

SA Classic Powerlifting Championships 2024

Thur 4 April	Session 1	Weighin 06h00-07h30	Lifting 08h00	Women -43kg, -47kg, -52kg, -57kg										
First Name	Surname	Province	Youth	SJ	Jun	Open	M1	M2	M3	M4	Weight Class	T Shirt Size	Platform Coach	Gender
Emma	Diedericks	Eastern Cape		X							47kg	Small	Elisabeth + Andre	Female
Shelby	van Tonder	Gauteng				X					47kg	Small	Henk & Laura	Female
Tarryn	Valle	Western Cape					X				52kg	Extra Small	None	Female
Alexa	Pentopoulos	Gauteng				X					52kg	XS	Henk De Wet	Female
Giulia	Muto	Gauteng				X					52kg	Xs	Henk	Female
Grace	Roberts	Gauteng		X							52kg	Small	Barbell Bullies	Female
Vanessa	Schlebusch	Kwazulu Natal						X			52kg	Small	Amelia Krishna	Female
Alicia	de Lange	Eastern Cape				X					52kg	M	Scott Pornss	Female
Elisabeth	Barry	Eastern Cape						X			52kg	Small	Rodney Anthony + Ilze-Mar	Female
Surina	Devnarain	Gauteng			X						52kg	Small	Rodney Anthony	Female
Carol	Anthony	Gauteng						X			57kg	small	Rodney Anthony	Female
Luca	du Toit	Gauteng				X					57kg	Medium	Rodney Anthony SOS	Female
Kate	Wilkin	Western Cape			X						57kg	X-Small	André Ludik	Female
Nicole	Hasell	Gauteng			X	X					57kg	small	Henk De Wet	Female
Hannah	Langman	Gauteng				X					57kg	Small	Ian Furman	Female
Alexandra	Mundell	Gauteng				X					57kg	Small	Darryn Anthony	Female
shireen	saacks	Gauteng					X				57kg	s	2.0 Gyn - Dan	Female
Devorah	Eilim	Gauteng		X							57kg	Medium	Dan Oppenheim	Female
Giovanna	Winetzki	Gauteng				X					57kg	XS / S	Andrew Anthony	Female
Karamyn	Naicker	Gauteng		X							57kg	Small	Edlyn Serge	Female
Caitlyn	du Plessis	Eastern Cape			X						57kg	Small	Elisabeth Barry + Andre	Female
Joanna	Ridgard	Gauteng		X							57kg	M	Megan Leighton & Chantell	Female
Miriam	Sinclair	Eastern Cape							X		57kg	Medium	Andre Ludick	Female
Antoinette	Kriel	Gauteng				X		X			57kg	XS	Andrew Anthony	Female
Rosan	van Wyngaard	Western Cape				X					57kg	Medium (Ladie	Rodney Anthony	Female
Chevonne	Roos	Gauteng				X					57kg	Small	Darius Sangari / Maureen A	Female
Jonathan	Ridgard	Gauteng		X							74kg	L	Megan Leighton & Chantell	Male
Dan	Oppenheim	Gauteng								X	74kg	M	Henk	Male

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Thur 4 April	Session 2	10h00-11h30	12h00	Men -53kg, -59kg, -66kg										
Samuel	Meshilinie	Eastern Cape	X								53kg	Small	Elisabeth Barry + Andre	Male
Gabriel	Chiremba	Gauteng	X								53kg	Small	Thabang Motloung	Male
Geordie	Goliath	Western Cape			X						59kg	Small	Ebrahim Mobara	Male
Yonatan	Bricker	Gauteng	X								59kg	medium	Ronit Garber	Male
Hao-Cheng (Charlton)	Chung	Gauteng	X								59kg	Medium	Megan Leighton	Male
Tankiso	Mayaba	Gauteng		X							59kg	Small	Thabang Motloungo	Male
Aaryan	Valjee	Kwazulu Natal	X								66kg	Medium	Amelia Krishna	Male
Enrico	Johnson	Western Cape				X					66kg	Small	Allistair begg	Male
Ferde	Botha	Eastern Cape	X								66kg	M	Ilze-Marie Maritz	Male
Liam	Schwegler	Gauteng	X								66kg	Small	Henk & Laura De Wet	Male
Donovan	Tennant	Eastern Cape	X								66kg	Small	Elisabeth Barry + Andre	Male
Brandon	Loock	Eastern Cape	X								66kg	Medium	Elisabeth Barry + Andre	Male
Jaden	Madhav	Gauteng	X								66kg	small	Henk de Wet	Male
Elton	Khoza	North West		X							66kg	S	Azariel Ndoni	Male
Lesego	Ramolapong	North West		X							66kg	M	Azariel Ndoni	Male
Jaime	Abida	Gauteng		X	X						66kg	small	Andrew Anthony	Male
Caneous	Mdluli	Gauteng			X						66kg	Medium	Nicholas Ingel	Male
Nathan	Michael-Steyn	Western Cape			X	X					66kg	Medium	N/A	Male
Steve	Coleman	Gauteng				X					66kg	Small	The Meg	Male



