

# SA Masters Weightlifting Standards/Records 2025 Men

Date as at 2025/12/31

| Men Age 35 to 39 |            |            | 24           | 30          |            |              | 52          |            |              |
|------------------|------------|------------|--------------|-------------|------------|--------------|-------------|------------|--------------|
| Weight Div       | Name       | Date       | Snatch       | Name        | Date       | Clean & Jerk | Name        | Date       | Total        |
| 60Kg             | Standard   | 2025/06/01 | <b>77.0</b>  | Standard    | 2025/06/01 | <b>96.0</b>  | Standard    | 2025/06/01 | <b>166.0</b> |
| 65 Kg            | C Grenfell | 2021/12/04 | <b>90.0</b>  | C Grenfell  | 2021/10/30 | <b>107.0</b> | C Grenfell  | 2021/10/30 | <b>195.0</b> |
| 71 Kg            | G Shushu   | 2017/07/10 | <b>117.0</b> | G Shushu    | 2017/07/10 | <b>150.0</b> | G Shushu    | 2017/07/10 | <b>267.0</b> |
| 79 Kg            | G Shushu   | 2018/11/02 | <b>117.0</b> | G Shushu    | 2018/11/02 | <b>150.0</b> | G Shushu    | 2018/11/02 | <b>267.0</b> |
| 88 Kg            | A Smith    | 2023/03/18 | <b>120.0</b> | A Smith     | 2023/03/18 | <b>155.0</b> | A Smith     | 2023/03/18 | <b>275.0</b> |
| 94 Kg            | A Gadney   | 2019/08/11 | <b>122.0</b> | A van Graan | 2025/11/29 | <b>150.0</b> | A van Graan | 2025/11/29 | <b>270.0</b> |
| 110 Kg           | C Reeders  | 2025/11/29 | <b>141.0</b> | C Reeders   | 2025/11/29 | <b>171.0</b> | C Reeders   | 2025/11/29 | <b>312.0</b> |
| 110+ Kg          | A De Bonis | 2024/10/26 | <b>115.0</b> | A De Bonis  | 2024/10/26 | <b>151.0</b> | A De Bonis  | 2024/10/26 | <b>266.0</b> |

| Men Age 40 to 44 |           |            | 22.5         | 28.5       |            |              | 49.5       |            |              |
|------------------|-----------|------------|--------------|------------|------------|--------------|------------|------------|--------------|
| Weight Div       | Name      | Date       | Snatch       | Name       | Date       | Clean & Jerk | Name       | Date       | Total        |
| 60Kg             | Standard  | 2025/06/01 | <b>72.0</b>  | Standard   | 2025/06/01 | <b>91.0</b>  | Standard   | 2025/06/01 | <b>158.0</b> |
| 65 Kg            | R Erasmus | 2018/08/17 | <b>87.0</b>  | R Erasmus  | 2018/08/17 | <b>104.0</b> | R Erasmus  | 2018/08/17 | <b>191.0</b> |
| 71 Kg            | R Erasmus | 2019/08/23 | <b>98.0</b>  | R Erasmus  | 2019/08/23 | <b>115.0</b> | R Erasmus  | 2019/08/23 | <b>213.0</b> |
| 79 Kg            | Standard  | 2025/06/01 | <b>85.0</b>  | D de Klerk | 2024/10/26 | <b>109.0</b> | D de Klerk | 2024/10/26 | <b>192.0</b> |
| 88 Kg            | A Gadney  | 2024/08/31 | <b>127.0</b> | A Gadney   | 2023/05/11 | <b>145.0</b> | A Gadney   | 2024/08/31 | <b>270.0</b> |
| 94 Kg            | A Gadney  | 2024/08/31 | <b>127.0</b> | A Gadney   | 2023/05/11 | <b>145.0</b> | A Gadney   | 2024/08/31 | <b>270.0</b> |
| 110 Kg           | N Gindre  | 2024/11/23 | <b>115.0</b> | A Gadney   | 2021/12/04 | <b>136.0</b> | N Gindre   | 2024/11/23 | <b>250.0</b> |
| 110+ Kg          | Standard  | 2018/11/01 | <b>105.0</b> | Standard   | 2018/11/01 | <b>135.0</b> | R Hatea    | 2025/11/29 | <b>236.0</b> |

