

Commonwealth, African Champs, Asia-Pacific-Africa Champs  
CLASSIC POWERLIFTING TEAMS

|                                   |   |
|-----------------------------------|---|
| <b>Protea colours</b>             | SJ,Jun and Open only, who get qualifying standard                             |
| <b>Federation (Green) colours</b> | Masters who get qualifying standard   |
| <b>One badge below</b>            | 1 badge below qualifying standard - only for International Comps hosted in SA |

Qualifying comps

SA Classic Powerlifting Championships

Internationals

|  |              |   |
|--|--------------|---|
| Asia/Pacific/Africa Powerlifting and Bench Press Champs, Potchefstroom, SA | 5-13 July    | All teams (Classic and Equipped) + one badge below              |
| Commonwealth Championships, Sun City, SA                                   | 4-11 October | All Powerlifting teams (Classic and Equipped) + one badge below |
| African Powerlifting Championships, Potchefstroom, SA                      | 25Oct-3Nov   | All Powerlifting teams (Classic and Equipped) + one badge below |

| Classic Powerlifting - Men |   |  |  |  |   |                    |               |
|----------------------------|---|--|--|--|---|--------------------|---------------|
| MEN                        | SubJunior   | Junior   | Open   | Master 1                                 | Master 2  | Master 3           | Master 4      |
| 53                         | Samuel Meshilinie                                 |  |  |  |   |                    |               |
| 59                         | Yonatan Bricker                                   |  | Geordie Goliath                              |  |   |                    |               |
| 66                         | Jaden Mahdav                                      |  |  | Enrico Johnson                           |   |                    |               |
| 74                         | Samuel Teeger<br>John Evens-74-2-76,42            | Scott Pornss<br>Nicholas Snyman-74-2-91,43       | Scott Pornss<br>Nishalin Govender-74-2-91,21 |  | Yaniv Lacob-74-1-60,06                            | Ian Hacker         | Dan Oppenheim |
| 83                         | Ewan Boschhoff<br>Christopher Williams -83-2-80,3 | Jethro Shaw<br>Avishai Eilim-83-2-81,9           | Marlon Daniels                               | Marlon Daniels<br>Chris Forget-83-2-82   |   | Tommie de Nysschen |               |
| 93                         | Eduard Retief                                     | Xander Nel-93-1-75,27<br>Simon Thomas-93-2-75,19 | Nkosinathi Ntuli                             | Deon Smedley                             | Jerry Botha-93-2-78,64<br>Alan Ridgard-93-3-70,63 | Ebrahim Mobara     |               |
| 105                        | Richard Steenekamp                                | Daniel Cotton<br>Ryno Du Plessis-105-2-85,75     | Tom Wewege                                   | Edlyn Serge                              | Derek Hayden-105-1-60,01                          |                    |               |
| 120                        |   | Simon Curtain                                    | Francois Maritz                              | Newton Mudau<br>Shaeel Singh-120-2-75,81 | Mogamat Kader<br>Hermanus de Beer-120-2-75,17     |                    |               |
| 120+                       |   |  | Stefan Schroder                              | Simon Breetzke                           | John Crain<br>Pieter Schoeman-120+-2-64,31        |                    |               |

Reserves

|                                |                             |                                      |                                   |                                |
|--------------------------------|-----------------------------|--------------------------------------|-----------------------------------|--------------------------------|
| Stehan van der Merwe-83-3-76,8 | Thapelo Motlhako-74-3-88,56 | Sibusiso Sishi-105-4-91,11           | Allistair Begg-83-3-79,64         | Denis Bensch-120-3-72,59       |
| Ryan Sutton-83-4-74,79         | Matthew Palmer-83-3-81,4    | Joshua Wilkins-93-2-89,88            | Russell McLaren-93-2-74,45        | Glen van der Linde -74-2-59,77 |
| Janco Du Plooy-93-2-74,47      | Tshepiso Masiza-83-4-77,15  | Daniel Duke-105-3-89,48              | Madikane Faku-120-3-73,61         |                                |
| Szethyn Fulop-93-4-72,02       | Connor Reynolds-83-5-74,51  | Ruben van der Linde-74-4-88,43       | Lemuel mncube-93-3-69,46          |                                |
| JP Blom-93-3-71,54             | Josh Sass-120-2-72,03       | Kemeshan Naicker-105-5-88,14         | Braam Van Huyssteen-120-4-70,71   |                                |
| Ayabonga Goba-83-5-68,95       |                             | Grant O'Donoghue-83-2-88,14          | Quintin van der Merwe-105-2-68,36 |                                |
| Jake Finch-93-5-65,77          |                             | Brandon Samuels -93-4-87,93          | Steve Coleman-66-2-61,22          |                                |
| Alex Collocott-74-3-64,86      |                             | Deon Smedley-93-3-87,55              |                                   |                                |
| Kean Geustyn-93-6-64,01        |                             | Bandile Khuzwayo-93-5-87,31          |                                   |                                |
| Levi von Zwiklitz-74-4-63,51   |                             | Pieter Nel-83-3-87,16                |                                   |                                |
| Morgan Holmes -83-6-63,09      |                             | Haroun Pietersen-105-6-87,08         |                                   |                                |
| Zaid Niemand-105-2-62,9        |                             | Jean-Michael Muldner-74-5-85,7       |                                   |                                |
| Liam Schwegler-66-2-60,4       |                             | Pieter-Francois Van Zyl-120+-2-83,38 |                                   |                                |
| Stian Landman-93-7-60,26       |                             | Paul Bester-105-7-85,31              |                                   |                                |
| Charlton Chung-59-2-56,78      |                             | Joshua Standers-93-6-85,15           |                                   |                                |
| Ferde Botha-66-3-56,57         |                             | Michael Cowley-105-8-83,39           |                                   |                                |
| Brandon Loock-66-4-55,74       |                             | Leonardo Gomes-74-6-82,78            |                                   |                                |
| Thomas Harilaou-83-7-57,54     |                             | Daine Groenewald-120-2-82,11         |                                   |                                |
| Philasande Faku-74-5-56,15     |                             | Darien Bester-120-3-81,11            |                                   |                                |

