



South African Powerlifting Federation

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2022 World SubJunior and Junior Classic and Equipped Powerlifting Championships – Manager’s Report

South Africa sent a sizable team of powerlifters to the World Subjunior and Junior Classic and Equipped Powerlifting Championships, which was held in Istanbul, Turkey from 27 August – 4 September 2022. There were participants from 47 nations, and this was the first time the Classic and Equipped Powerlifting events for subjuniors and juniors were combined in this way.

Overseen by Head Coach and DSO Andre Ludik, South Africa fielded a team of 23 lifters (10 Women, 13 Men) which was made up of 15 Subjuniors (aged 14-18) and 8 Juniors (aged 19-23).

Team South Africa came away with a new World Champion, Subjunior lifter Mijuane de Wet, who took the overall Gold in the Subjunior -63kg Equipped Powerlifting event. The rest of the team also excelled, with a total of 3 podium finishes, plus 13 medals for individual lifts. There were 9 African, 21 Commonwealth and 22 SA National records set by SA lifters over the 9 days of lifting.

Medals

The breakdown of medals won by team South Africa is as follows:

	Bronze	Silver	Gold	Count
Squat	3		1	4
Bench	2			2
Deadlift	3	1	1	5
Total	4		1	5
Count	12	1	3	16

Detailed Results

The full results can be found on the IPF website here:

<https://www.powerlifting.sport/championships/results/2022/world-sub-junior-and-junior-powerlifting-championships-2022>

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Team results and overall Best Lifter awards

2nd Best Lifter Subjunior Women – Mijuane de Wet

The SA Subjunior Women's Equipped Powerlifting Team came 5th overall (out of 9 nations)

The SA Junior Men's Equipped Powerlifting Team came 10th overall (out of 21 nations)

The SA Subjunior Men's Classic Powerlifting Team came 12th overall (out of 30 nations)

The SA Junior Men's Classic Powerlifting Team came 22nd overall (out of 32 nations)
(points calculated from 5 best results per team)

Team South Africa's individual results are as follows:

Equipped Powerlifting Championships:

Male lifters	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Result
Karabo Manamela	Jun	66kg	230	132,5	215	577,5	Bronze in SQ, DL and Total
Justin Furman	Jun	120kg	317,5	152,5	287,5	757,5	5 th place (4 th in SQ and DL)
Female lifters	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Result
Mijuane de Wet	SJ	63kg	177,5	87,5	170	435	World Champion. 2 nd Best SJ lifter. Gold in SQ, DL and Total Bronze in BP African SJ SQ, DL and Tot records Commonwealth SJ SQ, BP, DL, Total and single-lift BP records Commonwealth Jun SQ and DL records SA National Open SQ and Total records SA National Jun SQ, DL and Total records SA National SJ SQ, DL and Total records
Heike Groenewald	SJ	69kg	135	65	137,5	337,5	Bronze in BP, DL and Total Commonwealth SJ SQ, BP, DL, Tot and single-lift BP records SA National SJ SQ, DL and Total records
Anika Maree	SJ	76kg	132,5	60	132,5	325	5 th place Commonwealth SJ SQ, BP, DL, Tot and single-lift BP records SA National SJ SQ record
Janel Daffue	Jun	63kg	132,5	62,5	137,5	332,5	6 th place

Classic Powerlifting Championships:

Male lifters	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Result
Daniel Saacks	SJ	59kg	127,5	72,5	165	365	12 th place
Rafael Saacks	SJ	59kg	127,5	70	182,5	380	11 th place (4 th in DL) SA National SJ Total record
Xander Nel	SJ	74kg	185	95	207,5	487,7	8 th place SA National SJ SQ record
Sonu Singh	SJ	74kg	170	100	220	490	7 th place African SJ DL record SA National SJ DL and Total records

Janko Kruger	SJ	83kg	217,5	140	252,5	610	5 th place (4 th in BP) African SJ DL and Total records
Philip Coetzer	SJ	93kg	190	125	215	530	9 th place
Jean-Pierre Blom	SJ	93kg	185	95	180	460	12 th place
Wynand Kuhn	Jun	74kg	187,5	132,5	270	590	12 th place African Jun DL record SA National Jun DL record
Michael Huisamen	Jun	83kg	210	132,5	237,5	580	20 th place
Liam Karovsky	Jun	105kg	247,5	152,5	270	670	17 th place
Justin Furman	Jun	120kg	240	137,5	250	627,5	13 th place
Zafar Suleman	Jun	+120kg	245	145	255	645	9 th place
Female lifters	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Result
Nicole Loubser	SJ	52kg	85	40	100	225	7 th place
Surina Devnarain	SJ	57kg	90	42,5	102,5	235	9 th place
Mijuane de Wet	SJ	63kg	135	60	152,5	347,5	Bronze in SQ and Total, Silver in DL African SJ DL and Total records Commonwealth SJ DL record
Alexis Nel	SJ	63kg	77,5	42,5	110	230	11 th place
Rochelle van der Merwe	SJ	76kg	130	60	150	340	Bronze in SQ and Total Commonwealth SJ SQ and Total records SA National SJ SQ, BP, Total and single-lift BP records
Sonam Singh	SJ	76kg	110	52,5	155	317,5	7 th place Bronze in DL Commonwealth SJ SQ record SA National SJ SQ record
Nicole Hasell	Jun	57kg	120	65	150	335	14 th place

Referees

SAPF President Johan Smith, in his capacity as Technical Chairman of the IPF, oversaw the running of the championships, as well as officiating on the jury.

The following SA referees officiated as referees, jury or TC in various sessions:

Andre Ludik

Rodney Anthony

Ilze-Mari Maritz – passed International Cat II referee exam

2023 Subjunior and Junior Powerlifting Championships

The 2023 World Classic and Equipped Subjunior and Junior Powerlifting Championships will be held in Romania.

Heather Leighton (07/09/2022)