

First Name	Surname	Gender	Category - Classic											Weight Cat	Province	Qualifying Competiion	Best Achieved	Coach	T Shirt Size
			Y	SJ	Jun	Open	M1	M2	M3	M4									
Jordyn	Carreira	Female	X										43	Gauteng	gautengs	180	Rodney Anthony	XS	
Kay-Dee	Van Rooyen	Female	X										43	North West	North West PI Champs	142,5	Vicki Botha	XS	
Christina	Kyriacos	Female			X	X							47	Gauteng	Gauteng classic powerlifting champs 2023	215	Meg Leighton and Chantelle Du Toit	S	
Elisabeth	Barry	Female							X				47	Eastern Cape	EC Classic Championships February 2023	207,5	R. Anthony	S	
Pearl	Bucwa	Female		X									47	Eastern Cape	EC Classic Powerlifting Championships 2023	172,5	Ilze-Mari Maritz	XS	
Laila	Allen	Female	X										47	Gauteng	Gauteng Classic Powerlifting Championships	132,5	Rodney Anthony	S	
farzana	botha	Female				X							52	Gauteng	Gauteng	310	john crain	XS	
Alexa	Pentopoulos	Female				X							52	Gauteng	Gauteng	307,5	Henk de Wet	XS	
Tarryn	Valle	Female						X					52	Western Cape	SA Classic Powerlifting Champs 2022	262,5	Christian GerhardtNicole Coopoosamy	XS	
Kerri	Carreira	Female						X					52	Gauteng	gautengs	252,5	Rodney Anthony	XS	
Carol	Anthony	Female							X				52	Gauteng	Gauteng Champs	242,5	Rodney Anthony	S	
Surina	Devnarain	Female			X								52	Gauteng	Gauteng Champs	235	Rodney Anthony	S	
Nicole	Loubser	Female			X								52	Eastern Cape	Western Cape Classic Powerlifting Championship	200	I.M Maritz	XS	
Caitlyn	du Plessis	Female			X								52	Eastern Cape	EC Classic Championships February 2023	165	EJ Barry/ A. Ludik	S	
Aimee	Grefen	Female			X	X							52	Gauteng	Gauteng		Coach Henk and Coach Laura	S	
Giulia	Muto	Female				X							52	Gauteng	Gauteng Champs		Henk & Laura DeWet	XS	
Sasha	Gadney	Female				X							57	Gauteng	Free State Champs 2022 (Bloom)	385	Sarel Gadney	S	
Alexandra	Mundell	Female				X							57	Gauteng	Gauteng Champs	362,5	Darryn Anthony	S	
Chevonne	Roos	Female				X							57	Gauteng	Gauteng Championship	347,5	Scott & Maureen	S	
Nicole	Hasell	Female			X	X							57	Gauteng	Gauteng Championships	337,5	Henk de Wet	S	
Shelby	van Tonder	Female				X							57	Gauteng	Gautengs	300	Henk & Laura de Wet	S	
Hannah	Langman	Female				X							57	Gauteng	Gauteng classic powerlifting championships	275	Ian/ Henk & Laura	S	
Megan	Stringer	Female	X										57	Kwazulu Natal	Gauteng	270	Andre has advised that he will assist Megan on the day	M	
Giovanna	Winetzki	Female				X							57	Gauteng	Gautengs	252,5	Andrew Anthony, Antoinette Kriel	S	
Madelaine	Posthumus	Female							X				57	Gauteng	Gauteng 2023	247,5	Henk & Laura de Wet	XS	
Samantha	Palm	Female				X							57	North West	North West PI Champs	215	vicki Botha	S	
Devorah	Eilim	Female	X										57	Gauteng	Gauteng championships	212,5	Dan Oppenheim	M	
Kylie	Thomas	Female	X										57	Gauteng	Gauteng Champs 2023	210	Rodney Anthony	S	
Grace	Roberts	Female	X										57	Gauteng	Gauteng Classic Powerlifting Champs 2023	192,5	Barbell Bullies	S	
