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Federation	Date	MeetCountry	MeetState	MeetTown	MeetName	Formula	RuleSet
WPC & AWPC	'2026-09-25	South Africa	Kwazulu-Natal	Durban	WPC & AWPC African Championships	Glossbrenner	CombineSleevesAndWraps CombineSingleAndMulti

Place	Name	Sex	Age	Country	Equipment	Division	BodywtKg	WtClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Deadlift4K	Best3Deac	TotalKg	Points	Event	Team
1	Skylar Ison	F	13	South Africa	Bare	F_TR_1	74.2	75	65	80	95	95	25	27.5	35	35	90	95	100		100	230	193.72	SBD	ZAR
1	Tiffany Baxter	F	18	South Africa	Bare	F_TR_3_A	59.8	60	45	55	62.5	62.5	20	25	-27.5	25	60	-75	75		75	162.5	160.49	SBD	ZAR
1	Nishwariya Sharma	F	23	South Africa	Wraps	F_JCR_A	87.1	90	155	-165	-170	155	90	100	102.5	102.5	200	210	-220		210	467.5	357.2	SBD	ZAR
1	Kerry Douthwaite	F	42	South Africa	Wraps	F_MCR_1_A	64.05	67.5	-82.5	85	90	90	40	-42.5	-45	40	120	130	132.5		132.5	262.5	245.8	SBD	ZAR
1	Amy Froneman	F	46	South Africa	Wraps	F_MCR_2	55.1	56	125			125	60			60	162.5	-176.5			162.5	347.5	366.42	SBD	ZAR
1	Monica Cox	F	46	South Africa	Wraps	F_MCR_2	79.1	82.5	210	217.5	-225	217.5	120	125	127.5	127.5	215	217.5	222.5		222.5	567.5	458.58	SBD	ZAR
1	Sarah Rowan	F	48	South Africa	Wraps	F_MCR_2_A	64.2	67.5	107.5	115	-117.5	115	60	65	-67.5	65	127.5	135	-140		135	315	294.44	SBD	ZAR
1	Taneal Mitchell	F	49	South Africa	Wraps	F_MCR_2_A	79.6	82.5	110	120	130	130	47.5	52.5	55	55	140	145	-150		145	330	265.63	SBD	ZAR
1	Nicole Berriman	F	46	South Africa	Wraps	F_MCR_2_A	87.1	90	135	145	155	155	67.5	72.5	75.5	75.5	137.5	147.5	-152.5		147.5	378	288.82	SBD	ZAR
1	Sherril Knickelbein	F	51	South Africa	Wraps	F_MCR_3	50.55	52	120	130	-135	130	62.5	-65	-65	62.5	115	120	-122.5		120	312.5	353.33	SBD	ZAR
1	Tarynne Cass	F	50	South Africa	Wraps	F_MCR_3	67.55	75	-190	190	195.5	195.5	-105	105		105	200	210	-212.5		210	510.5	459.37	SBD	ZAR
1	Linda Mabaso	F	50	South Africa	Wraps	F_MCR_3	86	90	90	100	110	110	47.5	50	-52.5	50	125	135	140		140	300	230.81	SBD	ZAR
1	Brenda Mollentze	F	52	South Africa	Wraps	F_MCR_3_A	50.8	52	70	77.5	80	80	37.5	-42.5	42.5	42.5	95	102.5	-110		102.5	225	253.38	SBD	ZAR
1	Zuzette Waters	F	51	South Africa	Wraps	F_MCR_3_A	71.25	75	105	110	-115	110	57.5	60	-62.5	60	120	-130	-130		120	290	251.15	SBD	ZAR
1	Karen Wahl	F	50	South Africa	Wraps	F_MCR_3_A	78.8	82.5	117.5	125	-130	125	52.5	55	-57.5	55	155	162.5	-172.5		162.5	342.5	277.42	SBD	ZAR
1	Michelle Lotz	F	55	South Africa	Wraps	F_MCR_4	78.15	82.5	130	140	145	145	90	-100	-100	90	172.5	180	185		185	420	341.97	SBD	ZAR
1	Monique Ric-Hansen	F	55	South Africa	Wraps	F_MCR_4_A	66.55	67.5	87.5	95	-100	95	47.5	50	52.5	52.5	125	132.5	-135		132.5	280	254.75	SBD	ZAR
