



MEET COUNTRY SOUTH AFRICA FEDERATION : AWPC / WPC



Meet State: KWAZULU NATAL
Meet Town: DURBAN

Meet Name: WPC NATIONALS 2026
Meet Date: 20-Jun-26

Place	Name	Sex	Age	Equipment	Division	Body weight Kg	Weight Class Kg	Squat1 Kg	Squat2 Kg	Squat3 Kg	Squat4 Kg	Best Squat Kg	Bench1 Kg	Bench2 Kg	Bench3 Kg	Bench4 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	Nishwariya Sharma	F	23	Wraps	F_JCR	87.95	90	150	165	170		170	95	-100	100		100	-200	205	215	215	485	368.65	SBD	Beastmode Powerlifting
2	Lizette Bester	F	20	Wraps	F_JCR	89.45	90	142.5	-150	150		150	75	80	-82.5		80	157.5	-167.5	-167.5	157.5	387.5	291.95	SBD	Dogzilla Gym
1	Amy Froneman	F	46	Wraps	F_MCR_2	58.4	60	112.5	122.5			122.5	67.5	70	-72.5		70	167.5	178	-190.5	178	370.5	372.86	SBD	Bohemian Barbelle
1	Monica Cox	F	45	Wraps	F_MCR_2	78.1	82.5	205	-210	-210		205	107.5	110	-117.5		110	200	207.5	210	210	525	427.64	SBD	Iron Ison
1	Sherril Knickelbein	F	50	Wraps	F_MCR_3	53.6	56	120	130	135		135	62.5	65	-70		65	120	125	130	130	330	355.82	SBD	The Natural Way
1	Tarynne Cass	F	50	Wraps	F_MCR_3	67.8	75	-175	175	190	-195.5	190	100	105	110		110	195	210	-215	210	510	457.68	SBD	The Natural Way
1	Michelle Lotz	F	54	Wraps	F_MCR_3	78.35	82.5	120	-130	140		140	85	90	-95		90	162.5	172.5	180	180	410	333.29	SBD	Virgin Active La Licia
2	Linda Mabaso	F	50	Wraps	F_MCR_3	82.5	82.5	90	-100	110		110	47.5	50	-55		50	120	130	-135	130	290	228.45	SBD	The Natural Way
1	Monique Ric-Hansen	F	55	Wraps	F_MCR_4	67.85	75	80	90	95		95	45	47.5	50		50	120	130	-135	130	275	246.65	SBD	The Natural Way
1	Trish Armstrong	F	59	Wraps	F_MCR_4	93.2	100	130	145	160		160	100	115	117.5		117.5	200	-220	-220	200	477.5	352.49	SBD	Bohemian Barbelle
1	Trish Armstrong	F	59	Wraps	F_MCR_4_MIL	93.2	100	130	145	160		160	100	115	117.5		117.5	200	-220	-220	200	477.5	352.49	SBD	Bohemian Barbelle
1	Susan Holmes	F	62	Wraps	F_MCR_5	63.95	67.5	-60	60	65		65	47.5	50	-52.5		50	100	110	-117.5	110	225	210.94	SBD	Virgin Active
1	Julie Goldman	F	60	Wraps	F_MCR_5	81.2	82.5	-75	-85	85		85	35	37.5	40		40	92.5	97.5	102.5	102.5	227.5	180.92	SBD	The Natural Way
1	Wendy Chatterton	F	61	Wraps	F_MCR_5	88	90	-115	125	-135		125	-52.5	55	-60		55	135	145	-150	145	325	246.96	SBD	The Natural Way
1	Amy Froneman	F	46	Wraps	F_OCR	58.4	60	112.5	122.5			122.5	67.5	70	-72.5		70	167.5	178	-190.5	178	370.5	372.86	SBD	Bohemian Barbelle
1	Kim Edwards	F	36	Wraps	F_OCR	71.85	75	-125	125	135		135	72.5	77.5	-82.5		77.5	125	-135		125	337.5	290.58	SBD	OTG
1	Bernice van der Westhuizen	F	38	Wraps	F_OCR	82.05	82.5	122.5	132.5	140		140	72.5	77.5	82.5		82.5	160	175		175	397.5	314.15	SBD	Bloem Barbell
1	Sian Scott	F	27	Wraps	F_OCR	93.05	100	150	-160	170		170	65	72.5	-77.5		72.5	150	165	-170	165	407.5	301.05	SBD	The Natural Way
2	Celia-Marie Pieterse	F	24	Wraps	F_OCR	94.9	100	-160	160	-170		160	70	-75	-75		70	-140	140	145	145	375	274.48	SBD	Bam Fitness
