

# SA Masters Weightlifting Standards & Records 2022

Date as at 2022/04/09

## Men

## Age 35 to 39

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
55 Kg	Standard	2018/11/01	73	Standard	2018/11/01	90	Standard	2018/11/01	155
61 Kg	C. Grenfell	2020/11/28	84	C. Grenfell	2020/11/28	105	C. Grenfell	2020/11/28	189
67 Kg	C. Grenfell	2021/12/04	90	C. Grenfell	2021/10/30	107	C. Grenfell	2021/10/30	195
73 Kg	Standard	2018/11/01	88	Standard	2018/11/01	109	Standard	2018/11/01	188
81 Kg	M. Swanepoel	2020/11/28	107	M. Swanepoel	2019/08/11	129	M. Swanepoel	2020/11/28	232
89 Kg	A. Gadney	2019/08/11	122	A. Knoetze	2019/05/19	138	A. Gadney	2019/08/11	258
96 Kg	D. Anthony	2020/11/28	133	D. Anthony	2020/11/28	162	D. Anthony	2020/11/28	295
102 Kg	A. van Zyl	2021/05/25	125	A. van Zyl	2019/10/26	155	A. van Zyl	2019/10/26	275
109 Kg	Standard	2018/11/01	106	Standard	2018/11/01	133	Standard	2018/11/01	230
109+ Kg	Standard	2018/11/01	114	S. Goncalves	2018/11/10	150	S. Goncalves	2018/11/10	263

## Men

## Age 40 to 44

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
55 Kg	Standard	2018/11/01	68	Standard	2018/11/01	85	Standard	2018/11/01	147
61 Kg	Standard	2018/11/01	72	Standard	2018/11/01	91	Standard	2018/11/01	158
67 Kg	R. Erasmus	2019/08/23	98	R. Erasmus	2019/08/23	115	R. Erasmus	2019/08/23	213
73 Kg	C. Carreira	2020/11/28	82	C. Carreira	2020/11/28	108	C. Carreira	2020/11/28	190
81 Kg	M. Nel	2021/04/17	111	M. Nel	2021/05/25	134	M. Nel	2021/04/17	243
89 Kg	A. Knoetze	2021/10/16	108	A. Gadney	2021/10/16	138	A. Gadney	2021/10/16	244
96 Kg	Standard	2018/11/01	93	Standard	2018/11/01	118	Standard	2018/11/01	201
102 Kg	Standard	2018/11/01	96	Standard	2018/11/01	121	Standard	2018/11/01	210
109 Kg	Standard	2018/11/01	98	Standard	2018/11/01	126	Standard	2018/11/01	218
109+ Kg	Standard	2018/11/01	105	Standard	2018/11/01	135	Standard	2018/11/01	233

# SA Masters Weightlifting Standards & Records 2022

Date as at 2022/04/09

## Men

## Age 45 to 49

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
55 Kg	Standard	2020/11/28	64	Standard	2018/11/01	80	Standard	2018/11/01	138
61 Kg	Standard	2018/11/01	69	Standard	2018/11/01	86	Standard	2018/11/01	148
67 Kg	Standard	2018/11/01	73	Standard	2018/11/01	91	Standard	2018/11/01	157
73 Kg	Standard	2018/11/01	77	Standard	2018/11/01	97	Standard	2018/11/01	167
81 Kg	Standard	2018/11/01	81	Standard	2018/11/01	102	Standard	2018/11/01	176
89 Kg	G. Bieber	2019/05/19	90	G. Bieber	2019/05/19	112	G. Bieber	2019/05/19	202
96 Kg	Standard	1900/03/30	88	Standard	2018/11/01	111	Standard	2018/11/01	189
102 Kg	Standard	2018/11/01	91	Standard	2018/11/01	114	Standard	2018/11/01	197
109 Kg	Standard	2018/11/01	93	Standard	2018/11/01	119	Standard	2018/11/01	205
109+ Kg	Standard	2018/11/01	100	Standard	2018/11/01	127	Standard	2018/11/01	218

