

4-7 April 2024 SA Classic Powerlifting Championships 2024

Women - Classic Powerlifting	Weight Class	Name	Team	Div	Bwt - kg	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Trophies and SAMSA medals	Place	IPF GL Points	Qual for SA Team
Youth																							
	63	Christi Minnie	EC	F-Y-U	61,55	Sep-10	75,0	85,0	-92,5	85,0	35,0	40,0	42,5	42,5	80,0	87,5	95,0	95,0	222,5		1	49,43	
Subjunior																							
	47	Emma Diedericks	EC	F-SJ-U	45,05	Aug-08	25,0	27,5	32,5	32,5	22,5	-26,0	-26,0	22,5	55,0	60,0	62,5	62,5	117,5		1	34,01	
	52	Grace Roberts	G	F-SJ-U	51,90	Nov-06	85,0	-96,0	95,0	95,0	50,5	55,0	-56,0	55,0	105,0	117,5	127,5	127,5	277,5		1	70,19	Q
	57	Deborah Eilim	G	F-SJ-U	56,85	Jun-06	60,0	70,0	75,0	75,0	45,0	52,5	-56,0	52,5	90,0	100,0	107,5	107,5	235,0		1	55,23	Q
	57	Joanna Ridgard	G	F-SJ-U	56,25	Mar-07	55,0	62,5	-66,0	62,5	37,5	42,5	45,0	45,0	80,0	85,0	92,5	92,5	200,0		2	47,39	Q
	57	Karamyn Naicker	G	F-SJ-U	53,35	Jun-09	70,0	72,5	-76,0	72,5	30,0	32,5	-36,0	32,5	85,0	90,0	-96,0	90,0	195,0		3	48,19	1bb
	63	Mijuane de Wet	G	F-SJ-U	63,00	Mar-06	140,0	150,0	156,0	156,0	60,0	71,0	71,5	71,5	145,0	165,0	-176,5	165,0	392,5	Best Subjunior	1	85,87	Q
	63	Chame Herman	G	F-SJ-U	62,85	Jun-09	65,0	70,0	72,5	72,5	45,0	50,0	-52,5	50,0	70,0	80,0	82,5	82,5	205,0		2	44,92	Q
	69	Gila Smith	G	F-SJ-U	67,55	Jan-09	115,0	122,5	127,5	127,5	70,0	75,0	-77,5	75,0	117,5	125,0	132,5	132,5	335,0		1	70,24	Q
	69	Chante Mulder	EC	F-SJ-U	67,80	Nov-06	105,0	110,0	115,0	115,0	60,0	-66,0	-66,0	60,0	130,0	135,0	137,5	137,5	312,5		2	65,39	Q
	69	Talitha de Wet	G	F-SJ-U	64,35	Aug-08	85,0	95,0	102,5	102,5	40,0	50,0	-55,0	50,0	95,0	107,5	112,5	112,5	265,0		3	57,20	Q
	76	Lisa Stander	WC	F-SJ-U	74,20	Jul-07	105,0	120,0	125,0	125,0	55,0	62,5	-67,5	62,5	155,0	170,0	180,5	180,5	368,0		1	73,40	Q
	76	Rochelle Van der Merwe	FS	F-SJ-U	72,15	Jan-06	125,0	135,0	140,0	140,0	62,5	67,5	-75,0	67,5	137,5	145,0	160,0	160,0	367,5		2	74,34	Q
	76	Jaymee Cooper	WC	F-SJ-U	73,30	Dec-06	125,0	132,5	-136,0	132,5	55,0	-62,5	-62,5	55,0	140,0	147,5	150,0	150,0	337,5		3	67,72	Q
	76	Timieke Smith	G	F-SJ-U	69,90	Oct-06	80,0	90,0	92,5	92,5	62,5	-70,0	70,0	70,0	127,5	137,5	147,5	147,5	310,0		4	63,77	Q
	84	Ava Bezuidenhout	G	F-SJ-U	82,10	Jan-09	107,5	110,0	117,5	117,5	45,0	50,0	52,5	52,5	112,5	120,0	130,0	130,0	300,0		1	57,17	Q
	84+	Simone Van der merwe	G	F-SJ-U	86,65	Jan-07	115,0	122,5	125,0	125,0	45,0	50,0	-52,5	50,0	120,0	130,0	140,0	140,0	315,0		1	58,79	Q
Junior																							
	52	Surina Devnarain	G	F-J-U	51,85	38124	90,0	95,0	-97,5	95,0	37,5	40,0	-42,5	40,0	95,0	105,0	110,0	110,0	245,0		1	62,02	Q
	57	Nicole Hasell	G	F-J-U	56,00	Mar-01	120,0	-130,0	-130,0	120,0	60,0	-70,0	70,0	70,0	130,0	145,0	152,5	152,5	342,5		1	81,43	Q
	57	Kate Wilkin	WC	F-J-U	56,10	Jan-04	-90,0	-90,0	90,0	90,0	47,5	52,5	55,0	55,0	100,0	110,0	115,0	115,0	260,0		2	61,73	Q
	57	Caitlyn du Plessis	EC	F-J-U	54,05	Apr-03	55,0	60,0	-66,0	60,0	30,0	35,0	-37,5	35,0	80,0	85,0	90,0	90,0	185,0		3	45,23	
	63	Mijuane de Wet	G	F-J-U	63,00	Mar-06	140,0	150,0	156,0	156,0	60,0	71,0	71,5	71,5	145,0	165,0	-176,5	165,0	392,5		1	85,87	Q
	63	Megan Stringer	KZN	F-J-U	62,70	Feb-05	120,0	130,0	-137,5	130,0	60,0	65,0	-70,0	65,0	130,0	140,0	-146,0	140,0	335,0		2	73,52	Q
	69	Charnleigh Kotzé	G	F-J-U	65,90	Oct-04	140,0	150,5	-162,0	150,5	80,0	-90,0	-90,0	80,0	155,0	167,5	175,0	175,0	405,5	Best Junior	1	86,27	Q
	69	Stephanie Jones	WC	F-J-U	65,35	Jul-04	105,0	112,5	-120,0	112,5	60,0	65,0	70,0	70,0	132,5	142,5	160,0	160,0	342,5		2	73,24	Q
	69	Gaia Mottalini	G	F-J-U	66,25	Jan-04	110,0	117,5	125,0	125,0	65,0	70,0	75,0	75,0	115,0	130,0	142,5	142,5	342,5		3	72,64	Q
	69	Mo Adejuyigbe	WC	F-J-U	66,90	Dec-01	105,0	110,0	115,0	115,0	52,5	57,5	60,0	60,0	135,0	140,0	-147,5	140,0	315,0		4	66,42	Q
	69	Chante Mulder	EC	F-J-U	67,80	Nov-06	105,0	110,0	115,0	115,0	60,0	-66,0	-66,0	60,0	130,0	135,0	137,5	137,5	312,5		5	65,39	Q
	76	Marianka Fourie	G	F-J-U	73,25	Jan-02	107,5	115,0	120,0	120,0	55,0	-57,5	60,0	60,0	135,0	145,0	150,0	150,0	330,0		1	66,24	Q
	76	Anika Maree	EC	F-J-U	74,25	Jul-06	120,0	125,0	-130,0	125,0	57,5	62,5	65,0	65,0	127,5	135,0	140,0	140,0	330,0		2	65,79	Q
Open																							
