

Results_WPC, AWPC & Special Olympics - South Africa National Championships - Durban South Africa - 08 to 10 August 2024

Name	Sex	Age	Fed Division	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Squat4Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Deadlift4Kg	Best3DeadliftKg	TotalKg	Points	Event
Faith Lehmschich	F	22	AWPC	F-JCR_AAPF	49.8	52	80	87.5	-90		87.5	50	52.5	55	55	115	-120	-120	-123	115	257.5	294.68	SBD
Dominique Carbonel	F	20	AWPC	F-JCR_AAPF	53.3	56	90	-95	-95		90	42.5	-45	-45	42.5	90	100	-102.5		100	232.5	251.83	SBD
Amy Froneman	F	44	AWPC	F_MCR_1_AAPF	58.2	60	130	-137.5	137.5		137.5	62.5	67.5	-70	67.5	160.5	167.5	-175		167.5	372.5	375.90	SBD
Ashira van der Byl	F	43	AWPC	F_MCR_1_AAPF	62.9	67.5	112.5	125	130		130	47.5	52.5	-55	52.5	120	127.5	-130		127.5	310	294.34	SBD
Surel Nel	F	40	AWPC	F_MCR_1_AAPF	72.9	75	100	120	-135		120	-45	55	-60	55	115	130	145		145	320	272.77	SBD
Nicole Berriman	F	42	AWPC	F_MCR_1_AAPF	74.5	75	125	-132.5	-132.5		125	62.5	-67.5	-67.5	62.5	120	127.5	132.5		132.5	320	268.79	SBD
Althea Moonsamy	F	42	AWPC	F_MCR_1_AAPF	72.1	75	100	105	-110		105	52.5	55	57.5	57.5	125	135	-140		135	297.5	255.53	SBD
Kerry Douthwaite	F	40	AWPC	F_MCR_1_AAPF	69.6	75	75	-82.5	-82.5		75	40	42.5	45	45	115	125	-130		125	245	215.73	SBD
Sarah Rowan	F	46	AWPC	F_MCR_2_AAPF	65.4	67.5	97.5	105	-110		105	50	55	57.5	57.5	105	112.5	-117.5		112.5	275	253.48	SBD
Karen Wahl	F	48	AWPC	F_MCR_2_AAPF	78.8	82.5	95	-102.5	110		110	47.5	50	-52.5	50	130	140	150		150	310	251.10	SBD
Taneal Clarke	F	47	AWPC	F_MCR_2_AAPF	89.5	90	120	130	137.5		137.5	47.5	52.5	55	55	135	-145	-145.5		135	327.5	246.67	SBD
Julie Jarrett	F	53	AWPC	F_MCR_3_AAPF	54.7	56	60	65	-70		65	32.5	35	-37.5	35	95	102.5	-107.5		102.5	202.5	214.78	SBD
Robyn Geldart	F	54	AWPC	F_MCR_3_AAPF	64.9	67.5	105	112.5	-117.5		112.5	50	-55	55	55	125	130	137.5		137.5	305	282.76	SBD
Carol Foxon	F	63	AWPC	F_MCR_5_AAPF	54.2	56	45	-55	57.5		57.5	35.5	37.5	40	40	55	67.5	75		75	172.5	184.33	SBD
Amy Froneman	F	44	AWPC	F_MCR_5_AAPF	58.2	60	130	-137.5	137.5		137.5	62.5	67.5	-70	67.5	160.5	167.5	-175		167.5	372.5	375.90	SBD
Nicky Mayer	F	38	AWPC	F_MCR_5_AAPF	59.7	60	125	135	-140		135	60	65	-67.5	65	130	-135	-135		130	330	326.36	SBD
Trimira Naidoo	F	36	AWPC	F_MCR_5_AAPF	59.1	60	-110	-115	115		115	42.5	45	-47.5	45	110	117.5	125		125	285	284.11	SBD
Nolanda Lawrie	F	37	AWPC	F_MCR_5_AAPF	63.6	67.5	-105	105	-107.5		105	55	57.5	-60	57.5	120	127.5	-130		127.5	290	273.02	SBD
Amy Rheeder	F	33	AWPC	F_MCR_5_AAPF	71.5	75	120	-125	-125		120	72.5	77.5	-80	77.5	145	152.5	160		160	357.5	308.85	SBD
