



**South African Senior
Weightlifting Championships
2025**

Johannesburg, Gauteng

29-30 November 2025

RESULTS BOOK



SA TITLE PODIUM PLACES

MEN

Category	Name	Rank	Total	Team
65kg	Thapelo Moss Malatji	1	210kg	Gauteng
71kg	Jonathan Trumble	1	235kg	Western Cape
	Zach Snyman	2	228kg	Western Cape
79kg	Jon-antohein Phillips	1	290kg	Western Cape
	Bryan Ackermann	2	241kg	Western Cape
88kg	William Swart	1	328kg	Gauteng
	Dinesh Pandoo	2	293kg	Western Cape
	Wayne Smith	3	275kg	Western Cape
94kg	Nicolaas Du plooy	1	318kg	Northern Cape
	Albert van Graan	2	270kg	Gauteng
	Matthew Bowyer	3	237kg	Gauteng
110kg	Chris Reeders	1	312kg	Western Cape
	LJ Basson	2	300kg	Gauteng
	Liam Chandler	3	277kg	Gauteng
110+kg	Nathan Morris	1	288kg	Gauteng

WOMEN

Category	Name	Rank	Total	Team
58kg	Johanni Taljaard	1	181kg	Western Cape
	Chantelle Burger	2	154kg	Gauteng
	Ashleigh Hala	3	141kg	Gauteng
63kg	Alexandra Mundell	1	171kg	Gauteng
	Anneke Spies-Burger	2	171kg	Western Cape
	Adrienne Nontombane	3	148kg	Gauteng
69kg	Laryne Jefferies	1	200kg	Gauteng
	Shamel Seleka	2	162kg	Gauteng
	Abi Ajisafe	3	157kg	Gauteng
77kg	Martine Melck	1	180kg	Western Cape
	Cheyenne Smith	2	178kg	Gauteng
	Kerrin Bainbridge	3	178kg	Gauteng



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SA RECORDS

MEN SENIOR

Division	Name	Lift
79kg	Jon-antohein Phillips	Clean & Jerk : 170kg
	Jon-antohein Phillips	Total : 290kg
88kg	William Swart	Snatch : 147kg
	William Swart	Clean & Jerk : 181kg
	William Swart	Total : 328kg
94kg	Nicolaas Du Plooy	Snatch : 143kg



CHAMPION OF CHAMPIONS

MEN

Place	Name	Sinclair
Champion of champions	William Swart	398,68
Second	Nicolaas Du plooy	376,64
Third	Jon-antohein Phillips	375,07

WOMEN

Place	Name	Sinclair
Champion of champions	Laryne Jefferies	250,68
Second	Johanni Taljaard	250,47
Third	Alexandra Mundell	228,66



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TEAM POINTS

WOMEN

NOTE : Only team members who achieved the Senior SA standard could score points for their teams.

Team	First Name	Last Name	B.W. Cat	Total	Rank (Score)	Points (Score)
Free State						
	Marné	Matthysen	69	147	4	-
	Melinda	Viljoen	86	145	3	-
	Kaylin	Visser	77	123	6	-
	Cayla	Visser	86	121	4	-
	Roemel	Janse van Rensburg	86+	118	1	-
	Elisna	Muller	86+	90	2	-
Total						-
Gauteng						
	Laryne	Jefferies	69	200	1	28
	Alexandra	Mundell	63	171	1	28
	Chantelle	Burger	58	154	2	25
	Kerrin	Bainbridge	77	178	3	23
	Cheyenne	Smith	77	178	2	25
	Adrienne	Nontombane	63	148	3	23
	Abiodun (Abi)	Ajisafe	69	157	3	23
	Angelique	Mitchell	53	115	1	-
Total						175
North West						
	Idelé	du Toit	77	168	4	22
	Dorita	Du Toit	69	98	8	-
Total						22
Western Cape						
	Johanni	Taljaard	58	181	1	28
	Anneke	Spies-Burger	63	171	2	25
	Martine	Melck	77	180	1	28
	Rosan	Van Wyngaard	69	141	5	-
Total						81



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MEN

NOTE : Only team members who achieved the Senior SA standard could score points for their teams.