	47	Shelby van Tonder	G	F-O-U	47,00	Mar-97	90,0	105,0	-107,5	105,0	50,0	55,0	0,0	55,0	105,0	110,0	117,5	117,5	277,5		1	76,92	Q
	52	Giulia Muto	G	F-O-U	51,30	Jun-87	120,0	130,0	134,0	134,0	67,5	72,5	-76,0	72,5	125,0	135,0	137,5	137,5	344,0		1	87,89	Q
	52	Alexa Pentopoulos	G	F-O-U	51,45	Dec-94	120,0	130,0	133,5	133,5	57,5	-60,0	60,0	60,0	125,0	135,0	-156,0	135,0	328,5		2	83,71	Q
	52	Alicia de Lange	EC	F-O-U	50,95	Mar-99	90,0	-100,0	100,0	100,0	42,5	47,5	-52,5	47,5	110,0	120,0	132,5	132,5	280,0		3	71,97	Q
	57	Antoinette Kriel	G	F-O-U	56,50	Sep-71	117,5	122,5	125,0	125,0	75,0	80,0	82,5	82,5	160,0	171,0	180,0	180,0	387,5		1	91,50	Q

	57	Chevonne Roos	G	F-O-U	57,00	Jan-94	130,0	141,0	-445,0	141,0	75,0	80,0	82,5	82,5	130,0	145,0	-455,0	145,0	368,5			2	86,44	Q	
	57	Alexandra Mundell	G	F-O-U	55,60	Mar-99	120,0	125,0	-427,5	125,0	75,0	-77,5	77,5	77,5	147,5	160,0	-467,5	160,0	362,5			3	86,66	Q	
	57	Nicole Hasell	G	F-O-U	56,00	Mar-01	120,0	-430,0	-430,0	120,0	60,0	-70,0	70,0	70,0	130,0	145,0	152,5	152,5	342,5			4	81,43	Q	
	57	Hannah Langman	G	F-O-U	56,35	Nov-99	115,0	120,0	122,5	122,5	55,0	57,5	-60,0	57,5	120,0	132,5	135,0	135,0	315,0			5	74,53	Q	
	57	Rosan van Wyngaard	WC	F-O-U	56,45	Dec-86	95,0	-402,5	-402,5	95,0	52,5	57,5	-60,0	57,5	140,0	152,5	160,0	160,0	312,5			6	73,84	Q	
	57	Luca du Toit	G	F-O-U	56,25	Nov-00	95,0	107,5	115,0	115,0	40,0	47,5	-60,0	47,5	105,0	120,0	-427,5	120,0	282,5			7	66,93	Q	
	57	Giovanna Winetzki	G	F-O-U	55,90	Jul-92	85,0	90,0	-92,5	90,0	40,0	45,0	-47,5	45,0	110,0	120,0	127,5	127,5	262,5			8	62,49	1bb	
	63	Daniella Da Silva	G	F-O-U	62,05	Feb-97	145,0	152,5	-456,5	152,5	60,0	67,5	70,0	70,0	160,0	170,0	-484,0	170,0	392,5			1	86,73	Q	
	63	Mijuane de Wet	G	F-O-U	63,00	Mar-06	140,0	150,0	156,0	156,0	60,0	71,0	71,5	71,5	145,0	165,0	-476,5	165,0	392,5			2	85,87	Q	
	63	Chantel Dreyer	G	F-O-U	62,35	Jul-86	110,0	120,0	122,5	122,5	50,0	55,0	57,5	57,5	125,0	135,0	142,5	142,5	322,5			3	71,03	1bb	
	63	Shannon Wilding	G	F-O-U	62,45	Jul-93	80,0	90,0	95,0	95,0	42,5	47,5	50,0	50,0	105,0	115,0	120,0	120,0	265,0			4	58,31		
	63	Lindiwe Mchunu	KZN	F-O-U	61,90	Jan-90	-440,0	110,0	-420,0	110,0	-75,0	-75,0	-75,0	0,0	150,0	155,0	160,0	160,0	0,0					0,00	
	69	Sasha Gadney	G	F-O-U	64,90	May-95	140,0	150,0	-460,0	150,0	92,5	97,5	100,0	100,0	170,0	-483,0	-483,0	170,0	420,0			1	90,19	Q	
	69	Charmleigh Kotzé	G	F-O-U	65,90	Oct-04	140,0	150,5	-462,0	150,5	80,0	-90,0	-90,0	80,0	155,0	167,5	175,0	175,0	405,5			2	86,27	Q	
	69	Chante Waters	MPU	F-O-U	66,25	Apr-95	130,0	140,0	150,0	150,0	75,0	-80,0	80,0	80,0	140,0	155,0	157,5	157,5	387,5			3	82,18	Q	
	69	Astrid Schwarz	WC	F-O-U	67,20	Dec-84	132,5	142,5	150,0	150,0	70,0	77,5	-80,0	77,5	142,5	160,0	-465,0	160,0	387,5			4	81,50	Q	
	69	Chenel Kruger	WC	F-O-U	68,35	Oct-92	110,0	117,5	120,0	120,0	55,0	60,0	-65,0	60,0	125,0	140,0	142,5	142,5	322,5			5	67,17		
	76	Pia Marangoni	G	F-O-U	75,35	Dec-78	135,0	142,5	150,0	150,0	70,0	72,5	75,0	75,0	163,5	170,5	174,5	174,5	399,5			1	79,09	Q	
	76	Vleen Serge	G	F-O-U	74,75	Jan-86	135,0	145,0	-450,0	145,0	62,5	67,5	-72,5	67,5	155,0	165,0	-475,0	165,0	377,5			2	75,02	1bb	
	76	Marianka Fourie	G	F-O-U	73,25	Jan-02	107,5	115,0	120,0	120,0	55,0	-57,5	60,0	60,0	135,0	145,0	150,0	150,0	330,0			3	66,24		
	76	Maxene Booysen	G	F-O-U	75,35	Sep-95	95,0	102,5	107,5	107,5	45,0	50,0	52,5	52,5	105,0	112,5	-420,0	112,5	272,5			4	53,94		
	84	Megan Faul	G	F-O-U	83,60	Aug-91	188,0	198,0	-200,5	198,0	100,5	108,0	110,5	110,5	180,0	195,0	200,0	200,0	508,5	Best Open Lifter		1	96,21	Q	
	84	Nicole Cooposamy	WC	F-O-U	82,80	Dec-93	165,0	172,5	182,5	182,5	90,0	97,5	102,5	102,5	190,0	205,0	215,0	215,0	500,0			2	94,96	Q	
	84	Naiema Mohammed	WC	F-O-U	82,35	Aug-83	-466,0	166,0	176,0	176,0	90,5	95,5	98,0	98,0	165,0	175,0	-486,0	175,0	449,0			3	85,47	Q	
	84	Lize-Mari de Beer	G	F-O-U	81,65	Oct-00	97,5	107,5	117,5	117,5	55,0	60,0	62,5	62,5	105,0	115,0	117,5	117,5	297,5			4	56,83		
	84+	Olivia Perotti	G	F-O-U	90,25	Jan-89	185,0	193,0	200,5	200,5	87,5	92,5	95,0	95,0	170,0	185,0	195,0	195,0	490,5			1	90,24	Q	
	84+	Danielle Waldeck	WC	F-O-U	92,30	May-85	180,0	192,5	202,5	202,5	80,0	87,5	92,5	92,5	180,0	190,0	-200,0	190,0	485,0			2	88,57	Q	
