

THURSDAY 27 JAN 2022	SESSION 1		Weighin 07h00-08h30		Lifting 09h00	2 flights
Name	Gender	Weight Category	Age Category	Club	Coach	Comp
Firdaus Cassim	F	47	O		Kevin McNamara	Classic
Alexa Pentopoulos	F	52	O	Barbell Bullies	Henk De Wet	Classic
Ilana Buck	F	52	SJ	Barbell Bullies	Graham Green	Classic
Giulia Muto	F	52	O	Barbell Bullies	Henk De Wet	Classic
Himal Devnarain	F	57	SJ	School of Strength	Rodney Anthony	Classic
Talitha De Wet	F	57	SJ	Barbell Bullies	Henk De Wet	Classic
Kylie Thomas	F	57	SJ	School of Strength	Rodney Anthony	Classic
Luca Du Toit	F	57	J		Koos Du Toit	Classic
Nicole Hasell	F	57	J			Classic
Aimee Grefen	F	57	J	Barbell Bullies	Laura De Wet	Classic
Alexandra Mundell	F	57	J			Classic
Carol Anthony	F	57	M2	School of Strength	Rodney Anthony	Classic
Giovanna Winetzki	F	57	O	The Bar	Andrew Anthony	Classic
Andrea Ferreira	F	57	O	The Bar	Andrew Anthony	Classic
Dom De Gouveia	F	57	O	The Yard	Dina Power	Classic
Morgan Kemp	F	63	SJ	Barbell Bullies	Laura De Wet	Classic
Mijuane De Wet	F	63	SJ	Barbell Bullies	Henk De Wet	Classic
Caroline Wolf	F	63	M1	Barbell 1610	Megan Leighton	Classic
Antoinette Kriel	F	63	M2	The Bar	Andrew Anthony	Classic
Marieke Van Linge	F	63	M2	Barbell Bullies	Laura De Wet	Classic
Megan Leighton	F	63	O	Barbell 1610	Chantelle Du Toit	Classic
Stephanie Carter	F	63	O	The Yard	Dina Power	Classic
Chevonne Roos	F	63	O	The Yard	Scott MacIntosh	Classic
Annemie Van Wyk	F	63	O	Barbell 1610	Megan Leighton	Classic
Amelia Krishna	F	63	O			Classic
Daniella Da Silva	F	63	O	Barbell Bullies	Henk De Wet	Classic
Nicole Cupp	F	63	O	Barbell Bullies	Henk De Wet	Classic

THURSDAY 27 JAN 2022	SESSION 2		Weighin 11h00-12h30		Lifting 13h00	2 flights
Name	Gender	Weight Category	Age Category	Club	Coach	Comp
Tshepo Mulaudzi	M	53	J		Shane	Classic
Cainan Nanthan	M	53	J	Barbell 1610	Chantelle Du Toit	Classic
Rafi Saacks	M	59	SJ	2.0	Christian Lawu	Classic
James Mc Ilree	M	66	J	Barbell Bullies	Dan Oppenheim	Classic
Avishai Eilim	M	74	SJ	Barbell Bullies	Dan Oppenheim	Classic
Jene Van Der Merwe	M	74	SJ	Performance Purist	Josh Capazorio	Classic
Sonu Singh	M	74	SJ		Shaeel Singh	Classic
Gabriel Hore	M	74	SJ		Peter Jordaan	Classic
Dean Smit	M	74	SJ	Barbell Bullies	Dan Oppenheim	Classic
Nardus Snyman	M	74	J		Suvar Maharaj	Classic
Sechaba Mashinini	M	74	J	Barbell 1610	Chantelle Du Toit	Classic
Wynand Kuhn	M	74	J	Rassies	Wynand Snr	Classic
Karabo Manamela	M	74	J		Shane	Classic
Andrew Dunn	M	74	M2		Ben Bucarizza	Classic
Andrew Rindel	M	74	M2	Barbell Bullies	Henk De Wet	Classic
Glen Van Der Linde	M	74	M2			
Kieren Herholdt	M	74	O		Mark Nel	Classic
Sulaiman Motala	M	74	O	Barbell 1610	Deon Smedley	Classic
Ruben Van Der Linde	M	74	O	Rassies	Glen Van Der Linde	Classic
Andrew Leisegang	M	74	O	Barbell 1610	Chantelle Du Toit	Classic
Thabang Motloung	M	74	O	The Yard	Dina Power	Classic

