



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State KwaZulu Natal
Meet Town Durban

Meet Name IRON ISON
Meet Date 2026-04-25

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	Tania Silva	F	49	Sleeves	F-MCR_2_A	78.76	82.5	110	120	125	125	55	60	62.5	62.5	110	120	127.5	127.5	315	255.23	SBD	TNW
1	Erin Bell	F	21	Sleeves	F_JCR_A	48.45	52	70	80	90	90	50	55	57.5	57.5	80	100	-120	100	247.5	289.58	SBD	
1	Tarynne Cass	F	50	Sleeves	F_MCR_2	66.34	67.5	160	170	180	180	92.5	102.5		102.5	190	200	-207.5	200	482.5	440.01	SBD	TNW
1	Monica Cox	F	45	Sleeves	F_MCR_2	81.5	82.5	195	-210	-210	195	105	110	117.5	117.5	190	205	212.5	212.5	525	416.58	SBD	Iron Ison
1	Michelle Lotz	F	54	Sleeves	F_MCR_3	76.8	82.5	80	100	120	120	80	85	-90	85	140	160	170	170	375	308.75	SBD	
1	Skylar Ison	F	13	Sleeves	F_TCR_1_A	71.3	75	35	40		40	-25	25		25	60	65	70	70	135	116.88	SBD	Iron Ison
1	Amber Fisher	F	12	Sleeves	F_YCR	70.2	75	60	67.5	72.5	72.5	30	35	40	40	67.5	75	85	85	197.5	172.84	SBD	Iron Ison
1	Juanese Ison	F	47	Sleeves	F_MCR_2_A	106.4	110					35	40	45	45					45	31.41	B	Iron Ison
1	Tarryn Fisher	M	43	Sleeves	F_MCR_1	108.5	110	85	95	-105	95	47.5	50	-55	50	100	110	122.5	122.5	267.5	151.05	SBD	Iron Ison
1	Aloke Singh	M	20	Sleeves	M_JCR	64.2	67.5	135	145	155	155	80	85	92.5	92.5	155	170	180	180	427.5	334.24	SBD	
1	Leo van der Westhuizen	M	23	Sleeves	M_JCR	89	90	180	190	200	200	135	140	-150	140	240	-255	-260	240	580	357.09	SBD	
1	Cameron Palavar	M	23	Sleeves	M_JCR_A	75.5	82.5	165	180	-185	180	115	125		125	235	250		250	555	380.26	SBD	Iron Ison
DQ	Thabiso Ngubane	M	23	Sleeves	M_JCR_A	86.5	90	120			120	-80				150	-250		150			SBD	DUT
NS	Yandisa Deza	M	42	Sleeves	M_MCR_1																	SBD	Iron Ison
1	Aphiwe Danisa	M	26	Sleeves	M_OCR	81.08	82.5	190	215	230	230	125	140	150	150	240	275	290	290	670	436.79	SBD	
1	Minal Raniga	M	34	Sleeves	M_OCR	119.08	125	270	285	302.5	302.5	160	170	-177.5	170	270	300	-310	300	772.5	426.32	SBD	
1	Juan Baird	M	39	Sleeves	M_OCR	127.7	140	205	215	220	220	140	160	180	180	220	240	260	260	660	358.12	SBD	Iron Ison
1	Storm Wright	M	31	Sleeves	M_OCR_A	107.14	110	290	310	320	320	180	190	200	200	300	320	330	330	850	481.81	SBD	Snow
1	Ethan Jordaan	M	17	Sleeves	M_TCR_2	87.3	90	160	180	200	200	135	142.5	150	150	205	220	230	230	580	361.07	SBD	Iron Ison
1	John Fisher	M	17	Sleeves	M_TCR_2	99	100	210	225	240	240	105	112.5	120	120	220	235	250	250	610	356.08	SBD	Iron Ison

1	Aiden Weideman	M	16	Sleeves	M_TCR_2_A	89.6	90	130	145	150	150	60	65	-70	65	140	155	162.5	162.5	377.5	231.54	SBD	Iron Ison
NS	Mzomuhle Ntuli	M	19	Sleeves	M_TCR_3																	SBD	DUT
1	Chantell Gouws	M	47	Sleeves	F_MCR_2_A	94.6	100									60	85	-105	85	85	50.67	D	DUT