Team	First Name	Last Name	B.W. Cat	Total	Rank (Score)	Points (Score)
Eastern Cape						
	Jerome	Jacobs	71	151	4	-
	Ceyton	Booyesen	60	132	5	-
	Isaih	Miggels	65	120	3	-
	Liam	Nolly	71	125	5	-
Total						-
Free State						
	Joshua	Janse van Vuuren	79	201	4	-
	Andre	van Schalkwyk	110+	203	4	-
Total						-
Gauteng						
	William	Swart	88	328	1	28
	Lj	Basson	110	300	2	25
	Albert	van Graan	94	270	2	25
	Daniel	Katzav	88	259	4	22
	Thapelo Moss	Malatji	65	210	1	28
	Nathan	Morris	110+	288	1	28
	Liam	Chandler	110	277	3	23
	Matthew	Bowyer	94	237	3	23
Total						202
North West						
	Eduan	Ritchie	88	240	6	20
	Brendan	le Roux	94	220	7	-
Total						20
Western Cape						
	Jon-antohein	Phillips	79	290	1	28
	Dinesh	Pandoo	88	293	2	25
	Chris	Reeders	110	312	1	28
	Wayne	Smith	88	275	3	23
	Jonathan	Trumble	71	235	1	28
	Zach	Snyman	71	228	2	25
	Bryan	Ackermann	79	241	2	25
	Ruben	Burger	110	270	4	22
Total						204



DETAILED RESULTS

Achieved SA Standard

RESULTS : MEN 60KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Phohleli	Relebohile	54,70	Gauteng	12/16/2007	73	77	(80)	77	1	92	(102)	(105)	92	1	169	169	1
Hatea	Zidaan	58,05	Gauteng	9/25/2007	62	(66)	66	66	3	85	89	(94)	89	2	155	155	2
Lebona	Kamohelo	48,55	Gauteng	12/22/2008	61	66	(70)	66	2	72	80	(87)	80	3	146	146	3
Munyengwa	Thabo	52,05	Guest	8/31/2007	62	(65)	(66)	62	4	(70)	72	(76)	72	5	134	134	4
Booyesen	Ceyton	56,55	Eastern Cape	8/22/2010	50	58	62	62	5	62	70	(75)	70	7	132	132	5
Vermaak	Xandre	58,75	Gauteng	6/23/2010	51	54	56	56	6	66	70	74	74	4	130	130	6
Hatea	Ayaan	55,65	Gauteng	10/26/2009	47	51	55	55	7	62	70	(72)	70	6	125	125	7



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RESULTS : MEN 65KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Malatji	Thapelo Moss	63,70	Gauteng	2/18/2007	85	91	95	95	1	(115)	115	(125)	115	1	210	210	1
Tarwirei	Gorge Step	64,70	Guest	4/4/2007	70	(75)	75	75	2	75	80	85	85	2	160	160	2
Miggels	Isaih	60,95	Eastern Cape	5/8/2010	50	(59)	(59)	50	3	62	(70)	70	70	3	120	120	3



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RESULTS : MEN 71KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Trumble	Jonathan	69,50	Western Cape	12/22/2005	(85)	90	103	103	1	125	132	(140)	132	1	235	235	1
Snyman	Zach	68,40	Western Cape	1/30/1996	95	102	(110)	102	2	120	126	(133)	126	2	228	228	2
Moyengwa	Jomson	70,75	Guest	1/28/2007	65	(70)	71	71	4	(85)	86	88	88	3	159	159	3
Jacobs	Jerome	65,90	Eastern Cape	9/26/2010	63	(68)	71	71	3	70	80	(85)	80	4	151	151	4
Nolly	Liam	67,35	Eastern Cape	3/14/2009	42	47	55	55	6	58	70	(80)	70	5	125	125	5
Barrett	Jason	69,35	Gauteng	12/29/1988	63	67	(72)	67	5	-	-	-	-	-	-	-	



