

SID	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 Lifting Total
2091	Talitha	De Wet	08-Aug-08	Female	X							43kg	Gauteng				
1931	Elisabeth	Barry	28-Mar-73	Female			X	X				47kg	Eastern Cape				
1933	Megan	Minnaar	31-Oct-87	Female			X					47kg	Eastern Cape				
1957	Morgan	Kemp	07-Nov-08	Female	X							47kg	Gauteng				
1953	Giulia	Muto	27-Jun-87	Female			X					52kg	Gauteng	115	60	117.5	310
1920	Aimee Grefen	Grefen	25-Apr-03	Female	X							52kg	Gauteng				
1943	Carol	Anthony	02-May-66	Female			X		X			52kg	Gauteng				
2024	Taryn	Scharf	10-Jul-87	Female			X					52kg	Gauteng				
1982	Ilona	Wilson	06-Apr-77	Female			X	X				57kg	Gauteng	100	50	120	305
2084	Antoinette	Abrahams	12-May-69	Female					X			57kg	Gauteng	90	45	110	275
2068	Priyah	Pillay	02-Jan-88	Female			X					57kg	Gauteng	70	40	90	222.5
2067	Anastacia	Sterris	06-Sep-02	Female	X							57kg	Western Province	80	40	90	210
1924	Anika	Ferreira	21-Feb-04	Female	X							57kg	Eastern Cape				
1928	Minke	Colling	11-Aug-03	Female	X							57kg	Eastern Cape				
1932	Nicola	Maritz	14-Oct-97	Female		X						57kg	Eastern Cape				
1948	Mijuane	De Wet	27-Mar-06	Female	X							57kg	Gauteng				
2014	Sasha	Payne	10-May-95	Female			X					57kg	Gauteng				
2036	Liamè	Baadjies	12-Feb-02	Female	X							57kg	Western Province				
2050	Jessica	Hill	17-Jan-92	Female			X					63kg	Gauteng	100	50	140	332.5
2060	Michelle	Tromp	11-Nov-83	Female			X					63kg	Gauteng	130	70	130	375
2000	Loné	Fourie	03-Feb-99	Female		X						63kg	North West	100	60	125	327.5
1936	Susan	Farrell	01-Jun-51	Female						X		63kg	Gauteng	90	40	110	265
1990	Lianka	Wurth	11-Feb-01	Female		X						63kg	Gauteng	80	45	120	265
2045	Zonra	Zietsman	03-Dec-79	Female				X				63kg	Gauteng	90	50	100	260
2012	Almien	Smit	05-Jul-90	Female			X					63kg	Gauteng				242.5
2021	Michaela	van Niekerk	29-Jul-03	Female	X							63kg	Gauteng	35	35	70	155
1925	Ance	Vermaak	04-Mar-03	Female	X							63kg	Eastern Cape				
1926	Charne	Feuth	15-Mar-03	Female	X							63kg	Eastern Cape				
1952	Jessica	Britz	01-Dec-89	Female			X					63kg	Gauteng				
1972	Caitlin	Poxon	07-Jun-00	Female		X						63kg	Gauteng				
1974	Samiera	Kenny	15-Aug-92	Female			X					63kg	Western Province				
1978	Malieka	Mohammed	14-May-04	Female	X							63kg	Western Province				
1994	Megan	Leighton	15-Jan-96	Female			X					63kg	Gauteng				
1998	Cherissa	Haupt	24-May-91	Female			X					63kg	Gauteng	105	57.5	130	
2075	Brittney	Oosthuizen	08-May-97	Female		X						63kg	Gauteng				
2081	Ronel	Reyneke	01-Jun-69	Female					X			63kg	Gauteng				
2072	Corien	Potgieter	13-Jun-70	Female					X			72kg	Gauteng	130	80	150	372
2085	Bianca	Oosthuizen	29-Jan-97	Female		X						72kg	Free State	105	50	140	325
1954	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
1917	Elsje	van Niekerk	28-Dec-98	Female		X						72kg	Free State	100	55	120	305
	Pelo	Kole	1983	Female			X					72kg	NorthWest	110.0	55.0	140.0	305.0
2017	Sofia	Kavallieratos	10-Mar-86	Female			X					72kg	Gauteng	90	60	130	300
1913	Olivia	Perotti	29-Jan-89	Female			X					72kg	Gauteng				
1927	Heike	Groenewald	26-Sep-04	Female	X							72kg	Eastern Cape				

1973	Gabriella	Poxon	23-Sep-04	Female	X						72kg	Gauteng				
1993	Zanele	Ngwenya	04-Mar-79	Female			X	X			72kg	Gauteng				
1996	Lana	Kleynhans	15-Feb-67	Female					X		72kg	Gauteng				
2044	Erin	Collins	01-Oct-01	Female		X					72kg	Gauteng				