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| Classic Powerlifting - Women |  |  |                   |  |  |                 |          |
|------------------------------|--|--|-------------------|--|--|-----------------|----------|
| WOMEN                        | SubJunior  | Junior   | Open              | Master 1   | Master 2   | Master 3        | Master 4 |
| 43                           |  |  |                   |  |  |                 |          |
| 47                           |  |  | Shelby van Tonder |  |  |                 |          |
| 52                           | Grace Roberts                                      | Surina Devnarain                               | Giulia Muto       | Tarryn Valle                                     | Elisabeth Barry<br>Vanessa Schlebusch-52-2-57,49 |                 |          |
| 57                           | Devorah Eilim                                      | Nicole Hasell<br>Kate Wilkin-57-2-61,73        | Antoinette Kriel  | Shireen Saacks                                   | Antoinette Kriel<br>Carol Anthony-57-2-58,52     | Miriam Sinclair |          |
| 63                           | Mijuane de Wet                                     | Mijuane de Wet<br>Megan Stringer-63-2-73,52    | Daniella da Silva | Sorah Garber                                     |  |                 |          |
| 69                           | Gila Smith<br>Chante Mulder-69-2-65,39             | Charnleigh Kotzé<br>Stephanie Jones-69-2-73,24 | Sasha Gadney      |  |  |                 |          |
| 76                           | Lisa Stander<br>Roechelle Van der Merwe-76-2-74,34 | Marianka Fourie<br>Anika Maree-76-2-65,79      | Pia Marangoni     | Pia Marangoni                                    | Bonita Bloem                                     |                 |          |
| 84                           | Ava Bezuidenhout                                   |  | Megan Faul        | Naiema Mohammed<br>Phokwane Moloole-84-2-76,35   |  |                 |          |
| 84+                          | Simone van der Merwe                               |  | Olivia Perotti    | Marina van der Linde<br>Lauren Jones-84+-2-71,34 | Buyisile Ngubane-84+-1-53,22                     |                 |          |

Reserves

|                            |                           |                                  |                              |
|----------------------------|---------------------------|----------------------------------|------------------------------|
| Jaymee Cooper-76-3-67,72   | Gaia Mottalini-69-3-72,64 | Nicole Coopoosamy-84-2-94,96     | Pelo Kole-84+-3-74,91        |
| Timieke Smith-76-4-63,77   | Chante Mulder-69-5-65,39  | Danielle Waldeck-84+-2-88,57     | Zanele Ngwenya-84-3-70,38    |
| Talitha de Wet-69-3-57,2   | Kate Wilkin-57-2-61,73    | Alexandra Mundell-57-3-86,66     | Jodi Poxon-76-2-60,78        |
| Joanna Ridgard-57-2-47,39  |                           | Chevonne Roos-57-2-86,44         | Michele Townsend-84+-4-59,13 |
| Charne Herman-63-2-44,92   |                           | Charnleigh Kotzé-69-2-86,27      | Paulette Preyser-84+-5-57,55 |
| Karamyn Naicker-57-3-48,19 |                           | Mijuane de Wet-63-2-85,87        |                              |
|                            |                           | Naiema Mohammed-84-3-85,47       |                              |
|                            |                           | Megan Wright-84+-3-83,9          |                              |
|                            |                           | Marina Van der Linde-84+-4-83,85 |                              |
|                            |                           | Alexa Pentopoulos-52-2-83,71     |                              |
|                            |                           | Chante Waters-69-3-82,18         |                              |
|                            |                           | Astrid Schwarz-69-4-81,5         |                              |
|                            |                           | Nicole Hasell-57-4-81,43         |                              |
|                            |                           | Hannah Langman-57-5-74,53        |                              |
|                            |                           | Rosan van Wyngaard-57-6-73,84    |                              |
|                            |                           | Alicia de Lange-52-3-71,97       |                              |
|                            |                           | Vleen Serge-76-2-75,02           |                              |
|                            |                           | Chantel Dreyer-63-3-71,03        |                              |