

First Name	Surname	Date of Birth	Gender	Subjunior	Junior	Open	Master 1	Master 2	Master 3	Master 4	Weight Class	Province	1RM Squat	1RM Bench Press	1RM Dead Lift	1RM Snatching Total
Talitha	De Wet	08-Aug-08	Female	X							43kg	Gauteng				
Elisabeth	Barry	28-Mar-73	Female			X	X				47kg	Eastern Cape				
Megan	Minnaar	31-Oct-87	Female			X					47kg	Eastern Cape				
Giulia	Muto	27-Jun-87	Female			X					52kg	Gauteng	115	60	117.5	310
Aimee Grefen	Grefen	25-Apr-03	Female	X							52kg	Gauteng				
Carol	Anthony	02-May-66	Female			X		X			52kg	Gauteng				
Ilona	Wilson	06-Apr-77	Female			X	X				57kg	Gauteng	100	50	120	305
Antoinette	Abrahams	12-May-69	Female					X			57kg	Gauteng	90	45	110	275
Priyah	Pillay	02-Jan-88	Female			X					57kg	Gauteng	70	40	90	222.5
Taryn	Scharf	10-Jul-87	Female			X					57kg	Gauteng				
Anika	Ferreira	21-Feb-04	Female	X							57kg	Eastern Cape				
Minke	Colling	11-Aug-03	Female	X							57kg	Eastern Cape				
Nicola	Maritz	14-Oct-97	Female		X						57kg	Eastern Cape				
Mijuane	De Wet	27-Mar-06	Female	X							57kg	Gauteng				
Sasha	Payne	10-May-95	Female			X					57kg	Gauteng				
Liamè	Baadjies	12-Feb-02	Female	X							57kg	Western Province				
Michelle	Tromp	11-Nov-83	Female			X					63kg	Gauteng	130	70	130	375
Jessica	Hill	17-Jan-92	Female			X					63kg	Gauteng	100	50	140	332.5
Loné	Fourie	03-Feb-99	Female		X	X					63kg	North West	100	60	125	327.5
Susan	Farrell	01-Jun-51	Female						X		63kg	Gauteng	90	40	110	265
Lianka	Wurth	11-Feb-01	Female		X						63kg	Gauteng	80	45	120	265
Zonra	Zietsman	03-Dec-79	Female				X				63kg	Gauteng	90	50	100	260
Almien	Smit	05-Jul-90	Female			X					63kg	Gauteng				242.5
Michaela	van Niekerk	29-Jul-03	Female	X							63kg	Gauteng	35	35	70	155
Ance	Vermaak	04-Mar-03	Female	X							63kg	Eastern Cape				
Charne	Feuth	15-Mar-03	Female	X							63kg	Eastern Cape				
Jessica	Britz	01-Dec-89	Female			X					63kg	Gauteng				
Caitlin	Poxon	07-Jun-00	Female		X	X					63kg	Gauteng				
Samiera	Kenny	15-Aug-92	Female			X					63kg	Western Province				
Malieka	Mohammed	14-May-04	Female	X							63kg	Western Province				
Megan	Leighton	15-Jan-96	Female			X					63kg	Gauteng				
Cherissa	Haupt	24-May-91	Female			X					63kg	Gauteng	105	57.5	130	
Brittney	Oosthuizen	08-May-97	Female		X						63kg	Gauteng				
Ronel	Reyneke	01-Jun-69	Female					X			63kg	Gauteng				
Zanele	Ngwenya	04-Mar-79	Female			X	X				63kg	Gauteng				
Corien	Potgieter	13-Jun-70	Female					X			72kg	Gauteng	130	80	150	372
Bianca	Oosthuizen	29-Jan-97	Female		X						72kg	Free State	105	50	140	325
Abiodun	Ajisafe	22-Dec-81	Female			X					72kg	Gauteng				322.5
Vinolia	Mokoena	1987	Female			X					72kg	NorthWest	115.0	55.0	150.0	320.0
Elsje	van Niekerk	28-Dec-98	Female		X						72kg	Northern Cape	100	55	120	305
Sofia	Kavallieratos	10-Mar-86	Female			X					72kg	Gauteng	90	60	130	300
Olivia	Perotti	29-Jan-89	Female			X					72kg	Gauteng				