1	Trish Armstrong	F	59	South Africa	Wraps	F_MCR_4_MIL	90.85	100	130	145	160	160	100	110	120	120	190	205	215		215	495	370.01	SBD	ZAR
1	Julie Goldman	F	60	South Africa	Wraps	F_MCR_5	81	82.5	-82	85	-90	85	37.5	40	42.5	42.5	92.5	100	105		105	232.5	185.17	SBD	ZAR
1	Susan Holmes	F	62	South Africa	Wraps	F_MCR_5_A	62.8	67.5	60	65	70	70	50	-52.5	-52.5	50	105	110	-115		110	230	218.65	SBD	ZAR
1	Wendy Chatterton	F	62	South Africa	Wraps	F_MCR_5_A	90.7	100	112	122.5	132.5	132.5	57.5	-60	60	60	130	140	150		150	342.5	256.23	SBD	ZAR
1	Bianca Botes	F	35	South Africa	Wraps	F_OCR	49.15	52	95	105	-112.5	105	37.5	40	-42.5	40	110	120	-130		120	265	306.5	SBD	ZAR
1	Nicole Weideman	F	24	South Africa	Wraps	F_OCR	66.2	67.5	137.5	145	150	150	70	75	-80	75	157.5	-165	-165		157.5	382.5	349.37	SBD	ZAR
1	Rebekah de Wit	F	30	South Africa	Wraps	F_OCR	118.55	110+	100	110	120	120	60	65	-70	65	135	145	150		150	335	227.65	SBD	ZAR
1	Brenda Mollentze	F	52	South Africa	Wraps	F_OCR_A	50.8	52	70	77.5	80	80	37.5	-42.5	42.5	42.5	95	102.5	-110		102.5	225	253.38	SBD	ZAR
1	Nolanda Lawrie	F	39	South Africa	Wraps	F_OCR_A	55.4	56	90	100	105	105	50	55	-57.5	55	110	120	122.5		122.5	282.5	296.58	SBD	ZAR
1	Andrea Bohmer	F	29	South Africa	Wraps	F_OCR_A	82.1	82.5	120	130	-140	130	65	70	72.5	72.5	140	150	160		160	362.5	286.39	SBD	ZAR
2	Karen Wahl	F	50	South Africa	Wraps	F_OCR_A	78.8	82.5	117.5	125	-130	125	52.5	55	-57.5	55	155	162.5	-172.5		162.5	342.5	277.42	SBD	ZAR
1	Sian Scott	F	27	South Africa	Wraps	F_OCR_A	88.45	90	145	155	-170	155	67.5	-72.5	72.5	72.5	160	-170	170		170	397.5	301.24	SBD	ZAR
2	Jamie-Lee Gerber	F	32	South Africa	Wraps	F_OCR_A	88.7	90	130	137.5	145	145	62.5	-65	67.5	67.5	150	-160	-160		150	362.5	274.31	SBD	ZAR
1	Trish Armstrong	F	59	South Africa	Wraps	F_OCR_MIL	90.85	100	130	145	160	160	100	110	120	120	190	205	215		215	495	370.01	SBD	ZAR
1	Amber Fisher	F	13	South Africa	Wraps	F_TCR_1	73.1	75	80	87.5	92.5	92.5	35	40	45	45	90	95	100		100	237.5	202.07	SBD	ZAR
1	Kayla Lynn Kelly	F	17	South Africa	Wraps	F_TCR_2_A	50.6	52	55	-67.5	-67.5	55	25	30	-32.5	30	75	-90	-95		75	160	180.76	SBD	ZAR
1	Miela Smit	F	18	South Africa	Wraps	F_TCR_3_A	105.9	110	-115	120	125	125	57.5	60	62.5	62.5	125	135	145		145	332.5	232.47	SBD	ZAR
1	Monica Cox	F	46	South Africa	Bare	F_MR_2	79.1	82.5					120	125	127.5	127.5						127.5	103.03	B	ZAR
1	Sarah Rowan	F	48	South Africa	Bare	F_MR_2_A	64.2	67.5					60	65	-67.5	65						65	60.76	B	ZAR
1	Amber Fisher	F	13	South Africa	Bare	F_TR_1	73.1	75					35	40	45	45						45	38.29	B	ZAR
1	Kayla Lynn Kelly	F	17	South Africa	Bare	F_TR_2_A	50.6	52					25	30	-32.5	30						30	33.89	B	ZAR
1	Miela Smit	F	18	South Africa	Bare	F_TR_3_A	105.9	110					57.5	60	62.5	62.5						62.5	43.7	B	ZAR
1	Amy Froneman	F	46	South Africa	Bare	F_MR_2	55.1	56									162.5	-176.5			162.5	162.5	171.35	D	ZAR
