

Qualifiers for Commonwealth Championships - Men

Men

RAW POWERLIFTING

SUBJ	A TEAM		B TEAM	
53	Chaka Dalfie	Pro	Ronaldo Phillips	Fed
			Lindi Sinovuyo	Fed
59	Janalon Damarah	Pro		
66	Mpho Hlanyane	Pro	Liam Colman	Fed
	Paseka Ntoagae	Pro	Brian Mashile (res)	Fed
			Daniel Lotter	Fed
74	Azeem Moerat	Pro		
83	Joaquim de Jenga	Pro		
	Mohammed Fareed Isaacs	Pro		
93	Joshua Kiggen	Pro	Thomas Klopper	Fed
			Jaydin Lensing	Fed
105	Jandre Britz	Pro		
120				
120+				

EQUIPPED POWERLIFTING

SUBJ	A TEAM	
53		
59	Janalon Damarah	Pro
66		
74		
83		
93		
105		
120		
120+		

RAW BENCH PRESS

SUBJ	A TEAM	
53		
59	Thabang Thepela	Pro
	Sibulele Raqa	Fed
66	Wynand Kuhn (res)	Fed
	Mpho Hlanyane	Pro
	Liam Colman	Pro
74	Bernard van der Linde	Pro
83	Joaquim de Jenga	Pro
	Mohammed Fareed Isaacs	Pro
93	Joshua Kiggen	Pro
105		
120		
120+		

EQUIPPED BENCH PRESS

SUBJ	A TEAM	
53		
59		
66		
74	Bernard van der Linde	Pro
83		
93		
105		
120		
120+		

Men

RAW POWERLIFTING

JUNIOR	A TEAM		B TEAM	
53				
59			Bokang Masunyane	Fed
66	Marcel Vorster	Pro	Arno van Niekerk	Fed
	Ruben van der Linde	Pro		
74				
83	Abdul Kareem Davids	Pro	Jaydee Williams	Fed
93	Eugene Scheepers	Pro	Spencer Hammond	Fed
	Jade Blake	Pro	Una Mudlalo	Fed
105	Rinus Bezuidenhout	Pro	Zander Worst	Fed
	Terence Bosman	Pro	Adrian Smith	Fed
120	Marcelle Els	Pro		
120+			Johnde Victor	Fed

EQUIPPED POWERLIFTING

JUNIOR	A TEAM	
53		
59		
66		
74		
83		
93	Adrian Smith	Pro
105		
120		
120+		

RAW BENCH PRESS

JUNIOR	A TEAM	
53		
59		
66	Marcel Vorster	Pro
	Ruben van der Linde	Fed
74	Yonela Mbembe	Pro
83	Abdul Kareem Davids	Pro
93	Adrian Smith	Pro
	Jade Blake	Pro
105		
120	Marcelle Els	Pro
120+		

EQUIPPED BENCH PRESS

JUNIOR	A TEAM	
53		
59		
66	Ruben van der Linde	Fed
74		
83		
93	Adrian Smith	Pro
105		
120		
120+		

Qualifiers for Commonwealth Championships - Men

RAW POWERLIFTING			
SENIOR	A TEAM		B TEAM
59			
66	Nick Lazarides	Fed	
74	Andrew Ramsay	Pro	Jason Stolzenberg Fed Tumelo Ramaisa Fed Jonathan Kariv (Res) Fed Dylan van Houten (Res) Fed
83	Jonathan Baptista Matthew Coppenhall	Pro Pro	Gian Smit Fed Jean Arthur Pretorius Fed
93	Jason Nisbet	Pro	
105	Nicholas Deetlefs	Pro	Wimpie van Zyl Fed Johann de Bruin Fed
120	Ben Bucarizza Francois Maritz	Pro Pro	
120+			

EQUIPPED POWERLIFTING		
SENIOR	A TEAM	
59		
66		
74		
83		
93		
105		
120		
120+	Mathys Herbst	Pro

RAW BENCH PRESS		
SENIOR	A TEAM	
59		
66		
74		
83	Jonathan Baptista Ricardo Fitzpatrick	Pro Pro
93	Connor Scheckle David Jacobsz	Fed Pro
105	Nicholas Deetlefs	Pro
120	Malone Horn (M1) Ben Bucarizza (res) Francois Maritz (res) Pieter Bester	Pro Pro Pro Pro
120+	Ian Mouton	Pro

EQUIPPED BENCH PRESS		
SENIOR	A TEAM	
59		
66		
74		
83	Marlon Daniels (M1)	Pro
93	Adrian Smith (J)	Pro
105		
120	Johan Smith	Pro
120+	Ian Furman (M1) Matthys Herbst (m1)	Pro Pro

RAW POWERLIFTING			
MASTER 1	A TEAM		B TEAM
59			
66			Moses Tsimane Fed
74			
83	Marlon Daniels	Fed	Craig Reichman Fed Alistair Begg Fed
93	Jorncy Page Darwin Andrews	Fed Fed	Victor Mapoo Fed
105	Henk de Wet	Fed	
120	Malone Horn Madikane Faku	Fed Fed	
120+	Mathys Herbst Ian Mouton	Fed Fed	Dawie Els Fed