Heike	Groenewald	26-Sep-04	Female	X							72kg	Eastern Cape				

Gabriella	Poxon	23-Sep-04	Female	X						72kg	Gauteng				
Lana	Kleynhans	15-Feb-67	Female					X		72kg	Gauteng				
Erin	Collins	01-Oct-01	Female		X	X				72kg	Gauteng				
Janna	Van der Westhuizen	13-Jan-92	Female			X				72kg	Gauteng				
Laura	De wet	04-Nov-74	Female				X			72kg	Gauteng				
Jodi	Poxon	02-Apr-75	Female				X			72kg	Gauteng				
Mariaan	Conry	23-Aug-84	Female			X				-84kg	Free State	135	85	170	415
Lezaan	Jordaan	17-Oct-95	Female			X				-84kg	Gauteng				412.5
Pia	Marangoni	09-Dec-78	Female			X	X			-84kg	Gauteng	120	40	120	355
Jozanne	Hartzer	18-Mar-87	Female			X				-84kg	Gauteng	115	60	140	345
Fiona	Hickman	05-Sep-65	Female					X		-84kg	Western Province				330
Pelo	Kole	1983	Female			X				-84kg	NorthWest	110.0	55.0	140.0	305.0
Antoinette	Saaiman	21-Aug-88	Female			X				-84kg	Northern Cape	115	65	120	305
Charlene	Mellet	1991	Female			X				-84kg	NorthWest	100.0	45.0	150.0	295.0
Serena	Peixoto	01-Dec-83	Female			X				-84kg	Gauteng	110	50	125	292
Frances	Pretorius	11-Mar-69	Female					X		-84kg	Western Province	75	40	85	200
Emma	Elcott	04-Jan-90	Female			X				-84kg	Gauteng				
Naiema	Noordien	05-Aug-83	Female			X				-84kg	Western Province				
Ronit	Garber	03-Mar-90	Female			X				-84kg	Gauteng				
Karin	Suter	15-Oct-78	Female				X			-84kg	Gauteng				
Linda	Rubin	09-Apr-64	Female					X		-84kg	Gauteng				
Phokwane	Moloele	11-Jan-77	Female				X			+84kg	Gauteng	120	65	120	340
Michele	Townsend	14-Dec-76	Female				X			+84kg	Gauteng	100	50	120	302.5
Nicola Bridget	Green	29-Sep-83	Female			X				+84kg	Gauteng				
Christi	de Jager	10-Jan-86	Female			X				+84kg	Gauteng				
Colleen	Brown	04-Jun-03	Female	X						+84kg	Eastern Cape				
Jacqui	Rees	25-Mar-80	Female				X			+84kg	Gauteng				
Edward	Monaheng	1997	Male		X					53kg	NorthWest	100.0	75.0	140.0	315.0
Kgothatso	Mohlakoana	2001	Male		X					53kg	NorthWest	100.0	65.0	145.0	310.0
Tshepo	Mulaudzi	09-Aug-01	Male		X					53kg	Gauteng	90	70	140	290
Tumelo	Ngoben	2003	Male	X						53kg	NorthWest	65.0	70.0	110.0	222.5
Imdadullah	Adam	02-Aug-89	Male			X				59kg	Free State	155	80	190	427.5
Jerry	Phukuile	1990	Male			X				66kg	NorthWest	185.0	125.0	235.0	545.0
Ryan	Erasmus	20-Sep-78	Male			X	X			66kg	Eastern Cape	182.5	112.5	187.5	480
Tshepo	Kotsi	1997	Male		X					66kg	NorthWest	150.0	90.0	230.0	470.0
Karabo	Manamela	07-Dec-99	Male		X					66kg	Gauteng	140	80	190	455
ANDREW	LEISEGANG	30-May-89	Male			X				66kg	Gauteng				427.5
Paseka	Ntoagae	1999	Male		X					66kg	NorthWest	125.0	95.0	195.0	415.0
Dumisani	Matjala	1996	Male			X				66kg	NorthWest	130.0	110.0	170.0	410.0
Siyabonga	Nonzube	2000	Male		X					66kg	NorthWest	125.0	70.0	150.0	345.0
Christopher	Wilson	16-May-02	Male	X						66kg	Gauteng	115	55	130	340
Gebuza	Luntu	1998	Male		X					66kg	NorthWest	90.0	85.0	150.0	325.0
