# MEET COUNTRY SOUTH AFRICA
# FEDERATION : AWPC / WPC

**Meet State** Gauteng
**Meet Town** Benoni

**Meet Name** Clash Of The Empire
**Meet Date** 2026-04-18

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| DQ | Elrens Heck | F | 43 | Wraps | F_MCR_1_A | 69.8 | 75 | 65 | -70 | -70 | 65 | -47.5 | -47.5 | -47.5 | | | | | | | | SBD | |
| 1 | Danel Ainslie | F | 48 | Wraps | F_OCR | 63.3 | 67.5 | 175 | 185 | | 185 | 105 | 110 | 115 | 115 | 190 | 210 | -225 | 210 | 510 | 481.88 | SBD | |
| 2 | Cherissa O'Brien | F | 35 | Wraps | F_OCR | 67.4 | 67.5 | -110 | 115 | 127.5 | 127.5 | 55 | 60 | 65 | 65 | 130 | 140 | 155 | 155 | 347.5 | 313.21 | SBD | |
| 1 | Lizette Bester | F | 19 | Wraps | F_OCR | 88.9 | 90 | 135 | 145 | -150 | 145 | 72.5 | 77.5 | 80 | 80 | 160 | 165 | -170 | 165 | 390 | 294.77 | SBD | |
| 1 | Samantha Bester | F | 33 | Wraps | F_OCR_A | 59.7 | 60 | 67.5 | 72.5 | 77.5 | 77.5 | 35 | -42.5 | -42.5 | 35 | 85 | -102.5 | 102.5 | 102.5 | 215 | 212.63 | SBD | |
| 1 | Raymondi Jumat | F | 30 | Wraps | F_OCR_A | 89.6 | 90 | 112.5 | 120 | -127.5 | 120 | 45 | 55 | -62.5 | 55 | 142.5 | 152.5 | -160 | 152.5 | 327.5 | 246.53 | SBD | |
| 1 | Lizette Bester | F | 19 | Wraps | F_TCR_3 | 88.9 | 90 | 135 | 145 | -150 | 145 | 72.5 | 77.5 | 80 | 80 | 160 | 165 | -170 | 165 | 390 | 294.77 | SBD | |
| 1 | Shannique Jansen van Rensburg | F | 19 | Wraps | F_TCR_3_A | 55.1 | 56 | 45 | 52.5 | 57.5 | 57.5 | 40 | -45 | -45 | 40 | 72.5 | 80 | -90 | 80 | 177.5 | 187.16 | SBD | |
| 1 | Marinda Nell | F | 41 | Wraps | F_MCR_1 | 56.6 | 60 | | | | | 32.5 | 35 | -37.5 | 35 | | | | | 35 | 36.12 | B | |
| 1 | Angelique Kok | F | 45 | Wraps | F_MCR_2 | 86 | 90 | | | | | 105 | 110 | -112.5 | 110 | | | | | 110 | 84.63 | B | |
| 1 | Ziyaan Abdulla | M | 20 | Wraps | M_JCR_A | 71.9 | 75 | -160 | 160 | 180 | 180 | 90 | -105 | | 90 | 160 | 180 | 190 | 190 | 460 | 327.04 | SBD | |
| 1 | Eli Campbell | M | 21 | Wraps | M_JCR_A | 76.3 | 82.5 | 120 | 135 | 150 | 150 | 100 | 110 | 115 | 115 | 180 | 190 | 200 | 200 | 465 | 316.16 | SBD | |
| 1 | Gys Smit | M | 40 | Wraps | M_MCR_1 | 110.4 | 125 | 200 | 250 | | 250 | 120 | | | 120 | 250 | | | 250 | 620 | 348.37 | SBD | |
| 1 | Alwyn Labuschagne | M | 45 | Wraps | M_MCR_2 | 74.8 | 75 | -135 | 135 | 145 | 145 | 100 | 105 | 110 | 110 | 130 | 150 | 170 | 170 | 425 | 293.19 | SBD | |
| 1 | Kagisho Segatlaka | M | 46 | Wraps | M_MCR_2 | 81.2 | 82.5 | 180 | 195 | 210 | 210 | 100 | 110 | 115 | 115 | 180 | 200 | 215 | 215 | 540 | 351.7 | SBD | |
| 1 | Guy Conry | M | 54 | Wraps | M_MCR_3 | 105.4 | 110 | 205 | | | 205 | 140 | 145 | 150 | 150 | 220 | | | 220 | 575 | 327.67 | SBD | |
| 1 | Reon Coetzee | M | 53 | Wraps | M_MCR_3 | 113.2 | 125 | 160 | | | 160 | 120 | | | 120 | 200 | | | 200 | 480 | 267.97 | SBD | |
| 1 | Joe Loubser | M | 55 | Wraps | M_MCR_4 | 123.3 | 125 | 190 | 210 | | 210 | 130 | 145 | | 145 | 210 | 230 | 250 | 250 | 605 | 331.16 | SBD | |
| 1 | Dillon Rothman | M | 39 | Wraps | M_OCR | 72.8 | 75 | 170 | -180 | 180 | 180 | 92.5 | 97.5 | 102.5 | 102.5 | 220 | 235 | -245 | 235 | 517.5 | 364.39 | SBD | |
| 1 | Sbu Mthembu | M | 35 | Wraps | M_OCR | 81.2 | 82.5 | 180 | 230 | 250 | 250 | 100 | 140 | -150 | 140 | 200 | 240 | 260 | 260 | 650 | 423.34 | SBD | |

