



# SA Championships 2024 Combined Competition Results

Name : SA U14, Youth, Junior and Senior Championships 2024

Site : CrossFit Eikestad

City : Stellenbosch

Date : 2024/06/15

Organizer : Western Cape Weightlifting Association

| Memb.               | Start | Lot | Last Name | First Name    | Cat.      | B.W.  | Team         | Born | Snatch |    |      | Best Snatch | Clean&Jerk |      |      | Best C&J | Total | Rank | Sinclair |
|---------------------|-------|-----|-----------|---------------|-----------|-------|--------------|------|--------|----|------|-------------|------------|------|------|----------|-------|------|----------|
|                     |       |     |           |               |           |       |              |      | 1      | 2  | 3    |             | 1          | 2    | 3    |          |       |      |          |
| <b>U14 F 37</b>     |       |     |           |               |           |       |              |      |        |    |      |             |            |      |      |          |       |      |          |
| 321                 | 1     | 40  | Goliath   | Yulle         | U14 F 37  | 35.75 | Western Cape | 2012 | 32     | 35 | 37   | 37          | 45         | 48   | (50) | 48       | 85    | 1    | 175.922  |
| <b>U14 F 40</b>     |       |     |           |               |           |       |              |      |        |    |      |             |            |      |      |          |       |      |          |
| 728                 | 2     | 129 | Joshua    | Aisha         | U14 F 40  | 38.80 | Western Cape | 2012 | 13     | 15 | 17   | 17          | 15         | 17   | 20   | 20       | 37    | 1    | 70.736   |
| <b>U14 F 45</b>     |       |     |           |               |           |       |              |      |        |    |      |             |            |      |      |          |       |      |          |
| 351                 | 3     | 117 | Arries    | Faith         | U14 F 45  | 42.90 | Eastern Cape | 2010 | 17     | 22 | (25) | 22          | 22         | 25   | (30) | 25       | 47    | 1    | 82.030   |
| <b>U14 F 49</b>     |       |     |           |               |           |       |              |      |        |    |      |             |            |      |      |          |       |      |          |
| 104                 | 4     | 68  | Fortuin   | Nerina        | U14 F 49  | 45.70 | Western Cape | 2011 | 24     | 27 | (30) | 27          | 32         | 36   | 39   | 39       | 66    | 1    | 109.157  |
| 729                 | 5     | 114 | Samuels   | Naylah Nikita | U14 F 49  | 45.90 | Western Cape | 2012 | 13     | 15 | (17) | 15          | 17         | 19   | 21   | 21       | 36    | 2    | 59.325   |
| <b>U14 F 55</b>     |       |     |           |               |           |       |              |      |        |    |      |             |            |      |      |          |       |      |          |
| 727                 | 1     | 77  | White     | Sasha-Leigh   | U14 F 55  | 50.65 | Western Cape | 2012 | 15     | 17 | (20) | 17          | 20         | 23   | 26   | 26       | 43    | 1    | 65.539   |
| <b>U14 F 59</b>     |       |     |           |               |           |       |              |      |        |    |      |             |            |      |      |          |       |      |          |
| 498                 | 1     | 73  | Petersen  | Lyla Moon     | U14 F 59  | 57.73 | Western Cape | 2012 | 28     | 30 | 32   | 32          | 37         | 40   | (42) | 40       | 72    | 1    | 99.948   |
| 485                 | 2     | 54  | Adams     | Domineek      | U14 F 59  | 58.42 | Western Cape | 2011 | 27     | 30 | (33) | 30          | 36         | 40   | (43) | 40       | 70    | 2    | 96.407   |
| <b>U14 F 71</b>     |       |     |           |               |           |       |              |      |        |    |      |             |            |      |      |          |       |      |          |
| 497                 | 3     | 27  | Ally      | Abby          | U14 F 71  | 64.39 | Western Cape | 2012 | 27     | 30 | (33) | 30          | 37         | 40   | (43) | 40       | 70    | 1    | 90.690   |
| <b>U14 F &gt;71</b> |       |     |           |               |           |       |              |      |        |    |      |             |            |      |      |          |       |      |          |
| 125                 | 1     | 19  | Van Rooi  | Leah          | U14 F >71 | 91.70 | Western Cape | 2010 | (54)   | 54 | (57) | 54          | (69)       | (69) | (73) | -        | -     |      | -        |