| Men Age 45 to 49 |           |            | 21.5         | 27        |            |              | 46.5       |            |              |
|------------------|-----------|------------|--------------|-----------|------------|--------------|------------|------------|--------------|
| Weight Div       | Name      | Date       | Snatch       | Name      | Date       | Clean & Jerk | Name       | Date       | Total        |
| 60Kg             | Standard  | 2025/06/01 | <b>69.0</b>  | Standard  | 2025/06/01 | <b>86.0</b>  | Standard   | 2025/06/01 | <b>148.0</b> |
| 65 Kg            | Standard  | 2025/06/01 | <b>72.0</b>  | Standard  | 2025/06/01 | <b>91.0</b>  | Standard   | 2025/06/01 | <b>157.0</b> |
| 71 Kg            | R Erasmus | 2025/09/04 | <b>89.0</b>  | R Erasmus | 2025/09/04 | <b>103.0</b> | R Erasmus  | 2025/09/04 | <b>192.0</b> |
| 79 Kg            | Standard  | 2025/06/01 | <b>81.0</b>  | Standard  | 2025/06/01 | <b>102.0</b> | C Carreira | 2022/11/26 | <b>177.0</b> |
| 88 Kg            | A Gadney  | 2025/02/22 | <b>125.0</b> | A Gadney  | 2025/05/17 | <b>140.0</b> | A Gadney   | 2025/04/20 | <b>261.0</b> |
| 94 Kg            | G Bieber  | 2019/05/19 | <b>90.0</b>  | G Bieber  | 2019/05/19 | <b>112.0</b> | G Bieber   | 2019/05/19 | <b>202.0</b> |
| 110 Kg           | Standard  | 2018/11/01 | <b>93.0</b>  | Standard  | 2018/11/01 | <b>119.0</b> | Standard   | 2018/11/01 | <b>205.0</b> |
| 110+ Kg          | Standard  | 2018/11/01 | <b>100.0</b> | Standard  | 2018/11/01 | <b>127.0</b> | Standard   | 2018/11/01 | <b>218.0</b> |

| Men        | Age 50 to 54 |            | 20     |          | 25.5       |              | 43.5     |            |       |
|------------|--------------|------------|--------|----------|------------|--------------|----------|------------|-------|
| Weight Div | Name         | Date       | Snatch | Name     | Date       | Clean & Jerk | Name     | Date       | Total |
| 60Kg       | Standard     | 2025/06/01 | 64.0   | Standard | 2025/06/01 | 81.0         | Standard | 2025/06/01 | 139.0 |
| 65 Kg      | Standard     | 2025/06/01 | 67.0   | Standard | 2025/06/01 | 86.0         | Standard | 2025/06/01 | 147.0 |
| 71 Kg      | Standard     | 2025/06/01 | 71.0   | Standard | 2025/06/01 | 91.0         | Standard | 2025/06/01 | 155.0 |
| 79 Kg      | Standard     | 2025/06/01 | 76.0   | Standard | 2025/06/01 | 96.0         | Standard | 2025/06/01 | 164.0 |
| 88 Kg      | R Papale     | 2022/10/22 | 80.0   | R Papale | 2022/10/22 | 112.0        | R Papale | 2022/10/22 | 192.0 |
| 94 Kg      | Standard     | 2025/06/01 | 82.0   | R Papale | 2022/10/22 | 112.0        | R Papale | 2022/10/22 | 192.0 |
| 110 Kg     | Standard     | 2018/11/01 | 87.0   | Standard | 2018/11/01 | 112.0        | Standard | 2018/11/01 | 194.0 |
| 110+ Kg    | Standard     | 2018/11/01 | 94.0   | Standard | 2018/11/01 | 119.0        | Standard | 2018/11/01 | 207.0 |

