



# MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State Eastern Cape  
Meet Town East London

Meet Name Slummies Strength Showdown  
Meet Date 2026-03-21

| Place | Name              | Sex | Age | Equip<br>ment | Division     | Body<br>weight<br>Kg | Weight<br>Class<br>Kg | Squat1<br>Kg | Squat2<br>Kg | Squat3<br>Kg | Best<br>Squat<br>Kg | Bench1<br>Kg | Bench2<br>Kg | Bench3<br>Kg | Best<br>Bench<br>Kg | Dead<br>Lift 1<br>Kg | Dead<br>Lift 2<br>Kg | Dead<br>Lift 3<br>Kg | Best<br>Deadlift<br>Kg | Total<br>Kg | Points | Event | Team |
|-------|-------------------|-----|-----|---------------|--------------|----------------------|-----------------------|--------------|--------------|--------------|---------------------|--------------|--------------|--------------|---------------------|----------------------|----------------------|----------------------|------------------------|-------------|--------|-------|------|
| 1     | Janine Midlane    | F   | 32  | Bare          | F_OCR_AAPF   | 141.3                | 110+                  | 60           | 70           | -80          | 70                  | 50           | 52.5         | 55           | 55                  | 90                   | 95                   | -105                 | 95                     | 220         | 143.78 | SBD   |      |
| 1     | Nicole Coleman    | F   | 39  | Bare          | F_OCR_APF    | 78.6                 | 82.5                  | 70           | 75           | 85           | 85                  | -32.5        | 35           | -37.5        | 35                  | 75                   | 85                   | 95                   | 95                     | 215         | 174.43 | SBD   |      |
| 1     | Caitlin Hayden    | F   | 16  | Bare          | F_TCR_2_AAPF | 90                   | 90                    | 75           | 85           | 95           | 95                  | 40           | 45           | -50          | 45                  | 85                   | 95                   | 105                  | 105                    | 245         | 184.01 | SBD   |      |
| 1     | Surei Nel         | F   | 41  | Wraps         | F_MCR_1_APF  | 75.3                 | 82.5                  | 135          | 145          | -160         | 145                 | 55           | 60           | 65           | 65                  | 147.5                | 155                  | 160                  | 160                    | 370         | 308.59 | SBD   |      |
| 1     | Yolandie Hayden   | F   | 47  | Wraps         | F_MCR_2_AAPF | 130.2                | 110+                  | 110          | -120         | 130          | 130                 | 50           | 55           |              | 55                  | 115                  | 125                  |                      | 125                    | 310         | 206.19 | SBD   |      |
| 1     | Brenda Mollentze  | F   | 52  | Wraps         | F_MCR_3_AAPF | 55.8                 | 56                    | 75           | 82.5         | 87.5         | 87.5                | 37.5         | 42.5         | -45          | 42.5                | 110                  | 115                  | 120                  | 120                    | 250         | 260.94 | SBD   |      |
| 1     | Susan Holmes      | F   | 62  | Wraps         | F_MCR_5_AAPF | 65.7                 | 67.5                  | -50          | 50           | 55           | 55                  | 40           | 45           | 50           | 50                  | 85                   | 92.5                 | 100                  | 100                    | 205         | 188.31 | SBD   |      |
| 1     | Recia Knickelbein | F   | 35  | Wraps         | F_OCR_AAPF   | 63.5                 | 67.5                  | 75           | 80           | -85          | 80                  | -35          | 35           | 37.5         | 37.5                | 90                   | 95                   | -100                 | 95                     | 212.5       | 200.3  | SBD   |      |
| 1     | Melissa Schmidt   | F   | 32  | Wraps         | F_OCR_AAPF   | 106.6                | 110                   | 100          | 110          | 115          | 115                 | 55           | 60           | -65          | 60                  | 145                  |                      |                      | 145                    | 320         | 223.25 | SBD   |      |
| 1     | Summer Schutte    | F   | 20  | Wraps         | F_OCR_APF    | 59.6                 | 60                    | 105          | 112.5        | 120          | 120                 | 50           | 55           | -57.5        | 55                  | 110                  | 120                  | -125                 | 120                    | 295         | 292.13 | SBD   |      |
| 1     | Miela Smit        | F   | 17  | Sleeves       | F_TCR_2_AAPF | 95.2                 | 100                   | 85           | 95           | 102.5        | 102.5               | 52.5         | 55           | 57.5         | 57.5                | 115                  | 125                  | 132.5                | 132.5                  | 292.5       | 213.78 | SBD   |      |
| 1     | Rudiger Hayden    | M   | 48  | Bare          | M_MCR_2_AAPF | 58.8                 | 60                    | 90           | 95           | 100          | 100                 | 45           | -47.5        |              | 45                  | 140                  | 147.5                | -155                 | 147.5                  | 292.5       | 248.47 | SBD   |      |
| 1     | Andre Smit        | M   | 13  | Bare          | M_TCR_1_AAPF | 157.3                | 140+                  | 75           | 90           | 110          | 110                 | 92.5         | 100          | -105         | 100                 | 120                  | -135                 | -145                 | 120                    | 330         | 170.54 | SBD   |      |
| NS    | Jason Swanepoel   | M   | 25  | Sleeves       |              |                      |                       |              |              |              |                     |              |              |              |                     |                      |                      |                      |                        |             |        | SBD   |      |
| 1     | Heath Sutton      | M   | 47  | Sleeves       | M_MCR_2_APF  | 88.8                 | 90                    | 152.5        | -162.5       | -162.5       | 152.5               | 105          | 112.5        | -120         | 112.5               | 150                  | 160                  | 170                  | 170                    | 435         | 268.16 | SBD   |      |
| 1     | William Mollentze | M   | 63  | Wraps         | M_MCR_5_AAPF | 98.1                 | 100                   | 180          | 190          |              | 190                 | 105          | -112.5       | -112.5       | 105                 | 220                  | 230                  | -240                 | 230                    | 525         | 307.69 | SBD   |      |
| 1     | Gary Reynders     | M   | 55  | Bare          | M_MCR_4_APF  | 108                  | 110                   |              |              |              |                     | 100          | 130          | -140         | 130                 |                      |                      |                      |                        | 130         | 73.51  | B     |      |