	84+	Megan Wright	G	F-O-U	103,80	May-00	155,0	170,0	182,5	182,5	75,0	82,5	90,0	90,0	182,5	192,5	202,5	202,5	475,0			3	83,90	Q	
	84+	Marina Van der Linde	G	F-O-U	97,95	Jul-83	160,0	170,0	-480,0	170,0	92,5	97,5	-400,0	97,5	180,0	190,0	200,0	200,0	467,5			4	83,85	Q	
	84+	Ilse Jaquire	G	F-O-U	124,70	Sep-86	107,5	115,0	120,0	120,0	75,0	80,0	82,5	82,5	125,0	135,0	147,5	147,5	350,0			5	59,63		
	84+	D'dray Jacobs	G	F-O-U	115,65	Jun-98	110,0	120,0	-427,5	120,0	47,5	50,0	-52,5	50,0	110,0	120,0	-427,5	120,0	290,0			6	50,04		
	Master 1																								
	52	Tarryn Vaile	WC	F-M1-U	51,10	Aug-78	85,0	-90,0	90,0	90,0	45,0	47,5	50,0	50,0	130,0	135,0	143,0	143,0	283,0			1	72,55	Q	
	57	Shireen Saacks	G	F-M1-U	56,15	Mar-79	60,0	70,0	80,0	80,0	32,5	37,5	45,0	45,0	105,0	120,0	-430,0	120,0	245,0			1	58,13	Q	
	63	Sorah Garber	KZN	F-M1-U	62,50	Dec-81	100,0	110,0	120,0	120,0	60,0	65,0	70,0	70,0	130,0	140,0	145,0	145,0	335,0			1	73,67	Q	
	63	Lucy Marulle	G	F-M1-U	62,05	Aug-78	65,0	70,0	-75,0	70,0	35,0	40,0	-45,0	40,0	90,0	100,0	110,0	110,0	220,0			2	48,61		
	69	Kelly Brannan	G	F-M1-U	65,85	Nov-81	95,0	102,5	107,5	107,5	67,5	72,5	75,0	75,0	120,0	132,5	137,5	137,5	320,0			1	68,11	Q	
	76	Pia Marangoni	G	F-M1-U	75,35	Dec-78	135,0	142,5	150,0	150,0	70,0	72,5	75,0	75,0	163,5	170,5	174,5	174,5	399,5	SAMSA Bronze		1	79,09	Q	
	76	Jodi Poxon	G	F-M1-U	75,60	Apr-75	105,0	110,0	115,0	115,0	60,0	62,5	65,0	65,0	110,0	120,0	127,5	127,5	307,5			2	60,78	Q	
	84	Naiema Mohammed	WC	F-M1-U	82,35	Aug-83	-466,0	166,0	176,0	176,0	90,5	95,5	98,0	98,0	165,0	175,0	-486,0	175,0	449,0	Best M1 and SAMSA Gold		1	85,47	Q	
	84	Phokwane Moleole	G	F-M1-U	81,80	Jan-77	125,0	135,0	140,0	140,0	75,0	80,0	82,5	82,5	155,0	170,0	177,5	177,5	400,0			2	76,35	Q	
	84	Zanele Ngwenya	G	F-M1-U	82,50	Mar-79	-430,0	-430,0	130,0	130,0	67,5	72,5	77,5	77,5	145,0	155,0	162,5	162,5	370,0			3	70,38	Q	
	84+	Marina Van der Linde	G	F-M1-U	97,95	Jul-83	160,0	170,0	-480,0	170,0	92,5	97,5	-400,0	97,5	180,0	190,0	200,0	200,0	467,5	SAMSA Silver		1	83,85	Q	

	84+	Lauren Jones	G	F-M1-U	122,35	Oct-77	140,0	150,0	-160,0	150,0	75,0	80,0	85,0	85,0	170,0	182,5	-190,0	182,5	417,5		2	71,34	Q	
	84+	Pelo Kole	NW	F-M1-U	93,95	Aug-83	140,0	150,0	165,0	165,0	65,0	-75,0	-80,0	65,0	175,0	182,5	-185,0	182,5	412,5		3	74,91	Q	
	84+	Michele Townsend	G	F-M1-U	125,75	Dec-76	110,0	120,0	122,5	122,5	50,0	60,0	62,5	62,5	140,0	162,5	-167,5	162,5	347,5		4	59,13	Q	
	84+	Paulette Preyser	WC	F-M1-U	113,80	Apr-79	100,0	110,0	117,5	117,5	65,0	70,0	72,5	72,5	125,0	135,0	142,5	142,5	332,5		5	57,55	1bb	
	84+	Robyn Gillfillan	G	F-M1-U	116,40	Jul-78	90,0	100,0	105,0	105,0	50,0	60,0	-65,0	60,0	100,0	120,0	130,0	130,0	295,0		6	50,84		
Master 2																								
	52	Elisabeth Barry	EC	F-M2-U	51,85	Mar-73	75,0	80,0	83,0	83,0	35,0	37,5	-40,0	37,5	102,5	115,0	120,0	120,0	240,5	SAMSA Silver	1	60,88	Q	
	52	Vanessa Schlebusch	KZN	F-M2-U	51,95	Jan-70	-60,0	62,5	-67,5	62,5	42,5	46,0	47,5	47,5	105,0	112,5	117,5	117,5	227,5		2	57,49	Q	
	57	Antoinette Kriel	G	F-M2-U	56,50	Sep-71	117,5	122,5	125,0	125,0	75,0	80,0	82,5	82,5	160,0	171,0	180,0	180,0	387,5	Best M2 and SAMSA Gold	1	91,50	Q	
	57	Carol Anthony	G	F-M2-U	56,40	May-66	72,5	77,5	82,5	82,5	40,0	42,5	-45,0	42,5	105,0	115,0	122,5	122,5	247,5		2	58,52	Q	
	63	Madelaine Posthumus	G	F-M2-U	61,15	Oct-70	-90,0	-90,0	-100,0	0,0	45,0	50,0	52,5	52,5	100,0	110,0	120,0	120,0	0,0				0,00	
	76	Bonita Bloem	G	F-M2-U	70,75	Nov-69	97,5	105,0	110,0	110,0	47,5	52,5	55,0	55,0	110,0	120,0	130,0	130,0	295,0	SAMSA Bronze	1	60,29	Q	
	76	Denise Wilkinson	G	F-M2-U	74,00	Jan-69	62,5	70,0	-77,5	70,0	37,5	40,0	42,5	42,5	90,0	97,5	102,5	102,5	215,0		2	42,94		
	84	Beverley Furman	G	F-M2-U	82,05	Apr-71	75,0	82,5	87,5	87,5	45,0	50,0	52,5	52,5	115,0	122,5	-130,0	122,5	262,5		1	50,04		
	84+	Buyisile Ngubane	G	F-M2-U	102,70	Nov-74	-90,0	90,0	108,0	108,0	45,0	50,0	52,5	52,5	115,0	125,5	140,0	140,0	300,5		1	53,22	1bb	
	84+	Fiona Swart	G	F-M2-U	90,00	Jul-70	75,0	-82,5	82,5	82,5	42,5	47,5	50,0	50,0	100,0	112,5	122,5	122,5	255,0		2	46,96		
Master 3																								
	57	Miriam Sinclair	EC	F-M3-U	56,70	Oct-58	70,0	80,0	85,0	85,0	50,0	55,0	-58,0	55,0	105,0	115,0	-120,0	115,0	255,0	Best M3 and SAMSA Gold	1	60,05	Q	

