



# MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Western Cape  
Meet Town Cape Town

Meet Name Iron Maiden 2026  
Meet Date 2026-02-28

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	Bianca van Tonder	F	21	Wraps	F_ICR_AAPF	57	60	105	-107.5	107.5	107.5	60	-65	67.5	67.5	125	130	137.5	137.5	312.5	320.65	SBD	
1	Elaine Turnbull	F	43	Wraps	F_MCR_1_AAPF	74.9	75	75	85	90	90	40	42.5	45	45	110	115	122.5	122.5	257.5	215.52	SBD	
1	Izle Beyer	F	48	Wraps	F_MCR_2_AAPF	91.6	100	105	107.5	-110	107.5	47.5	50	-52.5	50	100	107.5	115	115	272.5	202.86	SBD	
1	Mayra Scarcecci	F	50	Wraps	F_MCR_3_AAPF	54.4	56	55	57.5	62.5	62.5	-37.5	37.5	-42.5	37.5	72.5	-77.5	-77.5	72.5	172.5	183.78	SBD	
1	Senta da Conceicao	F	51	Wraps	F_MCR_3_AAPF	64	67.5	65	-72.5	72.5	72.5	47.5	-50	50	50	107.5	115	117.5	117.5	240	224.87	SBD	
1	Zuzette Waters	F	50	Wraps	F_MCR_3_AAPF	72.4	75	90	95	-105	95	52.5	55	-57.5	55	125	130	-135	130	280	239.81	SBD	
1	Louise McBride	F	55	Wraps	F_MCR_4_AAPF	89.9	90	65	70	72.5	72.5	35	37.5	-40	37.5	95	100	105	105	215	161.57	SBD	
1	Michelle Haas	F	38	Wraps	F_OCR_AAPF	57.7	60	112.5	117.5	122.5	122.5	-57.5	57.5	-60	57.5	140	-147.5	147.5	147.5	327.5	332.77	SBD	
2	Tayla Faulmann	F	33	Wraps	F_OCR_AAPF	58.8	60	107.5	110	112.5	112.5	60	65	67.5	67.5	125	130	-135	130	310	310.29	SBD	
3	Sarah Nicholson	F	39	Wraps	F_OCR_AAPF	59.6	60	60	67.5	72.5	72.5	35	37.5	-40	37.5	90	100	105	105	215	212.91	SBD	
1	Yvette Ras	F	35	Wraps	F_OCR_AAPF	67.1	67.5	92.5	95	100	100	45	47.5	50	50	110	130	137.5	137.5	287.5	259.98	SBD	
2	Bianca Engelbrecht	F	39	Wraps	F_OCR_AAPF	63.8	67.5	85	87.5	90	90	60	65	-67.5	65	110	115	122.5	122.5	277.5	260.63	SBD	
1	Sandri Sreyn	F	24	Wraps	F_OCR_AAPF	77.1	82.5	105	110	-125	110	60	65	-70	65	125	135	145	145	320	262.81	SBD	
1	Jamie-Lee Gerber	F	31	Wraps	F_OCR_AAPF	88.6	90	125	132.5		132.5	55	60	-62.5	60	135	142.5	150	150	342.5	259.33	SBD	
1	Lily Shumskiy	F	10	Wraps	F_TCR_1_AAPF	61.9	67.5	20	22.5	25	25	20	22.5	25	25	40	45	50	50	100	96.13	SBD	
1	Gabi McBride	F	13	Wraps	F_TCR_1_AAPF	72.3	75	50	60	65	65	40	45	-50	45	85	90	95	95	205	175.74	SBD	