

# SA POWERLIFTING - LIFTER FLIGHTS

LOT FLIGHT M/W CLASS BW LIFTER NAME PROVINCE BIRTHDATE OPENING LIFTS BASE CATEGORIES LIFTER HAS ENTERED  
SQ BP DL CATEGORY S/J J S M1 M2 M3

## WEIGH IN 07H00 LIFTING STARTS 09H00

### Session 1 Flight 1 - Friday - Referees H Coertze, T de Wet, C Jordaan

1	1	W	47	47.00	Jillian Daniels	EC	30/01/1995				S/J	S/J						
2	1	W	52	52.00	Miriam Sinclair	WP	31/10/1958				M2			S			M2	
3	1	W	57	57.00	Ilze-Mari Maritz	EC	21/05/1988				J		J	S				
4	1	W	57	57.00	Bealinda Coleman	WP	18/03/1985				S			S				
5	1	W	57	57.00	Lisa Basson	Gauteng	26/06/1984				S			S				
6	1	W	52	52.00	Hesterki Range	WP	24/07/1967				M1			S		M1		
7	1	W	63	63.00	Michelle de Souza	Gauteng	21/02/1966				M1			S		M1		
8	1	W	63	63.00	Laurika Kilian	EC	14/04/1983				S			S				
9	1	W	63	63.00	Anneke Jordaan	EC	23/02/1996				S/J	S/J						
10	1	W	63	63.00	Jerain Hunt	Gauteng	29/03/1993				S/J		J					
11	1	W	72	72.00	Bonita Hein	WP	05/08/1970				M1			S		M1		
12	1	W	72	72.00	Renate van Dyk	WP	11/12/1972				S			S				
13	1	W	72	72.00	Havannah Hunt	Gauteng	10/04/1996				S/J	S/J						
14	1	W	72	72.00	Esther Caddy	Gauteng	22/06/1990				J		J					

### Session 1 Flight 2 - Friday - Referees A Ludick, C Battison, P Erasmus

15	2	W	84	84.00	Natalie Mohr	WP	23/12/1989				J		J	S				
16	2	W	84+	85.00	Alyssa Dos Ramos	Gauteng	21/08/1992				J		J					
17	2	W	84+	85.00	Esmay Smith	NW	14/12/1992				J		J	S				
18	2	M	53	53.00	Valentino Mintoor	EC	14/02/1997				S/J	S/J						
19	2	M	59	59.00	Ethan Russel	NW	19/06/1992				J		J					
20	2	M	59	59.00	Given Scorgie	NW	13/11/1992				J		J					
21	2	M	59	59.00	Ivan Vers	NW	13/11/1992				J		J					
22	2	M	59	59.00	Thapelo Morekwena	Gauteng	17/08/1992				J		J					
23	2	M	59	59.00	Jacobus Phalatsi	NW	19/11/1981				S			S				
24	2	M	59	59.00	Itumeleng Toona	Gauteng	15/12/1995				S/J	S/J						
25	2	M	59	59.00	Percy Ntsojjo	NW	24/06/1994				S/J	S/J						
26	2	M	59	59.00	Jacques Fourie	EC	10/08/1989				J		J					

<b>Session 2 Flight 3 - Friday - Referees H Smith, J Bruce, A Ras</b>														
27	3	M	66	66.00	David van Coller	Gauteng	09/11/1990			J	J			
28	3	M	66	66.00	Freddie Senekal	EC	14/07/1988			J	J			
29	3	M	66	66.00	Jaco Brits	Gauteng	31/01/1988			J	J			
30	3	M	66	66.00	Kennedy Sekome	Gauteng	03/03/1992			J	J			
31	3	M	66	66.00	Leon Haarhoff	EC	07/11/1990			J	J			
32	3	M	66	66.00	Nick Stefanou	Gauteng	20/04/1991			J	J			
33	3	M	66	66.00	Owen Pieteron	NW	08/05/1992			J	J			
34	3	M	66	66.00	Thabang Mpe	Gauteng	29/06/1990			J	J			
35	3	M	66	66.00	Thulani Mahlangu	Gauteng	04/09/1992			J	J			
36	3	M	66	66.00	DC Luwes	FS	28/06/1995			S/J	S/J			
37	3	M	66	66.00	Jacques Fourie	EC	08/03/1993			S/J	S/J			
38	3	M	66	66.00	Michael Denny	WP	14/07/1994			S/J	S/J			
39	3	M	66	66.00	Phomelelo Phasha	Gauteng	12/12/1993			S/J	S/J			
40	3	M	66	66.00	Thembanani Makubalo	Gauteng	04/01/1994			S/J	S/J			
<b>Session 2 Flight 4 - Friday - Referees J Knoesen, J Smith, H Range</b>														
41	4	M	66	66.00	Karl Christians	WP	27/08/1963			M1		S	M1	
42	4	M	66	66.00	Peter Lekopa	NW	03/07/1984			S		S		
43	4	M	74	74.00	Jabulani Phantile	NW	14/01/1991			J	J			
44	4	M	74	74.00	Japhta Khalapa	NW	02/06/1992			J	J			
45	4	M	74	74.00	Rayner Bartsch	Gauteng	07/09/1989			J	J			
46	4	M	74	74.00	Ruan Venter	Gauteng	23/08/1988			J	J			
47	4	M	74	74.00	Dan Oppenheim	Gauteng	30/06/1945			M3		S		M3
48	4	M	74	74.00	Isreal Mokwena	NW	27/02/1979			S		S		
49	4	M	74	74.00	Matthew Coppenhall	WP	16/09/1987			S		S		
50	4	M	74	74.00	Carlo Buchner	EC	26/05/1995			S/J	S/J			
51	4	M	74	74.00	Christo Gerber	EC	20/01/1994			S/J	S/J			
52	4	M	74	74.00	Tshepo Rapoo	NW	16/03/1993			S/J	S/J			
53	4	M	74	74.00	Whanstacwin Booysen	WP	31/03/1994			S/J	S/J			

