



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State: WESTERN CAPE
Meet Town: CAPE TOWN

Meet Name: AWPC NATIONALS 2026
Meet Date: 2-May-26

Place	Name	Sex	Age	Equip ment	Division	Body weight Kg	Weight Class Kg	Squat 1Kg	Squat 2Kg	Squat 3Kg	Best Squat Kg	Bench 1Kg	Bench 2Kg	Bench 3Kg	Best Bench Kg	Dead Lift 1 Kg	Dead Lift 2 Kg	Dead Lift 3 Kg	Dead Lift 4 Kg	Best Deadlift Kg	Total Kg	Points	Event	Team
1	Kerry Douthwaite	F	41	Sleeves	F_MCR_1_A	65	67.5	75	85	95	95	40	42.5	45	45	120	130	-137.5		130	270	250.02	SBD	TNW
1	Althea Moonsamy	F	44	Sleeves	F_MCR_1_A	74.7	75	122.5	127.5	132.5	132.5	62.5	65	67.5	67.5	-142.5	142.5	-150		142.5	342.5	287.17	SBD	Bohemian
2	Elaine Turnbull	F	43	Sleeves	F_MCR_1_A	74.5	75	85	92.5	-100	92.5	42.5	-47.5	-47.5	42.5	120	127.5	-135		127.5	262.5	220.49	SBD	Bohemian
1	Rushana Mehl	F	47	Sleeves	F_MCR_2_A	56	56	105	115	120	120	60	65	67.5	67.5	130	140	-147.5		140	327.5	340.85	SBD	OTG
1	Sarah Rowan	F	47	Sleeves	F_MCR_2_A	64.3	67.5	105	-115	115	115	60	65	-67.5	65	125	135	-145		135	315	294.09	SBD	TNW
1	Taneal Mitchell	F	48	Sleeves	F_MCR_2_A	91.5	100	130	140	150	150	50	52.5	-57.5	52.5	140	150	155		155	357.5	266.28	SBD	TNW
2	Izle Beyer	F	48	Sleeves	F_MCR_2_A	94	100	100	-108	112.5	112.5	47.5	52.5	-55	52.5	110	117.5	125		125	290	213.21	SBD	Bohemian
1	Yolandie Hayden	F	47	Sleeves	F_MCR_2_A	128.4	110+	125	135		135	55	57.5		57.5	120	140	-156		140	332.5	221.84	SBD	
DQ	Mayra Scarpecci	F	50	Sleeves	F_MCR_3_A	53.9	56	60	65	-70	65												SBD	
1	Tamara Hartley	F	51	Sleeves	F_MCR_3_A	67.3	67.5	67.5	75	-80	75	37.5	42.5	45	45	95	102.5	110		110	230	207.53	SBD	Bohemian
1	Zuzette Waters	F	50	Sleeves	F_MCR_3_A	73.7	75	92.5	97.5	105	105	52.5	55	-62.5	55	125	135	140		140	300	253.83	SBD	Bohemian
1	Karen Wahl	F	50	Sleeves	F_MCR_3_A	82	82.5	120	127.5	132.5	132.5	50	52.5	55	55	155		170		170	357.5	282.64	SBD	Bohemian
1	Louise McBride	F	55	Sleeves	F_MCR_4_A	86.7	90	65	70	75	75	37.5	40	42.5	42.5	100	-105	105		105	222.5	170.43	SBD	Bohemian
1	Mardre van der Kolf	F	32	Sleeves	F_OCR_A	50.1	52	70	77.5	82.5	82.5	37.5	42.5	-45	42.5	82.5	-92.5	-92.5		82.5	207.5	236.31	SBD	Bloem
1	Michelle Haas	F	38	Sleeves	F_OCR_A	55.1	56	115	120	-125	120	57.5	-60	-60	57.5	140	145	-150		145	322.5	340.05	SBD	Bohemian
1	Sarah Nicholson	F	39	Sleeves	F_OCR_A	59.5	60	-70	77.5	-82.5	77.5	35	37.5	40	40	95	-105	105		105	222.5	220.63	SBD	Bohemian
2	Samantha Bester	F	33	Sleeves	F_OCR_A	58.6	60	67.5	77.5	80	80	35	40	-45	40	90	-97.5	97.5		97.5	217.5	218.29	SBD	Bloem
1	Amy Rheeder	F	35	Sleeves	F_OCR_A	66.9	67.5	117.5	125	127.5	127.5	80	-85		80	155	162.5	170		170	377.5	342.12	SBD	Bohemian
2	Yvette Ras	F	35	Sleeves	F_OCR_A	66	67.5	100	107.5	-115	107.5	55	57.5	60	60	127.5	135	140		140	307.5	281.5	SBD	Stronger Than Steel
1	Alicea Rall	F	35	Sleeves	F_OCR_A	70.7	75	117.5	122.5	125	125	75	77.5	-80	77.5	145	150	155		155	357.5	311.3	SBD	Bohemian
2	Althea Moonsamy	F	44	Sleeves	F_OCR_A	74.7	75	122.5	127.5	132.5	132.5	62.5	65	67.5	67.5	-142.5	142.5	-150		142.5	342.5	287.17	SBD	Bohemian
1	Karen Wahl	F	50	Sleeves	F_OCR_A	82	82.5	120	127.5	132.5	132.5	50	52.5	55	55	155	165	170		170	357.5	282.64	SBD	Bohemian

