

4/11/2025

WPC World Championships

Onomo Hotel - Durban - Kwazulu Natal - South Africa

Team Points	Place	Name	Sex	Age	Country	Equip	Division	BWT	Wt Cts	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Points	Age Score	Event	Team	
1	1	Summer Becker	F	17	South Africa	Bare	F_TR_2	66.7	67.5	-120	120	127.5	-133.5	127.5	60	65	-70		65	140	147.5	-150	-125.5	107.5	340	308.82	333.44	SBD	ZAF	
1	1	Caitlin Hayden	F	15	South Africa	Bare	F_TR_1	78.7	82.5	75	85	95	103	95	40	42.5	45		45	95	107.5	-115		107.5	247.5	200.63	236.60	SBD	ZAF	
1	1	Tanya Khan	F	21	Great Britain	Bare	F_IR	53.3	56	75	90	100		100	45	55	60		60	107.5	125	132.5		132.5	292.5	316.82	324.04	SBD	GB	
1	1	Andrea Sterns	F	63	Australia	Bare	F_MR_5	79.3	82.5	100	100	115		115	67.5	72.5	77.5		77.5	115	130	-141.5		130	322.5	260.2	369.48	SBD	AUS	
1	1	Jasmine Fisher	F	46	Australia	Bare	F_MR_2	73.7	75	90	100	110		110	50	60	-67.5		60	100	110	120		120	290	245.37	262.04	SBD	AUS	
1	1	Tina Robbins	F	51	USA	Bare	F_MR_3	106	110	-82.5	-87.5	92.5		92.5	52.5	60	-65		60	100	112.5	115		115	267.5	186.96	214.87	SBD	USA	
1	1	Cristi Johnson	F	46	USA	Bare	F_MR_2	106.3	110	75	85	100		100	47.5	-52.5	-52.5		47.5	107.5	120	-135		120	267.5	186.76	199.87	SBD	USA	
3	1	Anne Crimmins	F	31	Australia	Bare	F_OR	73.4	75	150	160	170		170	100	110	115		115	200	210	-215		210	495	419.98		SBD	AUS	
3	1	Tanya Khan	F	21	Great Britain	Bare	F_OR	53.3	56	75	90	100		100	45	55	60		60	107.5	125	132.5		132.5	292.5	316.82		SBD	GB	
3	1	Andrea Bohmer	F	28	South Africa	Bare	F_OR	80.2	82.5	117.5	125	-130		125	65	67.5	72.5		72.5	135	147.5	-157.5		147.5	345	276.42		SBD	ZAF	
2	2	Andrea Sterns	F	63	Australia	Bare	F_OR	79.3	82.5	100	110	115		115	67.5	72.5	77.5		77.5	115	130	-141.5		130	322.5	260.2		SBD	AUS	
3	1	Cheska Webb	F	37	Great Britain	Bare	F_OR	58.2	60	70	75	80		80	40	45	47.5		47.5	110	115	120		120	247.5	249.76		SBD	GB	
1	1	Krista Ford	F	59	USA	Multi-ply	F_MEM_4	86.1	90	-192.5	-192.5	-195		192.5	25	30	32.5		32.5	147.5	170	182.5		182.5	407.5	313.32	410.79	SBD	USA	
3	1	Anastasia Timofeeva	F	41	Russia	Single-ply	F_OES	55.8	56	150	-167.5	162.5		162.5	82.5	85	87.5		87.5	140	145	150		150	400	417.5		SBD	RUS	
1	1	Nishwariya Sharma	F	22	South Africa	Wraps	F_JCR	95.9	100	150	165	-175		165	85	90	95		95	190	200	206		206	466	339.45	342.45	SBD	ZAF	
1	1	Faith Lehmensich	F	23	South Africa	Wraps	F_JCR	45.8	48	70	82.5	-90.5		82.5	45	50	-58		50	110	120	126		126	258.5	316.35	315.76	SBD	ZAF	
1	1	Summer Schutte	F	20	South Africa	Wraps	F_JCR	59.1	60	105	112.5	120		120	50	55	-57.5		55	112.5	120	125		125	300	299.07	308.91	SBD	ZAF	
1	1	Abigail Fisher	F	21	South Africa	Wraps	F_JCR	124.6	110+	-130	145	160.5		160.5	55	60	62.5		62.5	135	145	150		150	373	250.55	255.73	SBD	ZAF	
1	1	Belinda Ryder	F	55	Australia	Wraps	F_MCR_4	59.8	60	180	190	200		200	95	100	102.5		102.5	200	212.5	215		215	517.5	511.11	627.79	SBD	AUS	
1	1	Danel van Jaarsveld	F	48	South Africa	Wraps	F_MCR_2	66	67.5	180	202.5		202.5	115	122.5	-127.5		122.5	200	215	223		223	548	501.66	550.42	SBD	ZAF		
1	1	Janet Smith	F	56	Australia	Wraps	F_MCR_4	95.7	100	182.5	202.5	215		215	112.5	122.5	128		128	230	245.5	252.5		252.5	595.5	434.19	540.36	SBD	AUS	
2	1	Tarynne Cass	F	49	South Africa	Wraps	F_MCR_2	65.4	67.5	175	-190	-190		175	92.5	97.5	100		100	-195	195	205		205	480	442.43	468.82	SBD	ZAF	
1	1	Monica Cox	F	45	South Africa	Wraps	F_MCR_2	78.6	82.5	190	-200	210		210	115	122.5	-127.5		122.5	190	205	210		210	542.5	440.12	464.08	SBD	ZAR	
1	1	Trish Armstrong	F	59	South Africa	Wraps	F_MCR_4	112.5	110+	150	165	175		175	110	120	127.5		127.5	190	200	206		206	508.5	349.96	459.88	SBD	ZAF	
1	1	Trish Armstrong	F	59	South Africa	Wraps	F_MCR_4_MIL	112.5	110+	150	165	175		175	110	120	127.5		127.5	190	200	206		206	508.5	349.96	459.88	SBD	ZAF	
1	1	Sandrine Chabert	F	51	France	Wraps	F_MCR_3	81.9	82.5	165	175	185		185	80	90.5	97.5		97.5	185	200	210		210	492.5	389.65	446.30	SBD	FRA	