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Fri 5 April	Session 1	06h00-07h30	08h00	Men -83kg											
Cameron	Drotsky	Gauteng				X						83kg	Large	Rodney Anthony	Male
Avishai	Eilim	Gauteng			X							83kg	XL	Dan the man	Male
Stehan	van der Merwe	Western Cape		X								83kg	Large	None	Male
Allistair	Begg	Western Cape					X					83kg	Medium	None	Male
Michael	van Beek	Western Cape			X							83kg	Medium	Maureen Ackerman	Male
Chris	Forget	Gauteng					X					83kg	Medium	NA	Male
Pieter	Nel	Western Cape					X					83kg	Large	El-Shane	Male
Robert	Tibbitt-Eggleton	Gauteng								X		83kg	Large	Henk de Wet	Male
Ryan	Sutton	Kwazulu Natal		X								83kg	MEDIUM	N/A	Male
Marlon	Daniels	Gauteng				X	X					83kg	Medium	Rodney Anthony	Male
Matthew	Palmer	Kwazulu Natal			X							83kg	XL	N/A	Male
Jethro	Shaw	Kwazulu Natal			X							83kg	Medium	Self	Male
Connor	Reynolds	Gauteng			X							83kg	Large	Megan/Chantelle	Male
Gregory	Flugel	Gauteng								X		83kg	M	Rodney Anthony	Male
Tommie	de Nysschen	Free State								X		83kg	Medium	Self	Male
Steven	Vosloo	Eastern Cape			X							83kg	Large	Elisabeth Barry + Andre	Male
ER	SADIE	Eastern Cape				X						83kg	Medium	Andre Ludik	Male
Frank	Lubbe	Gauteng				X						83kg	Large	Chantelle Du Toit	Male
Tshepiso	Masiza	North West			X							83kg	M	Madikane Faku	Male
Daniel	Asiwe	North West				X						83kg	L	Azariel Ndoni	Male
Ewan	Boshoff	Free State		X								83kg	Medium	Ricardo Barreto	Male
Anrich	Boshoff	Free State			X							83kg	Medium	Ricardo Baretto	Male
Ayabonga	Goba	Eastern Cape		X								83kg	M	None	Male
Christopher	Williams	Gauteng		X								83kg	M	Dan Oppenheim	Male
Anam	Manyela	Eastern Cape			X							83kg	Medium	Anam Manyela (myself)	Male
Thomas	Harilaou	Gauteng		X								83kg	Medium	Andrew anthony	Male
Morgan	Holmes	Eastern Cape		X								83kg	Large	N/A	Male
Grant	O'Donoghue	Gauteng				X						83kg	Large	Chantelle du Toit	Male



