



GWA Invitational 2025 - Results

Men

Last Name	First Name	B.W.	Team	Born	Snatch			Clean&Jerk			Total	
					1	2	3	1	2	3	Total	Rank

M 35												
Sokhela	Blessing	33,20	African Wolf Academy of Weightlifting	2013	23	25	27	26	29	32	59	1

M 61												
Stewart	Tyrell	59,00	African Wolf Academy of Weightlifting	2009	61	(65)	65	75	79	(83)	144	1
Vermaak	Xandre	56,75	Movement Crew Weightlifting	2010	43	45	48	53	(57)	(57)	101	2

M 73												
Booley	Sayed Mohammad Shuaib	70,90	Movement Crew Weightlifting	1999	(100)	(100)	105	122	127	(133)	232	1
Lew	Joshua	71,20	Afrikan Beasts	1995	80	86	(91)	(102)	102	(106)	188	2
Mnisi	Bafana	68,50	African Wolf Academy of Weightlifting	2009	40	44	48	50	55	(60)	103	3

M 81												
Swanepoel	Vincent	80,90	The Bar Strength and Conditioning Gym	1998	97	102	(107)	120	125	128	230	1
Hughes	Andrew	79,25	Independent	1987	73	76	(80)	105	108	(112)	184	2
Gadney	Andre	80,90	Jozi East Weightlifting	1980	116	(122)	125	(138)	(138)	(138)	-	-

M 89												
Swart	William	88,75	School of Strength	1998	140	(145)	(150)	(170)	171	(180)	311	1
van der Merwe	Willem	88,35	IRA-HPC	1999	110	(115)	(116)	140	146	151	261	2
Katzav	Daniel	87,95	Afrikan Beasts	1994	106	(110)	(112)	138	142	(151)	248	3
Nieuwoudt	Garrit	87,30	Performance Purist	1992	(95)	96	101	123	(128)	131	232	4
Janse van Rensburg	Pieter	87,15	Red X CrossFit	1986	80	(85)	(87)	107	(111)	(112)	187	5
Erasmus	Dwayne	87,15	Afrikan Beasts	1992	80	(85)	85	(95)	(97)	97	182	6
Nelson	Gregory	84,90	School of Strength	2001	70	(74)	74	90	96	(101)	170	7

M 96												
Bowyer	Matthew	90,25	Movement Crew Weightlifting	2000	110	(114)	(114)	145	(150)	(150)	255	1
Gindre	Nick	90,60	FTSA Weightlifting	1984	(115)	115	(118)	135	(138)	(138)	250	2
Koch	GD	94,80	IRA-HPC	2007	102	107	110	122	127	(131)	237	3
Stroebe	Jaco	91,35	School of Strength	1991	(58)	(60)	60	80	85	(89)	145	4

M 102												
Lamberton	Liam	100.00	School of Strength	1999	80	85	89	106	111	115	204	1

M 109												
Mc Donald	Grant Liam	103,10	Independent	1998	(82)	86	(90)	(115)	119	(123)	205	1
Chandler	Liam	108,50	Movement Crew Weightlifting	2004	130	(137)	(137)	(145)	(145)	(147)	-	-

M >109												
Morris	Nathan	128,05	Pirates	1996	(130)	130	135	156	160	(165)	295	1
Nelson	Cameron	122,15	School of Strength	1997	94	99	(103)	126	(131)	132	231	2
Roux	Oskar	134,20	Afrikan Beasts	1993	(72)	75	(80)	90	(95)	100	175	3

Women

F 35												
Mokoena	Mathapelo	28,60	African Wolf Academy of Weightlifting	2013	12	13	(14)	14	15	17	30	1
Ntshalintshali	Siphelele	24,70	African Wolf Academy of Weightlifting	2016	(10)	10	12	10	12	14	26	2

F 49												
Ntshalintshali	Sibahle Minenhle	48,90	African Wolf Academy of Weightlifting	2012	23	(26)	26	26	28	30	56	1

F 55

Jurgens	Anel	51,90	Independent	2008	48	50	52	60	62	65	117	1
Boys	Rachel	50,95	School of Strength	2007	29	32	(35)	38	42	45	77	2
Sibiya	Fezile	55,00	African Wolf Academy of Weightlifting	2012	23	25	27	26	27	30	57	3

F 59												
Barrett	Adriette	58,10	Red X CrossFit	1992	58	(60)	60	75	78	(80)	138	1
Hala	Ashleigh	58,80	Performance Purist	1991	59	62	64	69	72	(75)	136	2
Cilliers	Marianka	58,35	Performance Purist	1986	53	(56)	57	63	(66)	(67)	120	3
Padiachy	Isabella	58,50	Afrikan Beasts	2005	48	51	(55)	64	67	(70)	118	4
Devnarain	Surina	57,90	School of Strength	2004	42	(46)	48	50	54	(57)	102	5
Guerra	Cassandra	58,90	Performance Purist	1995	38	41	43	48	51	54	97	6
Koutakis	Tia	59,00	School of Strength	2000	28	31	(33)	36	39	42	73	7

F 64												
Mundell	Alexandra	63,30	Performance Purist	1999	75	78	81	91	94	97	178	1
Lubbe	Irene	63,60	Red X CrossFit	1982	51	53	(55)	65	67	(70)	120	2
Walsh	Natasha	63,60	IRA-HPC	1997	(52)	52	(57)	65	(71)	(71)	117	3
Angus-Hughes	Catriona	59,70	Independent	1976	37	40	(44)	47	50	(52)	90	4
Ntshona	Lindokuhle	62,75	African Wolf Academy of Weightlifting	2008	27	28	(30)	30	33	36	64	5
Dube	Buhle	59,50	African Wolf Academy of Weightlifting	2009	25	(27)	(27)	26	28	30	55	6