1	1	Anna Parygina	F	55	Australia	Wraps	F_MCR_4	54.6	56	-117.5	122.5	127.5		127.5	60	65	67.5		67.5	142.5	-147.5	-147.5		142.5	337.5	360.64	443.04	SBD	AUS	
1	1	Robin Miller	F	55	USA	Wraps	F_MCR_4	62.8	67.5	90	107.5	115		115	72.5	80	-82.5		80	135	155	165		165	360	342.23	419.94	SBD	USA	
1	1	Amy Froneman	F	45	South Africa	Wraps	F_MCR_2	58	60	127.5	-135	135		135	62.5	65	-67.5		65	155	165	170		170	370	374.4	396.17	SBD	ZAR	
1	1	Tania Bam	F	51	South Africa	Wraps	F_MCR_3	59.1	60	120	-130	135		135	65	70	-75		70	120	130	137.5		137.5	342.5	341.44	392.73	SBD	ZAR	
1	1	Sherill Knickelbein	F	50	South Africa	Wraps	F_MCR_3	54.9	56	112.5	122.5	127.5		127.5	60	65	68.5		68.5	110	120	125		125	321	339.47	384.71	SBD	ZAR	
2	2	Mo Proctor	F	59	Great Britain	Wraps	F_MCR_4	97.8	100	115	127.5	140		140	72.5	77.5	80		80	120	135	140		140	360	259.95	341.72	SBD	GB	
1	1	Surei Nel	F	41	South Africa	Wraps	F_MCR_1	74.5	75	145	155	160		160	65	70	-75		70	155	160	165		165	395	331.79	335.08	SBD	ZAR	
1	1	Elmarie van Rhee van Oudtshoorn	F	40	South Africa	Wraps	F_MCR_1	95.9	100	165	185	-200		185	85	-90			85	180	190	-200		190	460	335.08	334.70	SBD	ZAF	
1	1	Robyn Geldart	F	55	South Africa	Wraps	F_MCR_4	68.9	75	110	-120	120		120	57.5	-60	-60		57.5	120	127.5	-135		127.5	305	270.52	331.13	SBD	ZAF	
1	1	Valerie Silver	F	76	Australia	Wraps	F_MCR_8	65.6	67.5	35	40	45	47.5		45	42.5	45	47.5	-50	47.5	85	92.5	97.5	-100	97.5	190	174.73	327.91	SBD	AUS
2	1	Paula Turner	F	42	South Africa	Wraps	F_MCR_1	71.6	75	125	135	-145		135	65	67.5	70		70	155	165	-175		165	370	319.34	325.64	SBD	ZAR	
1	1	Wendy Chatterton	F	61	South Africa	Wraps	F_MCR_5	92	100	110	117.5	125		125	57.5	60	-62.5		60	120	130	-142.5		130	315	234	318.59	SBD	ZAF	
1	1	Joanne Carr-Wilkinson	F	48	Great Britain	Wraps	F_MCR_2	96.7	100	115	130	140		140	80	87.5	-95		87.5	155	165	-172.5		165	392.5	284.84	312.23	SBD	GB	
1	1	Ashira van der Byl	F	44	South Africa	Wraps	F_MCR_1	63.7	67.5	112.5	122.5	127.5		127.5	52.5	55	-57.5		55	125	135	-140		135	317.5	298.55	311.80	SBD	ZAR	
3	1	Sarah Rowan	F	47	South Africa	Wraps	F_MCR_2	63.4	67.5	100	-110	-110		100	57.5	62.5	65		65	125	135	-142.5		135	300	283.12	306.76	SBD	ZAF	
1	1	Antoinette McArthur	F	47	South Africa	Wraps	F_MCR_2	108.4	110	140	-150	152.5		152.5	85	90	92.5		92.5	150	157.5	162.5		162.5	407.5	283.08	306.35	SBD	ZAF	
2	1	Karen Wahl	F	49	South Africa	Wraps	F_MCR_2	79.4	82.5	120	-127.5	-127.5		120	50	-52.5	-52.5		50	150	-160	-160		150	320	257.98	286.92	SBD	ZAF	
1	1	Sherie Reed	F	45	Great Britain	Wraps	F_MCR_2	74.9	75	105	115	-125		115	70	77.5	-82.5		77.5	115	130	-137.5		130	322.5	269.92	284.73	SBD	GB	
2	1	Rajini Gill	F	43	South Africa	Wraps	F_MCR_1	66.8	67.5	100	-112.5	-112.5		100	45	50	-55		50	120	130	-135		130	280	254.04	261.83	SBD	ZAF	
2	1	Linda Mabaso	F	49	South Africa	Wraps	F_MCR_2	73.3	75	75	85	95		95	42.5	45	-47.5		45	120	130	-137.5		130	270	229.29	255.16	SBD	ZAR	
2	1	Chay Blackman	F	40	South Africa	Wraps	F_MCR_1	99.8	100	-115	115	125		125	60	62.5	70		70	130	140	155		155	350	250.55	267.67	SBD	ZAR	
1	1	Yolandie Hayden	F	46	South Africa	Wraps	F_MCR_2	130.7	110+	117.5	127.5	140		140	-60	62.5	-65		62.5	135	-150	-160		135	337.5	224.29	239.66	SBD	ZAF	
1	1	Julie Goldman	F	59	South Africa	Wraps	F_MCR_4	80.9	82.5	-67.5	-77.5	80		80	35	37.5	40		40	90	95	100		100	220	175.34	230.33	SBD	ZAF	
DQ		Althea Moonsamy	F	43	South Africa	Wraps	F_MCR_1	74.8	75	-130	-130	-130															0.00		SBD	ZAF
3	1	Belinda Ryder	F	55	Australia	Wraps	F_OCR	59.8	60	180	190	200		200	95	100	102.5		102.5	200	212.5	215		215	517.5	511.11		SBD	AUS	
3	1	Danel van Jaarsveld	F	48	South Africa	Wraps	F_OCR	66	67.5	180	202.5		202.5	115	122.5	-127.5		122.5	200	215	223		223	548	501.66		SBD	ZAF		
3	1	Janet Smith	F	56	Australia	Wraps	F_OCR	95.7	100	182.5	202.5	215		215	112.5	122.5	128		128	230	245.5	252.5		252.5	5					

