



SOUTH AFRICAN WEIGHTLIFTING CHAMPIONSHIPS

SENIOR WOMEN

SATURDAY 30 NOVEMBER 2021



sport & recreation

Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA

COMPETITION PROTOCOL (Women)

LOT NO.	FAMILY NAME AND NAME	PROV	BIRTH YEAR	CATEGORY	BODY WEIGHT	SNATCH kg			JERK kg			BEST RESULT		TOTAL kg	SINCLAIR	Ranking	Placing
						1	2	3	1	2	3	SNATCH kg	JERK kg				
S	ISAAKS, Jordan	WP	1997	49	48,78	35	38	41f	44	47	50	38	50	88	137,73	2	
S	HLABATHE, Tiisetso	GAU	1999	49	46,45	36	42	45	50	57f	57	45	57	102	166,00	1	
YJS	MABUYA, Dimpho	GAU	2005	55	52,80	35	40	45f	45	50	56	40	56	96	141,54	5	
S	MUTO, Giulia	GAU	1987	55	53,80	45	48	51F	52	56	60F	48	56	104	151,28	4	
S	MUNDELL, Alexandra	GAU	1987	55	54,80	52	56	59f	70	74f	75	56	75	131	188,09	2	
u14	PERKS, Nina	Guest	2009	55	51,76	30	32	35	40	45	50f	35	45	80	119,69		
YJS	PERKS, Lia	WP	2004	55	54,06	50	54	57f	70	73	75	54	75	129	187,00	3	
S	VAN WYK, Simone	WP	1991	55	53,06	62	64f	64f	80	84f	84f	62	80	142	208,62	1	
u14	ZUNGU, Zandile	Guest	2008	55	55,00	27	33	35	34	38	40	35	40	75	107,41		
S	CARREIRA, Keri	GAU	1977	55	52,80	50f	50	53f	63f	67f	67f	50	0	50	73,72	6	
S	SUBRAMONY, Hannah	GAU	1997	59	59,00	50	55	60f	71	74f	75f	55	71	126	172,09	1	
Y	MOTSEI, Lethabo	GAU	2004	59	55,35	32	35f	35f	35	40	43f	32	40	72	102,66	2	
S	BURGER, Chantelle	GAU	1982	64	62,75	58	61	65	74	78	82	65	82	147	193,12	4	
S	BLOOMBERG, Candice	GAU	1987	64	62,90	38	42	46F	52	56	60	42	60	102	133,81	5	
S	JEFFERIES, Laryne	GAU	1991	64	63,64	72	76	78	95	98f	98	78	98	176	229,26	3	
S	SPIES, Anneke	WP	1993	64	60,64	76	80	82f	102f	102	103	80	103	183	221,17	1	
S	MERAND, Michelle	WP	1989	64	61,39	74	77	81f	102f	102	105	77	105	182	218,20	2	
S	FULLER, Sonia	GAU	1987	71	68,10	55F	55	58	78	82F	83	58	83	141	176,63	2	
S	VAN REYNEVELD, Yolandi	GAU	1988	71	68,60	66	70	73	84f	84f	85f	73	0	73	82,06	-	
S	HILL, Angela	KZN	1997	71	70,75	72	75	80f	83	86f	88	75	88	163	180,42	1	
S	PROBERT, Ashleigh	GAU	1997	76	74,00	55F	55	60	70	75	81F	60	75	135	146,40	1	
S	HOWARD, Leigh	GAU	1991	76	72,65	52	57F	57F	65	70	75F	52	70	122	133,38	2	
S	De JONG, Michelle	GAU	1981	76	72,25	45	48	50F	69F	69	73	48	73	121	132,62	3	
S	ALETTER, Candice	GAU	1985	76	73,90	36	40	43	52	56	60	43	60	103	111,76	4	
S	HOEDEMAKER, Savanna	WP	1998	81	80,97	60f	60	64	72f	72	76	64	76	140	146,73	1	
JS	PHILLIPS, Phia	WP	2002	81	77,15	52	56	59f	64	68	72	56	72	128	136,47	3	