Kristl-Joy	Kannemeyer	Female				X	X						63	Western Cape	Western Cape Provincial Champs 2023	345	Rodney Anthony	S	
Janel	Daffue	Female				X							63	Eastern Cape	EC Classic Powerlifting Championships	315	Andre Ludik	S	
Miriam	Lits	Female			X								63	Gauteng	Gauteng	315	Jean Ellie	S	
Luca	du Toit	Female			X								63	Gauteng	Gauteng Classic Powerlifting Champs	297,5	N/A	M	
Marieke	Van linge	Female							X				63	Gauteng	Gautengs	267,5	Laura	M	

Catinka	Fourie	Female	X												63	Eastern Cape	Eastern Cape Powerlifting Championships	255	Ms. Ilze Marie Maritz	S
Karlia	Snyman	Female		X											63	Gauteng	Noth west provincial	252,5	None	S
Courtney	Kaplan	Female		X											63	Gauteng	Gauteng Championships 2023	250	Laura de Wet, Henk de Wet	M
Shannon	Wilding	Female			X										63	Gauteng	Gauteng Champs	242,5	Dan Oppenheim	M
Lucy	Marutle	Female					X								63	Gauteng	Gautengs	227	Laura dewet	S
Alexis	Nel	Female	X												63	North West	North West Pl Champs	225	Vicki Botha	S
Lize	Horn	Female		X											63	Western Cape	WP powerlifting comp	205	Olivia Whitelvar Hayward	S
Daniella	Da Silva	Female			X										63	Gauteng	Gauteng Classic Powerlifting Championship 2023		Henk and Laura De Wet	S
Mijuane	De Wet	Female	X	X	X										63	Gauteng	Gautengs		Henk & Laura	S
Talitha	De Wet	Female	X												63	Gauteng	Gautengs		Henk & Laura	XS
Laura	De Wet	Female			X	X									69	Gauteng	Gautengs	392,5	Henk	XL
Charnleigh	Kotzé	Female		X	X										69	Eastern Cape	EC Classic Powerlifting Championships	392,5	None	S
Megan	Leighton	Female			X										69	Gauteng	Gauteng Champs 2023	357,5	Chantelle du Toit	S
Dominique	Smith	Female			X										69	Gauteng	Gauteng Champs	355	Henk & Laura de Wet	M
Amanda	Meyer	Female			X	X									69	Gauteng	Gauteng Champs	350	Mark Nel (Eleven Eleven Sports Performance in the UK) On the day, I will be bringing Caneous Mdluli from Emet Gym in Illovo.	M
Vanessa	Lessing	Female			X	X									69	Eastern Cape	EC Classic Champs 2023	342,5	Andre Ludik	M
Shanna	Swart	Female			X										69	Western Cape	Western Cape Provincials	337,5	Tarryn Valle	L
Gaia	Mottalini	Female		X											69	Gauteng	Gauteng Powerlifting Champs	317,5	Maurizio Mottalini	S
Chenel	Kruger	Female			X										69	Western Cape	Western Cape Champs	305	Thomas Wewege	M
Chantel	Dreyer	Female			X										69	Gauteng	Gauteng's	277,5	Henk De Wet	S
Francis	Viljoen	Female	X												69	Western Cape	Desert Barbell Power Meet 13, Dubai	275	Janet Viljoen	M
Laura	Brewer	Female			X										69	Gauteng	Gauteng Champs	272,5	Megan LeightonChantelle Du Toit	S
Anthina	Brewer	Female			X										69	Gauteng	Gauteng Championships	272,5	Megan Leighton	S
CHANTÉ	MULDER	Female	X												69	Eastern Cape	EC CLASSIC POWERLIFTING CHAMPIONSHIPS	265	MS IISE-MARIE MARITZ	S
Morgan	Kemp	Female	X												69	Gauteng	Gauteng	220	Coach Laura and Henk	M
Nicole	Cooposamy	Female			X										76	Western Cape	IPF Open World Championships	447,5	Tambe Joesha	M
Olivia	White	Female		X											76	Western Cape	SA Classic Powerlifting Championships 2022	407	Ivar Hayward	S
