Anthony	M	16	Bare	AT2	2	59.6	60	100	105	110	110	55	60	-67.5	60	130	140	145	145	315	264.06	SBD
2	Thabani Moyo	M	17	Bare	AT2	1	57.2	60	50	75	85	85	45	50	-55	50	120	130	135	135	270	235.79	SBD
1	Gift Ntuli	M	15	Sleeves		6	51.7	52	-60	60	70	70	30	35	40	40	80	90	100	100	210	204.24	SBD
1	Dylan Mintoor	M	20	Sleeves	AJNR	14	87.6	90	170	185	200	200	127.5	-132.5	-132.5	127.5	190	215	227.5	227.5	555	344.82	SBD
1	Nicholas Pirie	M	22	Sleeves	AJNR	24	106	110	110	120	-130	120	70	75	85	85	140	150	160	160	365	207.61	SBD
1	Jason Ferreira	M	28	Sleeves	AOPEN	26	82.3	82.5	180	187.5	190	190	110	115	117.5	117.5	215	225	230	230	537.5	347.01	SBD
1	Nnamdi Benjamin Chukwu	M	25	Sleeves	AOPEN	18	108.9	110	250			250	150			150	270			270	670	377.92	SBD
1	Andrew Emms	M	33	Sleeves	AOPEN	19	110.6	125	160	170	180	180	105	115	-122.5	115	195	210	220	220	515	289.23	SBD
1	Seth van Loggenberg	M	17	Sleeves	AT2	11	52.7	56	-60	-60	60	60	40	50	55	55	100	-120	125	125	240	228.54	SBD
1	Lithalethu Boya	M	17	Sleeves	AT2		65.7	67.5	110	-125	-130	110	80	-90	-90	80	160	170	180	180	370	283.43	SBD
2	Llewellyn Songwiji	M	16	Sleeves	AT2	8	61.5	67.5	70	80	90	90	50	60	-70	60	120	140	150	150	300	244.02	SBD

1	Claudio Ntuli	M	16	Sleeves	AT2	3	71.8	75	-140	-140	140	140	75	80	-85	80	160	170	175	175	395	281.13	SBD
1	Lean√© Nortj√©	M	15	Sleeves	AT2	4	78.7	82.5	30	35	40	40	25	30	35	35	-70	70	80	80	155	103.11	SBD
1	Tyler Wilson	M	16	Sleeves	AT2	7	97.7	100	170	180	-187.5	180	90	95	-102.5	95	210	215	-217.5	215	490	287.7	SBD
1	Raeetz Morgan	M	18	Sleeves	AT3	10	109.4	110	90	95	100	100	75	80	85	85	150	155	160	160	345	194.34	SBD
1	Brendan Knickelbein	M	35	Sleeves	OPEN	31	81.2	82.5	220	235	250	250	135	142.5	-150	142.5	240	255	-270	255	647.5	421.71	SBD
1	Fredrick Sematimba	M	28	Sleeves	OPEN	15	99.9	100	160	180	-200	180	135	145	-152.5	145	210	230	237.5	237.5	562.5	327.1	SBD
DQ	Cameron Branford	M	27	Sleeves	OPEN	23	130.3	140	-240	-240	-240		-130	130	140	140	200			200			SBD
1	Sipho Hugo	M	32	Sleeves	OPEN	22	151.2	140+	330	345	352.5	352.5	180	187.5	-190	187.5	320	340	-360	340	880	459.57	SBD
1	Johannes Coenraad Pieterse	M	15	Sleeves	T2		88.4	90					90	100	110	110	175	190	200	200	310	191.59	BD
1	Nyasha Katsaruware	M	15	Sleeves	AT1	9	57.7	60	57.5	60	70	70	40	45	50	50					120	103.88	SB