2049	Janna	Van der Westhuizen	13-Jan-92	Female			X				72kg	Gauteng				
2090	Laura	De wet	04-Nov-74	Female				X			72kg	Gauteng				
2054	Mariaan	Conry	23-Aug-84	Female			X				-84kg	Free State	135	85	170	415
1987	Lezaan	Jordaan	17-Oct-95	Female			X				-84kg	Gauteng				412.5
1922	Pia	Marangoni	09-Dec-78	Female			X	X			-84kg	Gauteng	120	40	120	355
1966	Jozanne	Hartzer	18-Mar-87	Female			X				-84kg	Gauteng	115	60	140	345
2048	Phokwane	Moloele	11-Jan-77	Female				X			-84kg	Gauteng	120	65	120	340
1956	Fiona	Hickman	05-Sep-65	Female					X		-84kg	Western Province				330
2055	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
2087	Serena	Peixoto	01-Dec-83	Female			X				-84kg	Gauteng	110	50	125	292
2119	Frances	Pretorius	11-Mar-69	Female					X		-84kg	Western Province	75	40	85	200
1918	Emma	Elcott	04-Jan-90	Female			X				-84kg	Gauteng				
1971	Jodi	Poxon	02-Apr-75	Female				X			-84kg	Gauteng				
1975	Naiema	Noordien	05-Aug-83	Female			X				-84kg	Western Province				
1979	Nicola Bridget	Green	29-Sep-83	Female			X				-84kg	Gauteng				
1999	Ronit	Garber	03-Mar-90	Female			X				-84kg	Gauteng				
2069	Karin	Suter	15-Oct-78	Female				X			-84kg	Gauteng				
2064	Linda	Rubin	09-Apr-64	Female					X		-84kg	Gauteng				
1941	Michele	Townsend	14-Dec-76	Female				X			+84kg	Gauteng	100	50	120	302.5
1911	Christi	de Jager	10-Jan-86	Female			X				+84kg	Gauteng				
1930	Colleen	Brown	04-Jun-03	Female	X						+84kg	Eastern Cape				
2078	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
2104	Tshepo	Mulaudzi	09-Aug-01	Male		X					53kg	Gauteng	90	70	140	290
	Tumelo	Ngobeni	2003	Male	X						53kg	NorthWest	65.0	70.0	110.0	222.5
2039	Xavier	Du Plessis	25-Feb-02	Male	X						53kg	Western Province	95	60	140	
2032	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
2019	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
2103	Karabo	Manamela	07-Dec-99	Male		X					66kg	Gauteng	140	80	190	455
1988	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
	Gebuza	Luntu	1998	Male		X					66kg	NorthWest	90.0	85.0	150.0	325.0
1983	Christopher	Wilson	16-May-02	Male	X						66kg	Gauteng	100	50	120	305
2011	Nishalin	Govender	13-May-92	Male			X				74kg	Kwazulu Natal	155	80	220	477.5
1916	Andrew	Ramsay	28-Sep-88	Male			X				74kg	Gauteng	205	120	240	585

2118	Nicholas	Lazarides	11-Dec-92	Male			X					74kg	Gauteng	180	125	215	560
2040	Brandon	Samuels	21-Apr-98	Male		X						74kg	Western Province	150	110	220	550
1959	Chadwyn	Govington	30-Dec-85	Male			X					74kg	Gauteng	165	125	200	540
1946	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
1947	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
	Simel	Martin	1998	Male		X						74kg	NorthWest	170.0	105.0	200.0	475.0
1942	Theo	Botha	12-Dec-98	Male		X						74kg	Western Province	155	105	190	460
2038	Joshua	Noble	22-Jan-94	Male			X					74kg	Western Province	150	90	160	437.5
	Macdonald	Selading	1990	Male			X					74kg	NorthWest	142.5	102.5	187.5	432.5
2022	Matthew	Levine	22-Nov-89	Male			X					74kg	Gauteng				425
2113	Shane	Jonas	22-Jun-88	Male			X					74kg	Western Province	130	70	200	400
	Vuyolethu	Mashiya	1998	Male		X						74kg	NorthWest	105.0	90.0	200.0	395.0
2088	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
2101	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
1912	Dan	Oppenheim	30-Jun-45	Male						X		74kg	Gauteng				
1919	Marlon	Daniels	25-Nov-75	Male			X	X				74kg	Gauteng				
