



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State KwaZulu Natal
MeetTown Assagay

Meet Name Iron Gladiators 2025
Meet Date 2025-11-22

| 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 | Charmaine Leff | F | 43 | Wraps | F_MCR_1_AAPF | 59.24 | 60 | 70 | 80 | -90 | 80 | 50 | 52.5 | 55 | 55 | 107.5 | 117.5 | 122.5 | 122.5 | 257.5 | 256.22 | SBD | TNW |
| 1 | Kerry Douthwaite | F | 41 | Wraps | F_MCR_1_AAPF | 63.34 | 67.5 | 65 | 70 | 77.5 | 77.5 | 35 | 37.5 | -42.5 | 37.5 | 110 | 120 | 130 | 130 | 245 | 231.38 | SBD | TNW |
| 1 | Nicole Berriman | F | 45 | Wraps | F_MCR_2_AAPF | 87.5 | 90 | 135 | 145 | 152.5 | 152.5 | 65 | 70 | 72.5 | 72.5 | 135 | 145 | 150 | 150 | 375 | 285.82 | SBD | TNW |
| 1 | Julie Jarrett | F | 54 | Wraps | F_MCR_3_AAFP | 55.1 | 56 | 55 | 62.5 | -70 | 62.5 | 32.5 | 35 | 37.5 | 37.5 | 90 | 97.5 | 102.5 | 102.5 | 202.5 | 213.52 | SBD | TNW |
| 1 | Sharon Trevelyan-Cresswell | F | 55 | Wraps | F_MCR_4_AAPF | 79.84 | 82.5 | 70 | 80 | 85 | 85 | 37.5 | 40 | 42.5 | 42.5 | 85 | 95 | 102.5 | 102.5 | 230 | 184.79 | SBD | TNW |
| 1 | Lorraine Niemack | F | 64 | Wraps | F_MCR_5_APF | 98.42 | 100 | 70 | 80 | 90 | 90 | 50 | -55 | 55 | 55 | 125 | 135 | 140 | 140 | 285 | 205.23 | SBD | Iron Assassin |
| 1 | Olivia Craggs | F | 28 | Wraps | F_OCR_AAPF | 58.62 | 60 | 60 | -70 | -75 | 60 | 32.5 | 35 | -37.5 | 35 | 77.5 | 85 | 90 | 90 | 185 | 185.62 | SBD | TNW |
| 1 | Sian Scott | F | 26 | Wraps | F_OCR_AAPF | 101.1 | 110 | 125 | 135 | 145 | 145 | 67.5 | 72.5 | 75 | 75 | 150 | 160 | -167.5 | 160 | 380 | 270.56 | SBD | TNW |
| 1 | Rebekah De wit | F | 30 | Wraps | F_OCR_APF | 117.54 | 110+ | 90 | 100 | -110 | 100 | 60 | 65 | -70 | 65 | 125 | 140 | 150 | 150 | 315 | 214.49 | SBD | Iron Assassin |
| 1 | Hanzalah Ismail | M | 21 | Wraps | M_JCR_AAPF | 85.98 | 90 | 167.5 | -185 | -185 | 167.5 | 95 | 102.5 | -107.5 | 102.5 | 190 | 205 | 215 | 215 | 485 | 304.67 | SBD | Lifting Spam |
| 1 | Ismail Aboobaker | M | 22 | Wraps | M_JCR_AAPF | 96.98 | 100 | 185 | 195 | 205 | 205 | 107.5 | 115 | -120 | 115 | 210 | 220 | -225 | 220 | 540 | 318.12 | SBD | |
| 2 | Joshua Paul | M | 20 | Wraps | M_JCR_APF | 70.9 | 75 | 145 | -150 | -160 | 145 | 80 | 85 | -90 | 85 | 175 | 185 | 195 | 195 | 425 | 305.51 | SBD | |
| 1 | Mike Proome | M | 40 | Wraps | M_MCR_1_AAPF | 104.34 | 110 | 155 | 165 | 170 | 170 | 92.5 | 100 | -102.5 | 100 | 200 | 215 | 230 | 230 | 500 | 285.93 | SBD | TNW |
| 1 | Sandile Kunene | M | 44 | Wraps | M_MCR_1_AAPF | 112.44 | 125 | 260 | 280 | 300 | 300 | 160 | 165 | 170 | 170 | 260 | 280 | 300 | 300 | 770 | 430.59 | SBD | Singh Livestock |
| 1 | Amos Gumede | M | 42 | Wraps | M_MCR_1_AAPF | 136.52 | 140 | 265 | 282.5 | 292.5 | 292.5 | 135 | 140 | 142.5 | 142.5 | 270 | 280 | -300 | 280 | 715 | 381.92 | SBD | |
| 1 | Martin Dlamini | M | 40 | Wraps | M_MCR_1_APF | 77.76 | 82.5 | -160 | -180 | 180 | 180 | 95 | 105 | 110 | 110 | 170 | 190 | 200 | 200 | 490 | 328.69 | SBD | Iron Ison |
| 1 | Reza Moolla | M | 40 | Wraps | M_MCR_1_APF | 100.26 | 110 | 205 | 225 | -240 | 225 | 125 | -135 | -135 | 125 | 225 | 240 | -250 | 240 | 590 | 342.58 | SBD | Fitness Empire |
| 1 | Paut Freemantle | M | 52 | Wraps | M_MCR_3_APF | 119.92 | 125 | 160 | 170 | 175 | 175 | 105 | 120 | -127.5 | 120 | 200 | 215 | 230 | 230 | 525 | 289.28 | SBD | TNW |
| 1 | Gordon van den Berg | M | 27 | Wraps | M_OCR_AAPF | 82.32 | 82.5 | -235 | 250 | -260 | 250 | 135 | 145 | | 145 | 255 | 280 | -300 | 280 | 675 | 435.71 | SBD | Snow Storm |
| 2 | Jonathan Room | M | 29 | Wraps | M_OCR_AAPF | 77.34 | 82.5 | 220 | -235 | 235 | 235 | 115 | -125 | -125 | 115 | 230 | 245 | -250 | 245 | 595 | 400.65 | SBD | Snow Storm |