Roechelle	Van der merwe	Female	X												76	Free State	Free State Powerlifting Classic and Bench Only 5	332,5	Bernice van der Westhuizen	L
Anika	Maree	Female	X	X											76	Eastern Cape	EC Championships 2023	305	Ilze-Mari Maritz	L
Sonam	Singh	Female	X												76	Gauteng	SA Champs 2022 - SACHampion	290	Shaeel SinghSonu singh	L
jodi	poxon	Female					X								76	Gauteng	Gauteng Champs	285	Chantelle/Mike	M
Stephene	Loubser	Female	X												76	Eastern Cape	Eastern Cape Classic Powerlifting Championship	260	I.M Maritz	M
Gabrielle	Grobler	Female		X											76	Gauteng	Gautengs	250	Barbell Bullies Dan	L
Dineo	Makubung	Female	X												76	Gauteng	Free State Champions	217,5	Coach Nicholas Ingel	M
Pia	Marangoni	Female					X								76	Gauteng	SA PL Champs 2022 M176 Winner		Josh Capazorio Darryn Anthony	M
Sihle	Madondo	Female			X										84	Gauteng	Gauteng powerlifting championships	427,5	Laura Barbel bullies	M
Phokwane	Moloele	Female					X								84	Gauteng	Gauteng Championship	390	Henk de WetLaura de Wet	
Marina	Van der Linde	Female			X	X									84	Gauteng	Free State Champs	382,5	Sarel Gadney	L

Simone	van der Merwe	Female	X												84	Gauteng	Gauteng Provincial Championship	270	Henk and Laura De Wet [Barbell Bullies]	M
Olivia	Perotti	Female			X										84	Gauteng	Gauteng champs		Chantelle du Toit	S
Vleen	Serge	Female			X										84	Gauteng	gautengs		henk & laura	M
Zanele	Ngwenya	Female					X								84	Gauteng	Gauteng Championships		Megan and CHantelle	S
Elmarie	Van Rhee de van Oudtshoorn	Female			X										84+	Gauteng	Gauteng champs	412	Black Louwrens	L
Lauren	Jones	Female				X									84+	Gauteng	Gauteng Champs	405	Christi Rees	XL
Danielle	Waldeck	Female			X										84+	Western Cape	Western Cape Championships	402,5	Shane Jonas	L
Karin	du Plessis	Female		X	X										84+	Gauteng	Gauteng Champs	395	Chantelle du ToitMegan Leighton	L
Yvonne	Funk	Female			X										84+	Gauteng	North West Championship 2023	362,5	Eric Smulders	L
Alisha	Johnson	Female			X										84+	Gauteng	Gauteng championship	360	Laura and Henk de wet	4XL
Robyn	Henderson	Female			X										84+	Gauteng	Gauteng classic powerlifting championship	332,5	Henk and Laura De wet	3XL
Michele	Townsend	Female				X									84+	Gauteng	Gauteng	327,5	Laura de Wet	3XL
Tsitsi	Mpofu	Female			X										84+	Gauteng	Gauteng powerlifting championship	285	Barbell bullies- Henk and Laura De Wet	M
Deané	Slabbert	Female	X												84+	Eastern Cape	EC powerlifting	255	Ilze Maritz	XL
Samuel	Meshilinie	Male	X												53	Eastern Cape	EC Classic Championships February 2023	265	EJ Barry / A/ Ludik	S
Ashton	Carreira	Male	X												53	Gauteng	gautengs	110	Rodney Anthony	M
Judah	Penn	Male	X												53	Gauteng	Gauteng		Barbell bulliesDanDate of birth22/12/2014	S
Geordie	Goliath	Male			X										59	Western Cape	Western Cape Powerlifting Championship	485	N/A	S
Daniel	Sowray	Male	X												59	Gauteng	Gauteng champs	360	John Crain	S