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|---------------------|-------|-----|-----------|------------|-----------|-------|--------------|------|--------|------|------|-------------|------------|------|------|----------|-------|------|----------|
|                     |       |     |           |            |           |       |              |      | 1      | 2    | 3    |             | 1          | 2    | 3    |          |       |      |          |
| <b>YTH F 45</b>     |       |     |           |            |           |       |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 351                 | 3     | 117 | Arries    | Faith      | YTH F 45  | 42.90 | Eastern Cape | 2010 | 17     | 22   | (25) | 22          | 22         | 25   | (30) | 25       | 47    | 1    | 82.030   |
| <b>YTH F 49</b>     |       |     |           |            |           |       |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 432                 | 6     | 24  | Adriaanse | Lesleigh   | YTH F 49  | 48.05 | Gauteng      | 2009 | 40     | 43   | 45   | 45          | (53)       | 53   | 57   | 57       | 102   | 1    | 161.964  |
| 104                 | 4     | 68  | Fortuin   | Nerina     | YTH F 49  | 45.70 | Western Cape | 2011 | 24     | 27   | (30) | 27          | 32         | 36   | 39   | 39       | 66    | 2    | 109.157  |
| <b>YTH F 55</b>     |       |     |           |            |           |       |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 409                 | 6     | 84  | Williams  | Leerah     | YTH F 55  | 50.59 | Eastern Cape | 2009 | 30     | 35   | (42) | 35          | 38         | 42   | 49   | 49       | 84    | 1    | 128.146  |
| 496                 | 4     | 43  | Malgas    | Roshnay    | YTH F 55  | 51.25 | Eastern Cape | 2008 | 30     | 35   | (40) | 35          | 37         | (42) | (42) | 37       | 72    | 2    | 108.769  |
| 686                 | 5     | 67  | Boys      | Rachel     | YTH F 55  | 53.19 | Gauteng      | 2007 | 24     | (27) | 28   | 28          | 34         | (37) | 40   | 40       | 68    | 3    | 99.946   |
| <b>YTH F 59</b>     |       |     |           |            |           |       |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 498                 | 1     | 73  | Petersen  | Lyla Moon  | YTH F 59  | 57.73 | Western Cape | 2012 | 28     | 30   | 32   | 32          | 37         | 40   | (42) | 40       | 72    | 1    | 99.948   |
| <b>YTH F &gt;81</b> |       |     |           |            |           |       |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 651                 | 2     | 121 | Vermeulen | Dunay      | YTH F >81 | 95.60 | Gauteng      | 2009 | (45)   | 45   | (50) | 45          | 55         | 60   | 64   | 64       | 109   | 1    | 117.746  |



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|--------------------|-------|-----|------------|------------|----------|--------|--------------|------|--------|------|------|-------------|------------|------|------|----------|-------|------|----------|
|                    |       |     |            |            |          |        |              |      | 1      | 2    | 3    |             | 1          | 2    | 3    |          |       |      |          |
| <b>JR F 45</b>     |       |     |            |            |          |        |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 351                | 3     | 117 | Arries     | Faith      | JR F 45  | 42.90  | Eastern Cape | 2010 | 17     | 22   | (25) | 22          | 22         | 25   | (30) | 25       | 47    | 1    | 82.030   |
| <b>JR F 49</b>     |       |     |            |            |          |        |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 432                | 6     | 24  | Adriaanse  | Lesleigh   | JR F 49  | 48.05  | Gauteng      | 2009 | 40     | 43   | 45   | 45          | (53)       | 53   | 57   | 57       | 102   | 1    | 161.964  |
| <b>JR F 55</b>     |       |     |            |            |          |        |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 409                | 6     | 84  | Williams   | Leerah     | JR F 55  | 50.59  | Eastern Cape | 2009 | 30     | 35   | (42) | 35          | 38         | 42   | 49   | 49       | 84    | 1    | 128.146  |
| 408                | 7     | 47  | Williams   | Hayley     | JR F 55  | 53.80  | Eastern Cape | 2006 | 28     | (32) | (34) | 28          | 38         | 42   | (47) | 42       | 70    | 2    | 102.043  |
| <b>JR F 59</b>     |       |     |            |            |          |        |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 301                | 2     | 100 | Snyders    | Anika      | JR F 59  | 57.87  | Western Cape | 2004 | 52     | 55   | (60) | 55          | 70         | (75) | (75) | 70       | 125   | 1    | 173.240  |
| <b>JR F 64</b>     |       |     |            |            |          |        |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 374                | 8     | 58  | Nontombane | Adrienne   | JR F 64  | 62.89  | Gauteng      | 2006 | 54     | 58   | 61   | 61          | 62         | 67   | (71) | 67       | 128   | 1    | 168.207  |
| <b>JR F 71</b>     |       |     |            |            |          |        |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 49                 | 3     | 51  | Bester     | Nicole     | JR F 71  | 70.94  | Gauteng      | 2004 | 50     | 55   | (60) | 55          | 70         | (76) | (76) | 70       | 125   | 1    | 153.366  |
| 231                | 4     | 53  | Davies     | Megan      | JR F 71  | 66.92  | Gauteng      | 2004 | (58)   | (58) | (60) | -           | 65         | (70) | (70) | 65       | -     |      | -        |
| <b>JR F 81</b>     |       |     |            |            |          |        |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 166                | 3     | 82  | Schlemmer  | Nolene     | JR F 81  | 80.23  | Limpopo      | 2006 | 67     | (70) | 70   | 70          | (82)       | 82   | 87   | 87       | 157   | 1    | 181.429  |
| <b>JR F &gt;87</b> |       |     |            |            |          |        |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 403                | 4     | 9   | Gerber     | Liane      | JR F >87 | 143.04 | Free State   | 2005 | 49     | 54   | 60   | 60          | 75         | 80   | 85   | 85       | 145   | 1    | 145.259  |