EQUIPPED POWERLIFTING		
MASTER 1	A TEAM	
59		
66		
74		
83		
93		
105		
120		
120+	Mathys Herbst	Fed

RAW BENCH PRESS		
MASTER 1	A TEAM	
59		
66	Moses Tsimane (res)	
74	Glen van der Linde	Fed
83	Marlon Daniels	Fed
93	Mark Stravino Jorncy Page Darwin Andrews (res)	Fed Fed Fed
105	Henk de Wet	Fed
120	Malone Horn	Fed
120+	Mathys Herbst Fanie du Preez Ian Mouton (res) Dawie Els (res)	Fed Fed Fed Fed

EQUIPPED BENCH PRESS		
MASTER 1	A TEAM	
59		
66		
74	Glen van der Linde	FedB
83	Marlon Daniels	Fed
93		
105		
120+	Mathys Herbst Ian Furman (M1)	Fed Fed

Qualifiers for Commonwealth Championships - Men

Men	RAW POWERLIFTING			EQUIPPED POWERLIFTING		RAW BENCH PRESS			EQUIPPED BENCH PRESS		
	MASTER 2	A TEAM	B TEAM	MASTER 2	A TEAM	MASTER 2	A TEAM	MASTER 2	A TEAM	MASTER 2	A TEAM
	59			59		59		59		59	
	66	Karl Christians Fed		66		66	JC Bruce FedB	66		66	
	74	Stanley Lameyer Fed		74		74	Tommie de Nysschen Fed	74		74	
	83	Ian Hacker Fed David Quatse Fed		83		83		83		83	
	93	Christo Schoonraad Fed Ebrahim Mobara Fed		93		93	Christo Schoonraad Fed	93		93	
	105			105		105		105		105	
	120	Johan Kruger Fed		120		120	Craig van Wyk Fed	120		120	
	120+	Burton Haupt Fed		120+		120+	Ian Furman Fed Burton Haupt Fed	120+	Ian Furman Fed	120+	

Men	RAW POWERLIFTING			EQUIPPED POWERLIFTING		RAW BENCH PRESS			EQUIPPED BENCH PRESS		
	MASTER 3	A TEAM	B TEAM	MASTER 3	A TEAM	MASTER 3	A TEAM	MASTER 3	A TEAM	MASTER 3	A TEAM
	59			59		59		59		59	
	66			66		66		66		66	
	74			74		74		74		74	
	83			83		83		83		83	
	93			93		93		93		93	
	105	Colin Young Fed		105		105	Colin Young Fed	105		105	
	120	Andre Ludik Fed		120		120	Andre Ludik FedB	120	Andre Ludik Fed	120	
	120+			120+		120+		120+		120+	

Men	RAW POWERLIFTING			EQUIPPED POWERLIFTING		RAW BENCH PRESS			EQUIPPED BENCH PRESS		
	MASTER 4	A TEAM	B TEAM	MASTER 4	A TEAM	MASTER 4	A TEAM	MASTER 4	A TEAM	MASTER 4	A TEAM
	59			59		59		59		59	
	66			66		66		66		66	
	74	Dan Oppenheim Fed		74		74		74		74	
	83			83		83		83		83	
	93			93		93		93		93	
	105			105		105		105		105	
	120			120		120		120		120	
	120+			120+		120+		120+		120+	

Qualifiers for Commonwealth teams - Women

RAW POWERLIFTING			
SUBJ	A TEAM		B TEAM
43			
47	Patricia Harding	Pro	
52			
57	Rochelle de Beer Cayla Colling	Pro Pro	
63	Caitlin Poxon	Pro	Aneyke Vrettas Fed
72	Nicole Ferreira Merchant Burger	Pro Pro	Ciara Morley Fed
84	Jelhandri Rautenbach	Pro	
84+	Megan Rogers	Pro	

EQUIPPED POWERLIFTING	
SUBJ	A TEAM
43	
47	
52	
57	
63	
72	
84	
84+	

RAW BENCH PRESS	
SUBJ	A TEAM
43	
47	
52	
57	
63	Caitlin Poxon Pro
72	
84	Jelhandri Rautenbach Pro
84+	

EQUIPPED BENCH PRESS	
SUBJ	A TEAM
43	
47	
52	
57	
63	
72	
84	
84+	

RAW POWERLIFTING			
JUNIOR	A TEAM		B TEAM
43			
47			
52	Rouxchelle Roux Genevieve Vrettas	Pro Pro	
57	Megan Leighton	Pro	
63	Sasha Payne	Pro	
72	Dina Power Bronwyn Marshall	Pro Fed	
84	Lezaan Jordaan	Pro	
84+	Kay-Lee Steyn	Fed	