Andrew	Ramsay	28-Sep-88	Male			X				74kg	Gauteng	205	120	240	585
Nicholas	Lazarides	11-Dec-92	Male			X				74kg	Gauteng	180	125	215	560

Marlon	Daniels	25-Nov-75	Male			X	X				74kg	Gauteng				558
Brandon	Samuels	21-Apr-98	Male		X						74kg	Western Province	150	110	220	550
Chadwyn	Govington	30-Dec-85	Male			X					74kg	Gauteng	165	125	200	540
Luke	Routier	28-Sep-96	Male			X					74kg	Gauteng	160	110	200	525
Thabang	Bapela	1989	Male			X					74kg	NorthWest	175.0	110.0	235.0	520.0
Lucas	Khoarai	1994	Male			X					74kg	NorthWest	180.0	110.0	220.0	510.0
Siphakamiso	Mncwango	06-Mar-97	Male		X						74kg	Gauteng	165	125	195	482.5
Michael	Ramajoe	1997	Male		X						74kg	NorthWest	150.0	120.0	210.0	480.0
Nishalin	Govender	13-May-92	Male			X					74kg	Kwazulu Natal	155	80	220	477.5
Simel	Martin	1998	Male		X						74kg	NorthWest	170.0	105.0	200.0	475.0
Theo	Botha	12-Dec-98	Male		X						74kg	Western Province	155	105	190	460
Macdonald	Selading	1990	Male			X					74kg	NorthWest	142.5	102.5	187.5	432.5
Matthew	Levine	22-Nov-89	Male			X					74kg	Gauteng				425
Shane	Jonas	22-Jun-88	Male			X					74kg	Western Province	130	70	200	400
Vuyoethu	Mashiyyi	1998	Male		X						74kg	NorthWest	105.0	90.0	200.0	395.0
Janko	Kruger	17-Apr-04	Male	X							74kg	Free State	125	85	145	390
Samuel	Molete	1975	Male				X				74kg	NorthWest	105.0	100.0	180.0	385.0
Heinrich	Bester	17-Sep-03	Male	X							74kg	Gauteng	140	85	170	375
Ofentse	Sebe	1999	Male		X						74kg	NorthWest	85.0	90.0	175.0	350.0
Dan	Oppenheim	30-Jun-45	Male							X	74kg	Gauteng				
Ian	Hacker	25-Nov-64	Male					X			74kg	Gauteng	180	100	180	
Jeremy	Joubert	19-Dec-85	Male			X					74kg	Western Province				
Yunus	Hassen	05-Jan-54	Male						X		74kg	Gauteng				
Jason	Baadjes	10-Dec-99	Male		X						74kg	Western Province				
Ryan	Bennett	22-Apr-02	Male	X							74kg	Gauteng				
Lareedo	Van der rhee	20-Dec-02	Male	X							74kg	Western Province	100	60	160	
Jean-Arthur	Pretorius	29-Oct-92	Male			X					83kg	Gauteng				666.5
Connor	Scheckle	24-Nov-87	Male			X					83kg	Gauteng	200	150	220	602.5
Chris	Forget	28-Nov-79	Male			X	X				83kg	Gauteng				587.5
Bandile	Khuzwayo	12-Feb-90	Male			X					83kg	Gauteng	200	120	240	540
Leereshen	Gounden	25-Apr-90	Male			X					83kg	Gauteng	160	110	170	540
Dylan	van Houten	28-Apr-88	Male			X					83kg	Gauteng	190	100	220	535
Gerhard	Fourie	14-Jan-97	Male		X						83kg	Gauteng				515
Allistair	Begg	22-Jan-76	Male				X				83kg	Western Province	180	130	200	510
Bongani	Nkabi	1990	Male			X					83kg	NorthWest	180.0	117.5	210.0	507.5
Stanley	Lameyer	25-Oct-59	Male						X		83kg	Western Province	180	85	200	500
Koos	Hlohlomisang	1993	Male			X					83kg	NorthWest	175.0	110.0	215.0	500.0
Marc	Lunsky	17-Apr-00	Male		X						83kg	Gauteng				497.5
Jacobus	Botes	1994	Male			X					83kg	NorthWest	170.0	115.0	205.0	490.0
Regan Morley	Morley	21-May-96	Male			X					83kg	Gauteng	155	110	190	457.5