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|----------------|-------|-----|--------------|------------|---------|-------|--------------|------|--------|------|------|-------------|------------|-------|-------|----------|-------|------|----------|
|                |       |     |              |            |         |       |              |      | 1      | 2    | 3    |             | 1          | 2     | 3     |          |       |      |          |
| <b>SR F 59</b> |       |     |              |            |         |       |              |      |        |      |      |             |            |       |       |          |       |      |          |
| 81             | 7     | 123 | Spies        | Anneke     | SR F 59 | 58.96 | Western Cape | 1993 | 78     | (81) | 81   | 81          | 98         | (101) | (101) | 98       | 179   | 1    | 245.036  |
| 83             | 6     | 113 | Van Wyngaard | Rosan      | SR F 59 | 58.10 | Western Cape | 1986 | 54     | 57   | 60   | 60          | 72         | 75    | 78    | 78       | 138   | 2    | 190.752  |
| 301            | 2     | 100 | Snyders      | Anika      | SR F 59 | 57.87 | Western Cape | 2004 | 52     | 55   | (60) | 55          | 70         | (75)  | (75)  | 70       | 125   | 3    | 173.240  |
| 336            | 5     | 20  | Hala         | Ashleigh   | SR F 59 | 57.92 | Gauteng      | 1991 | 55     | (58) | (60) | 55          | 68         | (70)  | (72)  | 68       | 123   | 4    | 170.370  |
| 345            | 8     | 128 | Mundell      | Alexandra  | SR F 59 | 58.83 | Gauteng      | 1999 | (72)   | (72) | (72) | -           | 88         | (91)  | (91)  | 88       | -     |      | -        |
| <b>SR F 64</b> |       |     |              |            |         |       |              |      |        |      |      |             |            |       |       |          |       |      |          |
| 99             | 11    | 91  | Taljaard     | Johanni    | SR F 64 | 59.37 | Western Cape | 1984 | 74     | 77   | (80) | 77          | 92         | (96)  | 97    | 97       | 174   | 1    | 237.117  |
| 43             | 12    | 103 | Love         | Georgia    | SR F 64 | 63.72 | Gauteng      | 1983 | 72     | (75) | 75   | 75          | (82)       | 82    | (87)  | 82       | 157   | 2    | 204.682  |
| 722            | 14    | 124 | Stoltz       | Veronique  | SR F 64 | 62.23 | Western Cape | 1992 | 52     | 54   | 56   | 56          | 74         | 78    | (80)  | 78       | 134   | 3    | 177.237  |
| 374            | 8     | 58  | Nontombane   | Adrienne   | SR F 64 | 62.89 | Gauteng      | 2006 | 54     | 58   | 61   | 61          | 62         | 67    | (71)  | 67       | 128   | 4    | 168.207  |
| 504            | 15    | 125 | Du Toit      | Natasha    | SR F 64 | 60.02 | Free State   | 1992 | 46     | (50) | 50   | 50          | (65)       | 65    | 68    | 68       | 118   | 5    | 159.675  |
| 197            | 13    | 120 | Arends       | Donna      | SR F 64 | 61.30 | Gauteng      | 1975 | 47     | 50   | (53) | 50          | 58         | 61    | 64    | 64       | 114   | 6    | 152.206  |
| 514            | 9     | 69  | Miller       | Ricarda    | SR F 64 | 62.14 | Gauteng      | 1983 | (50)   | 50   | (53) | 50          | (58)       | (58)  | 58    | 58       | 108   | 7    | 142.976  |
| 3              | 10    | 88  | Wolf         | Caroline   | SR F 64 | 62.50 | Gauteng      | 1979 | 32     | 35   | (38) | 35          | 47         | (51)  | 51    | 51       | 86    | 8    | 113.446  |
| <b>SR F 71</b> |       |     |              |            |         |       |              |      |        |      |      |             |            |       |       |          |       |      |          |
| 629            | 9     | 33  | Melck        | Martine    | SR F 71 | 70.14 | Western Cape | 1999 | (60)   | 60   | 70   | 70          | 87         | (90)  | 90    | 90       | 160   | 1    | 197.498  |
| 337            | 13    | 105 | Smith        | Cheyenne   | SR F 71 | 70.52 | Gauteng      | 1999 | 72     | 75   | (78) | 75          | 81         | 84    | (87)  | 84       | 159   | 2    | 195.698  |
| 547            | 11    | 59  | Imsirovic    | Emma       | SR F 71 | 69.49 | Guest        | 1997 | 65     | 68   | (72) | 68          | 83         | 87    | 90    | 90       | 158   | 3    | 196.012  |
| 38             | 10    | 36  | Ajisafe      | Abiodun    | SR F 71 | 70.96 | Gauteng      | 1981 | 57     | (61) | 64   | 64          | 72         | 76    | (80)  | 76       | 140   | 4    | 171.745  |
| 49             | 3     | 51  | Bester       | Nicole     | SR F 71 | 70.94 | Gauteng      | 2004 | 50     | 55   | (60) | 55          | 70         | (76)  | (76)  | 70       | 125   | 5    | 153.366  |
| 2              | 14    | 107 | de Jong      | Michelle   | SR F 71 | 70.55 | Gauteng      | 1981 | 52     | (55) | (55) | 52          | 68         | 72    | (76)  | 72       | 124   | 6    | 152.585  |
| 586            | 12    | 99  | Du Toit      | Dorita     | SR F 71 | 67.76 | North West   | 1971 | 33     | 36   | (38) | 36          | 41         | 45    | (49)  | 45       | 81    | 7    | 101.894  |