F 71												
Gunter	Katy	69,50	Afrikan Beasts	1993	70	73	(77)	86	91	(94)	164	1
Seleka	Shamel	70,20	Independent	2003	(60)	(60)	62	80	82	(84)	144	2
de Jong	Michelle	71,00	Performance Purist	1981	48	50	(52)	68	71	73	123	3
Sibanyoni	Pontsho	69,10	Independent	1996	30	35	40	45	50	(53)	90	4
Ndlovu	Mbali	67,25	African Wolf Academy of Weightlifting	2009	30	33	35	40	45	50	85	5

F 76												
Smith	Cheyenne	73,90	Performance Purist	1999	77	80	82	86	89	92	174	1
Bainbridge	Kerrin	75,60	Jozi East Weightlifting	1990	(76)	76	(80)	90	(95)	(95)	166	2
Slabbert	Monique	76,00	Afrikan Beasts	1998	60	(65)	(65)	75	79	(82)	139	3
Wiese	Kayla	71,90	Red X CrossFit	2007	48	(50)	(51)	55	58	60	108	4

F 87												
Prinsloo	Charmone	82,80	IRA-HPC	1998	72	77	(81)	90	(94)	(94)	167	1

F >87												
Labuschagne	Ricole	93,10	Independent	2001	65	68	71	93	97	100	171	1

Top 10 at Competition

Last Name	First Name	B.W.	Team	Born	Snatch			Clean&Jerk			Total	Sinclair	
					1	2	3	1	2	3		B.W.	Rank
Mundell	Alexandra	63,30	Performance Purist	1999	75	78	81	91	94	97	178	232,989	1
Smith	Cheyenne	73,90	Performance Purist	1999	77	80	82	86	89	92	174	209,040	2
Gunter	Katy	69,50	Afrikan Beasts	1993	70	73	(77)	86	91	(94)	164	203,440	3
Bainbridge	Kerrin	75,60	Jozi East Weightlifting	1990	(76)	76	(80)	90	(95)	(95)	166	197,205	4
Barrett	Adriette	58,10	Red X CrossFit	1992	58	(60)	60	75	78	(80)	138	190,752	5
Prinsloo	Charmone	82,80	IRA-HPC	1998	72	77	(81)	90	(94)	(94)	167	190,363	6
Hala	Ashleigh	58,80	Performance Purist	1991	59	62	64	69	72	(75)	136	186,505	7
Labuschagne	Ricole	93,10	Independent	2001	65	68	71	93	97	100	171	186,362	8
Seleka	Shamel	70,20	Independent	2003	(60)	(60)	62	80	82	(84)	144	177,667	9
Jurgens	Anel	51,90	Independent	2008	48	50	52	60	62	65	117	175,094	10

Last Name	First Name	B.W.	Team	Born	Snatch			Clean&Jerk			Total	Sinclair	
					1	2	3	1	2	3		B.W.	Rank
Swart	William	88,75	School of Strength	1998	140	(145)	(150)	(170)	171	(180)	311	376,445	1
Booley	Sayed Mohammad Shuaib	70,90	Movement Crew Weightlifting	1999	(100)	(100)	105	122	127	(133)	232	318,463	2
van der Merwe	Willem	88,35	IRA-HPC	1999	110	(115)	(116)	140	146	151	261	316,625	3
Morris	Nathan	128,05	Pirates	1996	(130)	130	135	140	160	(165)	295	311,259	4
Bowyer	Matthew	90,25	Movement Crew Weightlifting	2000	110	(114)	(114)	145	(150)	(150)	255	306,165	5
Katzav	Daniel	87,95	Afrikan Beasts	1994	106	(110)	(112)	138	142	(151)	248	301,530	6
Gindre	Nick	90,60	FTSA Weightlifting	1984	(115)	115	(118)	135	(138)	(138)	250	299,607	7
Swanepoel	Vincent	80,90	The Bar Strength and Conditioning Gym	1998	97	102	(107)	120	125	128	230	292,101	8
Nieuwoudt	Garrit	87,30	Performance Purist	1992	(95)	96	101	123	(128)	131	232	283,120	9
Koch	GD	94,80	IRA-HPC	2007	102	107	110	122	127	(131)	237	278,137	10

Stats

Top Teams	Count of Athletes	Average Sinclair
Pirates	1	311,26
FTSA Weightlifting	1	299,61
The Bar	1	292,1
IRA-HPC	4	234,46
Afrikan Beasts	7	213,47
School of Strength	8	199,86
Movement Crew	4	196,67
Performance Purist	7	194,4
Red X CrossFit	4	176,84
African Wolf	10	112,18
Jozi East	2	98,6

New Records: https://gwasouthafrica.co.za/records/?et_fb=1&PageSpeed=off

Categroy	Record	Kg	Name
Female 55	Snatch	52	Anel Jurgens
Female 55	Clean and Jerk	65	Anel Jurgens
Female 55	Total	117	Anel Jurgens
Male 89	Snatch	140	William Swart
Female 64	Snatch	81	Alexandra Mundell
Female 64	Clean and Jerk	97	Alexandra Mundell
Female 64	Total	178	Alexandra Mundell

Season Stats: <https://gwasouthafrica.co.za/>