Dawid	Quatse	1962	Male					X			83kg	NorthWest	165.0	85.0	195.0	445.0
Werner	Liebenberg	07-Sep-01	Male		X						83kg	Gauteng	140	100	200	440
Richiano	Mc Kinnon	06-Nov-00	Male		X						83kg	Western Province	150	80	175	440
Richiano	Mc Kinnon	06-Nov-00	Male		X						83kg	Western Province	150	80	175	440

Vuyo	Faku	1998	Male		X						83kg	NorthWest	140.0	100.0	195.0	435.0
steve	Labson	01-Mar-56	Male						X		83kg	Gauteng	110	120	150	425
Tommie	de Nysschen	30-May-63	Male					X			83kg	Free State	135	125	140	405
Simon	Curtain	04-Jun-04	Male	X							83kg	Eastern Cape				
Ignatius	Muller	11-Nov-98	Male		X						83kg	Eastern Cape				
Jean Elie	Mwamba	06-Feb-98	Male		X						83kg	Gauteng				
Patrick	Banda	06-Dec-60	Male						X		83kg	Gauteng				
Arno	Nieuwenhuizen	23-Dec-99	Male		X						83kg	Gauteng				
jade	blake	19-May-94	Male			X					93kg	Western Province				712.5
Gian	Smit	04-May-90	Male			X					93kg	Gauteng	235	150	250	695
Deon	Smedley	05-Apr-84	Male			X					93kg	Gauteng				642.5
Johan	Reinecke	16-Nov-98	Male		X						93kg	Free State	200	120	260	635
Moeketsi	Khutshiwe	1997	Male			X					93kg	NorthWest	230.0	145.0	255.0	630.0
Wessel	Davel	12-May-93	Male			X					93kg	Gauteng	220	135	255	627.5
Sean	Manders	19-Nov-76	Male				X				93kg	Gauteng	220	140	240	625
Dirko	Smuts	28-Jul-93	Male			X					93kg	Gauteng	180	125	210	620
Sint-Willes	Pieterse	1995	Male			X					93kg	NorthWest	230.0	115.0	240.0	585.0
Codi	Nxumalo	01-Jun-99	Male		X						93kg	Gauteng	200	100	220	560
Michael	Kroukam	15-Apr-03	Male	X							93kg	Western Province	180	120	220	540
Wayne	Laubscher	10-Jun-81	Male			X					93kg	Gauteng	175	105	215	530
Ryan	Stopforth	23-May-85	Male			X					93kg	Gauteng	170	135	180	520
Khotso	Thekiso	1998	Male		X						93kg	NorthWest	170.0	95.0	240.0	505.0
Chris	McLeod	16-Feb-84	Male			X					93kg	Gauteng	160	130	180	490
Jacobus	Rossouw	13-Jun-77	Male				X				93kg	North West	140	120	200	487.5
Ru-Jean	Koover	2001	Male		X						93kg	NorthWest	145.0	110.0	175.0	430.0
Gary	Meyer	06-Apr-60	Male						X		93kg	Gauteng				400
Tjaart	van der Walt	15-Feb-56	Male						X		93kg	Gauteng		80	150	365
Janco	McDuling	15-May-90	Male			X					93kg	Gauteng		120		130
Jerry	Botha	03-Nov-74	Male				X				93kg	Gauteng				
Archie	Ayekpa	29-Apr-85	Male			X					93kg	Gauteng				
Peter	Moagi	07-Sep-72	Male				X				93kg	Gauteng		110		
Jorncy	Page	25-Sep-72	Male				X				93kg	Gauteng	180	130	180	
Donald	Julius	15-Sep-63	Male					X			93kg	Western Province	170	130	200	
Wimpie	van Zyl	05-Mar-88	Male			X					105kg	Northern Cape	240	130	270	685
Tom	Wewege	24-Aug-92	Male			X					105kg	Gauteng				667.5
Julian C	Smith	27-Jan-94	Male			X					105kg	Gauteng	200	135	250	652.5
Johny Charles	Johnson	02-Nov-70	Male					X			105kg	Western Province	210	155	240	645
Thabo	Modisadife	1988	Male			X					105kg	NorthWest	240.0	175.0	230.0	645.0