4-7 April 2024 SA Classic Powerlifting Championships 2024

Men - Classic Powerlifting	IPF Wt Cls	Name	Team	Div	Bwt - kg	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Trophies and SAMSA medals	Place	IPF GL Points	Qual for SA Team	
Subjunior																								
	53	Samuel Meshilinie	EC	M-SJ-U	51,80	May-06	80,0	90,0	100,0	100,0	70,0	75,0	80,5	75,0	120,0	130,0	140,0	140,0	315,0		1	55,90	Q	
	53	Gabriel Chiremba	G	M-SJ-U	50,20	Sep-09	75,0	85,0	90,0	90,0	55,0	60,0	65,0	60,0	95,0	105,0	115,0	115,0	265,0		2	47,83	1bb	
	59	Yonatan Bricker	G	M-SJ-U	58,75	Mar-09	115,0	130,0	132,5	130,0	60,0	65,0	70,0	65,0	130,0	145,0	155,0	155,0	350,0		1	58,05	Q	
	59	Charlton Chung	G	M-SJ-U	58,80	Aug-07	100,0	110,0	117,5	117,5	65,0	70,0	75,0	75,0	115,0	130,0	150,0	150,0	342,5		2	56,78	Q	
	66	Jaden Madhav	G	M-SJ-U	59,85	Jan-07	150,0	150,0	160,0	160,0	70,0	80,0	85,0	85,0	170,0	190,0	205,0	190,0	435,0		1	71,43	Q	
	66	Liam Schwegler	G	M-SJ-U	65,20	Apr-07	130,0	140,0	150,0	150,0	65,0	65,0	75,0	75,0	160,0	170,0	170,0	160,0	385,0		2	60,40	Q	
	66	Ferde Botha	EC	M-SJ-U	65,00	Jun-08	110,0	115,0	120,0	120,0	85,0	90,0	92,5	90,0	140,0	150,0	155,0	150,0	360,0		3	56,57	Q	
	66	Brandon Look	EC	M-SJ-U	65,10	Jan-06	110,0	115,0	120,0	120,0	80,0	87,5	90,0	90,0	125,0	135,0	145,0	145,0	355,0		4	55,74	Q	
	66	Donovan Tennant	EC	M-SJ-U	63,70	Dec-07	85,0	90,0	90,0	90,0	57,5	60,0	62,5	60,0	115,0	120,0	125,0	125,0	275,0		5	43,68		
	66	Aaryan Valjee	KZN	M-SJ-U	60,15	Mar-08	110,0	110,0	110,0	0,0	65,0	67,5	77,5	77,5	130,0	140,0	145,0	145,0	0,0				0,00	
	74	Samuel Teeger	G	M-SJ-U	72,45	May-07	172,5	180,0	182,5	180,0	105,0	115,0	120,0	120,0	205,0	217,5	220,0	220,0	520,0		1	77,19	Q	
	74	John Evens	WC	M-SJ-U	73,85	Dec-06	180,0	187,0	192,0	187,0	110,0	122,5	122,5	110,0	205,0	215,0	223,0	223,0	520,0		2	76,42	Q	
	74	Alex Collocott	G	M-SJ-U	70,25	Nov-08	150,0	150,0	160,0	150,0	100,0	105,0	110,0	110,0	160,0	165,0	170,0	170,0	430,0		3	64,86	Q	
	74	Levi von Zwiklitz	G	M-SJ-U	73,15	Feb-08	125,0	140,0	147,5	147,5	80,0	90,0	92,5	90,0	165,0	180,0	192,5	192,5	430,0		4	63,51	Q	
	74	Philasande Faku	NW	M-SJ-U	69,45	May-06	110,0	120,0	120,0	120,0	70,0	77,5	77,5	70,0	170,0	180,0	182,5	180,0	370,0		5	56,15	1bb	
	74	Henre van der Berg	EC	M-SJ-U	68,50	Mar-08	100,0	110,0	120,0	100,0	75,0	82,5	85,0	85,0	120,0	130,0	140,0	140,0	325,0		6	49,68		
	74	Jonathan Ridgard	G	M-SJ-U	70,35	Jul-08	85,0	95,0	105,0	105,0	57,5	62,5	65,0	62,5	115,0	130,0	140,0	140,0	307,5		7	46,35		
	74	Daniel Saacks	G	M-SJ-U	67,95	Jun-07	170,0	170,0	175,0	0,0	95,0	0,0			95,0	210,0	0,0	0,0	0,0				0,00	
	83	Ewan Boshoff	FS	M-SJ-U	81,50	Feb-06	210,0	218,0	222,5	222,5	127,5	135,0	142,5	142,5	220,0	235,0	245,0	235,0	600,0	Best Subjunior	1	83,83	Q	
	83	Christopher Williams	G	M-SJ-U	82,85	Sep-07	185,0	200,0	205,0	200,0	100,0	112,5	122,5	122,5	220,0	245,0	257,5	257,5	580,0		2	80,36	Q	
	83	Stehan van der Merwe	WC	M-SJ-U	81,40	Jan-06	185,0	200,0	210,0	210,0	100,0	110,0	117,5	110,0	210,0	230,0	257,5	230,0	550,0		3	76,89	Q	
	83	Ryan Sutton	KZN	M-SJ-U	81,40	Feb-07	180,0	195,0	205,0	205,0	115,0	120,0	125,0	120,0	190,0	200,0	210,0	210,0	535,0		4	74,79	Q	
	83	Ayabonga Goba	EC	M-SJ-U	79,55	May-04	155,0	170,0	175,0	175,0	102,5	102,5	107,5	102,5	190,0	202,5	210,0	210,0	487,5		5	68,95	Q	
	83	Morgan Holmes	EC	M-SJ-U	80,95	Jul-07	150,0	157,5	170,0	157,5	90,0	97,5	105,0	97,5	170,0	180,0	195,0	195,0	450,0		6	63,09	Q	
	83	Thomas Harilaou	G	M-SJ-U	81,75	Aug-06	125,0	135,0	145,0	145,0	97,5	102,5	107,5	102,5	145,0	157,5	165,0	165,0	412,5		7	57,54	1bb	
	93	Eduard Retief	G	M-SJ-U	89,80	Mar-06	180,0	190,0	190,0	190,0	130,0	140,0	145,0	145,0	240,0	250,0	263,0	250,0	585,0		1	77,86	Q	
	93	Janco Du Plooy	FS	M-SJ-U	90,75	Sep-06	175,0	200,0	210,0	210,0	117,5	125,0	130,0	130,0	190,0	215,0	222,5	222,5	562,5		2	74,47	Q	
	93	JP Blom	G	M-SJ-U	92,35	Aug-06	190,0	200,0	210,0	210,0	112,5	117,5	122,5	117,5	192,5	205,0	217,5	217,5	545,0		3	71,54	Q	
	93	Szethyn Fulop	G	M-SJ-U	87,75	Apr-07	180,0	190,0	200,0	200,0	105,0	115,0	117,5	117,5	200,0	212,5	217,5	217,5	535,0		4	72,02	Q	
	93	Jake Finch	G	M-SJ-U	90,10	Nov-07	170,0	180,0	187,5	187,5	95,0	100,0	105,0	100,0	185,0	200,0	207,5	207,5	495,0		5	65,77	Q	