1	Monica Cox	F	46	South Africa	Bare	F_MR_2	79.1	82.5									215	217.5	222.5		222.5	222.5	179.8	D	ZAR
1	Sarah Rowan	F	48	South Africa	Bare	F_MR_2_A	64.2	67.5									127.5	135	-140		135	135	126.19	D	ZAR
1	Karen Wahl	F	50	South Africa	Bare	F_MR_3_A	78.8	82.5									155	162.5	-172.5		162.5	162.5	131.62	D	ZAR
1	Trish Armstrong	F	59	South Africa	Bare	F_MR_4	90.85	100									190	205	215		215	215	160.71	D	ZAR
1	Amber Fisher	F	13	South Africa	Bare	F_TR_1	73.1	75									90	95	100		100	100	85.08	D	ZAR
1	Kayla Lynn Kelly	F	17	South Africa	Bare	F_TR_2_A	50.6	52									75	-90	-95		75	75	84.73	D	ZAR
1	Miela Smit	F	18	South Africa	Bare	F_TR_3_A	105.9	110									125	135	145		145	145	101.38	D	ZAR
1	Leo van der Westhuizen	M	23	South Africa	Wraps	M_JCR	88.9	90	220	-230	235	235	160	-165		160	250	-260	-260		250	645	397.36	SBD	ZAR
1	Thomas Wileman	M	23	South Africa	Wraps	M_JCR_A	98.9	100	170	185	195	195	105	115	117.5	117.5	190	205	222.5		222.5	535	312.44	SBD	ZAR
1	Martin Dlamini	M	41	South Africa	Wraps	M_MCR_1	82.25	82.5	-190	200	210	210	100	110	117.5	117.5	180	-200	-200		180	507.5	327.77	SBD	ZAR
1	Juan Baird	M	40	South Africa	Wraps	M_MCR_1	131.4	140	255	265	275	275	165	175	192.5	192.5	280	295	305		305	772.5	416.32	SBD	ZAR
2	Amos Gumede	M	43	South Africa	Wraps	M_MCR_1	133.4	140	200	220	230	230	130	135	-140	135	250	260	-270		260	625	335.62	SBD	ZAR
1	Franco Seaman	M	43	South Africa	Wraps	M_MCR_1	153.7	140+	290	-320	337.5	337.5	180	200	210	210	300	-325	325	-345.5	325	872.5	453.68	SBD	ZAR
2	Lincoln James Wait	M	41	South Africa	Wraps	M_MCR_1	149	140+	-210	210	225	225	140	150	155	155	260	270	-280		270	650	340.54	SBD	ZAR
1	Juan Baird	M	40	South Africa	Wraps	M_MCR_1_MIL	131.4	140	255	265	275	275	165	175	192.5	192.5	280	295	305		305	772.5	416.32	SBD	ZAR
1	Kagisho Segatlaka	M	46	South Africa	Wraps	M_MCR_2	80.2	82.5	205	220	-230	220	105	112.5	-120	112.5	205	215	220		220	552.5	362.82	SBD	ZAR
1	Wayne Laubscher	M	45	South Africa	Wraps	M_MCR_2	83.35	90	185	192.5	200	200	100	105	110	110	215	230	245		245	555	355.41	SBD	ZAR
2	Heath Sutton	M	47	South Africa	Wraps	M_MCR_2	88.9	90	165	175	-185	175	110	117.5	-125	117.5	185	195	205		205	497.5	306.49	SBD	ZAR
1	Vaughan Wichmann	M	52	South Africa	Wraps	M_MCR_3	102.15	110	200	220	230	230	115	-130		115	240	255			255	600	345.81	SBD	ZAR
1	Marius Johannes	M	52	Namibia	Wraps	M_MCR_3	134.2	140	245	255	265	265	185	202.5	207.5	207.5	270	290			290	762.5	408.88	SBD	NAM

1	Joe Loubser	M	55	South Africa	Wraps	M_MCR_4	121.05	125	220	240	-252.5	240	140	-150	150	150	255	265	-272.5	265	655	360.14	SBD	ZAR
1	Joe Loubser	M	55	South Africa	Wraps	M_MCR_4_MIL	121.05	125	220	240	-252.5	240	140	-150	150	150	255	265	-272.5	265	655	360.14	SBD	ZAR