| Men Age 55 to 59 |           |            | 18.5   |          |            | 23           |           |            | 40.5  |  |
|------------------|-----------|------------|--------|----------|------------|--------------|-----------|------------|-------|--|
| Weight Div       | Name      | Date       | Snatch | Name     | Date       | Clean & Jerk | Name      | Date       | Total |  |
| 60Kg             | Standard  | 2025/06/01 | 59.0   | Standard | 2025/06/01 | 73.0         | Standard  | 2025/06/01 | 129.0 |  |
| 65 Kg            | Standard  | 2025/06/01 | 62.0   | Standard | 2025/06/01 | 78.0         | Standard  | 2025/06/01 | 136.0 |  |
| 71 Kg            | Standard  | 2025/06/01 | 66.0   | Standard | 2025/06/01 | 82.0         | Standard  | 2025/06/01 | 144.0 |  |
| 79 Kg            | Standard  | 2025/06/01 | 70.0   | Standard | 2025/06/01 | 87.0         | Standard  | 2025/06/01 | 153.0 |  |
| 88 Kg            | M Joubert | 2025/09/04 | 76.0   | Standard | 2025/06/01 | 92.0         | M Joubert | 2025/09/04 | 161.0 |  |
| 94 Kg            | R Papale  | 2023/03/19 | 80.0   | R Papale | 2023/03/19 | 108.0        | R Papale  | 2023/03/19 | 188.0 |  |
| 110 Kg           | Standard  | 2025/06/01 | 80.0   | Standard | 2025/06/01 | 100.0        | Standard  | 2025/06/01 | 175.0 |  |
| 110+ Kg          | Standard  | 2025/06/01 | 86.0   | Standard | 2025/06/01 | 107.0        | Standard  | 2025/06/01 | 188.0 |  |

| Men Age 60 to 64 |           |            | 17     |           |            | 21.25        |           |            | 37    |
|------------------|-----------|------------|--------|-----------|------------|--------------|-----------|------------|-------|
| Weight Div       | Name      | Date       | Snatch | Name      | Date       | Clean & Jerk | Name      | Date       | Total |
| 60Kg             | Standard  | 2025/06/01 | 54.0   | Standard  | 2025/06/01 | 68.0         | Standard  | 2025/06/01 | 118.0 |
| 65 Kg            | Standard  | 2025/06/01 | 57.0   | Standard  | 2025/06/01 | 72.0         | Standard  | 2025/06/01 | 125.0 |
| 71 Kg            | Standard  | 2025/06/01 | 61.0   | Standard  | 2025/06/01 | 76.0         | Standard  | 2025/06/01 | 132.0 |
| 79 Kg            | K Henning | 2018/05/19 | 78.0   | K Henning | 2018/05/19 | 101.0        | K Henning | 2018/05/19 | 179.0 |
| 88 Kg            | Standard  | 2025/06/01 | 68.0   | Standard  | 2025/06/01 | 85.0         | Standard  | 2025/06/01 | 147.0 |
| 94 Kg            | Standard  | 2025/06/01 | 70.0   | Standard  | 2025/06/01 | 87.0         | Standard  | 2025/06/01 | 152.0 |
| 110 Kg           | Standard  | 2025/06/01 | 74.0   | Standard  | 2025/06/01 | 92.0         | Standard  | 2025/06/01 | 160.0 |
| 110+ Kg          | Standard  | 2025/06/01 | 79.0   | Standard  | 2025/06/01 | 99.0         | Standard  | 2025/06/01 | 172.0 |

| Men        |              | Age 65 to 69 |        | 15           |            | 19           |              | 33.5       |       |
|------------|--------------|--------------|--------|--------------|------------|--------------|--------------|------------|-------|
| Weight Div | Name         | Date         | Snatch | Name         | Date       | Clean & Jerk | Name         | Date       | Total |
| 60Kg       | Standard     | 2025/06/01   | 48.0   | Standard     | 2025/06/01 | 61.0         | Standard     | 2025/06/01 | 107.0 |
| 65 Kg      | Standard     | 2025/06/01   | 51.0   | Standard     | 2025/06/01 | 64.0         | Standard     | 2025/06/01 | 113.0 |
| 71 Kg      | Standard     | 2025/06/01   | 53.0   | Standard     | 2025/06/01 | 68.0         | Standard     | 2025/06/01 | 119.0 |
| 79 Kg      | K Henning    | 2024/10/26   | 65.0   | K Henning    | 2024/10/26 | 76.0         | K Henning    | 2024/10/26 | 141.0 |
| 88 Kg      | C Vandeppeer | 2021/12/04   | 62.0   | C Vandeppeer | 2023/11/18 | 85.0         | C Vandeppeer | 2023/11/18 | 145.0 |
| 94 Kg      | Standard     | 2025/06/01   | 62.0   | C Vandeppeer | 2022/10/22 | 84.0         | C Vandeppeer | 2022/10/22 | 144.0 |
| 110 Kg     | Standard     | 2025/06/01   | 65.0   | C Vandeppeer | 2023/03/18 | 82.0         | Standard     | 2025/06/01 | 145.0 |
| 110+ Kg    | Standard     | 2025/06/01   | 70.0   | Standard     | 2025/06/01 | 88.0         | Standard     | 2025/06/01 | 156.0 |