	93	Kean Geustyn	FS	M-SJ-U	89,45	Jun-06	135,0	150,0	165,0	150,0	110,0	120,0	127,5	120,0	175,0	195,0	210,0	210,0	480,0		6	64,01	Q	
	93	Stian Landman	EC	M-SJ-U	91,70	Dec-06	155,0	165,0	170,0	170,0	85,0	85,0	97,5	97,5	180,0	190,0	200,0	190,0	457,5		7	60,26	Q	
	93	Luca Meyer	G	M-SJ-U	92,85	Oct-08	110,0	122,5	132,5	122,5	85,0	92,5	100,0	100,0	135,0	155,0	172,5	172,5	395,0		8	51,72		
	93	Uche Aka	G	M-SJ-U	90,95	Nov-08	100,0	110,0	117,5	117,5	55,0	62,5	67,5	67,5	120,0	140,0	157,5	140,0	325,0		9	42,98		
	105	Richard Steenekamp	G	M-SJ-U	104,15	Feb-06	190,0	190,0	200,0	200,0	140,0	140,0	148,0	148,0	240,0	257,5	257,5	257,5	605,5		1	75,04	Q	
	105	Zaid Niemand	EC	M-SJ-U	96,70	Jul-06	160,0	170,0	175,0	170,0	115,0	122,5	130,0	130,0	180,0	190,0	200,0	190,0	490,0		2	62,90	Q	
	105	Joshua Thurtle	EC	M-SJ-U	102,85	Jun-07	110,0	110,0	120,0	110,0	65,0	75,0	80,0	75,0	140,0	150,0	165,0	165,0	350,0		3	43,63		
Junior																								
	66	Jaime Abida	G	M-J-U	63,75	Aug-01	155,0	165,0	172,5	172,5	100,0	105,0	115,0	115,0	165,0	172,5	185,0	172,5	460,0		1	73,04	Q	
	66	Lesego Ramolapong	NW	M-J-U	65,90	Jul-04	130,0	135,0	140,0	135,0	80,0	85,0	87,5	87,5	175,0	185,0	187,5	187,5	410,0		2	63,96		
	66	Elton Khoza	NW	M-J-U	60,20	Aug-01	120,0	135,0	145,0	135,0	80,0	87,5	95,0	87,5	160,0	165,0	167,5	167,5	390,0		3	63,84		
	74	Scott Porns	EC	M-J-U	71,25	Feb-01	205,0	217,5	222,5	222,5	140,0	148,0	155,0	148,0	260,0	280,0	290,0	290,0	660,5	Best Junior	1	98,90	Q	
	74	Nicholas Snyman	NW	M-J-U	72,80	Oct-01	210,0	215,0	215,0	215,0	130,0	135,0	137,5	137,5	260,0	260,0	265,0	265,0	617,5		2	91,43	Q	
	74	Thapelo Motlhako	G	M-J-U	72,65	Oct-01	180,0	195,0	195,0	195,0	130,0	137,5	140,0	137,5	240,0	255,0	265,0	265,0	597,5		3	88,56	Q	

	74	Juan Bezuidenhout	EC	M-J-U	73,10	Nov-04	140,0	145,0	-450,0	145,0	85,0	95,0	-400,0	95,0	170,0	172,5	185,0	185,0	425,0			4	62,79		
	74	Tyron Potgieter	EC	M-J-U	67,05	Aug-05	-400,0	-400,0	-400,0	0,0	55,0	57,5	-60,0	57,5	175,0	-485,0	-485,0	175,0	0,0					0,00	
	83	Jethro Shaw	KZN	M-J-U	82,95	Aug-04	207,5	215,0	225,0	225,0	125,0	132,5	137,5	137,5	250,0	260,0	-265,0	260,0	622,5			1	86,20	Q	
	83	Avishai Eilim	G	M-J-U	81,85	May-04	200,0	210,0	215,0	215,0	142,5	150,0	152,5	152,5	205,0	220,0	-232,5	220,0	587,5			2	81,90	Q	
	83	Matthew Palmer	KZN	M-J-U	82,15	Aug-03	200,0	200,0	-205,0	200,0	120,0	125,0	130,0	130,0	240,0	255,0	-270,0	255,0	585,0			3	81,40	Q	
	83	Tshepo Masiza	NW	M-J-U	78,00	Jun-05	170,0	172,5	180,0	180,0	110,0	120,0	-125,0	120,0	220,0	230,0	240,0	240,0	540,0			4	77,15	1bb	
	83	Connor Reynolds	G	M-J-U	80,50	Oct-03	180,0	190,0	-492,5	190,0	110,0	115,0	-117,5	115,0	215,0	-225,0	225,0	225,0	530,0			5	74,51	1bb	
	83	Michael van Beek	WC	M-J-U	79,95	May-05	170,0	180,0	-490,0	180,0	90,0	97,5	-490,0	97,5	180,0	200,0	-245,0	200,0	477,5			6	67,37		
	83	Anrich Boshoff	FS	M-J-U	80,55	Nov-04	140,0	160,0	175,0	175,0	110,0	120,0	130,0	130,0	155,0	170,0	-177,5	170,0	475,0			7	66,76		
	83	Steven Vosloo	EC	M-J-U	82,30	Apr-05	150,0	157,5	-460,0	157,5	102,5	-110,0	-110,0	102,5	185,0	192,5	200,0	200,0	460,0			8	63,95		
	83	Anam Manyela	EC	M-J-U	82,05	Apr-03	140,0	-155,0	-155,0	140,0	100,0	-105,0	-105,0	100,0	185,0	190,0	200,0	200,0	440,0			9	61,26		
	93	Xander Nel	WC	M-J-U	92,05	Mar-04	200,0	215,0	-230,0	215,0	105,0	112,5	-117,5	112,5	220,0	235,0	245,0	245,0	572,5			1	75,27	1bb	
	93	Simon Thomas	G	M-J-U	92,25	Jan-01	190,0	-200,0	200,0	200,0	132,5	137,5	142,5	142,5	207,5	220,0	230,0	230,0	572,5			2	75,19	1bb	
	93	Franko Tchilingirov	G	M-J-U	90,60	Feb-02	135,0	150,0	160,0	160,0	115,0	125,0	-130,0	125,0	180,0	200,0	215,0	215,0	500,0			3	66,25		
	105	Daniel Cotton	WC	M-J-U	96,15	May-04	220,0	222,5	240,0	240,0	-440,0	-450,0	150,0	150,0	265,0	285,0	300,0	300,0	690,0			1	88,82	Q	
	105	Ryno Du Plessis	NW	M-J-U	103,55	May-01	-260,0	260,0	277,5	277,5	145,0	152,5	157,5	157,5	245,0	255,0	-265,0	255,0	690,0			2	85,75	Q	
	120	Simon Curtain	EC	M-J-U	113,50	Jun-02	190,0	200,0	210,0	210,0	130,0	-135,0	135,0	135,0	265,0	282,5	292,5	292,5	637,5			1	75,96	Q	
	120	Josh Sass	G	M-J-U	113,70	Jun-03	220,0	230,0	235,0	235,0	125,0	130,0	-135,0	130,0	220,0	240,0	-245,0	240,0	605,0			2	72,03	1bb	
