



GWA Championships 2025

Lot	Last Name	First Name	B.W.	Team	Born	Snatch			Clean&Jerk			Total	
						1	2	3	1	2	3	Total	Rank
U10 F 28													
103	Mitchell	Gemma	27,90	Independent	2016	13	15	(17)	15	18	20	35	1
75	Ntshalintshali	Siphelele	25,15	African Wolf Academy	2016	(11)	(11)	11	15	17	(20)	28	2

U12 F 31													
56	Lebona	Bophelo	30,65	Soweto Weightlifting Club	2014	16	19	21	21	25	(30)	46	1
69	Mokoena	Mathapelo	29,40	African Wolf Academy	2013	15	18	(20)	20	23	25	43	2

U12 F 45													
44	McPhail	Rhiley	43,95	Independent	2013	13	15	17	15	18	21	38	1

U15 F 40													
62	Khambule	Samukelisiwe	38,65	African Wolf Academy	2012	16	19	(21)	20	25	(30)	44	1

U15 F 45													
68	Mtungwa	Lerato	43,85	African Wolf Academy	2012	(13)	13	15	17	20	23	38	1

U15 F 55													
50	Dube	Lerato	54,45	African Wolf Academy	2012	25	(29)	29	27	30	33	62	1
7	Ntshalintshali	Sibahle Minenhle	50,55	African Wolf Academy	2012	26	(30)	(30)	30	33	(35)	59	2

U15 F 59													
37	Sibiya	Fezile	55,05	African Wolf Academy	2012	28	(31)	31	32	35	(40)	66	1

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U15 F 71													
67	Ntshalintshali	Amahle	67,35	African Wolf Academy	2012	28	31	(34)	30	34	(40)	65	1
U17 F 55													
87	Jurgens	Anel	52,70	Independent	2008	50	52	55	62	66	68	123	1
U17 F 64													
81	Ndlovu	Mbali	63,45	African Wolf Academy	2009	38	42	(45)	44	50	54	96	1
77	Dube	Buhle	62,30	African Wolf Academy	2009	28	(32)	(32)	32	35	(38)	63	2
U17 F 71													
6	Ntshona	Lindokuhle	64,05	African Wolf Academy	2008	33	36	(38)	37	(41)	(41)	73	1
U17 F 76													
49	Ngwenya	Charmaine	74,80	Soweto Weightlifting Club	2009	(63)	(63)	63	75	(78)	78	141	1
U17 F >81													
71	Vermeulen	Dunay	97,05	Afrikan Beasts	2009	45	50	57	65	71	(77)	128	1
U20 F 55													
89	Boys	Rachel	53,00	School of Strength	2007	34	(37)	39	41	44	46	85	1
U20 F 59													
19	Padiachy	Isabella	58,95	Afrikan Beasts	2005	50	(53)	(55)	(70)	70	(73)	120	1
U20 F 64													
106	Nontombane	Adrianne	63,50	The Bar	2006	60	63	(66)	70	73	77	140	1
U20 F 76													
11	Wiese	Kayla	74,45	Red X CrossFit	2007	48	(50)	52	58	62	65	117	1
U20 F 81													
98	Schlemmer	Nolene	79,60	Guest	2006	61	65	(70)	80	85	(90)	150	1

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O21 F 59													
42	Burger	Chantelle	58,10	Movement Crew	1982	(64)	64	(67)	80	84	87	151	1
97	Hala	Ashleigh	57,75	Performance Purist	1991	62	(65)	(65)	72	75	(78)	137	2
76	Cilliers	Marianka	57,45	Performance Purist	1986	55	58	(60)	62	(65)	(66)	120	3
34	Guerra	Cassandra	58,10	Performance Purist	1995	39	42	(44)	49	52	(55)	94	4
40	Fourie	Simone	58,15	Jozi East	1999	(35)	35	38	(50)	51	(55)	89	5
16	Koutakis	Tia	57,70	School of Strength	2000	33	36	39	42	(46)	47	86	6

O21 F 64													
14	Theron	Sashi	63,35	Red X CrossFit	1984	59	62	(65)	(75)	75	78	140	1
43	Lubbe	Irene	63,30	Red X CrossFit	1982	52	54	(56)	(66)	66	(69)	120	2
80	Arends	Donna	61,60	Performance Purist	1975	(45)	45	49	(61)	62	67	116	3
82	Angus-Hughes	Catriona	61,75	FTSA Weightlifting	1976	38	40	42	52	56	(58)	98	4