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| 2 | Wellington Moyo | M | 37 | Wraps | M_OCR | 80.2 | 82.5 | 200 | 215 | 225 | 225 | 122.5 | -130 | 130 | 130 | 235 | 255 | -260 | 255 | 610 | 400.58 | SBD | |
| DQ | Aphiwe Danisa | M | 26 | Wraps | M_OCR | 80.8 | 82.5 | 210 | 225 | 232.5 | 232.5 | -147.5 | -147.5 | -147.5 | | 260 | -275 | 275 | 275 | | | SBD | |
| 1 | Gabriel Challens | M | 26 | Wraps | M_OCR | 83.2 | 90 | 210 | -222.5 | 222.5 | 222.5 | 160 | 167.5 | 172.5 | 172.5 | 255 | 270 | 282.5 | 282.5 | 677.5 | 434.35 | SBD | |
| 2 | Tinashe Phiri | M | 28 | Wraps | M_OCR | 85.9 | 90 | 160 | 180 | -200 | 180 | 120 | 130 | 135 | 135 | 160 | 185 | 205 | 205 | 520 | 326.84 | SBD | |
| 3 | CJ van Bulderen | M | 39 | Wraps | M_OCR | 85 | 90 | 180 | 185 | 190 | 190 | 110 | 117.5 | -120 | 117.5 | 200 | 210 | -215 | 210 | 517.5 | 327.36 | SBD | |
| 1 | Mendes Vangu | M | 25 | Wraps | M_OCR | 93.1 | 100 | 240 | 260 | 270 | 270 | 165 | 170 | 180 | 180 | -280 | 300 | 310 | 310 | 760 | 456.69 | SBD | |
| 2 | JP van Wyk | M | 37 | Wraps | M_OCR | 92 | 100 | 205 | 215 | 225 | 225 | -155 | 160 | 165 | 165 | 215 | 220 | 230 | 230 | 620 | 374.87 | SBD | |
| 1 | Qiniso Mayise | M | 26 | Wraps | M_OCR | 103.3 | 110 | 190 | -210 | 210 | 210 | 165 | 167.5 | 170 | 170 | 265 | 280 | 295 | 295 | 675 | 387.4 | SBD | |
| 2 | Gauta Olifant | M | 34 | Wraps | M_OCR | 108.1 | 110 | 150 | 180 | -200 | 180 | 110 | -130 | -140 | 110 | 150 | 200 | -215 | 200 | 490 | 276.99 | SBD | |
| 1 | Christian Lawu | M | 27 | Wraps | M_OCR | 113.8 | 125 | 305 | -320 | -320 | 305 | 165 | 170 | 172.5 | 172.5 | 265 | 285 | 300 | 300 | 777.5 | 433.51 | SBD | |
| 1 | Shabbah Kagona | M | 30 | Wraps | M_OCR_A | 59.1 | 60 | 100 | 110 | -120 | 110 | 80 | 90 | 92.5 | 92.5 | 110 | 125 | 135 | 135 | 337.5 | 285.26 | SBD | |
| 1 | Keagan Dietrich | M | 16 | Wraps | M_TCR_2 | 74.2 | 75 | 90 | 95 | 100 | 100 | 50 | 55 | 60 | 60 | 115 | 125 | -135 | 125 | 285 | 197.8 | SBD | |
| 1 | Keenan Olivier | M | 18 | Wraps | M_TCR_3_A | 72 | 75 | 125 | 140 | 160 | 160 | 80 | 95 | -100 | 95 | 160 | 175 | 190 | 190 | 445 | 316.03 | SBD | |
| 1 | Johan Lazenby | M | 43 | Wraps | M_MCR_1 | 95.2 | 100 | | | | | 130 | 145 | -160 | 145 | 230 | 245 | 260 | 260 | 405 | 240.68 | BD | |
| 1 | Matthew Fowle | M | 40 | Wraps | M_MCR_1 | 124 | 125 | | | | | 165 | 172.5 | 180 | 180 | 240 | 255 | -270 | 255 | 435 | 237.75 | BD | |
| 1 | Theuns Labuschagne | M | 41 | Wraps | M_MCR_1_A | 89.6 | 90 | | | | | 105 | 110 | -115 | 110 | 190 | 200 | 207.5 | 207.5 | 317.5 | 194.74 | BD | |
| 1 | Ian Buckle | M | 67 | Wraps | M_MCR_6 | 98.4 | 100 | | | | | 105 | 115 | -120 | 115 | 160 | 180 | | 180 | 295 | 172.66 | BD | |
| 1 | Paul Muller | M | 54 | Wraps | M_MCR_3 | 149.9 | 140+ | | | | | 100 | 107.5 | 112.5 | 112.5 | | | | | 112.5 | 58.86 | B | |
| 1 | Warren Brits | M | 52 | Wraps | M_MCR_3 | 89.9 | 90 | | | | | | | | | 200 | 250 | | 250 | 250 | 153.05 | D | |