2	Sandri Steyn	F	24	Sleeves	F_OCR_A	76.2	82.5	115	125	135	135	57.5	62.5	-70	62.5	135	145	-150		145	342.5	283.43	SBD	Bohemian
1	Jamie-Lee Gerber	F	31	Sleeves	F_OCR_A	88.8	90	125	132.5	140	140	60	62.5	65	65	135	145	160		160	365	276.04	SBD	Bohemian
2	Andrea Bohmer	F	29	Sleeves	F_OCR_A	86.8	90	122.5	130	135	135	67.5	-72.5	-72.5	67.5	140	147.5	-155		147.5	350	267.92	SBD	Bloem
3	Melanie Brunette	F	35	Sleeves	F_OCR_A	87.8	90	97.5	107.5	-113	107.5	45	47.5	-50	47.5	125	-130	-130		125	280	213.02	SBD	Bohemian
1	Melissa Schmidt	F	32	Sleeves	F_OCR_A	107.1	110	115	125	135	135	60	65	-67.5	65	150	160	167.5		167.5	367.5	256.08	SBD	Pecks
1	Caitlin Hayden	F	16	Sleeves	F_TCR_2_A	89.5	90	-85	85	97.5	97.5	42.5	45	46	46	105	110	115		115	258.5	194.7	SBD	Pecks
1	Miela Smit	F	17	Sleeves	F_TCR_2_A	96.2	100	97.5	-108	110	110	55	57.5	-60	57.5	125	135	142.5		142.5	310	225.5	SBD	Pecks Fitness
1	Jamie Crumpton	F	16	Sleeves	F_TCR_2_A	106.2	110	60	62.5	65	65	35	37.5	40	40	95	100	-102.5		100	205	143.17	SBD	Iron Ison
1	Althea Moonsamy	F	44	Sleeves	F_MCR_1_A	74.7	75					62.5	65	67.5	67.5					67.5	56.6	B	Bohemian	
1	Melanie Brunette	F	35	Sleeves	F_OCR_A	87.8	90					45	47.5	-50	47.5					47.5	36.14	B	Bohemian	
1	Caitlin Hayden	F	16	Sleeves	F_TCR_2_A	89.5	90					42.5	45	46	46					46	34.65	B	Pecks	
1	Miela Smit	F	17	Sleeves	F_TCR_2_A	96.2	100					55	57.5	-60	57.5					57.5	41.83	B	Pecks Fitness	
1	Yolandie Hayden	F	47	Sleeves	F_MCR_2_A	128.4	110+									120	140	-156		140	140	93.4	D	
1	Karen Wahl	F	50	Sleeves	F_MCR_3_A	82	82.5									155		170		170	170	134.4	D	Bohemian
1	Melanie Brunette	F	35	Sleeves	F_OCR_A	87.8	90									125	-130	-130		125	125	95.1	D	Bohemian
1	Caitlin Hayden	F	16	Sleeves	F_TCR_2_A	89.5	90									105	110	115		115	115	86.62	D	Pecks
1	Miela Smit	F	17	Sleeves	F_TCR_2_A	96.2	100									125	135	142.5		142.5	142.5	103.66	D	Pecks Fitness
1	Peter Buys	M	62	Sleeves	M-MCR_5_MIL	74	75	140	155	160	160	105	-118	117.5	117.5	160	175	182.5	195.5	182.5	460	319.9	SBD	
1	Juan du Plessis	M	22	Sleeves	M_JCR_A	105.5	110	180	190	205	205	105	112.5	122.5	122.5	205	215	230		230	557.5	317.6	SBD	
1	Wayne Laubscher	M	44	Sleeves	M_MCR_1_A	74.6	75	165	-175	-175	165	95	100	-105	100	210	-220	-227.5		210	475	328.34	SBD	OTG
2	Warren Hansen	M	42	Sleeves	M_MCR_1_A	70.5	75	145	160	170	170	80	-85	-87.5	80	180	195	-210		195	445	321.33	SBD	Extreme Bulldogs
1	Neil Naude	M	42	Sleeves	M_MCR_1_A	80	82.5	145	-150	150	150	100	105	110	110	170	180	-190		180	440	289.43	SBD	Bohemian
DQ	Carl Erickson	M	46	Sleeves	M_MCR_2_A	131.3	140	200	220	240	240	-140	-150	-150		-180							SBD	Bohemian
1	Andrew Harvard	M	57	Sleeves	M_MCR_4_A	96	100	160	180	-200	180	105	-115	122.5	122.5	180	200	212.5		212.5	515	304.83	SBD	Bohemian
1	Peter Buys	M	62	Sleeves	M_MCR_5_A	74	75	140	155	160	160	105	-118	117.5	117.5	160	175	182.5	195.5	182.5	460	319.9	SBD	
1	Mike Cooper	M	74	Sleeves	M_MCR_7_SO	127.7	140	45			45	90	95	105	105	100	120	130		130	280	151.93	SBD	
1	Iwan Walters	M	31	Sleeves	M_OCR_A	89.1	90	265	275	285	285	165	170	172.5	172.5	265	275	-280		275	732.5	450.69	SBD	Bohemian
1	Kyle Meyer	M	38	Sleeves	M_OCR_A	93.6	100	130	150	170	170	115	125	-133	125	190	-200	-200		190	485	290.65	SBD	Bohemian
1	Benjamin Chukwu	M	25	Sleeves	M_OCR_A	108.7	110	260	-285	285	285	145	160	-173	160	290	320			320	765	431.74	SBD	Cross
2	Matthew Thomas	M	33	Sleeves	M_OCR_A	106.9	110	220	235	240	240	130	140	147.5	147.5	280	300	-310		300	687.5	389.98	SBD	
3	Justin Hector	M	28	Sleeves	M_OCR_A	107.3	110	200	215	-225	215	120	-135	-135	120	220	235	255		255	590	334.28	SBD	
1	Zack van Zyl	M	14	Sleeves	M_TCR_2_A	74.9	75	165	172.5	180	180	-108	110	115	115	195	202.5	-210		202.5	497.5	342.87	SBD	Bohemian