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1	1	Svetlana Sinacheva	F	59	Russia	Bare	F MR 4	80.2	82.5							120	125	127.5	-130	127.5								127.5	102.16	134.21	B	RUS
1	1	Irina Tishina	F	47	Russia	Bare	F MR 2	55.9	56							80	85	-90		85							85	88.59	96.15	B	RUS	
1	1	Elena Prokopova	F	59	Russia	Bare	F MR 4	67	67.5							75	77.5	80		80							80	72.42	95.20	B	RUS	
1	1	Emma Ylitalo-James	F	55	Great Britain	Bare	F MR 4	87.7	90							85	95	100		100							100	76.13	92.90	B	GB	
1	1	Angelique Kok	F	45	South Africa	Bare	F MR 2	86.8	90							95	105	-110		105							105	80.38	84.52	B	ZAF	
1	1	Mariaan Conry	F	41	South Africa	Bare	F MR 1	93.2	100							105	112.5	-117.5		112.5							112.5	83.05	83.66	B	ZAF	
1	1	Nataliya Gorbacheva	F	52	Russia	Bare	F MR 3	73.9	75							75	80	-82.5		80								80	67.56	78.70	B	RUS
1	1	Valerie Silver	F	76	Australia	Bare	F MR 8	65.5	67.5							40	42.5	45		45							45	41.43	77.76	B	AUS	
1	1	Krista Marie Hempel	F	56	USA	Bare	F MR 4	110.9	110+							57.5	-62.5	-62.5		57.5							57.5	39.71	49.44	B	USA	

[illegible]

