MEET COUNTRY SOUTH AFRICA
FEDERATION : AWPC / WPC

Meet State Western Cape **Meet Name** Iron Chest 2026
Meet Town Cape Town **Meet Date** 2026-09-05

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	Zekita van Dyk	F	20	Bare	F_JCR_A	65.5	67.5	30	35	40	40									40	36.83	B	
1	Sharon Hickman	F	63	Bare	F_MCR_5_A	82	82.5	30	32.5	35	35									35	27.67	B	
1	Amy Rheeder	F	35	Bare	F_OCR_A	69.9	75	80	85	87.5	87.5									87.5	76.81	B	
1	Alexa Augustyn	F	13	Bare	F_TCR_1_A	44.4	48	-20	22.5	-25	22.5									22.5	28.22	B	
1	Simon Augustyn	M	41	Bare	M_MCR_1	81.6	82.5	140	-147.5		140									140	90.89	B	
1	Adriaan de Witt	M	42	Bare	M_MCR_1	110	110	100	120	-140	120									120	67.49	B	
1	Francois le Roux	M	46	Bare	M_MCR_2_A	122.9	125	145	155	165	165									165	90.39	B	
1	Mike Cooper	M	74	Bare	M_MCR_7_A	130.5	140	95	100	105	105									105	56.68	B	
1	Bronson Coverly	M	32	Bare	M_OCR	78.3	82.5	135	140	-150	140									140	93.46	B	
2	Simon Augustyn	M	41	Bare	M_OCR	81.6	82.5	140	-147.5		140									140	90.89	B	
1	Seaton Newing	M	35	Bare	M_OCR	89.3	90	150	160	165	165									165	101.39	B	
1	Jaco Schoonwinkel	M	35	Bare	M_OCR	150.5	140+	220	235	-250	235									235	122.85	B	
1	Iwan Walters	M	31	Bare	M_OCR_A	95.9	100	160	170	180	180									180	106.6	B	