Ferde	Botha	Male	X	X											59	Eastern Cape	2023 Provincial Powerlifting Championships.	290	Ilze-Mari Maritz	M
Adam	Strydom	Male		X											66	Western Cape	North West	520	Shannon Barry	M
Justin	Chan	Male		X											66	Eastern Cape	Eastern Cape Powerlifting Championships	485	none	S
Samuel	Teeger	Male	X												66	Gauteng	Gauteng championships	425	Jean Elie Mwamba	S
Steven	Routledge	Male			X										66	Gauteng	Gauteng Classic Powerlifting Champs	390	Chantelle Du ToitMegan Leighton	M
Tk	Ramoreboli	Male	X												66	Gauteng	Gauteng Champs	365	Rodney Anthony and Carol Anthony School of Strength	S
Steven	Coleman	Male				X									66	Gauteng	Gauteng Champs	355	Meg Leighton	S
Nishalin	Govender	Male			X										74	Gauteng	Gauteng Championships 2023	575	Coach TBC	M
Scott	Pornss	Male		X											74	Eastern Cape	Eastern Cape Classic Powerlifting Championship	572,5	Alicia De Lange	L
Darius	Sangari	Male			X										74	Gauteng	Gauteng championship	540	Scott McIntosh and Maureen Ackerman	M
Thapelo	Motlhako	Male		X											74	Gauteng	Gauteng champs	525	Christian Lawu	M
Sulaiman	Motala	Male			X										74	Gauteng	Gauteng Classic	507,5	Megan Leighton Chantell du Toit	M
Thabang	Motloung	Male			X										74	Gauteng	Gauteng 2023	497,5	Scott and Maureen	S
IAN	HACKER	Male				X									74	Gauteng	GAUTENG CHAMPIONSHIPS	490	Henk de Wet	L
El-Shane	Grove	Male			X										74	Western Cape	Western Cape classic powerlifting champs 2023	475	Pieter-Francois van Zyl, Michael Cowley	M
Gabriel	Hore	Male	X												74	Gauteng	Gauteng Championships	475	Henk and Laura	S
Sonu	Singh	Male		X											74	Gauteng	Gauteng Champs	472,5	Shaeel SinghSonam Singh	L

James	Mc Ilree	Male		X											74	Gauteng	Gauteng Champs	470	Dan Oppenheim	L
John	Evens	Male	X												74	Western Cape	Western Cape Powerlifting Competition	455	Tao Lee Truter	L
NARDUS	SNYMAN	Male		X											74	Gauteng	GAUTENG CHAMPIONSHIP	432,5	DAN	M
chris	carreira	Male							X						74	Gauteng	gautengs	422,5	Rodney Anthony	M
Caneous	Mdluli	Male		X											74	Gauteng	North West champs	420	Nicholas Ingel	M
Simon Mkholo	Sishamge	Male				X									74	Gauteng	Gauteng Classic Powerlifting Championships	420	Matt Bekker	M
Tommie	de Nysschen	Male										X			74	Free State	Free State	420	Tommie	M
Matthew	Aslam	Male	X												74	Gauteng	North West Champs	390	Henk/ barbell bullies	M
Tao	Volkwyn	Male	X												74	Gauteng	Gauteng	362,5	Rodney	M
Duan	Robbetse	Male	X												74	North West	NW Championships 74 sub-junior	355	Ross Pestana And support Diané Jansen van Rensburg	M
Juan	Bezuidenhout	Male		X											74	Eastern Cape	EC Classic Championships February 2023	350	EJ Barry / A. Ludik	L
Michael	Zwart	Male		X											74	Eastern Cape	EC Classic Championships February 2023	350	EJ Barry / A. Ludik	L
Andrew	Dunn	Male								X					74	Gauteng	Gauteng Classic Powerlifting Championships 202	322,5	Andrea Webb	L
Dan	Oppenheim	Male									X				74	Gauteng	S a champ		Henk	M