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|---|-----------------|---|----|-------|--------------|--------|-----|------|------|-------|-------|-------|-------|--------|-------|-----|------|--------|-----|-------|--------|-----|---------------------|
| 1 | Storm Wright | M | 30 | Wraps | M_OCR_AAPF | 104.4 | 110 | 275 | 295 | 310 | 310 | 167.5 | 180 | -185 | 180 | 285 | 315 | -325 | 315 | 805 | 460.25 | SBD | Snow Storm |
| 2 | Warren Craggs | M | 26 | Wraps | M_OCR_AAPF | 109.2 | 110 | 210 | -225 | 225 | 225 | 92.5 | 100 | -110 | 100 | 215 | 230 | 245 | 245 | 570 | 321.26 | SBD | TNW |
| 2 | Veroshin Pillay | M | 29 | Wraps | M_OCR_AAPF | 131.16 | 140 | 180 | -205 | 217.5 | 217.5 | 105 | 115 | 122.5 | 122.5 | 200 | 215 | 225 | 225 | 565 | 304.62 | SBD | Juicy Gorillas |
| 1 | Sandile Mtshali | M | 28 | Wraps | M_OCR_APF | 103.72 | 110 | 280 | 285 | 295 | 295 | 160 | 170 | 175 | 175 | 280 | 290 | 300 | 300 | 770 | 441.27 | SBD | |
| 1 | Anrich Els | M | 27 | Wraps | M_OCR_APF | 128.42 | 140 | 285 | -300 | -300 | 285 | 115 | 122.5 | -130 | 122.5 | 280 | -290 | | 280 | 687.5 | 372.54 | SBD | Stronger than Steel |
| 1 | Isaiah Govender | M | 14 | Wraps | M_TCR_1_AAPF | 52.68 | 56 | 60 | 70 | 75 | 75 | 40 | 50 | -52.5 | 50 | 110 | 140 | -142.5 | 140 | 265 | 252.45 | SBD | |
| 1 | Evan Raaths | M | 19 | Wraps | M_TCR_3_AAPF | 68.46 | 75 | -170 | 180 | 185 | 185 | 90 | -95 | -95 | 90 | 160 | 170 | 180 | 180 | 455 | 336.52 | SBD | TNW |
| 1 | Faraaz Khan | M | 23 | Wraps | M_JCR_APF | 70 | 75 | 195 | 210 | -220 | 210 | 100 | 107.5 | -112.5 | 107.5 | 235 | 250 | -260 | 250 | 567.5 | 412.14 | SBD | Iron Assassin |