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Fri 5 April	Session 3	14h00-15h30	16h00	Women -69, -76kg											
Gaia	Mottalini	Gauteng			X							69kg	Medium	Darius Sangari/Maureen Ac	Female
Chante	Mulder	Eastern Cape		X	X							69kg	Small	Izle-Mari Maritz	Female
Astrid	Schwarz	Western Cape					X					69kg	Medium	Megan Leighton	Female
Chante	Waters	Mpumalanga					X					69kg	M	Laura De Wet	Female
Talitha	de Wet	Gauteng		X								69kg	XL	Henk and Laura de Wet	Female
Kelly	Brannan	Gauteng						X				69kg	small	Rodney Anthony	Female
Stephanie	Jones	Western Cape			X							69kg	Large	Calum Harding	Female
Sasha	Gadney	Gauteng					X					69kg	Small	Sarel Gadney	Female
Stephene	Loubser	Eastern Cape		X								69kg	Small	I.M Maritz	Female
Gila	Smith	Gauteng		X								69kg	Small	Vicki Botha	Female
Chenel	Kruger	Western Cape					X					69kg	Medium	Tom Wewege	Female
Mo	Adejuyigbe	Western Cape			X							69kg	Medium	Megan Leighton	Female
Charnleigh	Kotzé	Gauteng			X	X						69kg	Small	Tom Wewege	Female
Vleen	Serge	Gauteng					X					76kg	Med	Edlyn Serge	Female
Roechelle	Van der Merwe	Free State		X								76kg	medium	Bernice vd Westuizen	Female
Bonita	Bloem	Gauteng							X			76kg	medium	Andrew Anthony	Female
Anika	Maree	Eastern Cape			X							76kg	Large	Ilze-Mari Maritz	Female
Lisa	Stander	Western Cape		X								76kg	Medium	Adriaan Stander	Female
Jaymee	Cooper	Western Cape		X								76kg	Medium	Graham Cooper	Female
Maxene	Booyesen	Gauteng					X					76kg	Large	Andrew Anthony	Female
Jodi	Poxon	Gauteng						X				76kg	medium	Chantelle du Toit	Female
Marianka	Fourie	Gauteng			X	X						76kg	Medium	Dan Oppenheim	Female
Denise	Wilkinson	Gauteng							X			76kg	Male Large	Couch Rodney Anthony	Female
Timieke	Smith	Gauteng		X								76kg	M	Thabang Motloung	Female
Pia	Marangoni	Gauteng					X	X				76kg	L	TBC	Female



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Sat 6 April	Session 2	11h00-12h30	13h00	Men -105kg											
Edlyn	Serge	Gauteng					X					105kg	XL	VLeen Serge	Male
Michael	Cowley	Western Cape				X						105kg	XL	Nicolaas du Preez	Male
Daniel	Duke	Gauteng				X						105kg	XXL	Dan oppenheim	Male
Thomas	Wewege	Western Cape				X						105kg	Large	Henk de Wet	Male
Quintin	van der Merwe	Gauteng					X					105kg	XL	Hannie Smith	Male
Calum	Harding	Western Cape				X						105kg	XL	Daniel Cotton	Male
Kemeshan	Naicker	Gauteng				X						105kg	XL	Henk de Wet	Male
Paul	Bester	Free State				X						105kg	Large	Ricardo Barreto	Male
Derek	Hayden	North West						X				105kg	2Xl	Rodney	Male
Ryno	Du Plessis	North West			X							105kg	2XL	Johan (Hannie) Smith	Male
Simbayi	Bvumburai	Gauteng				X						105kg	XL	Henk de Wet	Male
Joshua	Thurtle	Eastern Cape	X									105kg	Xlarge	Elisabeth Barry + Andre	Male
Azariel	Ndoni	North West				X						105kg	L	Madikane Faku	Male
Richard	Steenekamp	Gauteng	X									105kg	XL	Rodney Anthony	Male
Andre	Ludik	Eastern Cape							X			105kg	xxx l	ilze	Male
Sibusiso	Sishi	Gauteng				X						105kg	Large	Henk De Wet	Male
Chad	Ireland	Gauteng				X						105kg	XXL	Lauren Norton	Male
Gerhard	Fourie	Gauteng				X						105kg	XL	Andrew Anthoney	Male
Haroun	Pietersen	Gauteng				X						105kg	Xxl	Rodney Antony	Male
Keeran	Nadas	Kwazulu Natal				X						105kg	Xxl	Self coached	Male
Daniel	Cotton	Western Cape			X							105kg	Large	None	Male
Zaid	Niemand	Eastern Cape	X									105kg	L	N/A	Male
Khotso	Thekiso	North West				X						105kg	Large	Chantel and Meghan	Male
Yohan	Assous	Gauteng					X					105kg	XL	School of Strength	Male