Suvar	Maharaj	Male		X											74	Gauteng	Gauteng Classic Championship		Dan	M
Jean Elie	Mwamba	Male			X										83	Gauteng	Gauteng Champs 2023	625	Chris Lawu	M
Christiaan	Olivier	Male			X										83	Western Cape	Western Cape Championships	610	Ivar Hayward	M
Jean-Michael	Müldner	Male		X	X										83	Gauteng	Gauteng Powerlifting Championship	597,5	None	L
Michael	Huisamen	Male		X											83	Gauteng	Gauteng Classic Powerlifting Championships	580	Henk DeWet	M
Jethro	Shaw	Male		X											83	Kwazulu Natal	Gauteng Provincial	575	Rika Shaw	M
Leereshen	Gounden	Male			X										83	Gauteng	Gauteng champs	560	Dan - Barbell Bullies	M
Grant	O'Donoghue	Male			X										83	Gauteng	Gauteng Classic Powerlifting Championships	555	Matthew Bekker	XL
Vukile	Senama	Male			X										83	North West	North West Pl Champs	500	Faku	L
Cameron	Drotsky	Male			X										83	Gauteng	Gauteng Classic Powerlifting Champs 2023	485	N/A	L
Xander	Nel	Male		X											83	Western Cape	Western Cape Champs 2023	485	Joshua Capazorio	M
Avishai	Eilim	Male		X											83	Gauteng	Gauteng championships	482,5	Dan oppenheim	4XL
Frank	Lubbe	Male			X										83	Gauteng	Gauteng Classic Powerlifting Championships	460	Matthew Bekker	XL
Connor	Reynolds	Male		X											83	Gauteng	Gauteng Championships	450	Matthew Bekker	L
Cameron	Bezuidenhout	Male	X												83	Gauteng	Gauteng Classic Powerlifting Championships	425	Henk and Laura (Barbell Bullies)	L
Ethan	Nel	Male	X												83	Gauteng	Gauteng Classic Powerlifting Championships 202	422,5	Henk De Wet	L
Jake	Finch	Male	X	X											83	Gauteng	Gauteng Classic Powerlifting Championships 202	400	Darryn Anthony	XL
Michael	van Beek	Male	X												83	Gauteng	2023 Gauteng Champs	392,5	Maureen AckermanScott	L
Robert	Hallaby	Male		X											83	Gauteng	Gauteng Champs	390	Matthew Bekker	XL
Steven	Vosloo	Male	X												83	Eastern Cape	EC Classic Championships February 2023	385	EJ Barry/ A. Ludik	L
Christiaan	Smit	Male	X												83	Gauteng	Gauteng championship	335	Megan leghton,Chantelle Du tiot	M
Gregory	Flugel	Male									X				83	Gauteng	Gauteng	330	Rodney Anthony	L
Chadwyn	Govington	Male			X										83	Gauteng	Gauteng Classic Powerlifting Championship 2023		Henk De WetLaura De Wet	M
Steve Adebayo	Ogunfemi	Male			X		X								83	Gauteng	Gauteng Classic Championships 2023		Johnny Dam & John Crain	M
Jean-Arthur	Pretorius	Male			X										93	Gauteng	Gauteng powerlifting championship 2023	712,5	Rodney	XL
Sibusiso	Sishi	Male			X										93	Gauteng	Gauteng Powerlifting Championships	682,5	Henk De Wet	L

Deon	Smedley	Male			X							93	Gauteng	Gauteng Champs	655	Chantelle	XL
Fabio	Yslie	Male			X							93	Western Cape	WC Champs 2023	650	Colin YoungAndre Ludik	2XL
Bandile	Khuzwayo	Male			X							93	Gauteng	Gauteng champs	640	Henk	L
Elfranco	Holder	Male			X							93	North West	NW	630	Elfranco	XL
Calum	Harding	Male			X							93	Gauteng	Gauteng Classic Provincial Championships	620	Daniel Harding	XL
Bradley	Oosthuizen	Male		X								93	Eastern Cape	E.C. Classic Powerlifting Championships 2023	610	Andre Ludik	L
