

| AGE GROUP | DEV | DIV | NAME & SURNAME | BODY WEIGHT | SQUAT | | | BENCH PRESS | | | DEAD LIFT | | | TOTAL (kg) | | | | | | | | | |
|---------------------------|-----|-----|--------------------|-------------|-------|-----|-------|-------------|-------|-----|-----------|-----|-------|------------|-------|---|-------|---|-------|---|-------|---|-------|
| | | | | | 1ST | 2ND | 3RD | 1ST | 2ND | 3RD | 1ST | 2ND | 3RD | | | | | | | | | | |
| WOMEN POWERLIFTING | | | | | | | | | | | | | | | | | | | | | | | |
| Sub Junior | | 47 | Pearl Bucwa | 45.10 | 60.0 | - | 60.0 | + | 65.0 | + | 32.5 | + | 35.0 | + | 95.0 | + | 102.5 | + | 107.5 | - | 205.0 | | |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Sub Junior | | 63 | Catinka Fourie | 63.00 | 95.0 | + | 100.0 | - | 100.0 | - | 47.5 | + | 50.0 | + | 52.5 | - | 120.0 | + | 125.0 | - | 270.0 | | |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Sub Junior | | 69 | Chanté Mulder | 68.70 | 102.5 | + | 107.5 | + | 110.0 | - | 52.5 | + | 57.5 | + | 60.0 | + | 125.0 | + | 130.0 | + | 135.0 | + | 302.5 |
| Sub Junior | | 69 | Stephene Loubser | 68.30 | 92.5 | + | 95.0 | - | 95.0 | - | 47.5 | + | 50.0 | - | 50.0 | + | 125.0 | - | 125.0 | - | 125.0 | - | 142.5 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Sub Junior | | 76 | Anika Maree | 75.10 | 115.0 | + | 120.0 | + | 125.0 | - | 52.5 | + | 55.0 | + | 57.5 | - | 135.0 | + | 140.0 | + | 145.0 | + | 320.0 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Junior | | 52 | Nicole Loubser | 51.00 | 80.0 | + | 85.0 | + | 90.0 | - | 35.0 | + | 37.5 | + | 40.0 | + | 100.0 | + | 105.0 | + | 110.0 | + | 235.0 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Junior | | 69 | Chanté Mulder | 68.70 | 102.5 | + | 107.5 | + | 110.0 | - | 52.5 | + | 57.5 | + | 60.0 | + | 125.0 | + | 130.0 | + | 135.0 | + | 302.5 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Junior | | 76 | Anika Maree | 75.10 | 115.0 | + | 120.0 | + | 125.0 | - | 52.5 | + | 55.0 | + | 57.5 | - | 135.0 | + | 140.0 | + | 145.0 | + | 320.0 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Open | | 63 | Janel Daffue | 62.20 | 115.0 | + | 122.5 | + | | | 65.0 | + | 67.5 | + | 70.0 | + | 145.0 | + | 152.5 | + | 157.5 | + | 350.0 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Master 1 | WC | 84 | Naiema Mohammed | 82.20 | 152.5 | + | 162.5 | + | 167.5 | + | 85.0 | + | 90.0 | + | 95.0 | - | 150.0 | + | 165.0 | + | 175.0 | + | 432.5 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Master 2 | | 52 | Elisabeth Barry | 49.00 | 80.0 | + | 90.0 | + | | | 45.0 | + | | | | | 100.0 | + | 110.0 | + | | | 245.0 |
| MEN POWERLIFTING | | | | | | | | | | | | | | | | | | | | | | | |
| Sub Junior | | 53 | Samuel Meshilinie | 51.20 | 80.0 | - | 80.0 | + | 87.5 | + | 70.0 | + | 75.0 | + | 77.5 | - | 105.0 | + | 117.5 | + | 130.0 | + | 292.5 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Sub Junior | | 66 | Brandon Loock | 65.60 | 80.0 | + | 90.0 | + | 95.0 | + | 65.0 | + | 70.0 | + | 75.0 | - | 110.0 | + | 122.5 | + | 132.5 | + | 297.5 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Sub Junior | | 83 | Ayabonga Goba | 76.10 | 125.0 | + | 145.0 | + | 160.0 | + | 75.0 | + | 90.0 | + | 100.0 | - | 175.0 | + | 195.0 | + | 200.0 | - | 445.0 |
| Sub Junior | | 83 | Tyron Potgieter | 77.80 | 105.0 | + | 115.0 | + | 120.0 | - | 55.0 | + | 60.0 | - | 60.0 | + | 150.0 | + | 170.0 | + | 182.5 | - | 345.0 |
| Sub Junior | | 83 | Steven Vosloo | 79.60 | 110.0 | + | 120.0 | + | 130.0 | + | 90.0 | + | 95.0 | + | 100.0 | + | 160.0 | + | 175.0 | + | 185.0 | + | 415.0 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Sub Junior | | 93 | Stian Landman | 92.50 | 145.0 | + | 152.5 | + | 157.5 | - | 80.0 | + | 85.0 | + | 87.5 | - | 170.0 | + | 180.0 | - | 180.0 | - | 407.5 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Junior | | 74 | Juan Bezuidenhout | 72.00 | 105.0 | + | 115.0 | + | 125.0 | + | 70.0 | + | 75.0 | + | 80.0 | + | 150.0 | + | 160.0 | + | 170.0 | + | 375.0 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Open | | 83 | Eugene Sadie | 80.10 | 200.0 | + | 210.0 | + | | | 120.0 | + | 135.0 | + | | | 220.0 | + | 240.0 | + | 285.0 | - | 585.0 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Master 3 | | 120 | André Ludik | 105.30 | 100.0 | + | | | | | 65.0 | + | | | | | 140.0 | + | | | | | 305.0 |
| | | . | | | | | | | | | | | | | | | | | | | | | |
| Master 3 | NC | 83 | Tommie de Nysschen | 76.00 | 120.0 | + | | | | | 125.0 | + | 132.5 | + | 135.0 | + | 135.0 | + | 145.0 | + | | | 400.0 |