



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State KwaZulu Natal
Meet Town Hillcrest

Meet Name Clash Of The Titans 2026
Meet Date 2026-03-28

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	Nishwariya Sharma	F	23	Wraps	F_JCR_AAPF	89.88	90	140	-155	155	155	90	95	-97.5	95	190	205	210	210	460	345.72	SBD	
1	Ashira van der Byl	F	44	Wraps	F_MCR_1_AAPF	59.9	60	115	120	125	125	50	52.5	-55	52.5	125	130	135	135	312.5	308.24	SBD	
1	Sarah Rowan	F	47	Wraps	F_MCR_2_AAPF	67.84	75	100	110		110	57.5	60		60	120	130		130	300	269.11	SBD	
2	Donna Webb	F	48	Wraps	F_MCR_2_AAPF	68.46	75	60	65	70	70	37.5	40	-42.5	40	90	97.5	100	100	210	187.13	SBD	
1	Taneat Mitchell	F	48	Wraps	F_MCR_2_AAPF	91.16	100	125	135		135	47.5	50		50	127.5	137.5		137.5	322.5	240.66	SBD	
1	Monique Ric-Hansen	F	54	Wraps	F_MCR_3_AAPF	69.6	75	75	85	90	90	42.5	47.5	50	50	120	130	-137.5	130	270	237.75	SBD	
1	Sheril Knickelbein	F	50	Wraps	F_MCR_3_APF	55.38	56	110	115	120	120	60	62.5	65	65	110	115	120	120	305	320.29	SBD	
1	Linda Mabaso	F	50	Wraps	F_MCR_3_APF	77.4	82.5	95	100		100	42.5	45		45	115	125		125	270	221.19	SBD	
1	Julie Jarrett	F	55	Wraps	F_MCR_4_AAPF	57.6	60	55	62.5	67.5	67.5	32.5	35	37.5	37.5	90	97.5	-102.5	97.5	202.5	206.04	SBD	
1	Julie Goldman	F	60	Wraps	F_MCR_5_APF	82.08	82.5	70	-75	75	75	37.5	40		40	90	95		95	210	165.93	SBD	
1	Wendy Chatterton	F	61	Wraps	F_MCR_5_APF	86.74	90	70	80		80	45	47.5		47.5	90	95		95	222.5	170.39	SBD	
1	Trish Armstrong	F	60	Wraps	F_MCR_5_APF	98.14	100	120	130		130	100	110	-125	110	190	200		200	440	317.24	SBD	
1	Kim Edwards	F	36	Wraps	F_OCR_APF	72.44	75	130	-140	-140	130	72.5	77.5	-82.5	77.5	120	130	135	135	342.5	293.22	SBD	
1	Rebekah de Wit	F	30	Wraps	F_OCR_APF	117.9	110+	100	110	-120	110	60	65	-70	65	130	140	-155	140	315	214.33	SBD	
1	Kevin Knickelbein	M	52	Wraps	M-MCR_3_APF	75.66	82.5	205	215		215	117.5	127.5		127.5	195	210		210	552.5	377.96	SBD	
1	Vaughan Wichmann	M	52	Wraps	M-MCR_3_APF	101.16	110	185	200		200	95	105		105	200	220		220	525	303.74	SBD	
1	Mihir Singh	M	20	Wraps	M_JCR_AAPF	81.02	82.5	-155	160	170	170	80	92.5	-105	92.5	180	-195	200	200	462.5	301.67	SBD	
1	Kaelin Naidoo	M	20	Wraps	M_JCR_AAPF	136.32	140	195	217.5	225	225	125	135	142.5	142.5	225	240	250	250	617.5	329.94	SBD	
NS	Christopher Haward Browne	M	23	Wraps	M_JCR_APF																	SBD	
1	Joshua Paul	M	20	Wraps	M_JCR_APF	66.36	67.5	-155	155	-165	155	-105	-105	105	105	175	185	-190	185	445	337.93	SBD	

1	Michael Proome	M	40	Wraps	M_MCR_1_AAPF	98.54	100	160	-170	175	175	90	-100	-100	90	210	225	235	235	500	292.46	SBD	
1	Franco Seaman	M	42	Wraps	M_MCR_1_APF	156.18	140+	240	260	290	290	160	180	200	200	240	280	320	320	810	419.37	SBD	
2	Lincoln James Wait	M	40	Wraps	M_MCR_1_APF	142.62	140+	175	190	210	210	135	145	150	150	245	255	260	260	620	327.95	SBD	
1	Craig Lusignea	M	49	Wraps	M_MCR_2_AAPF	135.34	140	95	100	110	110	85	95	-100	95	115	125	-135	125	330	176.61	SBD	
1	Tony Mitchell	M	59	Wraps	M_MCR_4_APF	104.8	110	135	145	150	150	85	95	100	100	150	165	175	175	425	242.67	SBD	
1	Gavin Bazley	M	61	Wraps	M_MCR_5_APF	79.24	82.5	-180	180	185	185	-115	115	-117.5	115	180	200	207.5	207.5	507.5	336.01	SBD	
1	Nasiphi Zwane	M	29	Wraps	M_OCR_AAPF	92.56	100	85	100	110	110	70	80	85	85	160	170	175	175	370	223	SBD	
1	Veroshin Pillay	M	30	Wraps	M_OCR_AAPF	129.28	140	205	217.5	222.5	222.5	110	117.5	122.5	122.5	205	225	-235	225	570	308.38	SBD	
1	Ubaid Adams	M	25	Wraps	M_OCR_APF	73.94	75	-155	160	-170	160	100	107.5	112.5	112.5	170	180	185	185	457.5	318.35	SBD	
1	Brendon Marsh	M	39	Wraps	M_OCR_APF	96.76	100	200	215		215	130	140		140	220	240	250	250	605	356.79	SBD	
1	Riley Crowie	M	28	Wraps	M_OCR_APF	101.22	110	200	220		220	140	150		150	200	250		250	620	358.62	SBD	
2	Remington Setzkorn	M	35	Wraps	M_OCR_APF	109.68	110	170	185	200	200	115	125	130	130	190	205	220	220	550	309.6	SBD	
1	Isaiah Govender	M	14	Wraps	M_TCR_1_AAPF	51.46	52	60	70	80	80	40	50	-60	50	120	140	145	145	275	268.85	SBD	
1	Akhil Shadin Rajah	M	17	Wraps	M_TCR_2_AAPF	60.42	67.5	60	70	-90	70	60	70	-95	70	-140	140	160	160	300	248.18	SBD	
1	Sean Rowan	M	17	Wraps	M_TCR_2_AAPF	81.56	82.5	120	130		130	65	70	72.5	72.5	132.5	142.5	150	150	352.5	228.91	SBD	
1	Daniel Knickelbein	M	17	Wraps	M_TCR_2_APF	55.3	56	150	160		160	75	80		80	160	175	-190	175	415	375.3	SBD	
1	Keith Dinnematin	M	35	Wraps	M_OCR_APF							100	115	-130	115					115	152.3	B	