## Men

## Age 50 to 54

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
55 Kg	Standard	2018/11/01	60	Standard	2018/11/01	75	Standard	2018/11/01	130
61 Kg	Standard	2018/11/01	64	Standard	2018/11/01	81	Standard	2018/11/01	140
67 Kg	Standard	2018/11/01	68	Standard	2018/11/01	86	Standard	2018/11/01	149
73 Kg	Standard	2018/11/01	72	Standard	2018/11/01	91	Standard	2018/11/01	158
81 Kg	Standard	2018/11/01	76	Standard	2018/11/01	96	Standard	2018/11/01	166
89 Kg	Standard	2018/11/01	80	R. Papale	2021/12/04	110	R. Papale	2021/12/04	185
96 Kg	Standard	2018/11/01	82	Standard	2018/11/01	105	Standard	2018/11/01	179
102 Kg	Standard	2018/11/01	85	Standard	2018/11/01	107	Standard	2018/11/01	187
109 Kg	Standard	2018/11/01	87	Standard	2018/11/01	112	Standard	2018/11/01	194
109+ Kg	Standard	2018/11/01	94	Standard	2018/11/01	119	Standard	2018/11/01	207

# SA Masters Weightlifting Standards & Records 2022

Date as at 2022/04/09

## Men

## Age 55 to 59

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
55 Kg	Standard	2018/11/01	56	Standard	2018/11/01	69	Standard	2018/11/01	120
61 Kg	Standard	2018/11/01	60	Standard	2018/11/01	74	Standard	2018/11/01	129
67 Kg	Standard	2018/11/01	63	Standard	2018/11/01	78	Standard	2018/11/01	137
73 Kg	Standard	2018/11/01	67	Standard	2018/11/01	83	Standard	2018/11/01	146
81 Kg	Standard	2018/11/01	71	Standard	2018/11/01	88	Standard	2018/11/01	153
89 Kg	Standard	2018/11/01	74	Standard	2018/11/01	92	Standard	2018/11/01	159
96 Kg	Standard	2018/11/01	77	Standard	2018/11/01	96	Standard	2018/11/01	165
102 Kg	Standard	2018/11/01	79	Standard	2018/11/01	98	Standard	2018/11/01	172
109 Kg	Standard	2018/11/01	81	Standard	2018/11/01	102	Standard	2018/11/01	178
109+ Kg	Standard	2018/11/01	87	Standard	2018/11/01	109	Standard	2018/11/01	191

## Men

## Age 60 to 64

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
55 Kg	Standard	2018/11/01	51	Standard	2018/11/01	63	Standard	2018/11/01	110
61 Kg	Standard	2018/11/01	55	Standard	2018/11/01	68	Standard	2018/11/01	118
67 Kg	Standard	2018/11/01	58	Standard	2018/11/01	72	Standard	2018/11/01	126
73 Kg	Standard	2018/11/01	62	Standard	2018/11/01	77	Standard	2018/11/01	133
81 Kg	K. Henning	2018/11/10	77	K. Henning	2019/04/13	99	K. Henning	2018/11/10	175
89 Kg	Standard	2018/11/01	68	Standard	2018/11/01	84	Standard	2018/11/01	145
96 Kg	Standard	2018/11/01	70	Standard	2018/11/01	88	Standard	2018/11/01	151
102 Kg	Standard	2018/11/01	73	Standard	2018/11/01	90	Standard	2018/11/01	158
109 Kg	Standard	2018/11/01	75	Standard	2018/11/01	94	Standard	2018/11/01	163
109+ Kg	Standard	2018/11/01	80	Standard	2018/11/01	100	Standard	2018/11/01	174

# SA Masters Weightlifting Standards & Records 2022

Date as at 2022/04/09

## Men

## Age 65 to 69

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
55 Kg	Standard	2018/11/01	46	Standard	2018/11/01	58	Standard	2018/11/01	100
61 Kg	Standard	2018/11/01	49	Standard	2018/11/01	62	Standard	2018/11/01	107
67 Kg	Standard	2018/11/01	52	Standard	2018/11/01	65	Standard	2018/11/01	114
73 Kg	Standard	2018/11/01	55	Standard	2018/11/01	70	Standard	2018/11/01	121
81 Kg	Standard	2018/11/01	58	Standard	2018/11/01	73	Standard	2018/11/01	127
89 Kg	C. Vandeppeer	2021/12/04	62	C. Vandeppeer	2021/12/04	81	C. Vandeppeer	2021/12/04	143
96 Kg	Standard	2018/11/01	63	Standard	2018/11/01	80	Standard	2018/11/01	137
102 Kg	Standard	2018/11/01	65	Standard	2018/11/01	82	Standard	2018/11/01	143
109 Kg	Standard	2018/11/01	67	Standard	2018/11/01	85	Standard	2018/11/01	148
109+ Kg	Standard	2018/11/01	72	Standard	2018/11/01	91	Standard	2018/11/01	158

