



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Gauteng
MeetTown Benoni

Meet Name Rise of the Empire
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	Bernice van der Westhuizen	F	38	Wraps	F_OCR	84.8	90	110	120		120	70	75	-80	75	145	155	160	160	355	275.27	SBD	
1	Celia-Mari Pieterse	F	24	Wraps	F_OCR	96.85	100	-160	160	-170	160	70	-75	-75	70	145	-155	165	165	395	286.46	SBD	
1	Mardre van der Kolf	F	32	Wraps	F_OCR_AWPC	49.83	52	65	70	-75	70	32.5	-35	37.5	37.5	70	77.5	82.5	82.5	190	217.33	SBD	
1	Samantha Bester	F	33	Wraps	F_OCR_AWPC	59.86	60	65	-72.5	72.5	72.5	35	42.5	-45	42.5	75	87.5	92.5	92.5	207.5	204.78	SBD	
1	Shivahn van Graan	F	31	Wraps	F_OCR_AWPC	81.5	82.5	75	80	85	85	42.5	47.5	-52.5	47.5	92.5	102.5	107.5	107.5	240	190.45	SBD	
1	Mariaan Conry	F	41	Single-ply	F_MES_1	79.23	82.5					100	105	-110	105					105	84.76	B	
1	Wayne Laubscher	M	44	Wraps	M_MCR_1_AWPC	78.92	82.5	135	-140		135	90			90	180			180	405	268.89	SBD	
1	Braam van Huyssteen	M	45	Wraps	M_MCR_2	96	100	-195	195		195	90	100	110	110	180	200	210	210	515	304.83	SBD	
1	Henrique Zeelie	M	28	Wraps	M_OCR	78.23	82.5	155			155	115	120	125	125	155	165	180	180	460	307.27	SBD	
1	Jason de Bruyn	M	23	Wraps	M_OCR	85.8	90	-160	160	185	185	115	130	-140	130	180	200	220	220	535	336.51	SBD	
1	Morgan Chissano	M	38	Wraps	M_OCR	94.84	100	277.5	-292.5	292.5	292.5	160	-167.5	-167.5	160	290	307.5	-310	307.5	760	452.48	SBD	
2	Paul van der Kolf	M	32	Wraps	M_OCR	93.35	100	170	180	190	190	150	-160	160	160	200	210	215	215	565	339.05	SBD	
1	Samuel Zeelie	M	36	Wraps	M_OCR	105.95	110	200	-250	-300	200	160	175	-190	175	200	230	250	250	625	355.55	SBD	
2	Dawie Viljoen	M	32	Wraps	M_OCR	108.5	110	190	200	205	205	150	162.5	170	170	200	210	220	220	595	335.99	SBD	
1	Abel Moodley	M	33	Wraps	M_OCR	120.4	125	250	280	302.5	302.5	140	155	-160	155	260	300	307.5	307.5	765	421.14	SBD	
2	Robert Haman	M	37	Wraps	M_OCR	123.91	125	-260	-260	260	260	205	210	220	220	260	270	285	285	765	418.19	SBD	
1	Anrich Els	M	28	Wraps	M_OCR	132.72	140	-200	225	250	250	130	-137.5		130	260	275		275	655	352.16	SBD	
1	Oskar van Graan	M	32	Wraps	M_OCR_AWPC	84.9	90	115	125	135	135	90	100	105	105	130	135	155	155	395	250.05	SBD	
1	Muzikayise Nkosi	M	24	Wraps	M_OCR_AWPC	97.36	100	-190	190	220	220	105	120	130	130	200	220	230	230	580	341.08	SBD	
1	Christiaan Weitz	M	15	Wraps	M_TCR_1_AWPC	79.16	82.5	150	172.5	180	180	80	-102.5	-102.5	80	180	200	-220	200	460	304.77	SBD	

1	Keagan Dietrich	M	16	Wraps	M_TCR_2	72.86	75	80	85	90	90	50	-52.5	55	55	130	132.5	135	135	280	197.03	SBD	
1	Luhan Liebenberg	M	16	Wraps	M_TCR_2_AWPC	74.92	75	-115	120	125	125	-90	95	97.5	97.5	150	160	-170	160	382.5	263.56	SBD	
1	Yusuf Karbelkar	M	19	Wraps	M_TCR_3	83.75	90	170	185	-192.5	185	-110	110	-120	110	190	205	-220	205	500	319.22	SBD	
1	Conrad van der Zwaard	M	18	Wraps	M_TCR_3_AWPC	134.46	140	200	210		210	110	120	-130	120	200	210	220	220	550	294.8	SBD	
DQ	Kyle Clegg	M	18	Single-ply	M_TES_3	80.68	82.5	155	-165		155	-95	-95	-95		-160						SBD	
1	Michael Laubscher	M	14	Wraps	M_TCR_1_AWPC	58.7	60					45	50	-55	50	90	100	110	110	160	136.17	BD	
1	Johannes van Rooyen	M	60	Wraps	M_MCR_5	81.7	82.5					75	-80	85	85					85	55.14	B	
1	Steve Labson	M	69	Wraps	M_MCR_7	86.9	90					95	105	115	115					115	71.79	B	
1	Xander van Rooyen	M	32	Wraps	M_OCR	95.8	100					115	117.5	-122.5	117.5					117.5	69.62	B	
1	Samuel Zeelie	M	36	Wraps	M_OCR	105.95	110					160	175	-190	175					175	99.55	B	