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|--------------------|-------|-----|-------------|----------------|----------|--------|--------------|------|--------|------|------|-------------|------------|-------|-------|----------|-------|------|----------|
|                    |       |     |             |                |          |        |              |      | 1      | 2    | 3    |             | 1          | 2     | 3     |          |       |      |          |
| <b>SR F 76</b>     |       |     |             |                |          |        |              |      |        |      |      |             |            |       |       |          |       |      |          |
| 45                 | 8     | 80  | Jefferies   | Laryne         | SR F 76  | 72.55  | Gauteng      | 1991 | 84     | 88   | 91   | 91          | 109        | (114) | (114) | 109      | 200   | 1    | 242.533  |
| 285                | 10    | 133 | Matthysen   | Marne          | SR F 76  | 72.73  | Free State   | 1995 | 63     | (67) | (67) | 63          | 73         | 78    | 86    | 86       | 149   | 2    | 180.458  |
| 627                | 5     | 4   | Teubes      | Hesmari        | SR F 76  | 74.32  | Western Cape | 1998 | 58     | 61   | 64   | 64          | 84         | (87)  | (87)  | 84       | 148   | 3    | 177.302  |
| 178                | 9     | 93  | du Toit     | Idele          | SR F 76  | 74.96  | North West   | 2002 | 60     | 63   | (66) | 63          | 73         | 77    | (82)  | 77       | 140   | 4    | 167.009  |
| 163                | 6     | 11  | Le Roux     | Petrolene      | SR F 76  | 73.08  | Free State   | 1974 | 43     | (46) | (47) | 43          | 52         | 56    | (59)  | 56       | 99    | 5    | 119.608  |
| 36                 | 7     | 66  | Bird        | Shannon        | SR F 76  | 74.45  | Gauteng      | 1989 | (67)   | (67) | (67) | -           | 75         | 78    | 82    | 82       | -     |      | -        |
| <b>SR F 81</b>     |       |     |             |                |          |        |              |      |        |      |      |             |            |       |       |          |       |      |          |
| 166                | 3     | 82  | Schlemmer   | Nolene         | SR F 81  | 80.23  | Limpopo      | 2006 | 67     | (70) | 70   | 70          | (82)       | 82    | 87    | 87       | 157   | 1    | 181.429  |
| 241                | 11    | 112 | Slabbert    | Monique        | SR F 81  | 79.91  | Gauteng      | 1998 | 55     | (58) | 60   | 60          | (70)       | 70    | (76)  | 70       | 130   | 2    | 150.496  |
| <b>SR F &gt;87</b> |       |     |             |                |          |        |              |      |        |      |      |             |            |       |       |          |       |      |          |
| 310                | 12    | 74  | Labuschagne | Ricole         | SR F >87 | 93.28  | North West   | 2001 | (62)   | 62   | 67   | 67          | (92)       | 92    | 95    | 95       | 162   | 1    | 176.437  |
| 517                | 13    | 104 | Gerber      | Susara Johanna | SR F >87 | 136.02 | Free State   | 1977 | 40     | (44) | (44) | 40          | 55         | 60    | 63    | 63       | 103   | 2    | 103.530  |



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|-----------------|-------|-----|--------------|-------------|----------|-------|--------------|------|--------|------|------|-------------|------------|------|------|----------|-------|------|----------|
|                 |       |     |              |             |          |       |              |      | 1      | 2    | 3    |             | 1          | 2    | 3    |          |       |      |          |
| <b>U14 M 32</b> |       |     |              |             |          |       |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 715             | 1     | 108 | Banton       | Rewellyn    | U14 M 32 | 27.79 | Eastern Cape | 2014 | 12     | 17   | (20) | 17          | 15         | 22   | (25) | 22       | 39    | 1    | 127.274  |
| <b>U14 M 38</b> |       |     |              |             |          |       |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 253             | 2     | 10  | Karolisin    | Tyler       | U14 M 38 | 35.79 | Eastern Cape | 2013 | 18     | 22   | (25) | 22          | (22)       | 25   | (30) | 25       | 47    | 1    | 114.975  |
| 731             | 3     | 34  | Baravanze    | Happy       | U14 M 38 | 37.43 | Western Cape | 2012 | 11     | 13   | 15   | 15          | 13         | 14   | 18   | 18       | 33    | 2    | 77.032   |
| <b>U14 M 49</b> |       |     |              |             |          |       |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 157             | 5     | 22  | Lawrence     | Kyle        | U14 M 49 | 48.13 | Western Cape | 2011 | (43)   | 43   | (49) | 43          | 52         | 56   | 59   | 59       | 102   | 1    | 187.379  |
| 322             | 4     | 12  | Beukes       | Christehano | U14 M 49 | 45.97 | Western Cape | 2011 | 30     | 33   | 36   | 36          | 40         | 45   | 50   | 50       | 86    | 2    | 164.563  |
| 713             | 7     | 90  | Halleem      | Jason       | U14 M 49 | 38.34 | Eastern Cape | 2012 | 18     | 22   | (25) | 22          | 22         | 27   | 32   | 32       | 54    | 3    | 122.989  |
| 730             | 6     | 71  | Mfumuivziana | Sassa       | U14 M 49 | 39.89 | Western Cape | 2011 | (13)   | 13   | 17   | 17          | 18         | 19   | 25   | 25       | 42    | 4    | 91.926   |
| <b>U14 M 61</b> |       |     |              |             |          |       |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 283             | 1     | 17  | Miggels      | Isaih       | U14 M 61 | 57.20 | Eastern Cape | 2010 | 43     | (47) | (50) | 43          | 53         | 60   | (65) | 60       | 103   | 1    | 164.248  |
| <b>U14 M 67</b> |       |     |              |             |          |       |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 65              | 1     | 6   | Van Louw     | Noah        | U14 M 67 | 64.63 | Western Cape | 2010 | 42     | 45   | 48   | 48          | 58         | 62   | 65   | 65       | 113   | 1    | 164.884  |
| 732             | 2     | 18  | Maguze       | Blessing    | U14 M 67 | 61.78 | Western Cape | 2011 | 22     | (25) | 25   | 25          | 26         | (32) | 32   | 32       | 57    | 2    | 85.850   |
| <b>U14 M 89</b> |       |     |              |             |          |       |              |      |        |      |      |             |            |      |      |          |       |      |          |
| 721             | 1     | 57  | Arries       | Pihayco     | U14 M 89 | 84.87 | Western Cape | 2011 | 32     | 36   | 40   | 40          | 40         | 45   | 50   | 50       | 90    | 1    | 111.420  |