## Men

## Age 70 to 75

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
55 Kg	Standard	2018/11/01	41	Standard	2018/11/01	51	Standard	2018/11/01	89
61 Kg	Standard	2018/11/01	43	Standard	2018/11/01	55	Standard	2018/11/01	96
67 Kg	Standard	2018/11/01	46	Standard	2018/11/01	58	Standard	2018/11/01	102
73 Kg	Standard	2018/11/01	49	Standard	2018/11/01	62	Standard	2018/11/01	108
81 Kg	Standard	2018/11/01	51	Standard	2018/11/01	65	Standard	2018/11/01	114
89 Kg	Standard	2018/11/01	54	Standard	2018/11/01	68	Standard	2018/11/01	118
96 Kg	Standard	2018/11/01	56	Standard	2018/11/01	71	Standard	2018/11/01	123
102 Kg	Standard	2018/11/01	57	Standard	2018/11/01	73	Standard	2018/11/01	128
109 Kg	Standard	2018/11/01	59	Standard	2018/11/01	76	Standard	2018/11/01	133
109+ Kg	Standard	2018/11/01	63	Standard	2018/11/01	81	Standard	2018/11/01	142

# SA Masters Weightlifting Standards & Records 2022

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## Men

## Age 75 to 79

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
55 Kg	Standard	2018/11/01	36	Standard	2018/11/01	45	Standard	2018/11/01	79
61 Kg	Standard	2018/11/01	38	Standard	2018/11/01	48	Standard	2018/11/01	85
67 Kg	Standard	2018/11/01	41	Standard	2018/11/01	51	Standard	2018/11/01	90
73 Kg	Standard	2018/11/01	43	Standard	2018/11/01	54	Standard	2018/11/01	96
81 Kg	Standard	2018/11/01	45	Standard	2018/11/01	57	Standard	2018/11/01	101
89 Kg	Standard	2018/11/01	47	Standard	2018/11/01	59	Standard	2018/11/01	105
96 Kg	Standard	2018/11/01	49	Standard	2018/11/01	62	Standard	2018/11/01	109
102 Kg	Standard	2018/11/01	51	Standard	2018/11/01	64	Standard	2018/11/01	113
109 Kg	Standard	2018/11/01	53	Standard	2018/11/01	66	Standard	2018/11/01	117
109+ Kg	Standard	2018/11/01	56	Standard	2018/11/01	71	Standard	2018/11/01	125

## Men

## Age 80 +

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
55 Kg	Standard	2018/11/01	31	Standard	2018/11/01	38	Standard	2018/11/01	67
61 Kg	Standard	2018/11/01	33	Standard	2018/11/01	41	Standard	2018/11/01	72
67 Kg	Standard	2018/11/01	35	Standard	2018/11/01	43	Standard	2018/11/01	77
73 Kg	Standard	2018/11/01	37	Standard	2018/11/01	46	Standard	2018/11/01	82
81 Kg	Standard	2018/11/01	39	Standard	2018/11/01	48	Standard	2018/11/01	86
89 Kg	Standard	2018/11/01	41	Standard	2018/11/01	51	Standard	2018/11/01	89
96 Kg	Standard	2018/11/01	43	Standard	2018/11/01	53	Standard	2018/11/01	92
102 Kg	Standard	2018/11/01	44	Standard	2018/11/01	55	Standard	2018/11/01	97
109 Kg	Standard	2018/11/01	46	Standard	2018/11/01	57	Standard	2018/11/01	100
109+ Kg	Standard	2018/11/01	48	Standard	2018/11/01	60	Standard	2018/11/01	106

# SA Masters Weightlifting Standards & Records 2022

Date as at 2022/04/09

## Women

## Age 35 to 39

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
45 Kg	Standard	2018/11/01	43	Standard	2018/11/01	60	Standard	2018/11/01	98
49 Kg	C Yiannakis	2019/10/26	47	Standard	2018/11/01	64	C Yiannakis	2019/10/26	110
55 Kg	I Lubbe	2019/04/13	52	L Patterson	2019/10/26	69	L Patterson	2019/10/26	119
59 Kg	C Burger	2021/05/25	65	C Burger	2021/05/25	85	C Burger	2021/05/25	150
64 Kg	G Love	2021/12/04	71	G Love	2021/05/22	83	G Love	2021/12/04	155
71 Kg	G Love	2021/10/30	70	A Ajisafe	2020/11/28	86	G Love	2021/10/30	152
76 Kg	M Stroebel	2019/10/26	63	M Stroebel	2019/10/26	86	M Stroebel	2019/10/26	149
81 Kg	T Taylor	2021/08/28	75	Standard	2018/11/01	89	T Taylor	2021/08/28	163
87 Kg	R Ducie	2021/12/04	70	Standard	2018/11/01	92	Standard	2018/11/01	150
87+Kg	A Beeselaar	2019/08/17	76	Standard	2018/11/01	103	A Beeselaar	2019/08/17	171