O21 F 71													
13	Jefferies	Laryne	68,95	Movement Crew	1991	(83)	(83)	85	105	108	113	198	1
25	Kent	Kelly	70,35	Movement Crew	1984	70	73	(75)	(85)	85	87	160	2
29	Love	Georgia	68,25	Movement Crew	1983	70	(73)	75	82	(85)	(87)	157	3
22	Seleka	Shamel	67,30	Independent	2003	(65)	(65)	67	80	85	87	154	4
74	Miller	Ricarda	66,30	The Bar	1983	49	52	56	60	64	(67)	120	5
39	Moolman	CherylAnn	67,65	Red X CrossFit	1977	45	(47)	(47)	55	58	61	106	6
30	Sibanyoni	Pontsho	70,35	School of Strength	1996	35	39	(42)	52	55	(58)	94	7

O21 F 76													
5	Bainbridge	Kerrin	75,15	Jozi East	1990	78	(82)	83	98	(103)	(103)	181	1
3	Du Toit	Genevieve	73,15	Jozi East	1991	(66)	66	72	96	101	(105)	173	2
85	Smith	Cheyenne	73,40	Performance Purist	1999	78	(81)	(82)	(90)	91	(95)	169	3
9	de Jong	Michelle	71,50	Performance Purist	1981	47	50	52	67	70	(73)	122	4
21	Slabbert	Monique	74,35	Afrikan Beasts	1998	65	(68)	(68)	(76)	(76)	(76)	-	-

O21 F 81													
88	Stewart	Samantha	79,50	African Wolf Academy	1984	56	60	(63)	78	(82)	(82)	138	1
65	Staniland	Carla	77,05	Red X CrossFit	1989	55	60	(65)	69	73	(76)	133	2

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O21 F >87													
73	Roux	Britny	136,25	Afrikan Beasts	1993	40	44	(47)	65	(70)	(70)	109	1

U12 M 32													
53	Khambule	Kgothatso	31,35	Soweto Weightlifting Club	2013	(14)	14	(16)	(16)	16	20	34	1

U12 M 35													
55	Sokhela	Blessing	34,05	African Wolf Academy	2013	25	(28)	30	30	(35)	35	65	1

U15 M 49													
102	Ledwaba	Motheo	36,85	Soweto Weightlifting Club	2012	(26)	26	30	37	40	(43)	70	1

U15 M 55													
90	Malatjie	Kutlwano Nkululeko	53,35	Batjha Ba Afrika-Boroa	2011	50	55	(58)	68	70	73	128	1
78	Makate	Oreagile	54,40	Soweto Weightlifting Club	2012	27	30	35	35	42	45	80	2

U15 M 61													
66	Fayindlala	Lwazi	56,70	Soweto Weightlifting Club	2010	43	(47)	47	57	62	(67)	109	1
79	Vermaak	Xandre	58,20	Movement Crew	2010	43	(47)	47	55	58	(62)	105	2

U17 M 49													
54	Hlabathe	Thato	48,70	Soweto Weightlifting Club	2008	60	(67)	(68)	67	72	(75)	132	1
41	Lebona	Kamohelo	47,55	Soweto Weightlifting Club	2008	57	(62)	(62)	71	(75)	75	132	2

U17 M 55													
4	Hatea	Ayaan	50,65	Independent	2009	(40)	(40)	45	52	57	(62)	102	1

U17 M 67													
86	Stewart	Tyrell	62,40	African Wolf Academy	2009	64	67	70	80	84	88	158	1

U17 M 73													
52	Mnisi	Bafana	70,90	African Wolf Academy	2009	47	50	(54)	58	62	(65)	112	1

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U20 M 55													
18	Phohleli	Relebohile	52,95	Soweto Weightlifting Club	2007	67	(72)	(75)	75	83	90	157	1
96	Hatea	Zidaan	54,55	Independent	2007	55	60	(65)	76	82	(86)	142	2

U20 M 61													
38	Hlaba	Nhlanhla	55,10	Soweto Weightlifting Club	2007	(47)	47	53	70	75	80	133	1

U20 M 67													
101	Malatji	Thapelo Moss	63,60	Batjha Ba Afrika-Boroa	2007	(50)	85	90	110	118	(120)	208	1

U20 M 102													
61	August	Kgothatso Siyabonga	97,95	Batjha Ba Afrika-Boroa	2007	75	80	(85)	100	(105)	(105)	180	1

O21 M 73													
45	Booley	Sayed	71,86	Movement Crew	1999	100	(108)	(110)	(125)	125	(127)	225	1
35	Lew	Joshua	72,10	Afrikan Beasts	1995	(80)	82	(88)	106	111	(118)	193	2
26	de Klerk	Dirk	72,65	Independent	1984	81	(84)	(84)	95	100	(103)	181	3
104	Barrett	Jason	71,90	Red X CrossFit	1988	60	(65)	(67)	75	81	86	146	4