1	Trish Armstrong	F	59	Wraps	F_OCR_MIL	93.2	100	130	145	160		160	100	115	117.5		117.5	200	-220	-220	200	477.5	352.49	SBD	Bohemian Barbelle
1	Skylar Ison	F	13	Wraps	F_TR_1	73.85	75	35	40	45		45	25	27.5	-30		27.5	65	77.5	85	85	157.5	133.08	SBD	Iron Ison
1	Amber Fisher	F	12	Wraps	F_YCR	72.5	75	72.5	80	87.5		87.5	35	40	-45		40	85	90	-95	90	217.5	186.1	SBD	Iron Ison
1	Trish Armstrong	F	59	Bare	F_MCR_4_MIL	93.2	100						100	115	117.5		117.5					117.5	86.74	B	Bohemian Barbelle
1	Monica Cox	F	45	Bare	F_MR_2	78.1	82.5						107.5	110	-117.5		110					110	89.6	B	Iron Ison

1	Skylar Ison	F	13	Bare	F_TR_1	73.85	75						25	27.5	-30		27.5					27.5	23.24	B	Iron Ison
1	Amy Froneman	F	46	Bare	F_MR_2	58.4	60											167.5	178	-190.5	178	178	179.13	D	Bohemian Barbell
1	Monica Cox	F	45	Bare	F_MR_2	78.1	82.5											200	207.5	210	210	210	171.06	D	Iron Ison
1	Amy Froneman	F	46	Bare	F_OR	58.4	60											167.5	178	-190.5	178	178	179.13	D	Bohemian Barbell
1	Rebekah de Wit	F	30	Bare	F_OR	119.4	110+											140	150	-155	150	150	101.76	D	Iron Assassin
1	Skylar Ison	F	13	Bare	F_TR_1	73.85	75											65	77.5	85	85	85	71.82	D	Iron Ison
1	Joshua Paul	M	20	Wraps	M_JCR	67.3	67.5	175	-187.5	-192.5		175	107.5	-117.5	117.5		117.5	185	200	210	210	502.5	377.03	SBD	Lift Lab
1	Faraaz Khan	M	23	Wraps	M_JCR	73.1	75	195	210	-220		210	105	112.5	117.5		117.5	240	255	-260	255	582.5	408.86	SBD	Iron Assassin
1	Hanzalah Ismail	M	22	Wraps	M_JCR	82.1	82.5	165	172.5	177.5		177.5	92.5	100	-102.5		100	200	220	-227.5	220	497.5	321.69	SBD	Lifting Spam
1	Ismail Aboobaker	M	23	Wraps	M_JCR	98	100	175	185	-190		185	107.5	115	-120		115	100	110	120	120	420	246.26	SBD	Iron Assassin
1	Martin Dlamini	M	41	Wraps	M_MCR_1	79.5	82.5	160	-180	190		190	80	105	112.5		112.5	160	180	-210	180	482.5	318.74	SBD	Iron Ison
1	Gys Smit	M	40	Wraps	M_MCR_1	114.4	125	280	295	305		305	160	170	-175		170	295	305	-315	305	780	434.36	SBD	OTG
1	Lincoln James Wait	M	41	Wraps	M_MCR_1	138.75	140	210	220			220	135	145	-152.5		145	250	-265	265	265	630	335.3	SBD	The Natural Way
2	Amos Gumede	M	42	Wraps	M_MCR_1	129.3	140	225	240	-250		240	120	130	-132.5		130	250	-260		250	620	335.42	SBD	None
1	Franco Seaman	M	42	Wraps	M_MCR_1	153.9	140+	290	315	335		335	190	205	215	-220.5	215	300	325	-347.5	325	875	454.82	SBD	Iron Ison
1	Kagisho Segatlaka	M	46	Wraps	M_MCR_2	80.5	82.5	200	215	232		232	110	115	120		120	210	220	-225	220	572	374.69	SBD	None
1	Michael Reifarh	M	46	Wraps	M_MCR_2	97.55	100	220	235	245		245	150	157.5	162.5		162.5	245	260	270	270	677.5	398.06	SBD	Ap3x Athletic
1	Kevin Knickelbein	M	53	Wraps	M_MCR_3	71.65	75	180	200	220.5		220.5	140	152.5			152.5	195	215	235.5	235.5	608.5	433.79	SBD	The Natural Way
1	Vaughan Wichmann	M	52	Wraps	M_MCR_3	102.75	110	215	-235	-235		215	110	117.5			117.5	230	245	260	260	592.5	340.73	SBD	The Natural way