## Women

## Age 40 to 44

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
45 Kg	Standard	2018/11/01	41	Standard	2018/11/01	57	Standard	2018/11/01	92
49 Kg	K Carreira	2018/11/10	49	K Carreira	2018/11/10	65	K Carreira	2018/11/10	114
55 Kg	K Carreira	2021/05/25	55	K Carreira	2021/08/28	73	K Carreira	2021/08/28	128
59 Kg	L Shalem	2021/12/04	56	L Shalem	2021/12/04	71	L Shalem	2021/12/04	128
64 Kg	B Meijer	2018/11/10	64	B Meijer	2018/11/10	84	B Meijer	2018/11/10	148
71 Kg	A Ajisafe	2022/04/09	72	A Ajisafe	2022/04/09	90	A Ajisafe	2022/04/09	162
76 Kg	N Allorto	2019/08/04	67	N Allorto	2019/08/04	84	N Allorto	2019/08/04	151
81 Kg	M Stroebel	2022/04/09	67	M Stroebel	2022/04/09	87	M Stroebel	2022/04/09	154
87 Kg	Standard	2018/11/01	64	Standard	2018/11/01	87	Standard	2018/11/01	141
87+Kg	Standard	2018/11/01	70	Standard	2018/11/01	98	Standard	2018/11/01	159

# SA Masters Weightlifting Standards & Records 2022

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## Women

## Age 45 to 49

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
45 Kg	S Sinamo	2020/11/28	46	S Sinamo	2020/11/28	60	S Sinamo	2020/11/28	106
49 Kg	Standard	2018/11/01	42	Standard	2018/11/01	57	Standard	2018/11/01	92
55 Kg	Standard	2018/11/01	46	Standard	2018/11/01	62	Standard	2018/11/01	101
59 Kg	D Arends	2021/12/04	52	D Arends	2020/11/28	66	D Arends	2021/08/28	115
64 Kg	S Vernon	2018/11/10	56	D Arends	2021/10/30	70	S Vernon	2018/11/10	124
71 Kg	C Potgieter	2019/04/13	65	C Potgieter	2019/04/13	87	C Potgieter	2019/04/13	152
76 Kg	Standard	1900/03/30	56	Standard	2018/11/01	77	Standard	2018/11/01	122
81 Kg	Standard	2018/11/01	64	Standard	2018/11/01	79	Standard	2018/11/01	127
87 Kg	Standard	2018/11/01	61	Standard	2018/11/01	82	Standard	2018/11/01	132
87+Kg	Standard	2018/11/01	67	Standard	2018/11/01	93	Standard	2018/11/01	149

## Women

## Age 50 to 54

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
45 Kg	S Sinamo	2021/03/13	45	S Sinamo	2021/03/13	61	S Sinamo	2021/03/13	106
49 Kg	Standard	2018/11/01	39	Standard	2018/11/01	54	Standard	2018/11/01	88
55 Kg	Standard	2018/11/01	42	Standard	2018/11/01	58	Standard	2018/11/01	96
59 Kg	Standard	2018/11/01	44	Standard	2018/11/01	62	Standard	2018/11/01	102
64 Kg	S Vernon	2020/11/28	54	S Vernon	2021/12/04	67	S Vernon	2021/10/16	120
71 Kg	B Bloem	2021/12/04	50	Standard	2018/11/01	69	Standard	2018/11/01	113
76 Kg	C Potgieter	2020/11/28	67	C Potgieter	2020/11/28	83	C Potgieter	2020/11/28	150
81 Kg	Standard	2018/11/01	54	Standard	2018/11/01	74	Standard	2018/11/01	122
87 Kg	Standard	2018/11/01	56	Standard	2018/11/01	77	Standard	2018/11/01	127
87+Kg	Standard	2018/11/01	62	Standard	2018/11/01	87	Standard	2018/11/01	142

