

# SOUTH AFRICAN CHAMPS 2025

## PRELIMINARY START LIST

**Saturday 29th**

**Session 1**

**12 Lifters**

**7am weigh in**

**Start 9:00**

Angelique	Mitchell	W48	115	Gauteng
Rachel	Boys	W53	80	Gauteng
Simone	Fourie	W58	95	Gauteng
Tia	Koutakis	W58	96	Gauteng
Surina	Devnarain	W58	102	Gauteng
Isabella	Padiachy	W58	115	Gauteng
Chanel	Viviers	W58	120	Limpopo
Marianka	Cilliers	W58	123	Gauteng
Ashleigh	Hala	W58	125	Gauteng
Adriette	Barrett	W58	130	Gauteng
Chantelle	Burger	W58	140	Gauteng
Johanni	Taljaard	W58	184	Western Cape

**FINAL VERIFICATION**

**DEADLINE MONDAY 24<sup>TH</sup> OF NOVEMBER 20:00**

**ANY CHANGES EMAIL**

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## PRELIMINARY START LIST

**Saturday 29th**

**Session 2**

**12 Lifters**

**9:20 weigh in**

**Start 11:20**

Ayaan	Hatea	M60	105	Gauteng
Xandre	Vermaak	M60	110	Gauteng
Zidaan	Hatea	M60	135	Gauteng
Kamohelo	Lebona	M60	137	Gauteng
Thabo	Munyengwa	M60	140	Botswana
Jomson	Munyengwa	M60	140	Botswana
Relebohile	Phohleli	M60	145	Gauteng
George Step	Tarwirei	M65	140	Botswana
Tyrell	Stewart	M65	152	Gauteng
Thapelo Moss	Malatji	M65	200	Gauteng
Jonathan	Trumble	M71	210	Western Cape
Zach	Snyman	M71	230	Western Cape

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## PRELIMINARY START LIST

**Saturday 29th**

**Session 3**

**9 Lifters**

**12:00 weigh in**

**Start 14:00**

SUSAN	FARRELL	W63	60	Gauteng
Lindokuhle	Ntshona	W63	76	Gauteng
Catriona	Angus-Hughes	W63	95	Gauteng
Rosan	Van Wyngaard	W63	120	Western Cape
Sashi	Theron	W63	128	Gauteng
Natasha	Walsh	W63	135	Mpumalanga
Adrienne	Nontombane	W63	140	Gauteng
Anneke	Spies-Burger	W63	170	Western Cape
Alexandra	Mundell	W63	170	Gauteng

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# SOUTH AFRICAN CHAMPS 2025

## PRELIMINARY START LIST

Saturday 29th				
Session 4	13 Lifters	14:20 weigh in		Start 16:20
Jason	Barrett	M79	145	Gauteng
Joshua	Janse van Vuuren	M79	150	Free State
Jacques	Nel	M79	165	Gauteng
Jacky	Ho	M79	181	Gauteng
Innocent	Jakalase	M79	190	Botswana
Bryan	Ackermann	M79	240	Western Cape
Jon-antohein	Phillips	M79	275	Western Cape
Iven	Kulube	M88	160	Botswana
Claude	Barnes	M88	190	Gauteng
Connor	Mauldon	M88	213	Gauteng
André	Gadney	M88	220	Gauteng
Garrit	Nieuwoudt	M88	220	Gauteng
Eduan	Ritchie	M88	220	North West

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## PRELIMINARY START LIST

<b>Sunday 30th</b>				
<b>Session 5</b>	<b>9 Lifters</b>	<b>7am weigh in</b>		<b>Start 9:00</b>
Phenyo Brandy	Diphera	W69	70	Botswana
Mbalenhle Precious	Meyiwa	W69	89	Gauteng
Dorita	Du Toit	W69	90	North West
Pontsho	Sibanyoni	W69	90	Gauteng
Twani	Smith	W69	130	Gauteng
Marné	Matthysen	W69	150	Free State
Shamel	Seleka	W69	156	Gauteng
Abi	Ajisafe	W69	159	Gauteng
Laryne	Jefferies	W69	190	Gauteng

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# SOUTH AFRICAN CHAMPS 2025

## PRELIMINARY START LIST

<b>Sunday 30th</b>				
<b>Session 6</b>	<b>13 Lifters</b>	<b>9:20 weigh in</b>		<b>Start 11:20</b>
Lyle	du Plooy	M88	225	Western Cape
Daniel	Katzav	M88	235	Gauteng
John Colin	Wright	M88	235	Western Cape
Wayne	Smith	M88	270	Western Cape
Dinesh	Pandoo	M88	280	Western Cape
William	Swart	M88	315	Gauteng
Jaco	Stroeibel	M94	155	Gauteng
Brendan	le Roux	M94	180	North West
Mark	Lubbe	M94	220	Gauteng
Tian	Lotter	M94	220	Gauteng
Matthew	Bowyer	M94	230	Gauteng
Albert	van Graan	M94	245	Gauteng
Nicolaas	Du plooy	M94	280	Northern Cape

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# SOUTH AFRICAN CHAMPS 2025

## PRELIMINARY START LIST

<b>Sunday 30th</b>				
<b>Session 7</b>	<b>14 Lifters</b>	<b>12:00 weigh in</b>		<b>Start 14:00</b>
Kaylin	Visser	W77	105	Free State
Michaela	Mitchell	W77	120	Gauteng
Kayla	Wiese	W77	130	Gauteng
Melinda	Viljoen	W77	140	Free State
Idelé	du Toit	W77	150	North West
Charmaine	Ngwenya	W77	150	Gauteng
Kerrin	Bainbridge	W77	175	Gauteng
Cheyenne	Smith	W77	175	Gauteng
Martine	Melck	W77	180	Western Cape
Cayla	Visser	W86	105	Free State
Monique	Slabbert	W86	130	Gauteng
Nolené	Schlemmer	W86	140	Limpopo
Elisna	Muller	W86+	88	Free State
Roenel	Janse van Rensburg	W86+	123	Free State

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## PRELIMINARY START LIST

<b>Sunday 30th</b>					
<b>Session 8</b>		<b>10 Lifters</b>	<b>14:20 weigh in</b>		<b>Start 16:20</b>
Kgothatso Siyabonga	August	M110	200	Gauteng	
Grant Liam	Mc Donald	M110	210	Gauteng	
Johannes Frederik	Botha	M110	245	Gauteng	
Liam	Chandler	M110	260	Gauteng	
LJ	Basson	M110	275	Gauteng	
Ruben	Burger	M110	280	Western Cape	
Chris	Reeders	M110	281	Western Cape	
Andre	van Schalkwyk	M110+	195	Free State	
Rustum	Hatea	M110+	220	Gauteng	
Nathan	Morris	M110+	300	Gauteng	

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