



MOVEMENT CREW WEIGHTLIFTING CHAMPIONSHIPS 2023

Start-List

DATE: Saturday 4th February 2023

Date: 2023/02/01 V2

Session 1 Women

Weigh-In: 6:30am

Session Start: 8:30am

Page 1/2

No.	LastName	FirstName	Category	Club	BirthDate	EntryTotal
1	Bester	Laurika	f71	AWA Weightlifting	1988/12/28	100
2	Carriera	Jordyn	f45	School of Strength	2008/08/19	96
3	Thomas	Kylie	f55	School of Strength	2006/04/19	89
4	Surmon	Tamsin	f71	Movement Crew	1991/12/10	85
5	Steyl	Miane	f64	Urban Junction Fitness	2010/09/09	85
6	Slabbert	Monique	f76	Afrikan Beasts	1998/04/21	80
7	Fietze	Michelle	f59	Havoc Athletic	1981/10/01	80
8	Devnarain	Surina	f59	School of Strength	2004/05/17	78
9	Wolf	Caroline	f64	AWA Weightlifting	1979/04/25	70
10	Cook	Tyra	f45	Movement Crew	2008/06/02	66
11	van Wyk	Annemie	f64	AWA Weightlifting	1986/04/30	60
12	Allen	Laila	f49	School of Strength	2006/07/20	57

Session 2 Women

Weigh-In: 8:30am

Session Start: 10:30am

No.	LastName	FirstName	Category	Club	BirthDate	EntryTotal
1	Jefferies	Laryne	f71	Movement Crew	1991/10/08	180
2	Matthysen	Marne	f76	Fire Forged Athletics	1995/11/24	145
3	van Rooyen	Nikita Jenna	f59	Urban Junction Fitness	1992/07/29	140
4	Bainbridge	Kerrin	f76	Jozi East	1990/10/29	135
5	Bird	Shannon	f76	Movement Crew	1989/02/24	135
6	Carreira	Kerri	f55	School of Strength	1977/08/17	121
7	du Toit	Idele	f64	Potch Weightlifting	2002/05/27	121
8	Ramage	Carmen	f59	Urban Junction Fitness	2000/01/25	118
9	Lubbe	Irene	f59	Red X Crossfit	1982/04/15	113
10	Vernon	Shelley	f64	School of Strength	1970/06/15	113
11	Davies	Megan	f71	Movement Crew	2004/07/30	110
12	van Wyk	Jolet	f64	Red X Crossfit	2001/08/23	110
13	Theron	Sashi	f64	Red X Crossfit	1984/11/08	110