# SA Masters Weightlifting Standards & Records 2022

Date as at 2022/04/09

## Women

## Age 55 to 59

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
45 Kg	Standard	2018/11/01	34	Standard	2018/11/01	47	Standard	2018/11/01	75
49 Kg	Standard	2018/11/01	36	Standard	2018/11/01	50	Standard	2018/11/01	81
55 Kg	Standard	2018/11/01	40	Standard	2018/11/01	54	Standard	2018/11/01	89
59 Kg	Standard	2018/11/01	42	Standard	2018/11/01	57	Standard	2018/11/01	94
64 Kg	Standard	2018/11/01	44	Standard	2018/11/01	61	Standard	2018/11/01	99
71 Kg	Standard	2018/11/01	47	Standard	2018/11/01	64	Standard	2018/11/01	104
76 Kg	Standard	2018/11/01	49	Standard	2018/11/01	67	Standard	2018/11/01	109
81 Kg	Standard	2018/11/01	51	Standard	2018/11/01	69	Standard	2018/11/01	112
87 Kg	Standard	2018/11/01	53	Standard	2018/11/01	71	Standard	2018/11/01	117
87+Kg	Standard	2018/11/01	58	Standard	2018/11/01	80	Standard	2018/11/01	130

## Women

## Age 60 to 64

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
45 Kg	Standard	2018/11/01	31	Standard	2018/11/01	43	Standard	2018/11/01	69
49 Kg	Standard	2018/11/01	34	Standard	2018/11/01	45	Standard	2018/11/01	74
55 Kg	Standard	2018/11/01	37	Standard	2018/11/01	49	Standard	2018/11/01	81
59 Kg	Standard	2018/11/01	39	Standard	2018/11/01	53	Standard	2018/11/01	85
64 Kg	Standard	2018/11/01	41	Standard	2018/11/01	56	Standard	2018/11/01	90
71 Kg	Standard	2018/11/01	43	Standard	2018/11/01	59	Standard	2018/11/01	95
76 Kg	Standard	2018/11/01	45	Standard	2018/11/01	61	Standard	2018/11/01	98
81 Kg	Standard	2018/11/01	47	Standard	2018/11/01	63	Standard	2018/11/01	102
87 Kg	Standard	2018/11/01	49	Standard	2018/11/01	66	Standard	2018/11/01	106
87+Kg	Standard	2018/11/01	53	Standard	2018/11/01	73	Standard	2018/11/01	119



# SA Masters Weightlifting Standards & Records 2022

Date as at 2022/04/09

## Women

## Age 65 to 69

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
45 Kg	Standard	2018/11/01	28	Standard	2018/11/01	39	Standard	2018/11/01	63
49 Kg	Standard	2018/11/01	30	Standard	2018/11/01	41	Standard	2018/11/01	67
55 Kg	Standard	2018/11/01	33	Standard	2018/11/01	44	Standard	2018/11/01	74
59 Kg	Standard	2018/11/01	35	Standard	2018/11/01	47	Standard	2018/11/01	78
64 Kg	Standard	2018/11/01	37	Standard	2018/11/01	50	Standard	2018/11/01	83
71 Kg	Standard	2018/11/01	39	Standard	2018/11/01	53	Standard	2018/11/01	86
76 Kg	Standard	2018/11/01	40	Standard	2018/11/01	55	Standard	2018/11/01	90
81 Kg	Standard	2018/11/01	42	Standard	2018/11/01	57	Standard	2018/11/01	93
87 Kg	Standard	2018/11/01	44	Standard	2018/11/01	60	Standard	2018/11/01	97
87+Kg	Standard	2018/11/01	48	Standard	2018/11/01	67	Standard	2018/11/01	109

## Women

## Age 70 +

Weight Div	Name	Date	Snatch	Name	Date	Clean & Jerk	Name	Date	Total
45 Kg	Standard	2018/11/01	24	Standard	2018/11/01	34	Standard	2018/11/01	55
49 Kg	Standard	2018/11/01	26	Standard	2018/11/01	36	Standard	2018/11/01	60
55 Kg	Standard	2018/11/01	28	Standard	2018/11/01	40	Standard	2018/11/01	65
59 Kg	Standard	2018/11/01	30	Standard	2018/11/01	42	Standard	2018/11/01	69
64 Kg	Standard	2018/11/01	32	Standard	2018/11/01	45	Standard	2018/11/01	73
71 Kg	Standard	2018/11/01	34	Standard	2018/11/01	47	Standard	2018/11/01	76
76 Kg	Standard	2018/11/01	36	Standard	2018/11/01	49	Standard	2018/11/01	79
81 Kg	Standard	2018/11/01	38	Standard	2018/11/01	51	Standard	2018/11/01	82
87 Kg	Standard	2018/11/01	40	Standard	2018/11/01	53	Standard	2018/11/01	85
87+Kg	Standard	2018/11/01	42	Standard	2018/11/01	59	Standard	2018/11/01	96