| Men        |          | Age 70 to 74 |        | 13.5     |            | 17           |          | 30         |       |
|------------|----------|--------------|--------|----------|------------|--------------|----------|------------|-------|
| Weight Div | Name     | Date         | Snatch | Name     | Date       | Clean & Jerk | Name     | Date       | Total |
| 60Kg       | Standard | 2025/06/01   | 43.0   | Standard | 2025/06/01 | 54.0         | Standard | 2025/06/01 | 96.0  |
| 65 Kg      | Standard | 2025/06/01   | 45.0   | Standard | 2025/06/01 | 57.0         | Standard | 2025/06/01 | 101.0 |
| 71 Kg      | Standard | 2025/06/01   | 48.0   | Standard | 2025/06/01 | 61.0         | Standard | 2025/06/01 | 107.0 |
| 79 Kg      | Standard | 2025/06/01   | 51.0   | Standard | 2025/06/01 | 64.0         | Standard | 2025/06/01 | 113.0 |
| 88 Kg      | Standard | 2025/06/01   | 54.0   | Standard | 2025/06/01 | 68.0         | Standard | 2025/06/01 | 119.0 |
| 94 Kg      | Standard | 2025/06/01   | 55.0   | Standard | 2025/06/01 | 70.0         | Standard | 2025/06/01 | 123.0 |
| 110 Kg     | Standard | 2025/06/01   | 58.0   | Standard | 2025/06/01 | 74.0         | Standard | 2025/06/01 | 130.0 |
| 110+ Kg    | Standard | 2025/06/01   | 63.0   | Standard | 2025/06/01 | 79.0         | Standard | 2025/06/01 | 140.0 |

| Men        |          | Age 75 to 79 |        | 12       |            | 15           |          | 26.5       |       |
|------------|----------|--------------|--------|----------|------------|--------------|----------|------------|-------|
| Weight Div | Name     | Date         | Snatch | Name     | Date       | Clean & Jerk | Name     | Date       | Total |
| 60Kg       | Standard | 2025/06/01   | 38.0   | Standard | 2025/06/01 | 48.0         | Standard | 2025/06/01 | 85.0  |
| 65 Kg      | Standard | 2025/06/01   | 40.0   | Standard | 2025/06/01 | 51.0         | Standard | 2025/06/01 | 89.0  |
| 71 Kg      | Standard | 2025/06/01   | 43.0   | Standard | 2025/06/01 | 53.0         | Standard | 2025/06/01 | 94.0  |
| 79 Kg      | Standard | 2025/06/01   | 45.0   | Standard | 2025/06/01 | 57.0         | Standard | 2025/06/01 | 100.0 |
| 88 Kg      | Standard | 2025/06/01   | 48.0   | Standard | 2025/06/01 | 60.0         | Standard | 2025/06/01 | 105.0 |
| 94 Kg      | Standard | 2025/06/01   | 49.0   | Standard | 2025/06/01 | 62.0         | Standard | 2025/06/01 | 109.0 |
| 110 Kg     | Standard | 2025/06/01   | 52.0   | Standard | 2025/06/01 | 65.0         | Standard | 2025/06/01 | 115.0 |
| 110+ Kg    | Standard | 2025/06/01   | 56.0   | Standard | 2025/06/01 | 70.0         | Standard | 2025/06/01 | 123.0 |