EQUIPPED POWERLIFTING	
JUNIOR	A TEAM
43	
47	
52	Rouxchelle Roux Pro Genevieve Vrettas Pro
57	
63	Megan Leighton Pro
72	
84	
84+	

RAW BENCH PRESS	
JUNIOR	A TEAM
43	
47	
52	Rouxchelle Roux Pro
57	
63	Megan Leighton Pro
72	
84	
84+	

EQUIPPED BENCH PRESS	
JUNIOR	A TEAM
43	
47	
52	
57	Rouxchelle Roux Fed
63	Megan Leighton Pro
72	
84	
84+	

RAW POWERLIFTING			
SENIOR	A TEAM		B TEAM
47	Mariska Casey	Pro	Kirsten Enslin Fed Giulia Muto (Res) Fed
52	Nicole Warburg	Pro	Jeanri Bezuidenhout Fed Gabby de Gouveia Fed
57	Michelle Letcher	Pro	Toni Coetzee Fed Lauren Katz (Res) Fed
63	Lisa Basson	Pro	
72	Laura de Wet	Pro	Candice Coetzer Fed Chantelle du Toit (Res) Fed
84	Sandri van Staden	Pro	Cailleigh Dade Fed
84+	Lauren Norton	Pro	

EQUIPPED POWERLIFTING	
SENIOR	A TEAM
47	Elisabeth Barry Pro
52	
57	
63	Lisa Basson Pro
72	Chantelle du Toit Pro
84	Christi de Jager Fed
84+	Esmay Smith Fed Jacqui Rees Fed

RAW BENCH PRESS	
SENIOR	A TEAM
47	Mariska Casey Pro Kirsten Enslin Pro
52	Nicole Warburg Pro Jeanri Bezuidenhout (res) Pro Giulia Muto Pro
57	
63	Antoinette Kriel (M1?) Pro Lisa Basson Pro
72	Corien Potgieter (M1?) Fed
84	
84+	Christi de Jager (res) Fed Lauren Norton (res) Fed

EQUIPPED BENCH PRESS	
SENIOR	A TEAM
47	
52	
57	
63	Antoinette Kriel (M1?) Pro Lisa Basson Pro
72	Chantelle du Toit Pro Ilze-Mari Maritz Pro
84	Christi de Jager Pro Sandri van Staden Fed
84+	

Qualifiers for Commonwealth teams - Women

RAW POWERLIFTING			
MASTER 1	A TEAM		B TEAM
47	Elisabeth Barry	Fed	
52	Susan Parker	Fed	
57	Antoinette Kriel	Fed	Carm Nadal Fed Marieke van Linge Fed
63	Vicki Botha Fed Ilona Wilson Fed		Ronel Reyneke Fed
72	Debbie McAlpine	Fed	Michelle Hamman Fed
84	Deborah Fenton		Bonita Hein Fed
84+			

EQUIPPED POWERLIFTING		
MASTER 1	A TEAM	
47	Elisabeth Barry	Fed
52		
57		
63		
72		
84		
84+		

RAW BENCH PRESS		
MASTER 1	A TEAM	
47		
52	Susan Parker	Fed
57	Antoinette Kriel	Fed
63	Vicki Botha Fed Ronel Reyneke Fed	
72	Corien Potgieter Fed Laura de Wet Fed	
84	Lizelle Cruz	Fed
84+		

EQUIPPED BENCH PRESS	
MASTER 1	A TEAM
47	
52	
57	
63	Antoinette Kriel Fed
72	Corien Potgieter Fed
84	
84+	

RAW POWERLIFTING			
MASTER 2	A TEAM		B TEAM
47			
52			
57	Carol Anthony	Fed	
63	Jennifer Ramsay	Fed	
72	Janita Kruger Fed Candice Firmani Fed		
84			
84+			

EQUIPPED POWERLIFTING		
MASTER 2	A TEAM	
47		
52		
57		
63		
72		
84		
84+		

RAW BENCH PRESS		
MASTER 2	A TEAM	
47		
52		
57	Carol Anthony	FedB
63		
72	Claire Petersen	Fed
84		
84+		

EQUIPPED BENCH PRESS	
MASTER 2	A TEAM
47	
52	
57	
63	
72	
84	
84+	

RAW POWERLIFTING			
MASTER 3	A TEAM		B TEAM
47			
52			
57			
63	Susan Farrell	Fed	
72			
84			
84+			

EQUIPPED POWERLIFTING		
MASTER 3	A TEAM	
47		
52		
57		
63		
72		
84		
84+		

RAW BENCH PRESS		
MASTER 3	A TEAM	
47		
52		
57		
63		
72		
84		
84+		

EQUIPPED BENCH PRESS	
MASTER 3	A TEAM
47	
52	
57	
63	
72	
84	
84+	

Special Olympics

Nominees:

Lifter	Coach	Weight Category	DOB
Charles-Lee Fourie	Gian Smit	74kg	19940301
Keaton Anthony	Rodney Anthony	83kg	19940817