## SA Classic Powerlifting Championships 2024

Sun 7 April	Session 1	06h00-07h30	08h00	Men -120kg, 120+kg											
Denis	Bensch	Gauteng						X				-120kg	XL	Henk De Wet	Male
shaeel	singh	Gauteng					X					-120kg	XXL	Shaeel	Male
Hermanus Bernardus	de Beer	Gauteng						X				-120kg	XXXL	Dan Oppenheim	Male
Simon	Curtain	Eastern Cape		X								-120kg	XL	ELIZABETH BARRY	Male
Francois	Maritz	Gauteng			X							-120kg	xl	na	Male
Melvin	Naidoo	Gauteng			X							-120kg	XXL	Henk De Wet	Male
Mogamat	Kader	Western Cape						X				-120kg	XI	No	Male
Lucas	Kleiner	Gauteng		X								-120kg	XXL	Meg/Chantelle	Male
Newton	Mudau	Gauteng					X					-120kg	X-Large	Chantell du Toit	Male
Braam	Van Huyssteen	Free State					X					-120kg	XXL	None	Male
Darien	Bester	Kwazulu Natal			X							-120kg	2XL	N/A	Male
Madikane	Faku	North West					X					-120kg	XXL	Azariel Ndoni	Male
Josh	Sass	Gauteng		X								-120kg	XXL	Henk De Wet	Male
Minolan	Naidoo	Western Cape			X							-120kg	XXXL	Tambe Joesha	Male
Daine	Groenewald	Gauteng			X							-120kg	XXL	Megan Leighton	Male
Simon	Breetzke	Gauteng					X					+120kg	4 xl	Rodney Anthony	Male
Pieter-Francois	Van Zyl	Western Cape			X							+120kg	4xl	Nicolaas Du Preez	Male
Joel	Ramkisson	Kwazulu Natal			X							+120kg	3XL	Amelia Krishna	Male
John	Crain	Gauteng						X				+120kg	3xl	Henk De Wet	Male
Bryce	Sillitoe	Gauteng		SO								+120kg	4XL	Chantelle du Tiot	Male
Joaquim	Geraldes	Free State			X							+120kg	3XL	Marnu Wessels	Male
Pieter	Schoeman	Free State						X				+120kg	3XL	RUBEN	Male
Stefan	Schroder	Gauteng			X							+120kg	4XL	Rodney Anthony	Male
Adam	Stein	Gauteng			X							+120kg	2XL	Ian Furman	Male
Werner	Koekemoer	Gauteng					X					+120kg	6XL	Henk de Wet	Male

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Sun 7 April	Session 2	11h00-12h30	13h00	Women -84kg, 84+kg											
Beverley	Furman	Gauteng						X				-84kg	Large	Ian Furman and Justin Furr	Female
Megan	Faul	Gauteng				X						-84kg	Large	Megan Leighton	Female
Lize-Mari	de Beer	Gauteng				X						-84kg	Medium	Dan Oppenheim	Female
Naiema	Mohammed	Western Cape				X	X					-84kg	Medium	Rodney Anthony	Female
Ava	Bezuidenhout	Gauteng		X								-84kg	Large	Henk De Wet	Female
Nicole	Coopoosamy	Western Cape				X						-84kg	Large	Tambe Joesha	Female
Zanele	Ngwenya	Gauteng					X					-84kg	M	Meg Leighton	Female
Phokwane	Moloele	Gauteng					X					-84kg	Medium	Henk & Laura de Wet	Female
Michele	Townsend	Gauteng					X					+84kg	XXXL	Laura de Wet	Female
Ilse	Jaquire	Gauteng				X						+84kg	XXL	Darryn Anthony	Female
Marina	Van der Linde	Gauteng				X	X					+84kg	XL	Sarel Gadney	Female
Robyn	Gilfillan	Gauteng					X					+84kg	Xtra Large	Laure De Wet	Female
Megan	Wright	Gauteng				X						+84kg	Large Mens cu	Alexa	Female
D'dray	Jacobs	Gauteng				X						+84kg	Large	Lauren Norton	Female
Simone	Van der merwe	Gauteng		X								+84kg	M	Henk and Laura de Wet	Female
Paulette	Preyser	Western Cape					X					+84kg	XXL	Henk De Wet	Female
Fiona	Swart	Gauteng						X				+84kg	XLarge	Rodney Anthony	Female
Pelo	Kole	North West					X					+84kg	L	Azariel Ndoni	Female
Lauren	Norton	Gauteng				X						+84kg	Men's XL	Andrew Anthony	Female
Danielle	Waldeck	Western Cape				X						+84kg	Large	none	Female
Olivia	Perotti	Gauteng				X						+84kg	Medium	Chantelle	Female
Lauren	Jones	Gauteng					X					+84kg	XL	Meg Leighton	Female
Buyisile	Ngubane	Gauteng						X				+84kg	XL	RODNEY ATHONY	Female