	120	Lucas Kleiner	G	M-J-U	110,70	Dec-03	185,0	-205,0	215,0	215,0	110,0	115,0	-120,0	115,0	200,0	210,0	-220,0	210,0	540,0			3	65,07		
Open	59	Geordie Goliath	WC	M-O-U	58,20	Mar-93	170,0	190,0	-202,5	190,0	95,0	105,0	-110,0	105,0	200,0	215,5	-227,5	215,5	510,5			1	85,09	Q	
	66	Jaime Abida	G	M-O-U	63,75	Aug-01	155,0	165,0	172,5	172,5	100,0	105,0	115,0	115,0	165,0	172,5	-185,0	172,5	460,0			1	73,04		
	66	Nathan Michael-Steyn	WC	M-O-U	65,40	May-83	-175,0	-175,0	-175,0	0,0	115,0	120,0	-125,0	120,0	200,0	215,0	227,5	227,5	0,0				0,00		
	74	Scott Pornss	EC	M-O-U	71,25	Feb-01	205,0	217,5	222,5	222,5	140,0	148,0	-155,0	148,0	260,0	280,0	290,0	290,0	660,5			1	98,90	Q	
	74	Nishalin Govender	G	M-O-U	73,70	May-92	187,5	200,0	207,5	207,5	115,0	-122,5	122,5	122,5	255,0	275,0	290,0	290,0	620,0			2	91,21	Q	
	74	Darius Sangari	G	M-O-U	73,90	May-94	207,5	215,0	-220,0	215,0	155,0	-160,0	-160,0	155,0	215,0	235,0	250,0	250,0	620,0			3	91,09	Q	
	74	Ruben van der Linde	G	M-O-U	73,45	Dec-98	-215,0	-215,0	215,0	215,0	130,0	135,0	-137,5	135,0	240,0	250,0	-260,0	250,0	600,0			4	88,43	Q	
	74	Jean-Michael Muldner	G	M-O-U	73,70	Mar-00	-210,0	210,0	-225,0	210,0	115,0	122,5	-125,0	122,5	230,0	250,0	-275,0	250,0	582,5			5	85,70	Q	
	74	Leonardo Gomes	G	M-O-U	72,40	May-00	175,0	175,0	-200,0	190,0	125,0	132,5	-135,0	132,5	225,0	235,0	-240,0	235,0	557,5			6	82,78	1bb	
	74	Simon Sishange	G	M-O-U	73,85	Jul-91	160,0	-170,0	170,0	170,0	80,0	85,0	90,0	90,0	200,0	-210,0	-210,0	200,0	460,0			7	67,60		
	74	Carl Osborne	WC	M-O-U	72,40	Mar-96	-160,0	-160,0	-160,0	0,0	-125,0	-130,0	130,0	130,0	-200,0	200,0	-210,0	200,0	0,0				0,00		
	83	Marlon Daniels	G	M-O-U	81,85	Nov-75	242,5	-253,0	255,5	255,5	140,0	147,5	152,5	152,5	230,0	240,0	252,5	252,5	660,5			1	92,08	Q	
	83	Grant O'Donoghue	G	M-O-U	82,55	Aug-99	225,0	235,0	240,0	240,0	127,5	132,5	-135,0	132,5	247,5	255,0	262,5	262,5	635,0			2	88,14	Q	
	83	Pieter Nel	WC	M-O-U	81,15	Jul-00	195,0	205,0	-210,0	205,0	125,0	135,0	-140,0	135,0	260,0	282,5	-294,0	282,5	622,5			3	87,16	Q	
	83	Daniel Asiwe	NW	M-O-U	82,00	May-95	190,0	195,0	-205,0	195,0	-115,0	120,0	-122,5	120,0	205,0	215,0	225,0	225,0	540,0			4	75,21		
	83	Cameron Drotsky	G	M-O-U	82,40	Jun-99	-180,0	180,0	195,0	195,0	100,0	-110,0	-110,0	100,0	215,0	225,0	-230,0	225,0	520,0			5	72,25		
	83	Frank Lubbe	G	M-O-U	81,10	Mar-99	165,0	175,0	-180,0	175,0	105,0	-115,0	115,0	115,0	200,0	210,0	-215,0	210,0	500,0			6	70,03		
	83	Eugene Sadie	EC	M-O-U	81,85	May-92	195,0	202,5	205,0	205,0	145,0	-150,0	-150,0	145,0	-255,0	-255,0	-255,0	0,0	0,0				0,00		
	93	Nkosinathi Ntuli	G	M-O-U	92,05	Aug-97	240,0	250,0	-255,0	250,0	145,0	152,5	-157,5	152,5	280,0	300,0	-311,5	300,0	702,5			1	92,36	Q	
	93	Joshua Wilkins	G	M-O-U	89,70	Nov-00	200,0	215,0	225,0	225,0	145,0	155,0	-160,0	155,0	270,0	280,0	295,0	295,0	675,0			2	89,88	Q	
	93	Deon Smedley	G	M-O-U	92,65	Apr-84	232,5	245,0	255,5	255,5	137,5	142,5	147,5	147,5	250,0	265,0	-272,5	265,0	668,0			3	87,55	Q	
	93	Brandon Samuels	WC	M-O-U	91,70	Apr-98	227,5	237,5	-255,0	237,5	-155,0	-160,0	160,0	160,0	270,0	-300,0	-305,0	270,0	667,5			4	87,93	Q	
	93	Bandile Khuzwayo	G	M-O-U	90,90	Feb-90	225,0	240,0	250,0	250,0	120,0	-130,0	130,0	130,0	260,0	280,0	-297,5	280,0	660,0			5	87,31	Q	
	93	Joshua Standers	G	M-O-U	92,75	Mar-94	205,0	220,0	230,0	230,0	155,0	160,0	-165,0	160,0	220,0	240,0	260,0	260,0	650,0			6	85,15	1bb	
	93	Johnny Dam	G	M-O-U	92,55	Dec-89	215,0	225,0	232,5	232,5	150,0	155,0	-158,0	155,0	250,0	260,0	-270,5	260,0	647,5			7	84,91	1bb	
	93	Ryan Stopforth	G	M-O-U	90,75	May-85	200,0	210,0	-217,5	210,0	145,0	152,5	-155,0	152,5	235,0	247,5	-252,5	247,5	610,0			8	80,76		
	93	Chad Polley-Green	G	M-O-U	91,05	Jan-85	175,0	187,5	200,0	200,0	110,0	117,5	-125,0	117,5	210,0	225,0	-240,0	225,0	542,5			9	71,71		

	93	Vukile Senama	NW	M-O-U	88,40	May-98	160,0	170,0	-175,0	170,0	105,0	115,0	120,0	120,0	200,0	215,0	220,0	220,0	510,0		10	68,40	
	105	Thomas Wewege	WC	M-O-U	104,00	Aug-92	250,0	270,0	275,0	275,0	185,0	195,0	200,0	200,0	260,0	285,0	295,0	295,0	770,0		1	95,49	Q
	105	Simbayi Bvumburai	G	M-O-U	104,95	Aug-94	250,0	280,0	300,5	300,5	140,0	150,0	155,0	155,0	240,0	280,0	-300,0	280,0	735,5		2	90,83	Q