	1	Leon van der Berg	M	61	South Africa	Bare	M_MR_5	89.95	90									150	170	-180			170	170	104.04	142.13	D	ZAF
	1	Prasad Pagala	M	44	India	Bare	M_MR_1	74	75									-160	172.5	185			185	185	128.65	134.19	D	IND
	1	Bhagwan	M	75	India	Bare	M_MR_8	94.5	100									90	100	110			110	110	65.61	120.39	D	IND
	1	Josh Pywell	M	34	Australia	Bare	M_OR	98.6	100									282.5	302.5	-310			302.5	302.5	176.89		D	AUS
	1	Samir Mechat	M	39	France	Bare	M_OR	105.7	110									-310	310	-320			310	310	176.49		D	FRA
	1	Franco Seaman	M	42	South Africa	Bare	M_OR	155.5	140+									325	340	-355			340	340	176.23		D	ZAF
	1	Mael Le Paven	M	45	France	Bare	M_OR	81.3	82.5									225	245	260.5			260.5	260.5	169.52		D	FRA
	2	Gareth James	M	46	Great Britain	Bare	M_OR	98.6	100									275	285	-300.5			285	285	166.66		D	GB
	2	Cesar Aragon	M	26	Mexico	Bare	M_OR	108	110									240	265	-272.5			265	265	149.84		D	MEX
	1	Jonathan Nelson	M	43	Australia	Bare	M_OR	113.6	125									242.5	262.5	-282.5			262.5	262.5	146.42		D	AUS
	1	Zane Ison	M	58	South Africa	Bare	M_OR	129	140									245	265				265	265	143.44		D	ZAF
	2	Frazer Coombes	M	29	Australia	Bare	M_OR	121.1	125									250	260	-270			260	260	142.94		D	AUS
	2	Gurjeet Judge	M	34	India	Bare	M_OR	78.65	82.5									140	150	160			160	160	106.48		D	IND
	1	Theo Boizou	M	16	France	Bare	M_TR_2	58.5	60									180	191	-200			191	191	163.08	184.28	D	FRA
	1	John Fisher	M	17	South Africa	Bare	M_TR_2	104.9	110									220	235	-245			235	235	134.14	144.88	D	ZAF
	1	Johannes Coenraad Pieterse	M	15	South Africa	Bare	M_TR_1	91	100									170	-185	195			195	195	118.59	139.95	D	ZAF
	1	Sebastien Boizou	M	51	France	Multi-ply	M_MEM_3	88.6	90									250	270.5	-275			270.5	270.5	166.96	191.53	D	FRA
	1	Matyas Meszaros	M	30	Hungary	Multi-ply	M_OEM	101.1	110									307.5	-317.5	-317.5			307.5	307.5	177.95		D	HUN
	1	Aleksandr Mateev	M	51	Russia	Single-ply	M_MES_3	75	75									240	250	-255			250	250	172.13	197.44	D	RUS
	1	Mael Le Paven	M	45	France	Single-ply	M_MES_2	81.3	82.5									235	250	260	-267.5		260	260	169.2	178.51	D	FRA
	1	Sergei Gusev	M	49	Russia	Single-ply	M_MES_2	72.1	75									170	190	-215			190	190	134.79	150.03	D	RUS
	1	Bhagwan	M	75	India	Single-ply	M_MES_8	94.5	100									90	100				100	100	69.64	109.45	D	IND
	1	Mael Le Paven	M	45	France	Single-ply	M_OES	81.3	82.5									235	250	260	-267.5		260	260	169.2		D	FRA
	1	Varun Vimlesh Lal	M	27	Australia	Single-ply	M_OES	124.6	125									210	230	-242.5			230	230	125.54		D	AUS
	1	Stanley Lucas	M	18	South Africa	Wraps	M_TCR_3_SO	77	82.5									200	210	215			215	215	145.23	153.95	D	ZAF
	1	Tyler Wilson	M	15	South Africa	Wraps	M_TCR_1_SO	97	100									200	207.5	215			215	215	126.65	149.45	D	ZAF
	1	Lithalethu Boya	M	16	South Africa	Wraps	M_TCR_2_SO	63	67.5									155	160	165			165	165	131.24	148.29	D	ZAF
	1	Claudio Ntuli	M	16	South Africa	Wraps	M_TCR_2_SO	73.3	75									150	160	170			170	170	119.08	134.56	D	ZAF
	2	Jordan Anthony	M	16	South Africa	Wraps	M_TCR_2_SO	60.4	67.5									125	130	140			140	140	115.85	130.91	D	ZAF
	1	Miguel Jordan	M	18	South Africa	Wraps	M_TCR_3_SO	71.8	75									145	150	-155			150	150	106.76	113.16	D	ZAF
	1	Raeaz Morgan	M	18	South Africa	Wraps	M_TCR_3_SO	104.5	110									170	175	180			180	180	102.88	109.06	D	ZAF

Team Points	
Australia	32
Great Britain	18
France	9
Russia	9
USA	2
Germany	1
India	1
Mexico	0
Bahamas	0
Hungary	0
South Africa	76
(Host Nation Excluded)	