# South African Masters Weightlifting Record Setters 2021

## Men

*As at 4th December 2021*

<b>Name</b>	<b>Category</b>	<b>Discipline</b>	<b>Weight</b>	<b>Date</b>
C.Grenfell	M35 67kg	Snatch	90	2021/12/04
C.Grenfell	M35 67kg	Clean & Jerk	107	2021/10/30
C.Grenfell	M35 67kg	Total	195	2021/10/30
A van Zyl	M35 102kg	Snatch	125	2021/05/25
M. Nel	M40 81kg	Snatch	111	2021/04/17
M. Nel	M40 81kg	Clean & Jerk	134	2021/05/25
M. Nel	M40 81kg	Total	243	2021/04/17
A Knoetze	M40 89kg	Snatch	108	2021/10/16
A Gadney	M40 89kg	Clean & Jerk	138	2021/10/16
A Gadney	M40 89kg	Total	244	2021/10/16
R Papale	M50 89kg	Clean & Jerk	110	2021/12/04
R Papale	M50 89kg	Total	185	2021/12/04
C Vandeppeer	M65 89kg	Snatch	62	2021/12/04
C Vandeppeer	M65 89kg	Clean & Jerk	81	2021/12/04
C Vandeppeer	M65 89kg	Total	143	2021/12/04

# South African Masters Weightlifting Record Setters 2021

## Women

*As at 4th December 2021*

Name	Category	Discipline	Weight	Date
C Burger	W35 59kg	Snatch	62	2021/05/25
C Burger	W35 59kg	Clean & Jerk	85	2021/05/25
C Burger	W35 59kg	Snatch	150	2021/05/25
G Love	W35 64kg	Snatch	71	2021/12/04
G Love	W35 64kg	Clean & Jerk	83	2021/08/28
G Love	W35 64kg	Total	155	2021/12/04
G Love	W35 71kg	Snatch	70	2021/10/30
G Love	W35 71kg	Total	152	2021/10/30
T Taylor	W35 81kg	Snatch	75	2021/08/28
T Taylor	W35 81kg	Total	163	2021/08/28
R Ducie	W35 87kg	Snatch	70	2021/12/04
K Carreira	W40 55kg	Snatch	55	2021/05/22
K Carreira	W40 55kg	Clean & Jerk	73	2021/08/28
K Carreira	W40 55kg	Total	128	2021/08/28
L Shalem	W40 59kg	Snatch	56	2021/12/04
L Shalem	W40 59kg	Clean & Jerk	72	2021/12/04
L Shalem	W40 59kg	Total	128	2021/12/04
A. Ajisafe	W40 71kg	Snatch	70	2021/05/22
A. Ajisafe	W40 71kg	Clean & Jerk	85	2021/12/04
A. Ajisafe	W40 71kg	Total	154	2021/12/04
M Stroebel	W40 81kg	Snatch	64	2021/12/04
M Stroebel	W40 81kg	Total	149	2021/12/04
D Arendse	W45 59kg	Snatch	52	2021/12/04
D Arendse	W45 59kg	Total	115	2021/08/28
D. Arends	W45 64kg	Clean & Jerk	70	2021/10/30
S. Sinamo	W50 49kg	Snatch	45	2021/03/13
S. Sinamo	W50 49kg	Clean & Jerk	61	2021/03/14
S. Sinamo	W50 49kg	Total	106	2021/03/15
S Vernon	W50 64kg	Clean & Jerk	67	2021/12/04
S Vernon	W50 64kg	Total	120	2021/10/16
B Bloem	W50 71kg	Snatch	50	2021/12/04

# South African Masters Weightlifting Record Setters 2022

## Men

*As at 9th April 2022*

<b>Name</b>	<b>Category</b>	<b>Discipline</b>	<b>Weight</b>	<b>Date</b>
		Snatch		
		Clean & Jerk		
		Total		