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RESULTS : MEN 79KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Phillips	Jon-antohein	78,30	Western Cape	5/29/2000	112	120	(127)	120	1	150	160	170	170	1	290	290	1
Ackermann	Bryan	78,30	Western Cape	8/15/2005	(105)	106	(113)	106	2	135	(139)	(139)	135	2	241	241	2
Jakalase	Inocent	75,60	Guest	2/13/2007	95	102	(111)	102	3	118	125	130	130	3	232	232	3
Janse van Vuuren	Joshua	78,90	Free State	1/9/2008	85	90	95	95	4	95	100	106	106	4	201	201	4
Kulube	Iven	78,90	Guest	2/3/2007	85	(90)	(90)	85	5	100	(110)	(110)	100	6	185	185	5
Ho	Jacky	73,95	Gauteng	3/30/1988	78	(81)	(82)	78	6	(95)	98	104	104	5	182	182	6
Nel	Jacques	75,85	Gauteng	2/7/1991	70	74	78	78	7	(90)	(90)	90	90	7	168	168	7



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RESULTS : MEN 88KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Swart	William	88,00	Gauteng	1/24/1998	142	(147)	147	147	1	175	181	(186)	181	1	328	328	1
Pandoo	Dinesh	85,30	Western Cape	2/25/2001	(126)	126	(130)	126	2	167	(171)	(174)	167	2	293	293	2
Smith	Wayne	80,40	Western Cape	10/14/2004	(120)	125	(130)	125	3	147	150	(156)	150	3	275	275	3
Katzav	Daniel	87,55	Gauteng	1/16/1994	103	108	112	112	5	140	(145)	147	147	4	259	259	4
Gadney	André	85,65	Gauteng	5/14/1980	105	112	120	120	4	122	130	135	135	5	255	255	5
Ritchie	Eduan	86,20	North West	10/15/1998	102	105	(110)	105	6	128	132	135	135	6	240	240	6
Mauldon	Connor	84,05	Gauteng	8/7/1995	95	102	(108)	102	7	118	123	127	127	7	229	229	7
Nieuwoudt	Garrit	87,70	Gauteng	5/13/1992	(96)	96	101	101	9	(125)	125	(132)	125	8	226	226	8
du Plooy	Lyle	85,65	Western Cape	8/2/1988	97	102	(106)	102	8	115	121	(130)	121	9	223	223	9
Barnes	Claude	87,40	Gauteng	12/15/2004	90	95	100	100	10	115	(119)	(120)	115	10	215	215	10



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RESULTS : MEN 94KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Du plooy	Nicolaas	92,90	Northern Cape	9/18/2000	137	(143)	143	143	1	167	175	(182)	175	1	318	318	1
van Graan	Albert	93,85	Gauteng	2/23/1987	110	115	120	120	2	140	150	(155)	150	2	270	270	2
Bowyer	Matthew	91,85	Gauteng	12/18/2000	96	(101)	102	102	4	129	135	-	135	3	237	237	3
Wright	John Colin	90,35	Western Cape	7/22/1997	102	106	(110)	106	3	124	129	(134)	129	4	235	235	4
Lubbe	Mark	93,15	Gauteng	2/1/1988	100	(105)	(105)	100	5	120	125	(130)	125	5	225	225	5
Lotter	Tian	92,10	Gauteng	1/25/2002	93	98	(102)	98	7	116	122	125	125	6	223	223	6
le Roux	Brendan	92,60	North West	6/16/2009	90	95	100	100	6	115	120	(125)	120	7	220	220	7
Stroebel	Jaco	93,80	Gauteng	2/26/1991	(67)	(67)	(68)	-	-	88	91	(94)	91	8	-	-	



