



Gauteng Top 10 Female Weightlifters Of 2023/24

Updated 21st May 2024

Rank	Athlete Name	Category	B.W	Team	DOB	Total	Sinclair	Competition
1	Laryne Jefferies	F71	70,35	Movement Crew	1991/10/08	200	269,601	SA Senior Championships 2023
2	Alexandra Mundell	F55	54,50	Performance Purist	1999/03/03	154	253,182	SA Senior Championships 2023
3	Chantelle Burger	F64	62,60	The Bar Strength	1982/07/18	154	219,292	SA Senior Championships 2023
4	Nikita Jenna van Rooyen	F64	62,00	Urban Junction Fitness	1992/07/29	165	219,071	1610 Championships 2024
5	Kerrin Bainbridge	F76	72,95	Jozi East Weightlifting	1990/10/29	162	218,377	SA Senior Championships 2023
6	Tiisetso Hlabathe	F49	47,70	Soweto Weightlifting Club	1999/05/22	111	200,765	SA Senior Championships 2023
7	Ashleigh Hala	F59	58,75	Performance Purist	1991/10/03	127	193,041	SA Senior Championships 2023
8	Georgia Love	F64	63,45	Movement Crew	1983/05/09	146	190,829	Gauteng Provincial Championships 2024
9	Gabrielle Berkowitz	F87	86,50	The Bar Strength	1997/03/03	156	188,568	SA Senior Championships 2023
10	Shannon Bird	F76	74,85	Movement Crew	1989/02/24	147	186,565	SA Senior Championships 2023



Gauteng Top 10 Male Weightlifters Of 2023/24

Updated 21st May 2024

Rank	Athlete Name	Category	B.W	Team	DOB	Total	Sinclair	Competition
1	William Swart	M89	89,00	School of Strength	1998/01/24	296	357,800	13th African Games
2	Nicolaas Du plooy	M96	92,20	The Bar Strength	2000/09/18	286	339,935	Gauteng Provincial Championships 2024
3	Hilmar von Mansberg	M89	86,60	Independent	1996/11/07	275	336,955	Gauteng Provincial Championships 2024
4	Andre Gadney	M81	80,90	CF Jozi East	1980/05/14	253	321,094	SA Senior Championships 2023
5	Boy Meje	M61	60,65	Soweto Weightlifting Club	2006/06/09	210	320,540	1610 Championships 2024
6	Greggory Bernstein	M96	89,95	The Bar Strength	1995/03/10	274	319,767	SA Senior Championships 2023
7	Khathi Mabuya	M73	72,16	Soweto Weightlifting Club	1988/07/02	237	319,477	Masters SA Championships 2023
8	Liam Chandler	M109	107,15	Movement Crew	2004/07/14	287	318,327	SA Senior Championships 2023
9	Shuaib Booley	M73	71,00	Northcliff CrossFit	1999/03/21	225	303,301	SA Senior Championships 2023
10	Johan Beukman	M109	107,70	Jozi East Weightlifting	1989/05/15	272	301,690	SA Senior Championships 2023