



# MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Eastern Cape  
MeetTown Port Elizabeth

Meet Name Conquer  
Meet Date 2025-10-18

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	Alison Fortoen	F	24	Sleeves		58.5		100	110	120	120	55	62.5	65	65	110	115	-125	115	300	341.12	SBD	
2	Narishka Pillay	F	25	Sleeves		113.7		70	75	80	80	45	50	-55	50	105	115	-125	115	245	197.87	SBD	
3	Miela Smit	F	17	Sleeves		92.1		65	75	-80	75	45	47.5	50	50	100	110	115	115	240	205.47	SBD	
1	Gareth Mayer	M	31	Sleeves		180		180	200	-210	200	120	130	-137.5	130	200	222.5	240	240	570	306.76	SBD	
2	Armand Pretorious	M	22	Sleeves		88.1		170	190	205	205	115	125	135	135	190	210	-225	210	550	355.03	SBD	
3	Thomas Mandla	M	46	Sleeves		89.3		140	160	180	180	120	130	140	140	180	200	225	225	545	349.32	SBD	
4	Brice Garcez	M	22	Sleeves		80.8		130	140	145	145	85	92.5	100	100	140	150	160	160	405	274.78	SBD	
5	Andre Smit	M	13	Sleeves		145.5		50	70	-80	70	65	70	-75	70	80	90	110	110	250	138.92	SBD	