1937	Ian	Hacker	25-Nov-64	Male					X			74kg	Gauteng	180	100	180	
1977	Jeremy	Joubert	19-Dec-85	Male			X					74kg	Western Province				
1984	Yunus	Hassen	05-Jan-54	Male						X		74kg	Gauteng				
2037	Jason	Baadjes	10-Dec-99	Male		X						74kg	Western Province				
2046	Ryan	Bennett	22-Apr-02	Male	X							74kg	Gauteng				
2120	Lareedo	Van der rheedee	20-Dec-02	Male	X							74kg	Western Province	100	60	160	
1964	Jean-Arthur	Pretorius	29-Oct-92	Male			X					83kg	Gauteng				666.5
1963	Connor	Scheckle	24-Nov-87	Male			X					83kg	Gauteng	200	150	220	602.5
1980	Chris	Forget	28-Nov-79	Male			X	X				83kg	Gauteng				587.5
2003	Bandile	Khuzwayo	12-Feb-90	Male			X					83kg	Gauteng	200	120	240	540
2063	Leereshen	Gounden	25-Apr-90	Male			X					83kg	Gauteng	160	110	170	540
2016	Dylan	van Houten	28-Apr-88	Male			X					83kg	Gauteng	190	100	220	535
2043	Gerhard	Fourie	14-Jan-97	Male		X						83kg	Gauteng				515
2106	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
2116	Stanley	Lameyer	25-Oct-59	Male						X		83kg	Western Province	180	85	200	500
	Koos	Hlohloamisang	1993	Male			X					83kg	NorthWest	175.0	110.0	215.0	500.0
1965	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
1995	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
1991	Werner	Liebenberg	07-Sep-01	Male		X						83kg	Gauteng	140	100	200	440
2041	Richiano	Mc Kinnon	06-Nov-00	Male		X						83kg	Western Province	150	80	175	440
2124	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

2065	Abdul Baasit	Stemmet	30-Sep-98	Male		X					83kg	Western Province	140	80	160	430
2074	steve	Labson	01-Mar-56	Male					X		83kg	Gauteng	110	120	150	425
2002	Tommie	de Nysschen	30-May-63	Male				X			83kg	Free State	135	125	140	405
1934	Simon	Curtain	04-Jun-04	Male	X						83kg	Eastern Cape				
1938	Ignatius	Muller	11-Nov-98	Male		X					83kg	Eastern Cape				
2020	Jean Elie	Mwamba	06-Feb-98	Male		X					83kg	Gauteng				
2115	Patrick	Banda	06-Dec-60	Male					X		83kg	Gauteng				
2005	jade	blake	19-May-94	Male			X				93kg	Western Province				712.5
1914	Gian	Smit	04-May-90	Male			X				93kg	Gauteng	235	150	250	695
2047	Deon	Smedley	05-Apr-84	Male			X				93kg	Gauteng				642.5
2086	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
1958	Wessel	Davel	12-May-93	Male			X				93kg	Gauteng	220	135	255	627.5
1961	Sean	Manders	19-Nov-76	Male				X			93kg	Gauteng	220	140	240	625
2097	Dirko	Smuts	28-Jul-93	Male			X				93kg	Gauteng	180	125	210	620
2122	Johan	Lazenby	31-Oct-82	Male			X				93kg	North West	220	150	240	620
	Sint-Willes	Pieterse	1995	Male			X				93kg	NorthWest	230.0	115.0	240.0	585.0
2033	Codi	Nxumalo	01-Jun-99	Male		X					93kg	Gauteng	200	100	220	560
1910	Jorncy	Page	25-Sep-72	Male				X			93kg	Gauteng	180	140	200	550
1944	Gerhard	Rabie	27-May-92	Male			X				93kg	Gauteng	190	120	220	550
2058	Michael	Kroukam	15-Apr-03	Male	X						93kg	Western Province	180	120	220	540
2023	Wayne	Laubscher	10-Jun-81	Male			X				93kg	Gauteng	175	105	215	530
1960	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
1949	Chris	Mcleod	16-Feb-84	Male			X				93kg	Gauteng	160	130	180	490
2001	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
1955	Gary	Meyer	06-Apr-60	Male					X		93kg	Gauteng				400
1989	Tjaart	van der Walt	15-Feb-56	Male					X		93kg	Gauteng		80	150	365
2013	Janco	McDuling	15-May-90	Male			X				93kg	Gauteng		120		130
1968	Jerry	Botha	03-Nov-74	Male				X			93kg	Gauteng				
2010	Archie	Ayekpa	29-Apr-85	Male			X				93kg	Gauteng				