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RESULTS : MEN 110KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Reeders	Chris	103,00	Western Cape	10/6/1990	132	137	141	141	1	163	171	(178)	171	1	312	312	1
Basson	Lj	107,75	Gauteng	8/16/1995	(128)	128	134	134	2	155	160	166	166	2	300	300	2
Chandler	Liam	109,40	Gauteng	7/14/2004	125	132	(138)	132	3	145	(151)	(155)	145	4	277	277	3
Burger	Ruben	98,80	Western Cape	3/3/1991	(125)	125	(130)	125	4	(145)	(145)	145	145	5	270	270	4
Botha	Johannes Frederik	107,55	Gauteng	1/12/1996	110	115	(120)	115	5	150	155	(160)	155	3	270	270	5



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RESULTS : MEN 110+KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Ma x	Rank	1	2	3	Ma x	Rank	Total	Score	Rank
Morris	Nathan	122,80	Gauteng	7/13/1996	127	132	(137)	132	1	156	(160)	(163)	156	1	288	288	1
Hatea	Rustum	120,00	Gauteng	5/16/1982	99	103	(106)	103	2	126	130	133	133	2	236	236	2
Mc Donald	Grant Liam	110,50	Gauteng	2/2/1998	88	92	(100)	92	3	120	(127)	(131)	120	3	212	212	3
van Schalkwyk	Andre	114,05	Free State	2/13/1984	(85)	85	(90)	85	4	110	114	118	118	4	203	203	4



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RESULTS : WOMEN 53KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Mitchell	Angelique	49,85	Gauteng	3/14/1989	50	(54)	(54)	50	1	58	62	65	65	1	115	115	1
Boys	Rachel	52,50	Gauteng	9/26/2007	33	(36)	37	37	2	43	47	(50)	47	2	84	84	2



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RESULTS : WOMEN 58KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Taljaard	Johanni	58,00	Western Cape	8/19/1984	78	81	(84)	81	1	97	100	(103)	100	1	181	181	1
Burger	Chantelle	57,40	Gauteng	7/18/1982	65	(67)	68	68	2	81	84	86	86	2	154	154	2
Hala	Ashleigh	57,55	Gauteng	10/3/1991	64	67	(69)	67	3	70	74	(77)	74	4	141	141	3
Barrett	Adriette	55,10	Gauteng	8/7/1992	55	(57)	57	57	5	70	74	77	77	3	134	134	4
Viviers	Chanel	57,20	Limpopo	5/19/2009	55	(58)	(58)	55	6	65	69	72	72	5	127	127	5
Cilliers	Marianka	58,00	Gauteng	10/2/1986	54	57	(60)	57	4	63	65	67	67	7	124	124	6
Padiachy	Isabella	56,20	Gauteng	4/18/2005	50	53	55	55	7	(68)	68	(73)	68	6	123	123	7
Devnarain	Surina	57,05	Gauteng	5/17/2004	48	51	(53)	51	8	51	(55)	57	57	9	108	108	8
Fourie	Simone	53,60	Guest	12/18/1999	41	(44)	45	45	9	54	57	(60)	57	8	102	102	9
FARRELL	Susan	57,30	Gauteng	6/1/1951	26	28	30	30	10	(35)	35	38	38	10	68	68	10



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RESULTS : WOMEN 63KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Mundell	Alexandra	61,15	Gauteng	3/3/1999	76	79	(81)	79	1	92	(95)	(95)	92	2	171	171	1
Spies-Burger	Anneke	62,05	Western Cape	6/28/1993	72	74	76	76	2	90	93	95	95	1	171	171	2
Nontombane	Adrienne	61,05	Gauteng	1/25/2006	63	67	(70)	67	3	74	78	81	81	3	148	148	3
Walsh	Natasha	62,10	Mpumalanga	4/16/1997	(65)	67	(71)	67	4	(77)	77	(83)	77	4	144	144	4
Theron	Sashi	62,25	Gauteng	11/8/1984	58	61	(64)	61	5	(75)	(75)	75	75	5	136	136	5
Hughes	Cate	60,75	Gauteng	8/31/1976	40	42	46	46	6	57	60	(62)	60	6	106	106	6
Ntshona	Lindokuhle	63,00	Gauteng	5/7/2008	36	(40)	(40)	36	7	47	(51)	(51)	47	7	83	83	7