Nicole Berriman	F	42	AWPC	F_MCR_5_AAPF	74.5	75	125	-132.5	-132.5		125	62.5	-67.5	-67.5	62.5	120	127.5	132.5		132.5	320	268.79	SBD
Amy Aitken	F	38	AWPC	F_MCR_5_AAPF	81.1	82.5	115	125	-130		125	47.5	52.5	-55	52.5	120	130	-135		130	307.5	244.72	SBD
Thashiana Pillay	F	29	AWPC	F_MCR_5_AAPF	90	90	-100	-105	105		105	62.5	-67.5	67.5	67.5	110	120	130		130	302.5	227.19	SBD
Almone Prins	F	27	AWPC	F_MCR_5_AAPF	103.4	110	110	122.5	-132.5		122.5	65	72.5	-77.5	72.5	140	155	165		165	360	254.02	SBD
Chelly Daniels	F	19	AWPC	F_MCR_3_AAPF	65.9	67.5	-70	72.5	77.5		77.5	35	42.5	-47.5	42.5	80	90	97.5		97.5	217.5	199.34	SBD
Natasha Labuschagne	F	19	AWPC	F_MCR_3_AAPF	72	75	110	120	-130		120	60	65	-70	65	130	140	150		150	335	288.01	SBD
Lizette Bester	F	18	AWPC	F_MCR_3_AAPF	87.1	90	100	110	-115		110	60	62.5	65	65	125	130	140		140	315	240.68	SBD
Tania Silva	F	47	AWPC	F_MCR_2_AAPF	74.1	75						50	-55	-55	50					110	160	134.88	B
Muhammed Zaid	M	21	AWPC	M_JCR_AAPF	60.2	67.5	160	170	175		175	115	120	-130	120	200	-215	-215		200	495	410.93	SBD
Grant Mason	M	20	AWPC	M_JCR_AAPF	65.4	67.5	130	137.5	-145		137.5	70	82.5	87.5	87.5	160	170	175		175	400	307.64	SBD
Ryan Mason	M	22	AWPC	M_JCR_AAPF	74.6	75	180	187.5	192.5		192.5	110	120	-122.5	120	200	210	215		215	527.5	364.63	SBD
Bjorn Krijgsman	M	22	AWPC	M_JCR_AAPF	75.2	82.5	160	170	177.5		177.5	105	110	-112.5	110	190	200	-205		200	487.5	334.99	SBD
Hanzalah Ismail	M	24	AWPC	M_JCR_AAPF	86.2	90	145	152.5	-157.5		152.5	85	90	-95	90	170	185	195		195	437.5	274.41	SBD
Inamdi Benjamin Chukw	M	23	AWPC	M_JCR_AAPF	102.9	110	-175	200	210		210	135	-140	-140	135	230	255	-270		255	600	344.85	SBD
Wayne Laubscher	M	43	AWPC	M_MCR_1_AAPF	73.8	75	155	165	172.5		172.5	95	97.5	-100	97.5	205	215	-222.5		215	485	337.97	SBD
Sandile Kunene	M	43	AWPC	M_MCR_1_AAPF	107.9	110	280	290	300		300	160	165	172.5	172.5	300	-305	-305		300	772.5	436.93	SBD
Bongiseni Mngweni	M	36	AWPC	M_MCR_1_AAPF	110	110	210	220	-230		220	170	180	-190	180	270	280	-300		280	680	382.47	SBD
Tony Mitchell	M	57	AWPC	M_MCR_4_AAPF	106.7	110	120	130	140		140	82.5	85	-87.5	85	135	145	150		150	375	212.84	SBD
Steven Hartnick	M	31	AWPC	M_MCR_4_AAPF	64.8	67.5	-170	170	-180		170	90	95	-100	95	220	-225	-225		220	485	376.06	SBD
Brandon van Bergen	M	37	AWPC	M_MCR_4_AAPF	74.4	75	-175	185	197.5		197.5	107.5	115	-120	115	220	230	240		240	552.5	382.67	SBD
Wayne Laubscher	M	43	AWPC	M_MCR_4_AAPF	73.8	75	155	165	172.5		172.5	95	97.5	-100	97.5	205	215	-222.5		215	485	337.97	SBD
Gordon van den Berg	M	25	AWPC	M_MCR_4_AAPF	81.5	82.5	225	235	242.5		242.5	137.5	147.5	-152.5	147.5	245	265	275		275	665	432.06	SBD