<b><u>WEIGH IN 07H00 LIFTING STARTS 09H00</u></b>														
<b><u>Session 1 Flight 5 - Saturday - Referees</u></b>														
54	5	M	83	83.00	Bryan Silkstone	WP	27/02/1993			S/J	S/J			
55	5	M	83	83.00	Jerry Lekalakala	Gauteng	27/01/1993			S/J	S/J			
56	5	M	83	83.00	Mathebula Dumisani	Gauteng	31/12/1994			S/J	S/J			
57	5	M	83	83.00	Clive Battison	WP	04/03/1988			J		J	S	
58	5	M	83	83.00	James van Collier	Gauteng	22/09/1992			J		J		
59	5	M	83	83.00	Kyle Dorfling	WP	15/11/1990			J		J		
60	5	M	83	83.00	Marcus Sapire	Gauteng	06/02/1989			J		J	S	
61	5	M	83	83.00	Nathan Valentine	WP	02/07/1989			J			S	
62	5	M	83	83.00	Pieter Fourie	Gauteng	21/12/1988			J		J	S	
63	5	M	83	83.00	Zakhele Tyhilani	NW	03/03/1990			J		J		
64	5	M	83	83.00	Louis Jacobs	FS	02/12/1958			M2			M2	
65	5	M	83	83.00	Albert De Bondt	Gauteng	08/06/1987			S			S	
66	5	M	83	83.00	Desmond Herbst	EC	21/10/1983			S			S	
67	5	M	83	83.00	Sidney Ramosoou	NW	26/05/1980			S			S	
<b><u>Session 1 Flight 6 - Saturday - Referees</u></b>														
68	6	M	93	93.00	David Halton- Jones	Gauteng	20/04/1988			J		J		
69	6	M	93	93.00	Dawid Diakowski	Gauteng	22/08/1990			J		J		
70	6	M	93	93.00	Juan Fourie	EC	18/03/1990			J		J	S	
71	6	M	93	93.00	Pieter Erasmus	FS	17/11/1970			M1			S	M1
72	6	M	93	93.00	Stephen Stander	EC	18/03/1964			M1			S	M1
73	6	M	93	93.00	Robert Huff	Gauteng	10/12/1952			M2				M2
74	6	M	93	93.00	Christian Venter	EC	17/01/1994			S/J	S/J			
75	6	M	93	93.00	Dumisani Dlamini	Gauteng	23/02/1994			S/J	S/J			
76	6	M	93	93.00	Lionel Drury	EC	30/03/1994			S/J	S/J			
77	6	M	93	93.00	Mark Reyneke	NW	16/07/1993			S/J	S/J			
78	6	M	93	93.00	Mvuyo Nhlabathi	Gauteng	24/06/1993			S/J	S/J			
79	6	M	93	93.00	Sammy Randa	Gauteng	07/02/1994			S/J	S/J			
80	6	M	93	93.00	Trent Williams	Gauteng	16/07/1993			S/J	S/J			
81	6	M	83	83.00	David Quatse	NW	08/07/1962			M1				M1

**WEIGH IN 10H00 LIFTING STARTS 12H00****Session 2 Flight 7- Saturday**

82	7	M	105	105.00	Duane de Lange	EC	01/09/1988		J	J	S		
83	7	M	105	105.00	Johan Smith	NW	02/12/1991		J	J	S		
84	7	M	105	105.00	Martin Grobler	Gauteng	10/03/1989		J	J			
85	7	M	105	105.00	Nelson Sitsile	NW	24/01/1991		J		S		
86	7	M	105	105.00	Nolan Moore	Gauteng	10/05/1992		J	J			
87	7	M	105	105.00	Alan Dingle	NW	21/09/1971		M1			M1	
88	7	M	105	105.00	Christo Jordaan	EC	22/01/1967		M1		S	M1	
89	7	M	105	105.00	Johan Duvenhage	FS	21/11/1967		M1		S	M1	
90	7	M	105	105.00	David Edwards	Gauteng	18/03/1985		S		S		
91	7	M	105	105.00	Peter Seleka	NW	07/12/1975		S		S		
92	7	M	105	105.00	Pieter Benade	EC	12/09/1977		S		S		

**Session 2 Flight 8 - Saturday**

93	8	M	120	120.00	Benedict Bucarizza	Gauteng	02/08/1991		J	J	S		
94	8	M	120	120.00	Joshua Capazoria	Gauteng	04/04/1989		J	J	S		
95	8	M	120	120.00	Tyrone Delaney	WP	26/01/1988		J	J			
96	8	M	120	120.00	Mathew Cosmo	Gauteng	12/01/1971		M1			M1	
97	8	M	120	120.00	Andre Ludik	EC	30/06/1957		M2		S		M2
98	8	M	120	120.00	Theuns Naude	NW	09/01/1944		M3				M3
99	8	M	120	120.00	Ruan Kleinsmit	Gauteng	31/03/1987		S		S		
100	8	M	120+	130.00	Eugene Nolan	EC	06/09/1989		J	J			
101	8	M	120+	125.00	Willy Johnstone - Robertson	Gauteng	19/11/1957		M2				M2
102	8	M	120+	125.00	Shaun O'Meara	WP	14/04/1978		S		S		
103	8	M	120+	125.00	Thando Makheta	NW	22/12/1986		S		S		