



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Western Cape
Meet Town Cape Town

Meet Name Battle of the Barracks 2026
Meet Date 2026-03-21

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	Rushana Mehl	F	47	Sleeves	F_MCR_2_AAPF	58	60	105	115	120	120	60	65	67.5	67.5	135	-145	-145	135	322.5	326.34	SBD	
1	Alicea Rall	F	35	Sleeves	F_OCR_AAPF	70.3	75	115	120		120	72.5	-77.5		72.5	135	145	-150	145	337.5	295.07	SBD	
2	Sandri Steyn	F	24	Sleeves	F_OCR_AAPF	75	75	105	110	120	120	60	-65	-67.5	60	130	140	150	150	330	275.96	SBD	
3	Amy Rheeder	F	35	Sleeves	F_OCR_AAPF	69.9	75	90			90	60			60	120			120	270	237.02	SBD	
1	Jamie Crumpton	F	16	Sleeves	F_TCR_2_AAPF	104.6	110	40	42.5	50	50	32.5	35	37.5	37.5	75	80	85	85	172.5	121.17	SBD	
1	Melanie Brunette	F	35	Sleeves	F_OCR_AAPF	89.8	90	100	105	107.5	107.5					120	130		130	237.5	178.58	SD	
1	Zuzette Waters	F	50	Sleeves	F_MCR_3_AAPF	73.4	75	92.5	-97.5	102.5	102.5	52.5	-55	55	55	120	130		130	287.5	201.17	SBD	
1	Juan du Plessis	M	22	Sleeves	M_JCR_AAPF	102.5	110	165	185	202.5	202.5	107.5	112.5	120	120	205	210	220	220	542.5	312.26	SBD	
1	Neil Naude	M	42	Sleeves	M_MCR_1_AAPF	78.9	82.5	130	140	150	150	95	-102.5	102.5	102.5	170	180	-190	180	432.5	287.2	SBD	
1	Carl Erickson	M	46	Sleeves	M_MCR_2_AAPF	129.1	140	-160	180	200	200	130	140		140	160			160	500	270.6	SBD	
1	Michael Reifarh	M	46	Sleeves	M_MCR_2_APF	101.5	110	170			170	130			130	200	210		210	510	294.67	SBD	
1	Mike Cooper	M	74	Sleeves	M_MCR_7_AAPF	125.4	140	40			40	95	100	-105	100	115	120	130	130	270	147.1	SBD	
1	Emmeul Grewe	M	30	Sleeves	M_OCR_AAPF	85.9	90	125	135	-145	135	120	130	140	140	175	190	205	205	480	301.7	SBD	
2	Kyle Meyer	M	38	Sleeves	M_OCR_AAPF	90	90	140	150	-182.5	150	112.5	117.5	120	120	180	195	202.5	202.5	472.5	289.09	SBD	
1	Iwan Walters	M	31	Sleeves	M_OCR_AAPF	91.8	100	200			200	140			140	200			200	540	326.88	SBD	
1	Matthew Thomas	M	33	Sleeves	M_OCR_AAPF	105.5	110	215	230	235	235	125	135	140	140	275	295	-300	295	670	381.69	SBD	
2	Justin Hector	M	28	Sleeves	M_OCR_AAPF	107.3	110	180	200	220	220	110	130	-140	130	200	240	250	250	600	339.94	SBD	
1	Everaad Schubert	M	31	Sleeves	M_OCR_APF	89.9	90	225	232.5	240	240	155	160	165	165	272.5	280	290	290	695	425.49	SBD	
1	Leverne Pillay	M	33	Sleeves	M_OCR_APF	97.7	100	190	200	-220	200	90	100	-105	100	200	210	-220	210	510	299.44	SBD	
1	Zephan Potgieter	M	27	Sleeves	M_OCR_APF	104.2	110	180	-200	220	220	100	110		110	230	250	-260	250	580	331.84	SBD	

1	Zack van Zyl	M	16	Sleeves	M_TCR_2_AAPF	73.5	75	145	155	170	170	100	105	-110	105	185	195	200	200	475	332.02	SBD	
2	Sylviano Songisa	M	18	Sleeves	M_TCR_2_AAPF	74.3	75	80	90	-115	90	60	70	-72.5	70	120	140	150	150	310	214.93	SBD	
1	Adre Steyn	M	22	Sleeves	M_JCR_AAPF	86.8	90					90	-95	-100	90	180	210	-220	210	300	187.39	BD	
1	Simon Augustyn	M	41	Sleeves	M_MCR_1_APF	80	82.5					135	145		145	180	192.5	200	200	345	226.94	BD	
1	Darren Bester	M	50	Sleeves	M_MCR_3_AAPF	77.4	82.5					70	72.5	75	75	130	140	150	150	225	151.42	BD	
1	Jason Swanepoel	M	25	Sleeves	M_OCR_APF	90.5	100					-80	110	130	130	200	220	-250	220	350	213.49	BD	
1	Juandre Viviers	M	34	Sleeves	M_OCR_APF	120.5	125					170	175		175	230	250	260	260	435	239.43	BD	
1	Tiaan Steenkamp	M	14	Sleeves	M_TCR_1_AAPF	82	82.5					75	82.5	85	85	145	160	170	170	255	165.02	BD	
1	Attie Voges	M	53	Sleeves	M_MCR_3_AAPF	119.3	125					110	115	120	120					120	66.2	B	