| Men        |          |            | Age 80 + |          |            | 10           |          |            | 12.5  |  |  | 22.5 |  |  |
|------------|----------|------------|----------|----------|------------|--------------|----------|------------|-------|--|--|------|--|--|
| Weight Div | Name     | Date       | Snatch   | Name     | Date       | Clean & Jerk | Name     | Date       | Total |  |  |      |  |  |
| 60Kg       | Standard | 2025/06/01 | 32.0     | Standard | 2025/06/01 | 40.0         | Standard | 2025/06/01 | 72.0  |  |  |      |  |  |
| 65 Kg      | Standard | 2025/06/01 | 34.0     | Standard | 2025/06/01 | 42.0         | Standard | 2025/06/01 | 76.0  |  |  |      |  |  |
| 71 Kg      | Standard | 2025/06/01 | 36.0     | Standard | 2025/06/01 | 45.0         | Standard | 2025/06/01 | 80.0  |  |  |      |  |  |
| 79 Kg      | Standard | 2025/06/01 | 38.0     | Standard | 2025/06/01 | 47.0         | Standard | 2025/06/01 | 85.0  |  |  |      |  |  |
| 88 Kg      | Standard | 2025/06/01 | 40.0     | Standard | 2025/06/01 | 50.0         | Standard | 2025/06/01 | 90.0  |  |  |      |  |  |
| 94 Kg      | Standard | 2025/06/01 | 41.0     | Standard | 2025/06/01 | 51.0         | Standard | 2025/06/01 | 92.0  |  |  |      |  |  |
| 110 Kg     | Standard | 2025/06/01 | 43.0     | Standard | 2025/06/01 | 54.0         | Standard | 2025/06/01 | 97.0  |  |  |      |  |  |
| 110+ Kg    | Standard | 2025/06/01 | 47.0     | Standard | 2025/06/01 | 58.0         | Standard | 2025/06/01 | 105.0 |  |  |      |  |  |

# SA Masters Weightlifting Standards/Records 2025 Women

Date as at 2025/12/31

| Women      |              | Age 35 to 39 |        | 22           |            | 30           |              | 49.5       |       |
|------------|--------------|--------------|--------|--------------|------------|--------------|--------------|------------|-------|
| Weight Div | Name         | Date         | Snatch | Name         | Date       | Clean & Jerk | Name         | Date       | Total |
| 48Kg       | C Yiannakis  | 2019/10/26   | 47.0   | Standard     | 2025/06/01 | 63.0         | C Yiannakis  | 2019/10/26 | 108.0 |
| 53 Kg      | L Patterson  | 2019/10/26   | 50.0   | L Patterson  | 2019/10/26 | 69.0         | L Patterson  | 2019/10/26 | 119.0 |
| 58 Kg      | J Taljaard   | 2023/03/18   | 74.0   | J Taljaard   | 2023/03/18 | 92.0         | J Taljaard   | 2023/03/18 | 166.0 |
| 63 Kg      | J Taljaard   | 2023/03/18   | 74.0   | J Taljaard   | 2023/03/18 | 92.0         | J Taljaard   | 2023/03/18 | 166.0 |
| 69 Kg      | G Love       | 2022/10/22   | 76.0   | Y Donovan    | 2023/03/19 | 92.0         | Y Donovan    | 2023/03/19 | 162.0 |
| 77 Kg      | K Bainbridge | 2025/05/17   | 83.0   | K Bainbridge | 2025/05/17 | 98.0         | K Bainbridge | 2025/05/17 | 181.0 |
| 86 Kg      | T Taylor     | 2021/08/28   | 75.0   | H Tambay     | 2022/10/22 | 90.0         | T Taylor     | 2021/08/28 | 163.0 |
| 86+ Kg     | A Beeselaar  | 2019/08/17   | 76.0   | Standard     | 2018/11/01 | 103.0        | A Beeselaar  | 2019/08/17 | 171.0 |