1	Gavin Bazley	M	62	South Africa	Wraps	M_MCR_5	71.4	75	170	-185	-185	170	110	112.5	-115	112.5	185	200	205	205	487.5	348.49	SBD	ZAR
1	Peter Buys	M	62	South Africa	Wraps	M_MCR_5_A	73.95	75	150	160	162.5	162.5	110	120	-121	120	175	-197.5	-197.5	175	457.5	318.32	SBD	ZAR
1	Gavin Bazley	M	62	South Africa	Wraps	M_MCR_5_MIL	71.4	75	170	-185	-185	170	110	112.5	-115	112.5	185	200	205	205	487.5	348.49	SBD	ZAR
2	Peter Buys	M	62	South Africa	Wraps	M_MCR_5_MIL	73.95	75	150	160	162.5	162.5	110	120	-121	120	175	-197.5	-197.5	175	457.5	318.32	SBD	ZAR
1	Sbu Mthembu	M	35	South Africa	Wraps	M_OCR	81.65	82.5	240	260	270	270	130	145	147.5	147.5	250	270	282.5	282.5	700	454.25	SBD	ZAR
2	Aphiwe Danisa	M	27	South Africa	Wraps	M_OCR	82.5	82.5	210	232.5	242.5	242.5	135	150	-152.5	150	270	292.5	-302.5	292.5	685	441.54	SBD	ZAR
3	Brendan Knickelbein	M	35	South Africa	Wraps	M_OCR	80.5	82.5	225	235	245	245	140	147.5	-152.5	147.5	260	270	-280	270	662.5	433.97	SBD	ZAR
1	Samuel Zeelie	M	37	South Africa	Wraps	M_OCR	99.75	100	270	290	305	305	180	190	200	200	250	-270	-270	250	755	439.32	SBD	ZAR
2	Brendon Marsh	M	39	South Africa	Wraps	M_OCR	94.8	100	230	250	265	265	140	-150	-150	140	240	255	-267.5	255	660	393.03	SBD	ZAR
1	Gauta Olifant	M	34	South Africa	Wraps	M_OCR	107.15	110	230	-242.5	245	245	130	140	-147.5	140	230	-242.5	245	245	630	357.1	SBD	ZAR
DQ	Sandile Mtshali	M	28	South Africa	Wraps	M_OCR	103.55	110	290	310	315	315	-175	-175	-175		300	310	-315	310			SBD	ZAR
1	Abdulla Ahmeed Mohamed	M	38	Lybia	Wraps	M_OCR	124.55	125	270	290	302.5	302.5	180	190	192.5	192.5	300	320	-330	320	815	444.9	SBD	LBY
2	Minal Raniga	M	35	South Africa	Wraps	M_OCR	117.6	125	280	-300	300	300	160	167.5	170	170	280	290	302.5	302.5	772.5	427.5	SBD	ZAR
3	Francois Putter	M	31	South Africa	Wraps	M_OCR	122.75	125	282.5	-300	-300	282.5	165	175	-180	175	-285	285	-300	285	742.5	406.88	SBD	ZAR
1	Kaveer Ramsaru	M	39	South Africa	Wraps	M_OCR_A	97.65	100	210	225	-235	225	150	165	172.5	172.5	270	-285	285	285	682.5	400.82	SBD	ZAR
DQ	Warren Craggs	M	27	South Africa	Wraps	M_OCR_A	115.15	125	210	230	-245	230	100	110	-117.5	110	-255	-255	-255				SBD	ZAR
1	Isaiah Govender	M	15	South Africa	Wraps	M_TCR_1_A	51.85	52	70	85	92.5	92.5	50	55	-57.5	55	140	145	-150	145	292.5	283.57	SBD	ZAR
1	Daniel Knickelbein	M	17	South Africa	Wraps	M_TCR_2	54.2	56	195	205	-210	205	105	112.5		112.5	185	195	-200	195	512.5	473.44	SBD	ZAR
1	Sylviano Songisa	M	17	South Africa	Wraps	M_TCR_2	78.25	82.5	130	140	152.5	152.5	70	75	-80	75	160	170	180	180	407.5	272.15	SBD	DRC
1	Ethan Jordaan	M	17	South Africa	Wraps	M_TCR_2	89.5	90	200	220	-232.5	220	135	150	-160	150	240	-250	-250	240	610	374.38	SBD	ZAR