Neo Pheko	M	24	AWPC	M_MCR_4_AAPF	88.3	90	195	205	212.5		212.5	127.5	132.5		132.5	230	245	-255		245	590	364.88	SBD
Rodney Chetty	M	34	AWPC	M_MCR_4_AAPF	86.9	90	170	180	185		185	105	115	-120	115	190	200	210		210	510	318.35	SBD
Storm Wright	M	29	AWPC	M_MCR_4_AAPF	92.7	100	255	267.5	277.5		277.5	162.5	170	175	175	300	315	-320		315	767.5	462.22	SBD
Iwan Walters	M	29	AWPC	M_MCR_4_AAPF	96.4	100	230	245	-260		245	160	170	-180	170	240	260	270		270	685	404.67	SBD
Ryan Buys	M	14	AWPC	M_MCR_1_AAPF	86.7	90	-140	150	-155		150	80	85	87.5	87.5	140	150	-160		150	387.5	242.21	SBD
Brydan Sing	M	16	AWPC	M_MCR_2_AAPF	58.2	60	130	150	-160		150	95	105	-107.5	105	160	170			170	425	364.73	SBD
Cayden Govender	M	17	AWPC	M_MCR_2_AAPF	69.5	75	-120	120	140		140	100	-110	-110	100	200	210	220.5		220.5	460.5	336.39	SBD
Dimitri Galanopoulos	M	17	AWPC	M_MCR_2_AAPF	72.1	75	-135	-135	140		140	85	-95	-95	85	145	155	167.5		167.5	392.5	278.44	SBD
John Fisher	M	16	AWPC	M_MCR_2_AAPF	88.5	90	165	-175	177.5		177.5	75	82.5	90	90	175	190	200		200	467.5	288.75	SBD
Conrad van der Zwaard	M	16	AWPC	M_MCR_2_AAPF	123.5	125	180	195	205		205	105	115	-117.5	115	190	202.5	-210		202.5	522.5	285.88	SBD
Dylan Buys	M	18	AWPC	M_MCR_3_AAPF	81.5	82.5	195	205	-215		205	100	-110	-112.5	100	210	-225	-225		210	515	334.60	SBD
Peter Buys	M	60	AWPC	M_MCR_5_AAPF	74.1	75	-145	145	-157.5		145	105	115	-117.5	115	150	165	172.5		172.5	432.5	300.47	SBD
Craig Silva	M	48	AWPC	M_MCR_2_AAPF	113.7	125						105	107.5	-110	107.5					185	292.5	163.12	B
Craig Silva	M	48	AWPC	M_MCR_2_AAPF	113.7	125										175	185	-200		185	292.5	163.12	D
Matthew Cornell	M	33	AWPC	M_MCR_4_AAPF	98.8	100						125	-130	132.5	132.5					200	332.5	194.26	B
Matthew Cornell	M	33	AWPC	M_MCR_4_AAPF	98.8	100										185	195	200		200	332.5	194.26	D
Melanie Hattingsh	F	15	Special Olymp	F_TCR_1_SO	51.4	52	45	50	55		55	25	30	35	35	65	70	75		75	165	184.05	SBD
Jacinda Diedericks	F	16	Special Olymp	F_TCR_2_SO	51.6	52	60	65	70		70	25	30	35	35	85	90	92.5		92.5	197.5	219.61	SBD
Lara Lategan	F	17	Special Olymp	F_TCR_2_SO	89.4	90	-65	70	75		75	45	-50	-50	45	80	85	90		90	210	128.96	SBD
Lithalethu Boya	M	15	Special Olymp	M_TCR_1_SO	60.6	67.5	75	80	-90		80	50	60	-65	60	-120	130	140		140	280	230.97	SBD
Mihlali Ntantiso	M	17	Special Olymp	M_TCR_2_SO	53.7	56	-80	85	95		95	50	55	60	60	90	95	110		110	265	247.25	SBD
Ruan Roelofse	M	17	Special Olymp	M_TCR_2_SO	64.7	67.5	-85	95	100		100	55	60	-65	60	140	155	160		160	320	248.46	SBD
Lutho Moses	M	17	Special Olymp	M_TCR																			