

South Side Strength Club Competition | 9 August 2026

Name	Div	Bwt - kg	IPF Wt Cls	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total	IPF GL Points	Awards
Noa Maria Reurink	F-SJ-U	68.10	69	65.0	70.0	75.0	50.0	-52.5	-52.5	-110.0	-120.0	120.0	245.0	51.13	Best Sub-Junior
Tatiana Beyers	F-J-U	79.10	84	60.0	67.5	75.0	45.0	52.5	-57.5	100.0	112.5	117.5	245.0	47.43	Best Junior
Nabeelah Davids	F-O-U	51.70	52	105.0	110.0	112.5	45.0	50.0	-52.5	125.0	132.5	140.0	302.5	76.77	Best Open
Shivani Naidoo	F-O-U	68.30	69	-50.0	60.0	-70.0	30.0	-35.0	-40.0	85.0	100.0	-120.0	190.0	39.59	
Ayesha Sayed-Osmany	F-O-U	74.80	76	-105.0	105.0	110.0	55.0	57.5	-60.0	135.0	150.0	155.0	322.5	64.07	
Leané Du Plooy	F-O-U	81.20	84	70.0	80.0	95.0	40.0	45.0	50.0	90.0	110.0	125.0	270.0	51.69	
Kate Raw	F-O-U	109.10	84+	140.0	150.0	165.0	75.0	80.0	-87.5	160.0	170.0	185.0	430.0	75.08	

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Rayyaan Babamia	M-SJ-U	57.90	59	90.0	100.0	110.0	-80.0	-85.0	85.0	180.0	190.0	-200.0	385.0	64.35	
Ruben Roodt	M-SJ-U	64.00	66	115.0	125.0	-130.0	100.0	-110.0	-110.0	130.0	140.0	-145.0	365.0	57.83	
Elijah Bowles	M-SJ-U	73.90	74	110.0	120.0	135.0	50.0	60.0	75.0	130.0	155.0	165.0	375.0	55.09	
Cayden Cockrell	M-SJ-U	91.20	93	200.0	210.0	220.0	-110.0	115.0	120.0	220.0	230.0	240.0	580.0	76.61	Best Sub-Junior
Taywon Lentoer	M-SJ-U	87.20	93	165.0	175.0	-185.0	100.0	-110.0	112.5	185.0	195.0	197.5	485.0	65.49	
Tashreeq Schroeder	M-J-U	72.00	74	140.0	150.0	-157.5	95.0	100.0	105.0	180.0	190.0	-195.0	445.0	66.27	
Evan Lotter	M-J-U	71.50	74	140.0	150.0	-157.5	77.5	82.5	-90.0	180.0	190.0	-197.5	422.5	63.15	
Joshua Trefz	M-J-U	71.70	74	117.5	125.0	-130.0	52.5	-60.0	60.0	155.0	170.0	-172.5	355.0	52.98	
Bernard Geldenhuys	M-J-U	86.70	93	190.0	215.0	-225.0	-110.0	120.0	125.0	200.0	215.0	225.0	565.0	76.52	Best Junior
Oliver Dijzel	M-J-U	91.60	93	-175.0	175.0	187.5	130.0	142.5	-145.0	195.0	-220.0	-220.0	525.0	69.19	

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Dane Hess	M-O-U	62.80	66	-155.0	160.0	170.0	87.5	95.0	102.5	175.0	190.0	-200.0	462.5	74.02	
Ruben Bays	M-O-U	73.80	74	200.0	-210.0	210.0	137.5	142.5	145.0	225.0	235.0	245.0	600.0	88.21	
Damon McLoughlin	M-O-U	82.10	83	160.0	175.0	-182.5	102.5	112.5	-115.0	205.0	222.5	240.0	527.5	73.42	
Ewan Rose	M-O-U	82.70	83	162.5	172.5	180.0	105.0	112.5	-117.5	200.0	212.5	220.0	512.5	71.07	
Gian Havemann	M-O-U	91.70	93	-250.0	270.0	280.0	180.0	-190.0	-190.0	290.0	-320.0	325.0	785.0	103.40	Best Open
Cayden Cockrell	M-O-U	91.20	93	200.0	210.0	220.0	-110.0	115.0	120.0	220.0	230.0	240.0	580.0	76.61	
Shameeg Brenner	M-O-U	97.90	105	220.0	240.0	250.0	130.0	140.0	-150.0	240.0	260.0	-280.0	650.0	82.95	
JP Van Zittert	M-O-U	119.00	120	180.0	-195.0	205.0	140.0	-150.0	-152.5	190.0	205.0	220.0	565.0	65.92	
Nicholas Jacobs	M-O-U	127.40	120+	135.0	147.5	157.5	130.0	137.5	-142.5	185.0	195.0	205.0	500.0	56.65	
Iqeraam Petersen	M-M1-U	91.60	93	190.0	200.0	210.0	145.0	150.0	-155.0	200.0	215.0	230.0	590.0	77.76	
Andrew Sneath	M-M1-U	92.00	93	115.0	125.0	135.0	107.5	115.0	125.0	140.0	155.0	170.0	430.0	56.55	
Freddie Kirsten	M-M1-U	104.70	105	160.0	170.0	180.0	105.0	110.0	117.5	180.0	192.5	205.0	502.5	62.12	
Karl-Robert Gloeck	M-M1-U	96.40	105	127.5	140.0	152.5	110.0	117.5	-120.0	165.0	180.0	190.0	460.0	59.14	
Mogamat Kader	M-M2-U	109.50	120	215.0	235.0	245.0	140.0	150.0	155.0	220.0	240.0	255.0	655.0	79.32	Best Masters

Referees

Simon Raw

Conrad Nicolay

Scoring

Tarryn Valle

Danielle Waldeck

Igsaan Stephens