2	Sylviano Songisa	M	17	Sleeves	M_TCR_2_A	74.4	75	-115	120	130	130	70	72.5	-75	72.5	150	160	170		170	372.5	258	SBD	Bohemian
1	Sean Rowan	M	17	Sleeves	M_TCR_2_A	80.7	82.5	125	135	145	145	67.5	72.5	-80	72.5	135	150	160		160	377.5	246.87	SBD	TNW
1	Bartholomew van Niekerk	M	18	Sleeves	M_TCR_3_A	63.4	67.5	120	130	-135	130	80	90	-100	90	140	170	-190		170	390	308.4	SBD	
1	Keenan Olivier	M	18	Sleeves	M_TCR_3_A	72.5	75	150	-170	-170	150	90	100	-105	100	165	180	-195		180	430	303.74	SBD	
1	Raez Morgan	M	18	Sleeves	M_TCR_3_A	112.3	125	115	-120	125	125	85	90	95	95	180	185	-190		185	405	226.55	SBD	
1	Conrad van der Zwaard	M	18	Sleeves	M_TCR_3_A	134.8	140	220	230	240	240	120	132.5	-140	132.5	220	230	240		240	612.5	328.1	SBD	Bloem Barbell Club
1	Tiaan Steenkamp	M	15	Sleeves	M_TCR_1_A	83.6	90					80	87.5	92.5	92.5	160	172.5	180		180	272.5	174.17	BD	
1	Mike Cooper	M	74	Sleeves	M_MCR_7_SO	127.7	140					90	95	105	105						105	56.97	B	
1	Michael Laubscher	M	14	Sleeves	M_TCR_1_A	58.1	60					50	55	-60	55						55	47.28	B	PAF
DQ	Johannes Pieterse	M	15	Sleeves	M_TCR_1_A	87.2	90																B	
1	Andre Smit	M	13	Sleeves	M_TCR_1_A	159.4	140+					100	105	-110	105						105	54.07	B	Pecks Fitness
1	Mike Cooper	M	74	Sleeves	M_MCR_7_SO	127.7	140									100	120	130		130	130	70.54	D	
1	Melt Meyer	M	24	Sleeves	M_OCR_A	106.6	110									280	295	300		300	300	170.32	D	
1	Michael Laubscher	M	14	Sleeves	M_TCR_1_A	58.1	60									95	105	112.5		112.5	112.5	96.71	D	PAF
1	Johannes Pieterse	M	15	Sleeves	M_TCR_1_A	87.2	90									190	-200	205		205	205	127.71	D	