| Women      |            | Age 40 to 44 |        | 20.5       |            | 28.5         |            | 46.5       |       |
|------------|------------|--------------|--------|------------|------------|--------------|------------|------------|-------|
| Weight Div | Name       | Date         | Snatch | Name       | Date       | Clean & Jerk | Name       | Date       | Total |
| 48Kg       | K Carreira | 2018/08/17   | 43.0   | K Carreira | 2018/08/17 | 63.0         | K Carreira | 2018/08/17 | 106.0 |
| 53 Kg      | K Carreira | 2019/10/26   | 55.0   | K Carreira | 2019/10/26 | 70.0         | K Carreira | 2019/10/26 | 125.0 |
| 58 Kg      | J Taljaard | 2025/08/24   | 81.0   | J Taljaard | 2025/08/24 | 97.0         | J Taljaard | 2025/08/24 | 178.0 |
| 63 Kg      | J Taljaard | 2025/11/29   | 81.0   | J Taljaard | 2025/11/29 | 100.0        | J Taljaard | 2025/11/29 | 181.0 |
| 69 Kg      | J Taljaard | 2024/06/15   | 77.0   | J Taljaard | 2024/06/15 | 97.0         | J Taljaard | 2024/06/15 | 174.0 |
| 77 Kg      | A Ajisafe  | 2022/11/26   | 73.0   | A Ajisafe  | 2022/06/04 | 91.0         | A Ajisafe  | 2022/11/26 | 164.0 |
| 86 Kg      | M Stroebel | 2022/04/09   | 67.0   | M Stroebel | 2022/10/22 | 88.0         | M Stroebel | 2022/10/22 | 155.0 |
| 86+ Kg     | Standard   | 2018/11/01   | 70.0   | Standard   | 2018/11/01 | 98.0         | Standard   | 2018/11/01 | 159.0 |

| Women      |             | Age 45 to 49 |        | 19.5        |            | 27           |             | 43.5       |       |
|------------|-------------|--------------|--------|-------------|------------|--------------|-------------|------------|-------|
| Weight Div | Name        | Date         | Snatch | Name        | Date       | Clean & Jerk | Name        | Date       | Total |
| 48Kg       | S Sinamo    | 2020/11/28   | 46.0   | S Sinamo    | 2020/11/28 | 60.0         | S Sinamo    | 2020/11/28 | 106.0 |
| 53 Kg      | K Carreira  | 2023/07/01   | 53.0   | K Carreira  | 2023/07/01 | 70.0         | K Carreira  | 2023/07/01 | 123.0 |
| 58 Kg      | K Carreira  | 2023/07/01   | 53.0   | K Carreira  | 2023/07/01 | 70.0         | K Carreira  | 2023/07/01 | 123.0 |
| 63 Kg      | S Vernon    | 2018/05/19   | 56.0   | D Arends    | 2021/10/30 | 70.0         | S Vernon    | 2018/08/17 | 124.0 |
| 69 Kg      | S Vernon    | 2018/11/10   | 56.0   | Standard    | 2025/06/01 | 73.0         | S Vernon    | 2018/11/10 | 124.0 |
| 77 Kg      | C Potgieter | 2019/04/13   | 65.0   | C Potgieter | 2019/04/13 | 87.0         | C Potgieter | 2019/04/13 | 152.0 |
| 86 Kg      | Standard    | 2018/11/01   | 64.0   | Standard    | 2025/06/01 | 81.0         | Standard    | 2025/06/01 | 130.0 |
| 86+ Kg     | Standard    | 2018/11/01   | 67.0   | Standard    | 2018/11/01 | 93.0         | Standard    | 2018/11/01 | 149.0 |