FRIDAY 28 JAN 2022	SESSION 1		Weighin 06h00-07h30		Lifting 08h00	2 flights
Name	Gender	Weight Category	Age Category	Club	Coach	Comp
Dani Smith	F	69	Youth	2.0	Ronit Garber	Classic
Gaia Mottalini	F	69	SJ	The Yard	Dina Power	Classic
Caitlin Poxon	F	69	J	Barbell 1610	Chantelle Du Toit	Classic
Erin Collins	F	69	J	Barbell 1610	Megan Leighton	Classic
Amanda Meyer	F	69	M1		Mark Nel	Classic
Laura De Wet	F	69	M1	Barbell Bullies	Henk De Wet	Classic
Gaenor Wolf	F	69	M1	Barbell 1610	Megan Leighton	Classic
Monica Longhurst	F	69	M1	Chaos	Marcel Vorster	Classic
Gail Mathewson	F	69	M2	Performance Purist	Josh Capazorio	Classic
Ronel Reyneke	F	69	M2	Barbell Bullies	Henk De Wet	Classic
Dominique Smith	F	69	O	Barbell Bullies	Henk De Wet	Classic
Liza Jansen	F	69	O	School of Strength	Rodney Anthony	Classic
Kristl-Joy Kannemeyer	F	69	O		Chris Forget	Classic
Kimberley Beyl	F	69	O		Chane van Zyl	Classic
Sonam Singh	F	76	SJ		Shaeel Singh	Classic
Jodi Poxon	F	76	M1	Barbell 1610	Chantelle Du Toit	Classic
Zanele Nqwenya	F	76	M1	Barbell 1610	Chantelle Du Toit	Classic
Sandy Van Der Wel	F	76	M2		Darius Sangari	Classic
Laura Cramb	F	76	O	Barbell 1610	Megan Leighton	Classic
Chantelle Du Toit	F	76	O	Barbell 1610	Megan Leighton	Classic
Laurika Bester	F	76	O	Barbell 1610	Megan Leighton	Classic
Olivia Perotti	F	76	O	Barbell 1610	Chantelle Du Toit	Classic

FRIDAY 28 JAN 2022	SESSION 2		Weighin 10h00-11h30		Lifting 12h00	2 flights
Name	Gender	Weight Category	Age Category	Club	Coach	Comp
Daniel Lacob	M	83	SJ	Emet Gyms	Nic Ingel	Classic
Jonah Carr	M	83	SJ	Barbell Bullies	Graham Green	Classic
Izak Kriel	M	83	SJ		Adriaan Kriel	Classic
Benyomin Boshof	M	83	SJ	2.0	Jean Elie Mwamba	Classic
Michael Huisamen	M	83	J	Barbell Bullies	Henk De Wet	Classic
Arno Nieuwenhuizen	M	83	J	Barbell Bullies	Henk De Wet	Classic
Grant O'Donoghue	M	83	J	Barbell 1610	Matt Bekker	Classic
Tyron Hore	M	83	J		Peter Jordaan	Classic
Tyler Osborn	M	83	J			Classic
Luqmaan Abed	M	83	J			Classic
Connor Reynolds	M	83	J	Barbell 1610	Matt Bekker	Classic
Marlon Daniels	M	83	M1	School of Strength	Rodney Anthony	Classic
Chris Forget	M	83	M1	School of Strength	Rodney Anthony	Classic
Yaniv Lacob	M	83	M1	Emet Gyms	Nic Ingel	Classic
Yohan Assous	M	83	M1	School of Strength	Rodney Anthony	Classic
Rishal Ramparsad	M	83	M1	Barbell Bullies	Henk De Wet	Classic
Gregory Flugel	M	83	M3	School of Strength	Rodney Anthony	Classic
Jason Knowles	M	83	O	Barbell 1610	Chantelle Du Toit	Classic
Chad Govington	M	83	O	School of Strength	Rodney Anthony	Classic
Darius Sangari	M	83	O	The Yard	Scott MacIntosh	Classic
Lebogang Msimanga	M	83	O	The Yard	Dina Power	Classic
Dennis Barrett	M	83	O	The Bar	Andrew Anthony	Classic
Conrad Dippenaar	M	83	O			Classic
Nishalin Govender	M	83	O			Classic
Jean Elie Mwamba	M	83	O	2.0	Christian Lawu	Classic
Leereshen Gounden	M	83	O	Barbell Bullies	Dan Oppenheim	Classic
Jonathan Kariv	M	83	O	The Bar	Andrew Anthony	Classic
Dylan Van Houten	M	83	O	Performance Purist	Josh Capazorio	Classic
Luqmaan Skeef	M	83	O	Barbell 1610	Chantelle Du Toit	Classic