# South African Masters Weightlifting Record Setters 2022

## Women

*As at 9th April 2022*

<b>Name</b>	<b>Category</b>	<b>Discipline</b>	<b>Weight</b>	<b>Date</b>
A. Ajisafe	W40 71kg	Snatch	72	2022/04/09
A. Ajisafe	W40 71kg	Clean & Jerk	90	2022/04/09
A. Ajisafe	W40 71kg	Total	162	2022/04/09
M Stroebel	W40 81kg	Snatch	67	2022/04/09
M Stroebel	W40 81kg	Clean & Jerk	87	2022/04/09
M Stroebel	W40 81kg	Total	154	2022/04/09

# South African Masters Weightlifting Record Holders

## Men

*As at 9th April 2022*

Name	Category	Discipline	Weight	Date
C Grenfell	M35 61kg	Snatch	84	2020/11/28
C Grenfell	M35 61kg	Clean & Jerk	105	2020/11/28
C Grenfell	M35 61kg	Total	189	2020/11/28
C Grenfell	M35 67kg	Snatch	90	2021/12/04
C Grenfell	M35 67kg	Clean & Jerk	107	2021/10/30
C Grenfell	M35 67kg	Total	195	2021/10/30
M Swanepoel	M35 81kg	Clean & Jerk	129	2019/08/11
M Swanepoel	M35 81kg	Snatch	107	2020/11/28
M Swanepoel	M35 81kg	Total	232	2020/11/28
A Knoetze	M35 89kg	Clean & Jerk	138	2019/05/19
A Gadney	M35 89kg	Snatch	122	2019/08/11
A Gadney	M35 89kg	Total	258	2019/08/11
D Anthony	M35 96kg	Snatch	133	2020/11/28
D Anthony	M35 96kg	Clean & Jerk	162	2020/11/28
D Anthony	M35 96kg	Total	295	2020/11/28
A van Zyl	M35 102kg	Clean & Jerk	155	2019/10/26
A van Zyl	M35 102kg	Total	275	2019/10/26
A van Zyl	M35 102kg	Snatch	125	2021/05/25
S Goncalves	M35 109+kg	Clean & Jerk	150	2018/11/10
S Goncalves	M35 109+kg	Total	263	2018/11/10
R Erasmus	M40 67kg	Snatch	98	2019/08/23
R Erasmus	M40 67kg	Clean & Jerk	115	2019/08/23
R Erasmus	M40 67kg	Total	213	2019/08/23
C Carreira	M40 73kg	Snatch	82	2020/11/28
C Carreira	M40 73kg	Clean & Jerk	108	2020/11/28
C Carreira	M40 73kg	Total	190	2020/11/28
M Nel	M40 81kg	Snatch	111	2021/04/17
M Nel	M40 81kg	Total	243	2021/04/17
M Nel	M40 81kg	Clean & Jerk	134	2021/05/25
A Knoetze	M40 89kg	Snatch	108	2021/10/16
A Gadney	M40 89kg	Clean & Jerk	138	2021/10/16
A Gadney	M40 89kg	Total	244	2021/10/16

G Bieber	M45 89kg	Snatch	90	2019/05/19
G Bieber	M45 89kg	Clean & Jerk	112	2019/05/19
G Bieber	M45 89kg	Total	202	2019/05/19
R Papale	M50 89kg	Clean & Jerk	110	2021/12/04
R Papale	M50 89kg	Total	185	2021/12/04
K Henning	M60 81kg	Snatch	77	2018/11/10
K Henning	M60 81kg	Clean & Jerk	99	2019/04/13
K Henning	M60 81kg	Total	175	2018/11/10
C Vandeppeer	M65 89kg	Snatch	62	2021/12/04
C Vandeppeer	M65 89kg	Clean & Jerk	81	2021/12/04
C Vandeppeer	M65 89kg	Total	143	2021/12/04

