MEET COUNTRY SOUTH AFRICA
FEDERATION : AWPC / WPC

Meet State Western Cape **Meet Name** SB/DC 2026
Meet Town Cape Town **Meet Date** 2026-10-03

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	Bianca van Tonder	F	21	Wraps	F_JCR_A	55.3	56	100	105	-110	105	60	65	70	70	130	137.5	140	140	315	331.18	SBD	
1	Zuzette Waters	F	51	Wraps	F_MCR_3_A	72.4	75	90			90	50			50	110			110	250	214.11	SBD	
1	Michelle Haas	F	39	Wraps	F_OCR_A	63.5	67.5	90			90	55			55	130			130	275	259.21	SBD	
1	Megan Griffiths	F	28	Wraps	F_OCR_A	72.9	75	107.5	115	120	120	65	-67.5	67.5	67.5	127.5	135	140	140	327.5	279.16	SBD	
1	Sylvia Falakahla	F	26	Wraps	F_OCR_A	78.3	82.5	-60	-120	130	130	40	50	60	60	100	120	-130	120	310	252.1	SBD	
1	Linka-Lee de Jager	F	16	Wraps	F_TCR_2	73.7	75	70	75	80	80	40	50	55	55	95	100	110	110	245	207.29	SBD	
1	Adre Steyn	M	23	Bare	M_JCR_A	84.3	90	150	180		180	90	100		100	210	220	230	230	510	324.27	SBD	
2	Reghardt van der Westhuizen	M	21	Bare	M_JCR_A	86.8	90	140	160	170	170	110	120	-125	120	150			150	440	274.84	SBD	
1	O'Neill Feast	M	21	Bare	M_JCR_A	95.1	100	162.5	172.5	180	180	112.5	120	-125	120	180	190	200	200	500	297.29	SBD	
1	Jason Swanepoel	M	25	Bare	M_OCR	89.4	90	140	-150	-170	140	120	140	-160	140	200	-220	-250	200	480	294.78	SBD	
1	Eduan du Toit	M	22	Wraps	M_JCR	111	125	170	-180	-180	170	100	110	-115	110	200	220	230	230	510	286.15	SBD	
1	Simon Augustyn	M	42	Sleeves	M_MCR_1	81.2	82.5	150	160	170	170	135	142.5		142.5	195	205	212.5	212.5	525	341.93	SBD	
1	Warren Djemal	M	44	Wraps	M_MCR_1	94.4	100	200	210	220	220	120	125	130	130	240	250	255	255	605	361.03	SBD	
1	Warren Hansen	M	42	Wraps	M_MCR_1_A	72.2	75	140	155	165	165	80	85	87.5	87.5	175	190	200	200	452.5	320.66	SBD	
1	Andrew Harvard	M	58	Wraps	M_MCR_4_A	99.9	100	160	185	-200	185	105	115	-125	115	200	215	220	220	520	302.39	SBD	
1	Bronson Coverly	M	32	Wraps	M_OCR	79	82.5	165	175	185	185	135	142.5	147.5	147.5	210	220	-235	220	552.5	366.56	SBD	
2	Simon Augustyn	M	42	Sleeves	M_OCR	81.2	82.5	150	160	170	170	135	142.5		142.5	195	205	212.5	212.5	525	341.93	SBD	
1	Everaad Schubert	M	32	Wraps	M_OCR	99.2	100	250	255	262.5	262.5	165	172.5		172.5	292.5	300	305	305	740	431.6	SBD	
2	Warren Djemal	M	44	Wraps	M_OCR	94.4	100	200	210	220	220	120	125	130	130	240	250	255	255	605	361.03	SBD	
3	Tertius Nieuwoudt	M	29	Wraps	M_OCR	93.8	100	155	162.5	170	170	100	105	110	110	200	210	220	220	500	299.32	SBD	

1	Arne Heese	M	28	Wraps	M_OCR_A	81.2	82.5	180	195	-205	195	115	125	132.5	132.5	230	245	-255	245	572.5	372.87	SBD	
2	Wikus Smit	M	29	Wraps	M_OCR_A	81.5	82.5	140	150	155	155	90	100	105	105	175	180	-185	180	440	285.87	SBD	
1	Matthew Thomas	M	34	Wraps	M_OCR_A	108.2	110	-225	-240	240	240	135	145	-152.5	145	280	300	-305	300	685	387.12	SBD	
1	Liam Jacobs	M	18	Wraps	M_TCR_3_A	124.6	125	180	195	205	205	-95	100	107.5	107.5	200	225	-240	225	537.5	293.38	SBD	
1	Terry Murtz	M	41	Bare	M_MCR_1_A	89.1	90					80	85	-87.5	85					85	52.3	B	
1	Alan John Roberts	M	47	Bare	M_MCR_2	93.1	100					125	132.5	135	135					135	81.12	B	
1	Arden Harvey	M	47	Bare	M_MCR_2_A	86.8	90					-120	125	127.5	127.5					127.5	79.64	B	
1	Mike Cooper	M	74	Bare	M_MCR_7_A	128.4	140					100	-105	-105	100					100	54.19	B	
1	Seaton Newing	M	35	Bare	M_OCR	89.9	90					150	160	170	170					170	104.08	B	
1	Leverne Pillay	M	34	Wraps	M_OCR	92.9	100					-102.5	105	-107.5	105					105	63.17	B	
1	James Venter	M	22	Wraps	M_OCR	106.9	110					150	162.5		162.5					162.5	92.18	B	
1	Terry Murtz	M	41	Bare	M_MCR_1_A	89.1	90									135	145	150	150	150	92.29	D	
1	Alan John Roberts	M	47	Bare	M_MCR_2	93.1	100									190	200	210	210	210	126.19	D	
1	Mike Cooper	M	74	Bare	M_MCR_7_A	128.4	140									120	130	-140	130	130	70.45	D	
1	Leverne Pillay	M	34	Wraps	M_OCR	92.9	100									205	215	-220	215	215	129.34	D	