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| Memb.           | Start | Lot | Last Name        | First Name   | Cat.     | B.W.  | Team         | Born | Snatch |      |      | Best Snatch | Clean&Jerk |      |       | Best C&J | Total | Rank | Sinclair |
|-----------------|-------|-----|------------------|--------------|----------|-------|--------------|------|--------|------|------|-------------|------------|------|-------|----------|-------|------|----------|
|                 |       |     |                  |              |          |       |              |      | 1      | 2    | 3    |             | 1          | 2    | 3     |          |       |      |          |
| <b>YTH M 49</b> |       |     |                  |              |          |       |              |      |        |      |      |             |            |      |       |          |       |      |          |
| 157             | 5     | 22  | Lawrence         | Kyle         | YTH M 49 | 48.13 | Western Cape | 2011 | (43)   | 43   | (49) | 43          | 52         | 56   | 59    | 59       | 102   | 1    | 187.379  |
| 713             | 7     | 90  | Hallem           | Jason        | YTH M 49 | 38.34 | Eastern Cape | 2012 | 18     | 22   | (25) | 22          | 22         | 27   | 32    | 32       | 54    | 2    | 122.989  |
| 253             | 2     | 10  | Karolisin        | Tyler        | YTH M 49 | 35.79 | Eastern Cape | 2013 | 18     | 22   | (25) | 22          | (22)       | 25   | (30)  | 25       | 47    | 3    | 114.975  |
| 715             | 1     | 108 | Banton           | Rewellyn     | YTH M 49 | 27.79 | Eastern Cape | 2014 | 12     | 17   | (20) | 17          | 15         | 22   | (25)  | 22       | 39    | 4    | 127.274  |
| <b>YTH M 55</b> |       |     |                  |              |          |       |              |      |        |      |      |             |            |      |       |          |       |      |          |
| 723             | 2     | 38  | Davids           | Oral         | YTH M 55 | 54.85 | Western Cape | 2009 | 55     | 60   | (63) | 60          | 65         | (70) | 75    | 75       | 135   | 1    | 222.425  |
| 360             | 3     | 78  | Stewart          | Tyrell       | YTH M 55 | 54.15 | Gauteng      | 2009 | 52     | (55) | (56) | 52          | 65         | 69   | 71    | 71       | 123   | 2    | 204.736  |
| <b>YTH M 61</b> |       |     |                  |              |          |       |              |      |        |      |      |             |            |      |       |          |       |      |          |
| 129             | 4     | 39  | Abrahams         | Jesse        | YTH M 61 | 60.45 | Western Cape | 2007 | 75     | (80) | (81) | 75          | 85         | 92   | (100) | 92       | 167   | 1    | 255.520  |
| 283             | 1     | 17  | Miggels          | Isaih        | YTH M 61 | 57.20 | Eastern Cape | 2010 | 43     | (47) | (50) | 43          | 53         | 60   | (65)  | 60       | 103   | 2    | 164.248  |
| <b>YTH M 67</b> |       |     |                  |              |          |       |              |      |        |      |      |             |            |      |       |          |       |      |          |
| 65              | 1     | 6   | Van Louw         | Noah         | YTH M 67 | 64.63 | Western Cape | 2010 | 42     | 45   | 48   | 48          | 58         | 62   | 65    | 65       | 113   | 1    | 164.884  |
| <b>YTH M 73</b> |       |     |                  |              |          |       |              |      |        |      |      |             |            |      |       |          |       |      |          |
| 76              | 4     | 136 | Mars             | Jared        | YTH M 73 | 72.43 | Western Cape | 2008 | 64     | (68) | 68   | 68          | (84)       | 84   | (87)  | 84       | 152   | 1    | 205.887  |
| 502             | 3     | 109 | Madatt           | Elrico Kenny | YTH M 73 | 68.52 | Eastern Cape | 2009 | 43     | 48   | (52) | 48          | 55         | (62) | (65)  | 55       | 103   | 2    | 144.517  |
| <b>YTH M 81</b> |       |     |                  |              |          |       |              |      |        |      |      |             |            |      |       |          |       |      |          |
| 308             | 3     | 72  | Janse van Vuuren | Joshua       | YTH M 81 | 76.08 | Free State   | 2008 | (79)   | (79) | 79   | 79          | 78         | 85   | 90    | 90       | 169   | 1    | 222.240  |
| 638             | 1     | 52  | Thomas           | Daniel       | YTH M 81 | 78.58 | Gauteng      | 2008 | 60     | 64   | (68) | 64          | (67)       | 67   | 70    | 70       | 134   | 2    | 172.961  |
| 171             | 2     | 70  | Karolisin        | Ezra         | YTH M 81 | 80.22 | Eastern Cape | 2009 | (47)   | (47) | 47   | 47          | 55         | 65   | (75)  | 65       | 112   | 3    | 142.903  |