# South African Masters Weightlifting Record Holders

## Women

As at 9th April 2022

Name	Category	Discipline	Weight	Date
C Yianakis	W35 49kg	Snatch	47	2019/08/10
C Yianakis	W35 49kg	Total	110	2019/10/26
I Lubbe	W35 55kg	Snatch	52	2019/04/13
L Patterson	W35 55kg	Clean & Jerk	69	2019/10/26
L Patterson	W35 55kg	Total	119	2019/10/26
C Burger	W35 59kg	Clean & Jerk	85	2018/11/10
C Burger	W35 59kg	Total	150	2018/11/10
C Burger	W35 59kg	Snatch	65	2019/10/26
C Burger	W35 59kg	Snatch	62	2021/05/25
C Burger	W35 59kg	Clean & Jerk	85	2021/05/25
C Burger	W35 59kg	Snatch	150	2021/05/25
G Love	W35 64kg	Snatch	71	2021/12/04
G Love	W35 64kg	Clean & Jerk	83	2021/05/22
G Love	W35 64kg	Total	155	2021/12/04
G Love	W35 71kg	Snatch	70	2021/10/30
A Ajisafe	W35 71kg	Clean & Jerk	86	2020/11/28
G Love	W35 71kg	Total	152	2021/10/30
M Stroebel	W35 76kg	Snatch	63	2019/10/26
M Stroebel	W35 76kg	Clean & Jerk	86	2019/10/26
M Stroebel	W35 76kg	Total	149	2019/10/26
T Taylor	W35 81kg	Snatch	75	2021/08/28
T Taylor	W35 81kg	Total	163	2021/08/28
R Ducie	W35 87kg	Snatch	70	2021/12/04
A Beeselaar	W35 87+kg	Snatch	76	2019/08/17
A Beeselaar	W35 87+kg	Total	171	2019/08/17
K Carreira	W40 49kg	Snatch	49	2018/11/10
K Carreira	W40 49kg	Clean & Jerk	65	2018/11/10
K Carreira	W40 49kg	Total	114	2018/11/10
K Carreira	W40 55kg	Snatch	55	2019/05/25
K Carreira	W40 55kg	Snatch	55	2021/05/22
K Carreira	W40 55kg	Clean & Jerk	73	2021/08/28
K Carreira	W40 55kg	Total	128	2021/08/28



L Shalem	W40 59kg	Snatch	56	2021/12/04
L Shalem	W40 59kg	Clean & Jerk	72	2021/12/04
L Shalem	W40 59kg	Total	128	2021/12/04
B Meijer	W40 64kg	Snatch	64	2018/11/10
B Meijer	W40 64kg	Clean & Jerk	84	2018/11/10
B Meijer	W40 64kg	Total	148	2018/11/10
A Ajisafe	W40 71kg	Snatch	72	2022/04/09
A Ajisafe	W40 71kg	Clean & Jerk	90	2022/04/09
A Ajisafe	W40 71kg	Total	162	2022/04/09
N Allorto	W40 76kg	Snatch	67	2019/08/04
N Allorto	W40 76kg	Clean & Jerk	84	2019/08/04
N Allorto	W40 76kg	Total	151	2019/08/04
M Stroebel	W40 81kg	Snatch	64	2022/04/09
M Stroebel	W40 81kg	Clean & Jerk	85	2022/04/09
M Stroebel	W40 81kg	Total	149	2022/04/09
S Sinamo	W45 45kg	Snatch	46	2019/10/26
S Sinamo	W45 45kg	Clean & Jerk	60	2020/11/28
S Sinamo	W45 45kg	Total	106	2020/11/28
D Arends	W45 59kg	Snatch	52	2021/12/04
D Arends	W45 59kg	Clean & Jerk	66	2020/11/28
D Arends	W45 59kg	Total	115	2021/08/21
S Vernon	W45 64kg	Snatch	56	2018/11/10
D Arends	W45 64kg	Clean & Jerk	70	2021/10/30
S Vernon	W45 64kg	Total	124	2018/11/10
C Potgieter	W45 71kg	Snatch	65	2019/04/13
C Potgieter	W45 71kg	Clean & Jerk	87	2019/04/13
C Potgieter	W45 71kg	Total	152	2019/04/13
S Sinamo	W50 45kg	Snatch	45	2021/03/30
S Sinamo	W50 45kg	Clean & Jerk	61	2021/03/13
S Sinamo	W50 45kg	Total	106	2021/03/13
S Veron	W50 64kg	Snatch	54	2020/11/28
S Veron	W50 64kg	Clean & Jerk	67	2021/12/04
S Veron	W50 64kg	Total	120	2021/10/16
B Bloem	W50 71kg	Snatch	50	2021/12/04
C Potgieter	W50 76kg	Snatch	67	2020/11/28
C Potgieter	W50 76kg	Clean & Jerk	83	2020/11/28
C Potgieter	W50 76kg	Total	150	2020/11/28