1	Sean Rowan	M	17	South Africa	Wraps	M_TCR_2_A	80.55	82.5	150	-160	-165	150	75	80	85	85	155	165	-175	165	400	261.91	SBD	ZAR
1	Aiden Weideman	M	16	South Africa	Wraps	M_TCR_2_A	97.3	100	-185	-200	200	200	85	-97.5	-97.5	85	200	210	-215	210	495	291.17	SBD	ZAR
1	Nazandro Straus	M	19	Namibia	Wraps	M_TCR_3	81.45	82.5	-140	140	157.5	157.5	90	102.5	-110	102.5	195	-207.5	-210	195	455	295.74	SBD	NAM
1	Conrad van der Zwaard	M	18	South Africa	Wraps	M_TCR_3_A	135.95	140	220	232.5	240.5	240.5	130	140	-145	140	230	242.5	250	250	630.5	337.07	SBD	ZAR
1	Gary Lewis	M	54	South Africa	Single-ply	M_MES_3	99.4	100	210	230	-250	230	120	135	-152.5	135	220	240	261	261	626	364.8	SBD	ZAR
1	Etienne Mostert	M	52	Namibia	Multi-ply	M_MEM_3	140.05	140+		160	200	222.5	222.5	160	-187.5	187.5	187.5	180	220		220	630	334.6	SBD	NAM
1	Etienne Mostert	M	52	Namibia	Multi-ply	M_MEM_3_MIL	140.05	140+		160	200	222.5	222.5	160	-187.5	187.5	187.5	180	220		220	630	334.6	SBD	NAM
1	Mark Esch	M	58	South Africa	Bare	M_MR_4	134.2	140						135	145	-150	145					145	77.75	B	ZAR
1	Samuel Zeelie	M	37	South Africa	Bare	M_OR	99.75	100						180	190	200	200					200	116.38	B	ZAR
DQ	Johannes Coenraad Pieterse	M	15	South Africa	Bare	M_TR_1	80.8	82.5						-110	-110	-110								B	ZAR
1	Michael Laubscher	M	14	South Africa	Bare	M_TR_1_A	58.15	60						50	55	-60	55					55	47.24	B	ZAR
1	Andre Smit	M	14	South Africa	Bare	M_TR_1_A	167.7	140+						107.5	117.5	122.5	122.5					122.5	62.31	B	ZAR
1	Ethan Jordaan	M	17	South Africa	Bare	M_TR_2	89.5	90						135	150	-160	150					150	92.06	B	ZAR
1	Sean Rowan	M	17	South Africa	Bare	M_TR_2_A	80.55	82.5						75	80	85	85					85	55.66	B	ZAR
1	Isaiah Jones	M	19	South Africa	Bare	M_TR_3_A	76.55	82.5						85	110	-117.5	110					110	74.62	B	ZAR
1	Joshua Paul	M	20	South Africa	Wraps	M_JR	66.75	67.5						102.5	-112.5	-112.5	102.5					102.5	77.45	B	ZAR
1	Mark Esch	M	58	South Africa	Single-ply	M_MES_4	134.2	140						170	-175		170					170	91.16	B	ZAR
1	Etienne Mostert	M	52	Namibia	Multi-ply	M_MEM_3_MIL	140.05	140+						160	-187.5	187.5	187.5					187.5	99.58	B	NAM
1	Franco Seaman	M	43		Bare	M_MR_1	153.7	140+										300	-325	325	-345.5	325	325	168.99	D	
1	Johannes Coenraad Pieterse	M	15	South Africa	Bare	M_TR_1	80.8	82.5										200	205	210		210	210	137.22	D	ZAR
1	Michael Laubscher	M	14	South Africa	Bare	M_TR_1_A	58.15	60										102.5	112.5	-117.5		112.5	112.5	96.63	D	ZAR
1	Aiden Baxter	M	13	South Africa	Bare	M_TR_1_A	67	67.5										45	60	72.5		72.5	72.5	54.6	D	ZAR
1	Ethan Jordaan	M	17	South Africa	Bare	M_TR_2	89.5	90										240	-250	-250		240	240	147.3	D	ZAR
1	Sean Rowan	M	17	South Africa	Bare	M_TR_2_A	80.55	82.5										155	165	-175		165	165	108.04	D	ZAR
1	Joshua Paul	M	20	South Africa	Wraps	M_JR	66.75	67.5										200	210	-220		210	210	158.67	D	ZAR