1	Reon Coetzee	M	53	Wraps	M_MCR_3	113.5	125	160	170	190		190	135	-142.5	-142.5		135	200	220	-250	220	545	304.07	SBD	None
1	Reon Coetzee	M	53	Wraps	M_MCR_3_MIL	113.5	125	160	170	190		190	135	-142.5	-142.5		135	200	220	-250	220	545	304.07	SBD	None
1	Guy Conry	M	55	Sleeves	M_MCR_4	108.6	110	210	220	230		230	145	152.5	157.5		157.5	240	250	252.5	252.5	640	361.29	SBD	Bloem Barbell
2	Tony Mitchell	M	59	Wraps	M_MCR_4	106.6	110	110	125	135		135	87.5	95	100		100	140	150	160	160	395	224.26	SBD	The Natural Way
1	Joe Loubser	M	55	Wraps	M_MCR_4	123.2	125	210	225	235		235	140	150	-155		150	250	265	-272.5	265	650	355.86	SBD	The Natural Way
1	Tony Mitchell	M	59	Wraps	M_MCR_4_MIL	106.6	110	110	125	135		135	87.5	95	100		100	140	150	160	160	395	224.26	SBD	The Natural Way
1	Gavin Bazley	M	61	Wraps	M_MCR_5	78.75	82.5	170	190	-200		190	110	115	117.5		117.5	180	200	210	210	517.5	344.09	SBD	Iron Ison
1	Gavin Bazley	M	61	Wraps	M_MCR_5_MIL	78.75	82.5	170	190	-200		190	110	115	117.5		117.5	180	200	210	210	517.5	344.09	SBD	Iron Ison
1	Ubaid Adams	M	25	Wraps	M_OCR	73.4	75	-175	-175	175		175	105	115	-120		115	180	-195	195	195	485	339.37	SBD	Lift Lab
1	Brendan Knickelbein	M	35	Wraps	M_OCR	81.45	82.5	230	-240	240		240	130	140	147.5		147.5	240	257.5	270	270	657.5	427.36	SBD	
2	Sbu Mthembu	M	35	Wraps	M_OCR	81.15	82.5	220	230	245		245	140	150	-155		150	220	240	260	260	655	426.77	SBD	Topshape Health & Fitness
1	Paul van der Kolf	M	33	Wraps	M_OCR	89.35	90	185	195	205		205	155	162.5	-167.5		162.5	222.5	232.5	240	240	607.5	373.19	SBD	Bloem Barbell
2	Jonathan Room	M	30	Wraps	M_OCR	83.95	90	220	-235	-235		220	-115	115	125		125	230	240	245	245	590	376.12	SBD	Snow Storm
3	CJ van Bulderen	M	39	Wraps	M_OCR	86.45	90	-185	185	190		190	105	115	120		120	200	215	-220	215	525	328.73	SBD	Dogilla Gym
1	Samuel Zeelie	M	36	Wraps	M_OCR	98.4	100	280	295	300		300	180	190	-200		190	235	250	-270	250	740	433.11	SBD	None
2	Everaad Schubert	M	31	Wraps	M_OCR	90.2	100	237.5	242.5	250		250	157.5	-165	-170		157.5	285	292.5	-300	292.5	700	427.76	SBD	None

3	Kaveer Ramsaru	M	39	Wraps	M_OCR	97.4	100	200	-225	225		225	140	160	170		170	260	280	-300	280	675	396.87	SBD	Beastmode
4	Brendon Marsh	M	39	Wraps	M_OCR	99.75	100	230	-250	250		250	135	145	155		155	230	250	265	265	670	389.86	SBD	The Naturel Way
5	Leverne Pillay	M	33	Wraps	M_OCR	94.55	100	200	-210	-215		200	100	110	-120		110	205	215	-225	215	525	313.04	SBD	None
1	Storm Wright	M	31	Wraps	M_OCR	105.75	110	-300	300	320		320	180	190	-200		190	320	330	340	340	850	483.85	SBD	Snow Storm
2	Sandile Mtshali	M	28	Wraps	M_OCR	104.5	110	290	305	310		310	165	175	-182.5		175	290	305	312.5	312.5	797.5	455.81	SBD	None
3	Qiniso Mayise	M	26	Wraps	M_OCR	103.45	110	200	225	-245		225	162.5	-170	170		170	270	290	-300	290	685	392.93	SBD	None
4	Dawie Viljoen	M	32	Wraps	M_OCR	109.9	110	215	230	242.5		242.5	175	182.5	-190		182.5	225	240	255	255	680	382.56	SBD	Bloem Barbell