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RESULTS : WOMEN 69KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Jefferies	Laryne	68,20	Gauteng	10/8/1991	(88)	90	(94)	90	1	105	(110)	110	110	1	200	200	1
Seleka	Shamel	65,15	Gauteng	7/17/2003	68	70	73	73	2	(88)	89	(93)	89	2	162	162	2
Ajisafe	Abiodun (Abi)	68,75	Gauteng	12/22/1981	67	70	(72)	70	3	83	87	(90)	87	3	157	157	3
Matthysen	Marné	67,85	Free State	11/24/1995	(65)	(65)	65	65	4	82	(87)	(88)	82	4	147	147	4
Van Wyngaard	Rosan	64,80	Western Cape	12/22/1986	58	62	(65)	62	5	75	79	(82)	79	5	141	141	5
Smith	Twani	68,85	Gauteng	11/8/1984	50	55	60	60	6	70	75	(78)	75	6	135	135	6
Meyiwa	Mbalenhle Precious	67,30	Gauteng	1/27/2009	49	53	(55)	53	7	(63)	63	(67)	63	7	116	116	7
Du Toit	Dorita	68,05	North West	6/11/1971	40	43	(46)	43	8	52	55	(57)	55	9	98	98	8
Sibanyoni	Pontsho	67,65	Gauteng	1/28/1996	36	40	(43)	40	9	52	56	(59)	56	8	96	96	9
Diphera	Phenyo Brandy	66,30	Guest	7/12/2007	(35)	35	40	40	10	35	40	45	45	ext.	85	85	10



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RESULTS : WOMEN 77KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Melck	Martine	72,55	Western Cape	5/18/1999	(76)	77	80	80	3	97	100	(104)	100	1	180	180	1
Smith	Cheyenne	76,00	Gauteng	9/2/1999	81	(84)	(84)	81	1	93	97	(100)	97	3	178	178	2
Bainbridge	Kerrin	75,10	Gauteng	10/29/1990	76	80	(85)	80	2	93	98	(103)	98	2	178	178	3
du Toit	Idelé	72,45	North West	5/27/2002	73	(76)	77	77	4	88	91	(95)	91	4	168	168	4
Ngwenya	Charmaine	75,00	Gauteng	4/24/2009	60	65	70	70	5	80	(86)	(93)	80	5	150	150	5
Visser	Kaylin	74,45	Free State	3/24/2006	47	50	53	53	7	65	70	(75)	70	6	123	123	6
Wiese	Kayla	75,80	Gauteng	1/7/2007	50	55	(60)	55	6	60	65	(70)	65	7	120	120	7
Meaker	Natalie	75,95	KwaZulu-Natal	6/17/1998	-	-	-	-	-	-	-	-	-	-	-	-	



South African Weightlifting Federation

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RESULTS : WOMEN 86KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Mitchell	Michaela	78,25	Gauteng	6/13/2000	58	62	(65)	62	3	82	87	88	88	1	150	150	1
Slabbert	Monique	82,55	Gauteng	4/21/1998	61	66	(69)	66	1	78	83	(87)	83	2	149	149	2
Viljoen	Melinda	78,80	Free State	6/5/1988	57	(63)	64	64	2	72	76	81	81	3	145	145	3
Visser	Cayla	84,25	Free State	3/24/2006	47	51	(54)	51	4	65	70	(75)	70	4	121	121	4



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RESULTS : WOMEN 86+KG

Last Name	First Name	B.W.	Team	Born	Snatch					Clean&Jerk					Category		
					1	2	3	Max	Rank	1	2	3	Max	Rank	Total	Score	Rank
Janse van Rensburg	Roemel	103,00	Free State	3/18/1981	50	(52)	(53)	50	1	(68)	68	(74)	68	1	118	118	1
Muller	Elisna	87,15	Free State	11/12/1990	37	(39)	(40)	37	2	48	50	53	53	2	90	90	2