# SA Championships 2024 Combined Competition Results

Name : SA U14, Youth, Junior and Senior Championships 2024

Site : CrossFit Eikestad

City : Stellenbosch

Date : 2024/06/15

Organizer : Western Cape Weightlifting Association

| Memb.               | Start | Lot | Last Name        | First Name   | Cat.      | B.W.   | Team         | Born | Snatch |       |       | Best Snatch | Clean&Jerk |       |       | Best C&J | Total | Rank | Sinclair |
|---------------------|-------|-----|------------------|--------------|-----------|--------|--------------|------|--------|-------|-------|-------------|------------|-------|-------|----------|-------|------|----------|
|                     |       |     |                  |              |           |        |              |      | 1      | 2     | 3     |             | 1          | 2     | 3     |          |       |      |          |
| <b>JR M 55</b>      |       |     |                  |              |           |        |              |      |        |       |       |             |            |       |       |          |       |      |          |
| 723                 | 2     | 38  | Davids           | Oral         | JR M 55   | 54.85  | Western Cape | 2009 | 55     | 60    | (63)  | 60          | 65         | (70)  | 75    | 75       | 135   | 1    | 222.425  |
| 360                 | 3     | 78  | Stewart          | Tyrell       | JR M 55   | 54.15  | Gauteng      | 2009 | 52     | (55)  | (56)  | 52          | 65         | 69    | 71    | 71       | 123   | 2    | 204.736  |
| 713                 | 7     | 90  | Hallem           | Jason        | JR M 55   | 38.34  | Eastern Cape | 2012 | 18     | 22    | (25)  | 22          | 22         | 27    | 32    | 32       | 54    | 3    | 122.989  |
| 253                 | 2     | 10  | Karolisin        | Tyler        | JR M 55   | 35.79  | Eastern Cape | 2013 | 18     | 22    | (25)  | 22          | (22)       | 25    | (30)  | 25       | 47    | 4    | 114.975  |
| <b>JR M 61</b>      |       |     |                  |              |           |        |              |      |        |       |       |             |            |       |       |          |       |      |          |
| 129                 | 4     | 39  | Abrahams         | Jesse        | JR M 61   | 60.45  | Western Cape | 2007 | 75     | (80)  | (81)  | 75          | 85         | 92    | (100) | 92       | 167   | 1    | 255.520  |
| 313                 | 5     | 16  | Opperman         | Oscar        | JR M 61   | 56.05  | Western Cape | 2006 | 57     | (61)  | (61)  | 57          | 70         | 75    | 80    | 80       | 137   | 2    | 221.918  |
| <b>JR M 73</b>      |       |     |                  |              |           |        |              |      |        |       |       |             |            |       |       |          |       |      |          |
| 331                 | 5     | 50  | Trumble          | Jonathan     | JR M 73   | 72.29  | Western Cape | 2005 | 110    | 115   | 118   | 118         | 132        | (138) | (140) | 132      | 250   | 1    | 339.035  |
| 76                  | 4     | 136 | Mars             | Jared        | JR M 73   | 72.43  | Western Cape | 2008 | 64     | (68)  | 68    | 68          | (84)       | 84    | (87)  | 84       | 152   | 2    | 205.887  |
| 502                 | 3     | 109 | Madatt           | Elrico Kenny | JR M 73   | 68.52  | Eastern Cape | 2009 | 43     | 48    | (52)  | 48          | 55         | (62)  | (65)  | 55       | 103   | 3    | 144.517  |
| <b>JR M 81</b>      |       |     |                  |              |           |        |              |      |        |       |       |             |            |       |       |          |       |      |          |
| 368                 | 5     | 122 | Ackermann        | Bryan        | JR M 81   | 80.19  | Western Cape | 2005 | 108    | (113) | (113) | 108         | 130        | 135   | (140) | 135      | 243   | 1    | 310.113  |
| 128                 | 4     | 49  | Barnes           | Claude       | JR M 81   | 81.00  | Gauteng      | 2004 | 75     | (80)  | 80    | 80          | 100        | 104   | (107) | 104      | 184   | 2    | 233.523  |
| 308                 | 3     | 72  | Janse van Vuuren | Joshua       | JR M 81   | 76.08  | Free State   | 2008 | (79)   | (79)  | 79    | 79          | 78         | 85    | 90    | 90       | 169   | 3    | 222.240  |
| 638                 | 1     | 52  | Thomas           | Daniel       | JR M 81   | 78.58  | Gauteng      | 2008 | 60     | 64    | (68)  | 64          | (67)       | 67    | 70    | 70       | 134   | 4    | 172.961  |
| <b>JR M &gt;109</b> |       |     |                  |              |           |        |              |      |        |       |       |             |            |       |       |          |       |      |          |
| 53                  | 1     | 130 | Chandler         | Liam         | JR M >109 | 111.67 | Gauteng      | 2004 | 127    | (133) | 133   | 133         | 148        | (154) | 155   | 155      | 288   | 1    | 316.719  |