1	David Francois Putter	M	31	Wraps	M_OCR	119.75	125	265	285	297.5		297.5	175	-185	-185		175	285	302.5	-310	302.5	775	427.17	SBD	Team Lethal Power
2	Minal Raniga	M	34	Wraps	M_OCR	115.45	125	270	-300	-300		270	145	-160	160		160	250	270	-302.5	270	700	388.99	SBD	None
3	Gauta Olifant	M	34	Wraps	M_OCR	112	125	200	225	250		250	120	132.5	140		140	200	230	-250	230	620	347.05	SBD	None
1	Juan Baird	M	39	Wraps	M_OCR	130.9	140	245	255	-265		255	160	170	180		180	265	280	300	300	735	396.47	SBD	Iron Ison
2	Anrich Els	M	28	Wraps	M_OCR	133.5	140	280	292.5	300		300	127.5	135	-140		135	290	300		300	735	394.62	SBD	Stronger than steel
1	Juan Baird	M	39	Wraps	M_OCR_MIL	130.9	140	245	255	-265		255	160	170	180		180	265	280	300	300	735	396.47	SBD	Iron Ison
1	Isaiah Govender	M	15	Wraps	M_TCR_1	52.6	56	70	75	-80		75	-40	50	-52.5		50	120	130	-140	130	255	243.33	SBD	
1	Daniel Knickelbein	M	17	Wraps	M_TCR_2	54	56	165	-180	190		190	-87.5	95	100		100	170	180	-190	180	470	435.9	SBD	The Natural Way
1	Ethan Jordaan	M	17	Wraps	M_TCR_2	86.75	90	175	195	-207.5		195	110	120	130		130	210	227.5	240	240	565	353.04	SBD	Iron Ison
2	Aiden Weideman	M	16	Wraps	M_TCR_2	89.95	90	165	-175	-175		165	75	-80	-80		75	175	185	200	200	440	269.29	SBD	Iron Ison
1	John Fisher	M	18	Wraps	M_TCR_3	98.8	100	230	240	250		250	115	-122.5	-122.5		115	240	250	-260	250	615	359.32	SBD	Iron Ison
1	Gary Lewis	M	53	Single-ply	M_MES_3	98.1	100	180				180	120	-140	-140		120	200	230		230	530	310.62	SBD	None
1	Zane Ison	M	58	Multi-ply	M_MEM_4	131.9	140	310	325	350		350	160	-165	-170		160	270	285	300	300	810	436.13	SBD	OTG
1	Zane Ison	M	58	Multi-ply	M_MEM_4_MIL	131.9	140	310	325	350		350	160	-165	-170		160	270	285	300	300	810	436.13	SBD	OTG
1	Zane Ison	M	58	Multi-ply	M_OEM_MIL	131.9	140	310	325	350		350	160	-165	-170		160	270	285	300	300	810	436.13	SBD	OTG
1	Leo van der Westhuizen	M	23	Bare	M_JR	88.65	90						140	147.5	155		155					155	95.64	B	None
1	Mark Esch	M	58	Bare	M_MR_4	132.7	140						130	140	-147.5		140					140	75.27	B	Pitbull
1	Johannes van Rooyen	M	60	Bare	M_MR_5	83.9	90						87.5	92.5	-95		92.5					92.5	58.99	B	None
1	Samuel Zeelie	M	36	Bare	M_OR	98.4	100						180	190	-200		190					190	111.2	B	None
2	Xander van Rooyen	M	32	Bare	M_OR	99.15	100						135	-140	-140		135					135	78.75	B	None
1	Juandre Viviers	M	34	Bare	M_OR	124.55	125						160	170	180		180					180	98.26	B	None
1	Leo van der Westhuizen	M	23	Bare	M_JR	88.65	90											240	255	262.5	262.5	262.5	161.97	D	None
1	Franco Seaman	M	42	Bare	M_MR_1	153.9	140+											300	325	-347.5	325	325	168.93	D	Iron Ison
1	Warren Brits	M	52	Bare	M_MR_3	92.8	100											250	270	-280	270	270	162.52	D	None
1	Zane Ison	M	58	Bare	M_MR_4	131.9	140											270	285	300	300	300	161.53	D	OTG
1	Juandre Viviers	M	34	Bare	M_OR	124.55	125											250	260	270	270	270	147.39	D	None
1	Juan Baird	M	39	Bare	M_OR	130.9	140											265	280	300	300	300	161.82	D	Iron Ison