| Women Age 50 to 54 |             |            | 18          | 25.5        |            |              | 41          |            |              |
|--------------------|-------------|------------|-------------|-------------|------------|--------------|-------------|------------|--------------|
| Weight Div         | Name        | Date       | Snatch      | Name        | Date       | Clean & Jerk | Name        | Date       | Total        |
| 48Kg               | S Sinamo    | 2023/11/18 | <b>52.0</b> | S Sinamo    | 2023/11/18 | <b>64.0</b>  | S Sinamo    | 2023/11/18 | <b>116.0</b> |
| 53 Kg              | S Sinamo    | 2023/11/18 | <b>52.0</b> | S Sinamo    | 2023/11/18 | <b>64.0</b>  | S Sinamo    | 2023/11/18 | <b>116.0</b> |
| 58 Kg              | Standard    | 2025/06/01 | <b>44.0</b> | Standard    | 2025/06/01 | <b>62.0</b>  | Standard    | 2025/06/01 | <b>100.0</b> |
| 63 Kg              | S Vernon    | 2024/06/17 | <b>52.0</b> | D Arends    | 2025/05/17 | <b>67.0</b>  | D Arends    | 2025/05/17 | <b>116.0</b> |
| 69 Kg              | S Vernon    | 2020/11/28 | <b>54.0</b> | Standard    | 2025/06/01 | <b>69.0</b>  | S Vernon    | 2021/10/16 | <b>120.0</b> |
| 77 Kg              | C Potgieter | 2020/11/28 | <b>67.0</b> | C Potgieter | 2020/11/28 | <b>83.0</b>  | C Potgieter | 2020/11/28 | <b>150.0</b> |
| 86 Kg              | Standard    | 2018/11/01 | <b>54.0</b> | Standard    | 2025/06/01 | <b>76.0</b>  | Standard    | 2025/06/01 | <b>123.0</b> |
| 86+ Kg             | Standard    | 2018/11/01 | <b>62.0</b> | Standard    | 2018/11/01 | <b>87.0</b>  | Standard    | 2018/11/01 | <b>142.0</b> |

| Women Age 55 to 59 |          |            | 17          | 23.5     |            |              | 38.5     |            |              |
|--------------------|----------|------------|-------------|----------|------------|--------------|----------|------------|--------------|
| Weight Div         | Name     | Date       | Snatch      | Name     | Date       | Clean & Jerk | Name     | Date       | Total        |
| 48Kg               | Standard | 2025/06/01 | <b>36.0</b> | Standard | 2025/06/01 | <b>50.0</b>  | Standard | 2025/06/01 | <b>81.0</b>  |
| 53 Kg              | Standard | 2025/06/01 | <b>39.0</b> | Standard | 2025/06/01 | <b>54.0</b>  | Standard | 2025/06/01 | <b>88.0</b>  |
| 58 Kg              | Standard | 2025/06/01 | <b>41.0</b> | Standard | 2025/06/01 | <b>57.0</b>  | Standard | 2025/06/01 | <b>94.0</b>  |
| 63 Kg              | Standard | 2025/06/01 | <b>44.0</b> | Standard | 2025/06/01 | <b>60.0</b>  | Standard | 2025/06/01 | <b>99.0</b>  |
| 69 Kg              | Standard | 2025/06/01 | <b>46.0</b> | Standard | 2025/06/01 | <b>63.0</b>  | Standard | 2025/06/01 | <b>104.0</b> |
| 77 Kg              | Standard | 2025/06/01 | <b>48.0</b> | Standard | 2025/06/01 | <b>67.0</b>  | B Bloem  | 2025/05/17 | <b>112.0</b> |
| 86 Kg              | Standard | 2025/06/01 | <b>51.0</b> | Standard | 2025/06/01 | <b>70.0</b>  | Standard | 2025/06/01 | <b>115.0</b> |
| 86+ Kg             | Standard | 2025/06/01 | <b>57.0</b> | Standard | 2025/06/01 | <b>79.0</b>  | Standard | 2025/06/01 | <b>129.0</b> |

| Women Age 60 to 64 |          |            | 16          | 21.5     |            |              | 35       |            |              |
|--------------------|----------|------------|-------------|----------|------------|--------------|----------|------------|--------------|
| Weight Div         | Name     | Date       | Snatch      | Name     | Date       | Clean & Jerk | Name     | Date       | Total        |
| 48Kg               | Standard | 2025/06/01 | <b>34.0</b> | Standard | 2025/06/01 | <b>45.0</b>  | Standard | 2025/06/01 | <b>74.0</b>  |
| 53 Kg              | Standard | 2025/06/01 | <b>36.0</b> | Standard | 2025/06/01 | <b>49.0</b>  | Standard | 2025/06/01 | <b>80.0</b>  |
| 58 Kg              | Standard | 2025/06/01 | <b>39.0</b> | Standard | 2025/06/01 | <b>52.0</b>  | Standard | 2025/06/01 | <b>85.0</b>  |
| 63 Kg              | Standard | 2025/06/01 | <b>41.0</b> | Standard | 2025/06/01 | <b>55.0</b>  | Standard | 2025/06/01 | <b>90.0</b>  |
| 69 Kg              | Standard | 2025/06/01 | <b>43.0</b> | Standard | 2025/06/01 | <b>58.0</b>  | Standard | 2025/06/01 | <b>95.0</b>  |
| 77 Kg              | Standard | 2025/06/01 | <b>46.0</b> | Standard | 2025/06/01 | <b>61.0</b>  | Standard | 2025/06/01 | <b>100.0</b> |
| 86 Kg              | Standard | 2025/06/01 | <b>48.0</b> | Standard | 2025/06/01 | <b>64.0</b>  | Standard | 2025/06/01 | <b>105.0</b> |
| 86+ Kg             | Standard | 2025/06/01 | <b>54.0</b> | Standard | 2025/06/01 | <b>72.0</b>  | Standard | 2025/06/01 | <b>117.0</b> |

