

**SA JUNIOR MEN'S RECORDS**

30 JUNE 2010

Div	SNATCH			CLEAN & JERK			TOTAL		
	Name	Wt	Date	Name	Wt	Date	Name	Wt	Date
56	L Phillips	96	12 May 08	A Adonis	117	25 Mrch 06	A Adonis	212	25 Mrch 06
62	L Phillips	107	26 Sept 09	L Phillips	129	26 Sept 09	L Phillips	236	26 Sept 09
69	L du Plooy	115	4 Oct 08	L du Plooy	141	25 Nov 08	L du Plooy	256	25 Nov 08
77	D Anthony	135	12 Nov 05	D Anthony	170	12 Nov 05	D Anthony	305	12 Nov 05
85	D Anthony	135	21 May 05	D Anthony	171	1 Oct 05	D Anthony	306	1 Oct 05
94	J Greeff	133	23 Oct 09	J Greeff	171	19 June 10	J Greeff	301	19 June 10
105	J Greeff	134	29 May 10	J Greeff	171	29 May 10	J Greeff	305	29 May 10
+105	Standard	123	10 Feb 03	Standard	153	10 Feb 03	Standard	275	10 Feb 03

**SA SENIOR MEN'S RECORDS**

Div	SNATCH			CLEAN & JERK			TOTAL		
	Name	Wt	Date	Name	Wt	Date	Name	Wt	Date
56	L Phillips	96	12 My 08	A Adonis	117	25 Mrch 06	A Adonis	212	25 Mrch 06
62	G Gerts	115	15 Oct 03	G Gerts	141	2 July 05	G Gerts	255	15 Oct 03
69	G Shushu	125	13 May 08	G Shushu	160	13 May 08	G Shushu	285	13 May 08
77	D Anthony	143	14 May 08	D Anthony	172	14 May 08	D Anthony	315	14 May 08
85	D Anthony	147	1 July 06	D Anthony	180	6 Dec 08	D Anthony	325	8 Aug 09
94	J Greeff	133	23 Oct 09	J Greeff	171	19 June 10	J Greeff	301	19 June 10
105	H Booysen	150	17 Feb 01	H Booysen	180	10 Apr 01	H Booysen	330	10 Apr 01
+105	W Ainslie	142	28 Apr 07	Riaan Smit	180	27 Febr 10	Riaan Smit	320	27 Febr 10

**SA JUNIOR WOMEN'S RECORDS**

Div	SNATCH			CLEAN & JERK			TOTAL		
	Name	Wt	Date	Name	Wt	Date	Name	Wt	Date
48	P Vries	65	16 Aug 03	P Vries	85	7 May 04	P Vries	150	7 May 04
53	P Vries	65	3 July 04	P Vries	88	3 July 04	P Vries	152	3 July 04
58	M Pretorius	80	26 Nov 08	M. Pretorius	100	13 May 08	M Pretorius	179	26 Nov 08
63	M Pretorius	72	30 Sept 06	M Pretorius	96	1 Oct 05	M Pretorius	167	1 Oct 05
69	Standard	63	10 Feb 03	T Ramarou	80	29 May 10	T Ramarou	142	29 May 10
75	Simoney Clarke	66	26 Sep 09	Standard	80	10 Feb 03	Standard	145	10 Feb 03
75+	Standard	70	10 Feb 03	Standard	85	10 Feb 03	Standard	155	10 Feb 03

**S A SENIOR WOMEN'S RECORDS**

Div	SNATCH			CLEAN & JERK			TOTAL		
	Name	Wt	Date	Name	Wt	Date	Name	Wt	Date
48	P Vries	70	15 July 07	P Vries	95	14 May 10	P Vries	162	29 May 10
53	P Vries	68	27 Febr 10	P Vries	95	27 Febr 10	P Vries	163	27 Febr 10
58	M Pretorius	80	26 Nov 08	M Pretorius	100	13 May 08	M Pretorius	179	26 Nov 08
63	M Pretorius	81	27 Febr 10	M Pretorius	101	27 Febr 10	M Pretorius	182	27 Febr 10
69	T Goosen	82	5 Oct 02	T Goosen	95	5 Oct 02	T Goosen	177	5 Oct 02
75	B Ndleleni	91	27 Febr 10	B Ndleleni	120	15 May 08	B Ndleleni	209	27 Febr 10
75+	B Ndleleni	86	12 July 08	B Ndleleni	116	7 Nov 09	B Ndleleni	201	12 July 08