Joshua	Marais	Male		X								93	Free State	Freestate Powerlifting Championship	607,5	None	L
Ryan	Stopforth	Male			X							93	Gauteng	Gauteng powerlifting championship 2023	595	Maureen	L
Munashe	Machinjike	Male		X								93	Gauteng	Gauteng Championships	575	Chantelle Du toit & Meg Leighton	L
Lucas	Khoarai	Male			X							93	North West	North West Pl Champs	570	Faku	L
Khotso	Thekiso	Male			X							93	Gauteng	Gauteng chaps	567,5	Chants and Meg	M
Marco	De Beer	Male		X								93	North West	North West Qualifier	557,5	Nicolaas du Preez	L
Justin	Eckard	Male		X								93	Gauteng	Gauteng Classic Powerlifting championship 2023	545	Dan Oppenheim - Barbell Bullies	L
Jerry	Botha	Male			X	X						93	Gauteng	Gauteng Champs	542,5	Chantelle du Toit	XL
Jean-Pierre	Blom	Male	X									93	Gauteng	Gauteng Champs	510	Rodney John AnthonyCarol Anthony	XL
Alan	Ridgard	Male						X				93	Gauteng	Gauteng Classic	502,5	Chantelle duToit	L
Brandon	mncube	Male			X							93	Gauteng	Gauteng Classic Powerlifting Challenge 2023	502,5	Darryn Anthony	M
Cornelis	Davel	Male			X							93	Kwazulu Natal	KZN provincials and club powerlifting competitio	490	NA	L
Eric	Van Eck	Male			X							93	North West	North West Provintial	490	Henk de Wet	L
Simon	Curtis	Male			X							93	Gauteng	Gauteng Champs	490	Daren Anthony	L
Stian	Landman	Male	X									93	Eastern Cape	EC Champs	410	Ilze-Mari Maritz	XL
Uche	Aka	Male	X									93	Gauteng	SA classic qualifying championship	277	Laura and Henk	XL
Archie	Ayekpa	Male			X							93	Gauteng	Gauteng championships		Rodney Anthony	L
Tom	Wewege	Male			X							105	Western Cape	SA CHAMPS 2022 / WORLD CHAMPS 2022	787,5	Henk de Wet	L
Stiaan	du Preez	Male		X	X							105	North West	North West Classic Powerlifting Championships	690	Tom Wewege	XL
Simbayi	Bvumburai	Male			X							105	Gauteng	NW Calassic 2023	685	John Crain	XL
Liam	Karovsky	Male		X	X							105	Gauteng	Gauteng Powerlifting Championships	677,5	Henk & Laura de Wet.	XL
Jaco	Jacobsz	Male			X							105	Gauteng	North West Qualifiers	660	Nicolaas Du Preez	L
Christoff	van der Merwe	Male			X							105	Free State	Free State Powerlifting Championships	640	Ricardo Barreto	L
Derik	van Wyk	Male			X							105	Gauteng	Gauteng Champs	632,5	Chantelle du Toit / Megan Leighton	L
Azariel	Ndoni	Male			X							105	North West	North West Pl Champs	620	Faku	XL
Christo	Schoonraad	Male						X				105	Gauteng	Gauteng	615	Henk de Wet	XL
Michael	Cowley	Male		X								105	Western Cape	Western Cape Powerlifting Classic 2023	595	Nicolaas du Preez	XL
Johnny	Dam	Male			X	X						93	Gauteng	Nationals 2022 and North West championship	588	Steve Ogunfemi	XL
Braam	Van Huyssteen	Male				X						105	Free State	Free Stare Powerlifting Championships	580	Self Coached	2XL
Jordan	Albertyn	Male		X								105	Gauteng	Gauteng Powerlifting Championships	565	Dan	XL
Koos	du Toit	Male				X						105	Gauteng	Gauteng Champs 2023	545	Indipendant	XL
Neal	Goosen	Male		X								105	Gauteng	Gauteng Classic Champs 2023 School of Strength	545	Suvar Maharaj	2XL