# SA Championships 2024 Combined Competition Results

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Site : CrossFit Eikestad

City : Stellenbosch

Date : 2024/06/15

Organizer : Western Cape Weightlifting Association

| Memb.          | Start | Lot | Last Name   | First Name     | Cat.    | B.W.  | Team          | Born | Snatch |       |       | Best Snatch | Clean&Jerk |       |       | Best C&J | Total | Rank | Sinclair |
|----------------|-------|-----|-------------|----------------|---------|-------|---------------|------|--------|-------|-------|-------------|------------|-------|-------|----------|-------|------|----------|
|                |       |     |             |                |         |       |               |      | 1      | 2     | 3     |             | 1          | 2     | 3     |          |       |      |          |
| <b>SR M 55</b> |       |     |             |                |         |       |               |      |        |       |       |             |            |       |       |          |       |      |          |
| 723            | 2     | 38  | Davids      | Oral           | SR M 55 | 54.85 | Western Cape  | 2009 | 55     | 60    | (63)  | 60          | 65         | (70)  | 75    | 75       | 135   | 1    | 222.425  |
| <b>SR M 61</b> |       |     |             |                |         |       |               |      |        |       |       |             |            |       |       |          |       |      |          |
| 129            | 4     | 39  | Abrahams    | Jesse          | SR M 61 | 60.45 | Western Cape  | 2007 | 75     | (80)  | (81)  | 75          | 85         | 92    | (100) | 92       | 167   | 1    | 255.520  |
| <b>SR M 67</b> |       |     |             |                |         |       |               |      |        |       |       |             |            |       |       |          |       |      |          |
| 23             | 7     | 31  | Snyman      | Zach           | SR M 67 | 66.60 | Western Cape  | 1996 | 105    | (112) | (112) | 105         | 125        | (130) | (135) | 125      | 230   | 1    | 328.827  |
| 544            | 8     | 110 | Mvundla     | Wanda          | SR M 67 | 66.21 | KwaZulu-Natal | 1998 | 72     | 75    | 80    | 80          | 110        | (115) | 118   | 118      | 198   | 2    | 284.196  |
| 622            | 9     | 48  | Gericke     | Jacque         | SR M 67 | 67.00 | Western Cape  | 1997 | 80     | 83    | 87    | 87          | 105        | 110   | (113) | 110      | 197   | 3    | 280.523  |
| 34             | 6     | 13  | Morkel      | Dyllin         | SR M 67 | 62.90 | Gauteng       | 1995 | 70     | 74    | (78)  | 74          | 85         | 90    | (95)  | 90       | 164   | 4    | 243.871  |
| <b>SR M 73</b> |       |     |             |                |         |       |               |      |        |       |       |             |            |       |       |          |       |      |          |
| 331            | 5     | 50  | Trumble     | Jonathan       | SR M 73 | 72.29 | Western Cape  | 2005 | 110    | 115   | 118   | 118         | 132        | (138) | (140) | 132      | 250   | 1    | 339.035  |
| 17             | 10    | 61  | Booley      | Sayed Mohammad | SR M 73 | 71.91 | Gauteng       | 1999 | 95     | (100) | 100   | 100         | 122        | (127) | (133) | 122      | 222   | 2    | 302.048  |
| 52             | 11    | 92  | Stewart     | Devin          | SR M 73 | 73.00 | Gauteng       | 1993 | 96     | 101   | (105) | 101         | 118        | (122) | (125) | 118      | 219   | 3    | 295.213  |
| <b>SR M 81</b> |       |     |             |                |         |       |               |      |        |       |       |             |            |       |       |          |       |      |          |
| 399            | 9     | 118 | Pandoo      | Dinesh         | SR M 81 | 81.00 | Western Cape  | 2001 | 125    | 128   | 130   | 130         | 160        | (170) | (170) | 160      | 290   | 1    | 368.053  |
| 82             | 6     | 28  | Phillips    | Jon-antohein   | SR M 81 | 78.03 | Western Cape  | 2000 | 116    | 122   | 126   | 126         | (158)      | 158   | (165) | 158      | 284   | 2    | 368.040  |
| 94             | 12    | 135 | Smith       | Andre          | SR M 81 | 80.43 | Free State    | 1987 | (105)  | 105   | 110   | 110         | 135        | 141   | 145   | 145      | 255   | 3    | 324.890  |
| 368            | 5     | 122 | Ackermann   | Bryan          | SR M 81 | 80.19 | Western Cape  | 2005 | 108    | (113) | (113) | 108         | 130        | 135   | (140) | 135      | 243   | 4    | 310.113  |
| 692            | 11    | 134 | Mauldon     | Connor         | SR M 81 | 78.80 | Gauteng       | 1995 | 86     | 91    | 95    | 95          | 107        | (113) | (115) | 107      | 202   | 5    | 260.321  |
| 720            | 8     | 102 | Van Heerden | Jeandre        | SR M 81 | 79.73 | North West    | 1998 | 85     | (90)  | (90)  | 85          | 105        | (112) | 112   | 112      | 197   | 6    | 252.213  |
| 190            | 7     | 45  | Erasmus     | Dwayne         | SR M 81 | 79.98 | Gauteng       | 1992 | (81)   | (81)  | 83    | 83          | (97)       | 101   | 106   | 106      | 189   | 7    | 241.550  |
| 638            | 1     | 52  | Thomas      | Daniel         | SR M 81 | 78.58 | Gauteng       | 2008 | 60     | 64    | (68)  | 64          | (67)       | 67    | 70    | 70       | 134   | 8    | 172.961  |
| 277            | 10    | 119 | Nel         | Wouter         | SR M 81 | 80.71 | North West    | 1993 | 100    | (107) | (107) | 100         | -          | -     | -     | -        | -     | -    | -        |