Christo	Schoonraad	23-Mar-63	Male			X		X			105kg	Gauteng	230	120	240	638
Mogammat Cassiem	kader	29-Dec-69	Male					X			105kg	Western Province	210	140	220	630
Johan	Lazenby	31-Oct-82	Male			X					105kg	North West	220	150	240	620
Derik	van Wyk	06-Aug-86	Male			X					105kg	Gauteng	210	130	220	587.5
Stefan	Mellet	1987	Male			X					105kg	NorthWest	210.0	147.5	225.0	582.5
Saxon	Jansen van Vuuren	21-Oct-92	Male			X					105kg	Gauteng	190	90	220	560

Gerhard	Rabie	27-May-92	Male			X				105kg	Gauteng	190	120	220	550
Colin	Young	09-Jun-57	Male					X		105kg	Western Province	160	160	200	545
Johannes Christaan	de Villiers	10-Feb-94	Male			X				105kg	Gauteng	180	130	210	520
Jurie	O'Connell	30-Oct-02	Male	X						105kg	Gauteng	190	110	210	492.5
Henning	Le Grange	23-Oct-80	Male			X	X			105kg	Gauteng	205	135	255	
Graham	Green	03-Mar-78	Male				X			105kg	Gauteng				
Mario	Lombard	08-Nov-86	Male			X				105kg	Western Province				
Pieter	Benade	12-Sep-77	Male				X			105kg	Northern Cape	240	160	240	
Henk	De wet	26-Jan-74	Male				X			105kg	Gauteng				
Robert	Freeme	11-Apr-84	Male			X				105kg	Gauteng				
Carl-Reinhardt	Cronje	16-Dec-98	Male		X					-120kg	Free State	260	155	275	760
Gerhardus Cornelius	Oosthuizen	03-Apr-64	Male			X		X		-120kg	Kwazulu Natal	190	190	240	665
Louis	Ferreira	06-Jul-79	Male				X			-120kg	Gauteng	205	145	265	645
Edlyn	Serge	04-Mar-84	Male			X				-120kg	Gauteng	220kg	150	250	640
Shaeel	Singh	14-May-78	Male				X			-120kg	Gauteng	220	140	250	630
Denis	Bensch	14-Dec-65	Male					X		-120kg	Gauteng	190	110	200	577.5
Justin	Furman	25-May-01	Male		X					-120kg	Gauteng	210	115	215	550
Kaid	O'Neill	14-Feb-01	Male		X					-120kg	Kwazulu Natal	160	130	180	500
Lourens	de Beer	15-Sep-02	Male	X						-120kg	Gauteng	170	90	210	430
Rutgar	Leibach	18-Jan-03	Male	X						-120kg	Eastern Cape				
Andrew	Ludik	30-Jun-57	Male					X		-120kg	Eastern Cape				
Anders	Molitano	30-Jun-65	Male					X		-120kg	Gauteng				
Johannes	Smit	02-Apr-91	Male			X				-120kg	Gauteng				
Abel	Moodley	17-Aug-92	Male			X				-120kg	Gauteng				
Clifford	Mudge	09-Apr-68	Male					X		-120kg	Gauteng				
Anders	Molitano	30-Jun-65	Male					X		-120kg	Gauteng				
Mathys	Herbst	04-Oct-75	Male				X			+120kg	Gauteng	250	170	275	695
Ruan	Roux	07-Jun-91	Male			X				+120kg	Gauteng	230	130	280	685
John	Matambo	1989	Male			X				+120kg	NorthWest	245.0	150.0	265.0	660.0
Itumeleng	Phohledi	1989	Male			X				+120kg	NorthWest	250.0	145.0	245.0	640.0
Heinrich	Botha	2001	Male		X					+120kg	NorthWest	220.0	135.0	237.5	592.5
Machiel	de Bruyn	27-Mar-85	Male			X				+120kg	Gauteng	175	135	225	587.5
Francois	Spamer	06-Feb-03	Male	X						+120kg	Eastern Cape				
Kyle	Noonan	03-Aug-90	Male			X				+120kg	Gauteng				
Werner	Koekemoer	06-Dec-76	Male				X			+120kg	Gauteng				
Renier	Botes	21-Feb-76	Male				X			+120kg	Gauteng				
Charles-lee	Fourie	01-Mar-94	Male			X				74kg SO	Gauteng	127	77	185	430