2034	Peter	Moagi	07-Sep-72	Male				X			93kg	Gauteng		110		
2071	Jorncy	Page	25-Sep-72	Male				X			93kg	Gauteng	180	130	180	
2094	Arno	Nieuwenhuizen	23-Dec-99	Male		X					93kg	Gauteng				
2117	Donald	Julius	15-Sep-63	Male					X		93kg	Western Province	170	130	200	
2051	Wimpie	van Zyl	05-Mar-88	Male			X				105kg	Northern Cape	240	130	270	685
2042	Tom	Wewege	24-Aug-92	Male			X				105kg	Gauteng				667.5
1992	Julian C	Smith	27-Jan-94	Male			X				105kg	Gauteng	200	135	250	652.5
2030	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
1950	Christo	Schoonraad	23-Mar-63	Male			X		X		105kg	Gauteng	230	120	240	638
2066	Mogammat Cassiem	kader	29-Dec-69	Male					X		105kg	Western Province	210	140	220	630
	Johan	Lazenby	1982	Male			X				105kg	NorthWest	220.0	160.0	240.0	620.0
1981	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

1997	Saxon	Jansen van Vuuren	21-Oct-92	Male			X				105kg	Gauteng	190	90	220	560
2029	Colin	Young	09-Jun-57	Male					X		105kg	Western Province	160	160	200	545
2099	Johannes Christaan	de Villiers	10-Feb-94	Male			X				105kg	Gauteng	180	130	210	520
2100	Jurie	O'Connell	30-Oct-02	Male	X						105kg	Gauteng	190	110	210	492.5
1921	Henning	Le Grange	23-Oct-80	Male			X				105kg	Gauteng				
1970	Graham	Green	03-Mar-78	Male				X			105kg	Gauteng				
1976	Mario	Lombard	08-Nov-86	Male			X				105kg	Western Province				
2070	Pieter	Benade	12-Sep-77	Male				X			105kg	Northern Cape	240	160	240	
2089	Henk	De wet	26-Jan-74	Male				X			105kg	Gauteng				
2095	Robert	Freeme	11-Apr-84	Male			X				105kg	Gauteng				
2062	Carl-Reinhardt	Cronje	16-Dec-98	Male		X					-120kg	Free State	260	155	275	760
2098	Gerhardus Cornelius	Oosthuizen	03-Apr-64	Male			X		X		-120kg	Kwazulu Natal	190	190	240	665
1985	Louis	Ferreira	06-Jul-79	Male				X			-120kg	Gauteng	205	145	265	645
2057	Edlyn	Serge	04-Mar-84	Male			X				-120kg	Gauteng	220kg	150	250	640
2007	Shaeel	Singh	14-May-78	Male				X			-120kg	Gauteng	220	140	250	630
2008	Denis	Bensch	14-Dec-65	Male					X		-120kg	Gauteng	190	110	200	577.5
2076	Justin	Furman	25-May-01	Male		X					-120kg	Gauteng	210	115	215	550
2102	Lourens	de Beer	15-Sep-02	Male	X						-120kg	Gauteng	170	90	210	430
1935	Rutgar	Leibach	18-Jan-03	Male	X						-120kg	Eastern Cape				
1939	Andrew	Ludik	30-Jun-57	Male					X		-120kg	Eastern Cape				
1967	Anders	Molitano	30-Jun-65	Male					X		-120kg	Gauteng				
1969	Johannes	Smit	02-Apr-91	Male			X				-120kg	Gauteng				
2028	Abel	Moodley	17-Aug-92	Male			X				-120kg	Gauteng				
2077	Clifford	Mudge	09-Apr-68	Male					X		-120kg	Gauteng				
2083	Anders	Molitano	30-Jun-65	Male					X		-120kg	Gauteng				
2121	Kaid	ONeill	14-Feb-01	Male		X					-120kg	Kwazulu Natal				
2061	Mathys	Herbst	04-Oct-75	Male				X			+120kg	Gauteng	250	170	275	695
2082	Ruan	Roux	07-Jun-91	Male			X				+120kg	Gauteng	230	130	280	685
2079	Machiel	de Bruyn	27-Mar-85	Male			X				+120kg	Gauteng	175	135	225	587.5
1929	Francois	Spamer	06-Feb-03	Male	X						+120kg	Eastern Cape				
1951	Kyle	Noonan	03-Aug-90	Male			X				+120kg	Gauteng				
2053	Werner	Koekemoer	06-Dec-76	Male				X			+120kg	Gauteng				
2059	Renier	Botes	21-Feb-76	Male				X			+120kg	Gauteng				
	John	Matambo	1989	Male			X				120+kg	NorthWest	245.0	150.0	265.0	660.0
	Itumeleng	Phohledi	1989	Male			X				120+kg	NorthWest	250.0	145.0	245.0	640.0
	Heinrich	Botha	2001	Male		X					120+kg	NorthWest	220.0	135.0	237.5	592.5