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Site : CrossFit Eikestad

City : Stellenbosch

Date : 2024/06/15

Organizer : Western Cape Weightlifting Association

| Memb.               | Start | Lot | Last Name    | First Name | Cat.      | B.W.   | Team         | Born | Snatch |       |       | Best Snatch | Clean&Jerk |       |       | Best C&J | Total | Rank | Sinclair |
|---------------------|-------|-----|--------------|------------|-----------|--------|--------------|------|--------|-------|-------|-------------|------------|-------|-------|----------|-------|------|----------|
|                     |       |     |              |            |           |        |              |      | 1      | 2     | 3     |             | 1          | 2     | 3     |          |       |      |          |
| <b>SR M 89</b>      |       |     |              |            |           |        |              |      |        |       |       |             |            |       |       |          |       |      |          |
| 30                  | 2     | 7   | Du plooy     | Nicolaas   | SR M 89   | 89.00  | Gauteng      | 2000 | 131    | 134   | 138   | 138         | 162        | (167) | 167   | 167      | 305   | 1    | 368.676  |
| 57                  | 3     | 60  | du Plooy     | Lyle       | SR M 89   | 89.00  | Western Cape | 1988 | 90     | 95    | 102   | 102         | 110        | 120   | 130   | 130      | 232   | 2    | 280.435  |
| 333                 | 4     | 111 | Swart        | William    | SR M 89   | 89.00  | Gauteng      | 1998 | (130)  | (131) | (131) | -           | 163        | 170   | (175) | 170      | -     |      | -        |
| 610                 | 5     | 126 | von Mansberg | Hilmar     | SR M 89   | 88.34  | Gauteng      | 1996 | (125)  | (125) | (127) | -           | 137        | (142) | 142   | 142      | -     |      | -        |
| 701                 | 13    | 127 | Wolfaardt    | James      | SR M 89   | 84.24  | Guest        | 2001 | 100    | 110   | (115) | 110         | (130)      | 130   | 140   | 140      | 250   |      | 310.702  |
| 22                  | 6     | 132 | Katzav       | Daniel     | SR M 89   | 89.00  | Gauteng      | 1994 | (108)  | (108) | (110) | -           | (132)      | (132) | -     | -        | -     |      | -        |
| <b>SR M 96</b>      |       |     |              |            |           |        |              |      |        |       |       |             |            |       |       |          |       |      |          |
| 116                 | 8     | 64  | Curtis       | Simon      | SR M 96   | 94.71  | Gauteng      | 1995 | (106)  | 106   | 110   | 110         | 132        | 135   | (138) | 135      | 245   | 1    | 287.648  |
| 13                  | 7     | 44  | Gindre       | Nick       | SR M 96   | 89.91  | Gauteng      | 1984 | 110    | (114) | (114) | 110         | (133)      | 133   | (138) | 133      | 243   | 2    | 292.287  |
| 634                 | 10    | 83  | van Heerden  | Heinz      | SR M 96   | 95.16  | Western Cape | 1996 | 95     | (101) | 101   | 101         | (120)      | 120   | 123   | 123      | 224   | 3    | 262.435  |
| 682                 | 9     | 76  | Nel          | Adriaan    | SR M 96   | 93.91  | Western Cape | 1985 | 80     | (85)  | 85    | 85          | 105        | (110) | (115) | 105      | 190   | 4    | 223.930  |
| 733                 | 11    | 131 | Mosidi       | Ofentse    | SR M 96   | 91.08  | Guest        | 1996 | 80     | (86)  | (86)  | 80          | (105)      | (105) | 108   | 108      | 188   |      | 224.740  |
| <b>SR M 102</b>     |       |     |              |            |           |        |              |      |        |       |       |             |            |       |       |          |       |      |          |
| 114                 | 2     | 65  | Reeders      | Chris      | SR M 102  | 101.36 | Western Cape | 1990 | 122    | 127   | (133) | 127         | 156        | 163   | (171) | 163      | 290   | 1    | 330.744  |
| 92                  | 3     | 86  | Visser       | Armand     | SR M 102  | 99.93  | Gauteng      | 1996 | 103    | 108   | 112   | 112         | 131        | (136) | 136   | 136      | 248   | 2    | 284.499  |
| 27                  | 12    | 21  | Macphail     | Martin     | SR M 102  | 97.00  | Guest        | 1960 | 60     | (63)  | (63)  | 60          | 75         | (79)  | (82)  | 75       | 135   |      | 156.837  |
| <b>SR M 109</b>     |       |     |              |            |           |        |              |      |        |       |       |             |            |       |       |          |       |      |          |
| 24                  | 5     | 116 | Burger       | Ruben      | SR M 109  | 102.61 | Western Cape | 1991 | (128)  | 130   | (135) | 130         | 155        | (160) | -     | 155      | 285   | 1    | 323.442  |
| 80                  | 4     | 32  | Swanepoel    | Antony     | SR M 109  | 108.67 | Free State   | 1993 | 105    | (130) | (140) | 105         | 140        | (156) | (165) | 140      | 245   | 2    | 272.041  |
| <b>SR M &gt;109</b> |       |     |              |            |           |        |              |      |        |       |       |             |            |       |       |          |       |      |          |
| 53                  | 1     | 130 | Chandler     | Liam       | SR M >109 | 111.67 | Gauteng      | 2004 | 127    | (133) | 133   | 133         | 148        | (154) | 155   | 155      | 288   | 1    | 316.719  |
| 364                 | 7     | 26  | Holtzhausen  | Jaco       | SR M >109 | 147.81 | Gauteng      | 1996 | 121    | (126) | (127) | 121         | 148        | 153   | (156) | 153      | 274   | 2    | 280.338  |
| 75                  | 6     | 8   | Gerber       | Henco      | SR M >109 | 170.74 | Free State   | 2002 | 105    | (110) | 110   | 110         | 150        | 157   | (161) | 157      | 267   | 3    | 268.327  |