O21 M 81													
47	Mauldon	Connor	80,50	Independent	1995	90	95	100	112	(118)	123	223	1
33	Ho	Jacky	74,10	School of Strength	1988	(60)	60	65	82	87	(92)	152	2

O21 M 89													
70	Gadney	Andre	82,60	Jozi East	1980	(117)	117	(126)	132	140	(145)	257	1
8	Katzav	Daniel	88,50	Afrikan Beasts	1994	107	(111)	111	138	143	(147)	254	2
27	Lubbe	Mark	88,50	Red X CrossFit	1988	100	105	(110)	120	125	(130)	230	3
20	Barnes	Claude	88,90	Movement Crew	2004	90	95	(100)	108	(115)	(115)	203	4
59	Janse van Rensburg	Pieter	87,40	Red X CrossFit	1986	80	85	(90)	110	(115)	117	202	5
36	Nelson	Gregory	85,30	School of Strength	2001	75	78	(82)	94	99	102	180	6

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O21 M 96													
12	Swart	William	91,00	School of Strength	1998	134	(138)	142	174	(181)	(181)	316	1
24	Bowyer	Matthew	94,70	Movement Crew	2000	105	(108)	108	136	(141)	(141)	244	2
107	Lotter	Tian	93,40	Jozzi East	2002	82	87	90	102	108	111	201	3
60	Baasch	Christopher	95,90	Pirates	1984	70	75	80	(80)	80	87	167	4
58	Stroebe	Jaco	95,10	School of Strength	1991	62	(66)	67	81	86	90	157	5
28	Gindre	Nick	89,95	FTSA Weightlifting	1984	(115)	(115)	(115)	-	-	-	-	-

O21 M 102													
48	Basson	LJ	100,50	Performance Purist	1995	114	119	123	147	(153)	(155)	270	1
93	Curtis	Simon	98,70	Performance Purist	1995	102	106	(110)	126	132	136	242	2
72	Labuschagne	Rico	99,30	Movement Crew	1993	(87)	87	92	125	130	(133)	222	3
91	Macphail	Martin	99,60	Performance Purist	1960	60	63	(65)	72	(76)	(76)	135	4

O21 M 109													
100	Botha	Johannes Frederik	106,70	Red X CrossFit	1996	110	(115)	(115)	145	150	(158)	260	1
17	Hatea	Rustum	108,75	Independent	1982	95	(102)	(102)	(125)	126	128	223	2
63	Ewards	Duane	107,40	Red X CrossFit	1988	97	103	(108)	116	(122)	(125)	219	3
83	Mc Donald	Grant Liam	104,85	Independent	1998	80	86	90	110	119	(125)	209	4

O21 M >109													
92	Morris	Nathan	127,20	Pirates	1996	130	136	(142)	160	(166)	(166)	296	1
105	Nelson	Cameron	116,00	School of Strength	1997	96	(101)	102	125	130	133	235	2

Top Athletes

Place	Name	Cat.	Team	Total	SMF
1	Laryne Jefferies	F 71	Movement Crew	198	246,683
2	Kerrin Bainbridge	F 76	Jozi East	181	215,651
3	Genevieve Du Toit	F 76	Jozi East	173	208,911
4	Chantelle Burger	F 59	Movement Crew	151	208,722
5	Cheyenne Smith	F 76	Performance Purist	169	203,728
6	Kelly Kent	F 71	Movement Crew	160	197,182
7	Georgia Love	F 71	Movement Crew	157	196,707
8	Ashleigh Hala	F 59	Performance Purist	137	190,135
9	Sashi Theron	F 64	Red X CrossFit	140	183,162
10	Adrianne Nontombane	F 64	The Bar	140	182,900

Place	Name	Cat.	Team	Total	SMF
1	William Swart	M 96	School of Strength	316	377,911
2	Andre Gadney	M 89	Jozi East	257	322,738
3	Nathan Morris	M >109	Pirates	296	312,859
4	LJ Basson	M 102	Performance Purist	270	309,009
5	Daniel Katzav	M 89	Afrikan Beasts	254	307,876
6	Thapelo Moss Malatji	M 67	Batjha Ba Afrika-Boroa	208	306,904
7	Shuaib Booley	M 73	Movement Crew	225	306,263
8	Johannes Frederik Botha	M 109	Red X CrossFit	260	290,648
9	Matthew Bowyer	M 96	Movement Crew	244	286,487
10	Eduan Ritchie	M 81	Lift Lab	220	282,411