SATURDAY 29 JAN 2022	SESSION 1		Weighin 06h00-07h30		Lifting 08h00	2 flights
Name	Gender	Weight Category	Age Category	Club	Coach	Comp
Jeff Du Toit	M	93	SJ		Koos Du Toit	Classic
Jean-Pierre Blom	M	93	SJ	School of Strength	Rodney Anthony	Classic
Jordan Albertyn	M	93	SJ	Barbell Bullies	Dan Oppenheim	Classic
Gaurav Lall	M	93	J			Classic
Ross O'Donoghue	M	93	J	Barbell 1610	Matt Bekker	Classic
Daniel Duke	M	93	J	Barbell Bullies	Dan Oppenheim	Classic
Johann Meyer	M	93	M1	Barbell Bullies	Henk De Wet	Classic
Jorncy Page	M	93	M2	The Bar	Andrew Anthony	Classic
Alan Ridgard	M	93	M2	Barbell 1610	Chantelle Du Toit	Classic
Archie Ayekpa	M	93	O	School of Strength	Rodney Anthony	Classic
Ryan Stopforth	M	93	O	The Yard	Dina Power	Classic
Calum Harding	M	93	O		Mikey Davis	Classic
Gerhard Rabie	M	93	O	Barbell 1610	Chantelle Du Toit	Classic
Deon Smedley	M	93	O	Barbell 1610	Chantelle Du Toit	Classic
Nkosinathi Ntuli	M	93	O	Barbell Bullies	Tom Wewege	Classic
Khotso Thekiso	M	93	O	Barbell 1610	Megan Leighton	Classic
Bandile Khuzwayo	M	93	O	Barbell Bullies	Henk De Wet	Classic
Ryan Miller	M	93	O	The Bar	Andrew Anthony	Classic
Joshua Standers	M	93	O	The Yard	Scott MacIntosh	Classic
Ben Crossley	M	93	O	Barbell 1610	Chantelle Du Toit	Classic
Warren Du Toit	M	93	O	Barbell 1610	Chantelle Du Toit	Classic

SATURDAY 29 JAN 2022	SESSION 2		Weighin 10h00-11h30		Lifting 12h00	2 flights
Name	Gender	Weight Category	Age Category	Club	Coach	Comp
Conor Buck	M	105	SJ	Barbell Bullies	Graham Green	Classic
Chad Goldberg	M	105	SJ	2.0	Christian Lawu	Classic
Matthew Mcmenamin	M	105	SJ	The Yard	Scott MacIntosh	Classic
Stephan Jacobsz	M	105	SJ		Dirko Smuts	Classic
Liam Karovsky	M	105	J	Barbell Bullies	Henk De Wet	Classic
Neal Goosen	M	105	J		Suvar Maharaj	Classic
Lucas Kleiner	M	105	J	Barbell 1610	Matt Bekker	Classic
Josh Sass	M	105	J	Emet Gyms	Nic Ingel	Classic
Jerry Botha	M	105	M1	Barbell 1610	Chantelle Du Toit	Classic
Chris Da Costa	M	105	M1	Barbell 1610	Chantelle Du Toit	Classic
Derek Hayden	M	105	M2	Barbell Bullies		Classic
Neil Pryce	M	105	M2	The Yard	Scott MacIntosh	Classic
Johnny Dam	M	105	M2	School of Strength	Rodney Anthony	Classic
Christo Schoonraad	M	105	M2	Barbell Bullies	Henk De Wet	Classic
Gerhard Fourie	M	105	O	The Bar	Andrew Anthony	Classic
Malcolm Chadwick	M	105	O	Barbell 1610	Matt Bekker	Classic
Dirko Smuts	M	105	O			Classic
Nick Duarte	M	105	O	School of Strength	Rodney Anthony	Classic
Julian Smith	M	105	O			Classic
Daniel Robertson	M	105	O	Barbell 1610	Matt Bekker	Classic