	105	Daniel Duke	G	M-O-U	104,30	Jul-00	220,0	230,0	240,0	240,0	185,0	195,0	200,0	200,0	260,0	282,5	-292,5	282,5	722,5		3	89,48	Q
	105	Sibusiso Sishi	G	M-O-U	98,20	Jun-85	-260,0	250,0	265,0	265,0	150,0	160,0	-170,0	160,0	270,0	290,0	-305,0	290,0	715,0		4	91,11	Q
	105	Kemeshan Naicker	G	M-O-U	104,55	Apr-95	220,0	240,0	247,5	247,5	150,0	-165,0	165,0	165,0	270,0	300,0	-315,0	300,0	712,5		5	88,14	Q
	105	Haroun Pietersen	G	M-O-U	104,10	Oct-87	255,0	270,0	280,0	280,0	145,0	152,5	160,0	160,0	262,5	-282,5	-282,5	262,5	702,5		6	87,08	Q
	105	Paul Bester	FS	M-O-U	99,90	Jan-94	225,0	250,0	-260,0	250,0	125,0	140,0	-147,5	140,0	260,0	285,0	-305,0	285,0	675,0		7	85,31	1bb
	105	Michael Cowley	WC	M-O-U	103,20	Nov-00	225,0	-235,0	-235,0	225,0	145,0	155,0	-160,0	155,0	270,0	290,0	-300,0	290,0	670,0		8	83,39	1bb
	105	Keeran Nadas	KZN	M-O-U	104,90	Apr-97	-190,0	-190,0	190,0	190,0	140,0	150,0	155,0	155,0	300,0	-310,0	0,0	300,0	645,0		9	79,67	
	105	Khotso Thekiso	NW	M-O-U	102,60	Jul-98	210,0	-220,0	225,0	225,0	117,5	125,0	-130,0	125,0	262,5	277,5	290,0	290,0	640,0		10	79,88	
	105	Azariel Ndoni	NW	M-O-U	100,55	Jun-87	235,0	245,0	-250,0	245,0	110,0	117,5	-127,5	117,5	245,0	260,0	-275,0	260,0	622,5		11	78,44	
	105	Gerhard Fourie	G	M-O-U	94,65	Jan-97	170,0	190,0	210,0	210,0	160,0	167,5	-170,0	167,5	210,0	220,0	0,0	220,0	597,5		12	77,50	
	105	Chad Ireland	G	M-O-U	100,55	Mar-99	-195,0	-195,0	195,0	195,0	115,0	125,0	-132,5	125,0	245,0	260,0	-270,0	260,0	580,0		13	73,08	
	105	Calum Harding	WC	M-O-U	102,35	Jun-98	-222,5	-232,5	-232,5	0,0	147,5	152,5	-157,5	152,5	227,5	242,5	260,0	260,0	0,0			0,00	
	120	Francois Maritz	G	M-O-U	116,50	Mar-93	300,0	-310,0	0,0	300,0	210,0	220,0	-226,0	220,0	290,0	305,0	320,0	320,0	840,0	Best Open Lifter	1	98,93	Q
	120	Daine Groenewald	G	M-O-U	118,50	Mar-91	220,0	-240,0	240,0	240,0	160,0	167,5	-170,0	167,5	260,0	282,5	295,0	295,0	702,5		2	82,11	1bb
	120	Darien Bester	KZN	M-O-U	117,95	May-94	220,0	240,0	-260,0	240,0	160,0	172,5	-182,5	172,5	260,0	280,0	-295,0	280,0	692,5		3	81,11	1bb
	120	Melvin Naidoo	KZN	M-O-U	116,30	Jul-91	235,0	250,0	257,5	257,5	155,0	165,0	172,5	172,5	240,0	260,0	-272,5	260,0	690,0		4	81,32	
	120	Minolan Naidoo	WC	M-O-U	117,10	Mar-96	200,0	220,0	-230,0	220,0	140,0	150,0	-157,5	150,0	240,0	260,0	-270,0	260,0	630,0		5	74,03	
	120+	Stefan Schroder	G	M-O-U	145,40	Dec-92	265,0	280,0	292,5	292,5	215,0	225,5	230,5	230,5	270,0	290,0	300,0	300,0	823,0		1	88,39	Q
	120+	Pieter-Francois Van Zyl	WC	M-O-U	152,25	Mar-98	270,0	285,0	295,0	295,0	160,0	170,0	-175,0	170,0	300,0	317,5	325,0	325,0	790,0		2	83,38	Q
	120+	Joel Ramkisson	KZN	M-O-U	126,90	Mar-97	270,0	-300,0	-300,0	270,0	160,0	170,0	-180,0	170,0	252,5	-260,0	260,0	260,0	700,0		3	79,44	
	120+	Joaquim Geraldes	FS	M-O-U	151,45	Aug-00	290,0	302,5	290,0	290,0	155,0	160,0	-167,5	160,0	240,0	250,0	-255,0	250,0	700,0		4	74,03	
	120+	Adam Stein	G	M-O-U	130,40	Nov-87	180,0	200,0	205,0	205,0	135,0	145,0	-150,0	145,0	210,0	230,0	-242,5	230,0	580,0		5	65,08	
Master 1	66	Enrico Johnson	WC	M-M1-U	63,80	Aug-08	155,0	170,0	-177,5	170,0	95,0	110,0	112,5	112,5	200,0	220,0	225,0	225,0	507,5		1	80,55	Q
	66	Steve Coleman	G	M-M1-U	65,45	Apr-79	110,0	120,0	125,0	125,0	115,0	121,0	123,5	123,5	135,0	142,5	0,0	142,5	391,0		2	61,22	1bb
	66	Nathan Michael-Steyn	WC	M-M1-U	65,40	May-83	-175,0	-175,0	-175,0	0,0	115,0	120,0	-125,0	120,0	200,0	215,0	227,5	227,5	0,0			0,00	
	83	Marlon Daniels	G	M-M1-U	81,85	Nov-75	242,5	-253,0	255,5	255,5	140,0	147,5	152,5	152,5	230,0	240,0	252,5	252,5	660,5	Best M1 and SAMSAs Gold	1	92,08	Q
	83	Chris Forget	G	M-M1-U	81,65	Nov-79	240,0	252,5	-260,0	252,5	120,0	127,5	135,0	135,0	125,0	165,0	200,0	200,0	587,5	SAMSA Bronze	2	82,00	Q
	83	Alistair Begg	WC	M-M1-U	78,70	Jan-76	180,0	200,0	-210,0	200,0	120,0	130,0	-135,0	130,0	200,0	230,0	-250,0	230,0	560,0		3	79,64	Q
	93	Deon Smedley	G	M-M1-U	92,65	Apr-84	232,5	245,0	255,5	255,5	137,5	142,5	147,5	147,5	250,0	265,0	-272,5	265,0	668,0	SAMSA Silver	1	87,55	Q
	93	Russell McLaren	WC	M-M1-U	90,00	Mar-77	175,0	185,0	195,0	195,0	120,0	125,0	132,5	132,5	215,0	227,5	232,5	232,5	560,0		2	74,45	Q