| Women Age 65 to 69 |          |            | 14     | 19.5     |            |              | 31.5     |            |       |
|--------------------|----------|------------|--------|----------|------------|--------------|----------|------------|-------|
| Weight Div         | Name     | Date       | Snatch | Name     | Date       | Clean & Jerk | Name     | Date       | Total |
| 48Kg               | Standard | 2025/06/01 | 30.0   | Standard | 2025/06/01 | 41.0         | Standard | 2025/06/01 | 66.0  |
| 53 Kg              | Standard | 2025/06/01 | 32.0   | Standard | 2025/06/01 | 44.0         | Standard | 2025/06/01 | 72.0  |
| 58 Kg              | Standard | 2025/06/01 | 34.0   | Standard | 2025/06/01 | 47.0         | Standard | 2025/06/01 | 77.0  |
| 63 Kg              | Standard | 2025/06/01 | 36.0   | Standard | 2025/06/01 | 50.0         | Standard | 2025/06/01 | 81.0  |
| 69 Kg              | Standard | 2025/06/01 | 38.0   | Standard | 2025/06/01 | 53.0         | Standard | 2025/06/01 | 85.0  |
| 77 Kg              | Standard | 2025/06/01 | 40.0   | Standard | 2025/06/01 | 56.0         | Standard | 2025/06/01 | 90.0  |
| 86 Kg              | Standard | 2025/06/01 | 42.0   | Standard | 2025/06/01 | 58.0         | Standard | 2025/06/01 | 94.0  |
| 86+ Kg             | Standard | 2025/06/01 | 47.0   | Standard | 2025/06/01 | 65.0         | Standard | 2025/06/01 | 106.0 |

| Women Age 70 + |          |            | 12.25  | 17       |            |              | 28.5     |            |       |
|----------------|----------|------------|--------|----------|------------|--------------|----------|------------|-------|
| Weight Div     | Name     | Date       | Snatch | Name     | Date       | Clean & Jerk | Name     | Date       | Total |
| 48Kg           | Standard | 2025/06/01 | 26.0   | Standard | 2025/06/01 | 36.0         | Standard | 2025/06/01 | 60.0  |
| 53 Kg          | Standard | 2025/06/01 | 28.0   | Standard | 2025/06/01 | 39.0         | Standard | 2025/06/01 | 65.0  |
| 58 Kg          | Standard | 2025/06/01 | 30.0   | Standard | 2025/06/01 | 41.0         | Standard | 2025/06/01 | 69.0  |
| 63 Kg          | Standard | 2025/06/01 | 31.0   | Standard | 2025/06/01 | 44.0         | Standard | 2025/06/01 | 73.0  |
| 69 Kg          | Standard | 2025/06/01 | 33.0   | Standard | 2025/06/01 | 46.0         | Standard | 2025/06/01 | 77.0  |
| 77 Kg          | Standard | 2025/06/01 | 35.0   | Standard | 2025/06/01 | 48.0         | Standard | 2025/06/01 | 81.0  |
| 86 Kg          | Standard | 2025/06/01 | 37.0   | Standard | 2025/06/01 | 51.0         | Standard | 2025/06/01 | 85.0  |
| 86+ Kg         | Standard | 2025/06/01 | 41.0   | Standard | 2025/06/01 | 57.0         | Standard | 2025/06/01 | 95.0  |