Jeandre	Terblanche	Male		X								105	Gauteng	Gauteng Classic Powerlifting Championships 202	490	N/A	L
Ryno	Du Plessis	Male		X								105	North West	North West Classic	480	N/A	2XL
Quintin	Van Der Merwe	Male				X						105	North West	North West Pl Champs	485	Roelof Smith	L

Edlyn	Serge	Male			X									105	Gauteng	Gautenfs			Henk	XL
Graham	Green	Male				X								105	Gauteng	Gauteng Champs			Henk De WetLaura De Wet	XL
Richard	Steenekamp	Male	X											105	Gauteng	Gauteng Classic Powerlifting Championship 2023			Rodney Anthony	XL
Haroun	Pietersen	Male			X									120	Gauteng	North West		690	Rodney Antony	XL
Newton	Mudau	Male			X	X								120	Gauteng	Gauteng Classic Powerlifting Championship		680	Chantell du Toit	XL
Shaeel	Singh	Male				X								120	Gauteng	2022 SA Champs - M1 SA Champion -120kg		665	Sonu SinghSonam SinghShikar Singh	2XL
Hermanus	de Beer	Male					X							120	Gauteng	Gauteng Classic Powerlifting Championships 202		630	Dan Oppenheim - Barbell Bullies	2XL
Madikane	Faku	Male				X								120	North West	North West Pl Champs		620	Self	2XL
Taariq	Osman	Male	X											120	Gauteng	SAs 2022		618,5	Henk de wet	2XL
William	Thompson	Male			X									120	Kwazulu Natal	KZN Provincials		600	None	2XL
Josh	Sass	Male		X										120	Gauteng	North West Powerlifting Champs		557,5	Caneous Mdluli	XL
Johan	Smith	Male			X									120	North West	North West Pl Champs		555	Roelof Smith	2XL
Marchelle	Strydom	Male		X										120	North West	North West Pl Champs		550	Roelof Smith	XL
Josef	Du Plessis	Male					X							120	North West	North West Classic		490	N/A	2XL
Lucas	Kleiner	Male		X										120	Gauteng	Gauteng Championships		455	Matthew Bekker	3XL
André	Ludik	Male						X						120	Eastern Cape	EC Classic Champs 2023		382,5	Self	2XL
Simon	Breetzke	Male				X								120+	Gauteng	SA Champs 2022 M1 120+		742,5	Rodney Anthony	3XL
Pieter-Francois	Van Zyl	Male			X									120+	Western Cape	Western Cape Provincial Classic		710	Nicolaas Du Preez	3XL
Justin	Furman	Male		X										120+	Gauteng	Gauteng Classic Champs		692,5	Ian FurmanHenk de Wet	2XL
Stefan	Schroder	Male			X									120+	Gauteng	KZN Provincials		655	Rodney Anthony	3XL
John	Crain	Male			X	X								120+	Gauteng	Eastern Cape and NW Classic powerlifting 2023		620	Steve Ogunfemi	3XL
Matt	Bekker	Male			X									120+	Gauteng	Gauteng champs		600	Chantelle & Megan	4XL
Denis	Bensch	Male				X								120+	Gauteng	Gauteng Powerlifting Competition		585	Henk De Wet	XL
Kevin	Ferreira	Male		X										120+	Kwazulu Natal	Kwazulu - Natal		565	None	3XL
Pieter	Schoeman	Male					X							120+	Free State	Nortwest 25/02/2023		520	Ricardo Boretta	3XL
Bryce	Sillitoe	Male		X										120+	Gauteng	Gauteng Champs		87	Chantelle du Toit	4XL
Not accepted:																				
Nyeleti	Maswanganyi	Female	X												Limpopo	I have never done this		30kg	Coach pardon is the person training me	M
Pardon	Maponga	Male	X												Limpopo	Quality		75	Trained with coach Sydney	L