	93	Lemuel mncube	G	M-M1-U	92,65	Sep-84	175,0	-182,5	182,5	182,5	105,0	117,5	122,5	122,5	180,0	182,5	225,0	225,0	530,0		3	69,46	Q
	105	Edlyn Serge	G	M-M1-U	104,05	Mar-84	200,0	210,0	215,0	215,0	145,0	152,5	-155,0	152,5	240,0	260,0	275,0	275,0	642,5		1	79,66	Q
	105	Quintin van der Merwe	G	M-M1-U	103,50	Jul-82	150,0	175,0	200,0	200,0	100,0	115,0	120,0	120,0	230,0	-245,0	-245,0	230,0	550,0		2	68,36	1bb
	105	Yohan Assous	G	M-M1-U	100,85	Aug-76	-165,0	165,0	-177,5	165,0	100,0	110,0	115,0	115,0	185,0	-200,0	200,0	200,0	480,0		3	60,40	
	120	Newton Mudau	G	M-M1-U	118,15	Apr-81	250,0	262,5	-271,0	262,5	167,5	175,0	-180,0	175,0	225,0	235,0	245,0	245,0	682,5		1	79,88	Q
	120	Shael Singh	G	M-M1-U	119,10	May-78	220,0	235,0	240,0	240,0	130,0	-140,0	145,0	145,0	240,0	265,0	-300,0	265,0	650,0		2	75,81	Q
	120	Madikane Faku	NW	M-M1-U	116,50	Jul-75	235,0	250,0	-255,0	250,0	80,0	90,0	-100,0	90,0	275,0	285,0	-290,0	285,0	625,0		3	73,61	Q
	120	Braam Van Huyssteen	FS	M-M1-U	109,95	Sep-80	200,0	215,0	225,0	225,0	115,0	125,0	130,0	130,0	210,0	230,0	-242,5	230,0	585,0		4	70,71	1bb
	120+	Simon Breetzke	G	M-M1-U	146,95	Jun-78	240,0	260,0	280,0	280,0	165,0	185,0	0,0	185,0	240,0	0,0		240,0	705,0		1	75,41	Q
	120+	Werner Koekemoer	G	M-M1-U	187,75	Dec-76	190,0	210,0	-220,0	210,0	155,0	-160,0	-160,0	155,0	180,0	-210,0	0,0	180,0	545,0		2	53,55	
Master 2	74	Yaniv Lacob	G	M-M2-U	73,45	Dec-74	125,0	-130,0	130,0	130,0	107,5	112,5	-117,5	112,5	142,5	152,5	165,0	165,0	407,5		1	60,06	1bb

	74	Glen van der Linde	G	M-M2-U	73,25	Mar-71	140,0	150,0	-160,0	150,0	110,0	115,0	-120,0	115,0	120,0	130,0	140,0	140,0	405,0		2	59,77	1bb
	93	Johnny Dam	G	M-M2-U	92,55	Dec-69	215,0	225,0	232,5	232,5	150,0	155,0	-160,0	155,0	250,0	260,0	-270,5	260,0	647,5	Best M2 and SAMSA Gold	1	84,91	Q
	93	Jerry Botha	G	M-M2-U	91,85	Nov-74	190,0	200,0	207,5	207,5	140,0	150,0	-155,5	150,0	220,0	230,0	240,0	240,0	597,5	SAMSA Bronze	2	78,64	Q
	93	Alan Ridgard	G	M-M2-U	92,15	Mar-66	175,0	190,0	200,0	200,0	100,0	110,0	115,0	115,0	190,0	210,0	222,5	222,5	537,5		3	70,63	Q
	105	Derek Hayden	NW	M-M2-U	103,35	Feb-68	160,0	172,5	-180,0	172,5	105,0	115,0	120,0	120,0	170,0	182,5	190,0	190,0	482,5		1	60,01	
	120	Mogamat Kader	WC	M-M2-U	107,35	Dec-69	225,0	240,0	-260,0	240,0	140,0	150,0	155,0	155,0	250,0	260,0	-265,0	260,0	655,0	SAMSA Silver	1	80,04	Q
	120	Hermanus de Beer	G	M-M2-U	115,15	Apr-70	180,0	200,0	210,0	210,0	145,0	150,0	-155,0	150,0	260,0	272,5	275,0	275,0	635,0		2	75,17	Q
	120	Denis Bensch	G	M-M2-U	118,05	Dec-65	-210,0	220,0	230,0	230,0	135,0	145,0	150,0	150,0	210,0	235,0	240,0	240,0	620,0		3	72,59	Q
	120+	John Crain	G	M-M2-U	125,90	Dec-69	200,0	-215,0	215,0	215,0	165,0	175,0	-182,5	175,0	220,0	250,0	-270,0	250,0	640,0		1	72,88	Q
	120+	Pieter Schoeman	FS	M-M2-U	130,05	Mar-69	185,0	195,0	200,0	200,0	135,0	145,0	147,5	147,5	200,0	220,0	225,0	225,0	572,5		2	64,31	Q
Master 3																							
	74	Ian Hacker	G	M-M3-U	72,15	Nov-64	170,0	180,0	185,0	185,0	100,0	107,5	-110,0	107,5	180,0	195,0	200,0	200,0	492,5	Best M3 and SAMSA Gold	1	73,26	Q
	74	Stanley Lameyer	WC	M-M3-U	73,10	Oct-59	-170,0	-170,0	0,0	0,0	-75,0	-75,0	0,0	0,0	-180,0	0,0		0,0	0,0			0,00	
	83	Tommie de Nysschen	NC	M-M3-U	82,60	May-63	130,0	140,0	150,0	150,0	132,5	137,5	145,5	145,5	140,0	152,5	160,0	160,0	455,5	SAMSA Bronze	1	63,21	Q
	83	Robert Tibbitt-Eggleton	G	M-M3-U	79,85	Mar-64	125,0	135,0	-140,0	135,0	100,0	-110,0	-110,0	100,0	160,0	187,5	-200,0	187,5	422,5		2	59,65	Q
	93	Ebrahim Mobara	WC	M-M3-U	85,70	Nov-64	155,0	165,0	175,0	175,0	92,5	97,5	100,0	100,0	170,0	200,0	215,0	215,0	490,0	SAMSA Silver	1	66,75	Q
	105	Andre Ludik	EC	M-M3-U	102,70	Jun-57	100,0	110,0	-115,0	110,0	75,0	82,5	0,0	82,5	147,5	157,5	162,5	162,5	355,0		1	44,29	
Master 4																							
	74	Dan Oppenheim	G	M-M4-U	73,85	Jun-45	120,0	134,0	136,0	136,0	80,0	85,0	90,0	90,0	155,0	165,0	175,0	175,0	401,0	Best M4 and SAMSA Gold	1	58,93	Q
	83	Gregory Flugel	G	M-M4-U	81,75	Feb-54	110,0	117,5	122,5	122,5	50,0	60,0	67,5	67,5	-120,0	120,0	145,0	145,0	335,0		1	46,73	
Special Olympics																							
	120+	Bryce Sillitoe	G	M-SO	140,50	Aug-01	95,0	102,5	110,0	110,0	85,0	95,0	-105,0	95,0	100,0	110,0	120,0	120,0	325,0		1	29,75	