SATURDAY 29 JAN 2022	SESSION 3		Weighin 14h00-15h30		Lifting 16h00	1 flight
Name	Gender	Weight Category	Age Category	Club	Coach	Comp
Taariq Osman	M	120	SJ	Barbell Bullies	Henk De Wet	Classic
Jordan Swart	M	120	J	The Yard	Scott MacIntosh	Classic
Jordan Kaplan	M	120	J	School of Strength	Rodney Anthony	Classic
Nick Da Luz	M	120	M1		Terence Bosman/Mark Nel	Classic
Koos Du Toit	M	120	M1		Jeff du Toit	Classic
Newton Mudau	M	120	M1	Barbell 1610	Chantelle Du Toit	Classic
Dries Du Plessis	M	120	M1	Barbell Bullies	Henk De Wet	Classic
Hermanus De Beer	M	120	M2			Classic
John Crain	M	120	M2	Emet Gyms	Nic Ingel	Classic
Denis Bensch	M	120	M2	Barbell Bullies	Henk De Wet	Classic
Derik Van Wyk	M	120	O	Barbell 1610	Chantelle Du Toit	Classic
Francois Maritz	M	120	O	Chaos		Classic
Brandon Bezuidenhout	M	120	O	Barbell Bullies	Henk De Wet	Classic
Edlyn Serge	M	120	O	Barbell Bullies	Henk De Wet	Classic

SUNDAY 30 JAN 2022	SESSION 1		Weighin 07h00-08h30		Lifting 09h00	1 flight
Name	Gender	Weight Category	Age Category	Club	Coach	Comp
Gabriella Poxon	F	84	SJ		Mike Poxon	Classic
Jacqui Rees	F	84	M1	Barbell Bullies	Henk De Wet	Classic
Elmarie Van Rheede Van Oudtshoorn	F	84	O	Barbell Bullies	Dan Oppenheim	Classic
Shanna Ribeiro	F	84	O	Performance Purist	Darryn Anthony	Classic
Karin Du Plessis	F	84+	J	Barbell 1610	Chantelle Du Toit	Classic
Morgana Robbertze	F	84+	M1	School of Strength	Rodney Anthony	Classic
Emma Deetlefs	F	84+	M1	The Yard	Dina Power	Classic
Lauren Jones	F	84+	M1			Classic
Phokwane Moloele	F	84+	M1	Barbell Bullies	Henk De Wet	Classic
Samali Bosa	F	84+	M3	Barbell Bullies	Henk De Wet	Classic
Marina Van Der Linde	F	84+	O	Team SGS	Sarel Gadney	Classic
Lauren Van Rooyen	F	84+	O	Barbell Bullies	Henk De Wet	Classic
Christi Rees	F	84+	O	Barbell Bullies	Henk De Wet	Classic
Vleen Serge	F	84+	O	Barbell Bullies	Henk De Wet	Classic
Carol Anthony	F	57	M2	School of Strength	Rodney Anthony	Equipped

SUNDAY 30 JAN 2022	SESSION 2		Weighin 10h00-11h30		Lifting 12h00	1 flight
Name	Gender	Weight Category	Age Category	Club	Coach	Comp
Simon Breetzke	M	120+	M1	Barbell 1610	Megan Leighton	Classic
David Kerr	M	120+	M1	Emet Gyms	Nic Ingel	Classic
Werner Koekemoer	M	120+	M1	Barbell Bullies	Henk De Wet	Classic
Abel Moodley	M	120+	O	Barbell Bullies	Dan Oppenheim	Classic
Shawn Marx	M	120+	O	Barbell Bullies	Henk De Wet	Classic
Matt Bekker	M	120+	O	Barbell 1610	Chantelle Du Toit	Classic
Kevin Diamant	M	120+	O	Barbell 1610	Chantelle Du Toit	Classic
Adam Stein	M	120+	O	2.0	Christian Lawu	Classic
Carel Jansen	M	83	M1	School of Strength	Rodney Anthony	Equipped
Johnny Dam	M	105	M2	School of Strength	Rodney Anthony	Equipped
Brandon Bezuidenhout	M	120	O	Barbell Bullies	Henk De Wet	Equipped