



South African Powerlifting Federation

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2024 African Classic and Equipped Powerlifting and Bench Press – Manager’s Report

South African and the South African Powerlifting Federation proudly hosted the African Classic and Equipped Powerlifting and Bench Press Championships from 30 October to 2 November 2024 in Potchefstroom. There were representatives from 10 countries (Algeria, Cameroon, Cape Verde, Ivory Coast, Libya, Morocco, Namibia, South Africa, Tunisia and Zimbabwe) and 97 entries to the 8 events.

Being an IPF-sanctioned international championship, this required international referees from different countries on the platform, as well as a three-person jury also made up of international referees from different countries. This is to ensure that any regional or world records set at the championships would be recognized.

In the South African team we had 33 lifters, 22 male and 11 female, across all age categories (Subjunior, Junior, Open, Master 1, Master 2, Master 3, Master 4).

Team South Africa results were very good – we have 35 new African Champions, set 1 World record, 24 South African National records, 3 Commonwealth records, and 40 African records, with 20 Best Lifter trophies going to lifters from South Africa.

Overall Results

The full results of the African Powerlifting Championships can be found here: <https://www.powerlifting-africa.com/results>

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Detailed Results

Below are the detailed results for Team SA, showing medals, World records and SA records. Commonwealth and African records will be updated shortly :

AFRICAN CLASSIC POWERLIFTING CHAMPIONSHIPS	Gender	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Medal /Place	Records
V'leen Serge	Female	Open	76kg	132,5	70	152,5	355	SILVER	
Megan Faul	Female	Open	84kg	195	120,5	215	530,5	GOLD	Best Open Lifter SA Open BP and single-lift BP records, African Open BP and single-lift BP records
Olivia Perotti	Female	Open	+84kg	218	105	210	533	GOLD	SA Open SQ SA Open SQ, DL and Tot records African Open SQ and Tot records
Joanna Ridgard	Female	Subjunior	57kg	75	50	115	240	GOLD	2 nd Best Subjunior lifter
Karamyn Naicker	Female	Subjunior	57kg	77,5	35	97,5	210	BRONZE	3 rd Best Subjunior lifter
Surina Devnarain	Female	Junior	57kg	102,5	50	112,5	265	GOLD	2 nd Best Junior Lifter
Marianka Fourie	Female	Junior	76kg	132,5	67,5	172,5	372,5	GOLD	Best Junior Lifter
Elisabeth Barry	Female	Master 2	52kg	85,5	37,5	115	238	GOLD	Best Master 2 Lifter African Master 2 SQ and Tot records
Ruben van der Linde	Male	Open	74kg	232,5	140	270	642,5	GOLD	
Michael Cowley	Male	Open	105kg	200	152,5	70	422,5	5th	
Charton Chung	Male	Subjunior	59kg	127,5	82,5	155	365	GOLD	
Morgan Holmes	Male	Subjunior	83kg	200	112,5	207,5	520	SILVER	
Szethyn Fulop	Male	Subjunior	93kg	205	130	240	575	SILVER	
Richard Steenekamp	Male	Subjunior	105kg	227,5	160	270	657,5	GOLD	SA Subjunior SQ, BP, Tot and single-lift BP records
Thapelo Motlhako	Male	Junior	74kg	200	135	245	580	SILVER	3 rd Best Junior lifter
Enrico Johnson	Male	Master 1	66kg	185	115	226	526	GOLD	Best Master 1 lifter SA Master 1 SQ, DL and Tot records African M2 SQ, DL and Tot records
Braam van Huyssteen	Male	Master 1	120kg	205	110	225	540	GOLD	2 nd Best Master 1 Lifter

Glen van der Linde	Male	Master 2	74kg	145	117,5	150	412,5	GOLD	
Alan Ridgard	Male	Master 2	93kg	165	120	200	485	GOLD	3 rd Best Master 2 lifter
Hermanus de Beer	Male	Master 2	120kg	200	140	250	590	GOLD	2 nd Best Master 2 lifter
John Crain	Male	Master 2	+120kg	220	170	255	645	GOLD	Best Master 2 lifter SA Master 2 Total record African M2 Total record
Tommie de Nysschen	Male	Master 3	83kg	140	151,5	160	451,5	GOLD	Best Master 3 lifter World M3 BP record Commonwealth M3 BP and single-lift BP records African M3 BP, Tot and single-lift BP records African M2 BP and single-lift BP records SA M3 BP and single-lift BP records SA M2 BP and single-lift BP records
Dan Oppenheim	Male	Master 4	83kg	141	96,5	172,5	410	GOLD	Best Master 4 lifter African M4 SQ, BP and single-lift BP records African M3 SQ record

AFRICAN EQUIPPED POWERLIFTING CHAMPIONSHIPS	Gender	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Medal /Place	Records
Megan Leighton	Female	Open	63kg	165	110,5	160	435,5	GOLD	Best Open Lifter Commonwealth Open BP record African Open BP and single-lift BP records SA Open BP and single-lift BP records
Carol Anthony	Female	Master 2	57kg	118	55,5	125,5	299	GOLD	Best Master 2 lifter African M2 SQ, BP, DL, Tot and single-lift BP records

									African M1 SQ, BP, DL, Tot and single-lift BP records
Heather Leighton	Female	Master 3	69kg	93	69,5	108	270,5	GOLD	Best Master 3 lifter SA M3 BP, DL and Tot records African M3 SQ, BP, DL and Tot records
Marcel Vorster	Male	Open	74kg	280	187,5	125	592,5	GOLD	2 nd Best Open lifter African Open SQ, BP and Tot records SA Open SQ record
Haroun Pietersen	Male	Open	105kg	305	207,5	280	792,5	GOLD	Best Open Lifter African Open SQ record
Sean Britz	Male	Junior	105kg	220	155	270	645	GOLD	Best Junior lifter
Hermanus de Beer	Male	Master 2	120kg	200	170	267,5	637,5	GOLD	Best Master 2 Lifter

AFRICAN CLASSIC BENCH PRESS CHAMPIONSHIPS	Gender	Age Cat	Weight Cat		Bench		Total	Medal /Place	Records
Steven Coleman	Male	Master 1	66kg		117,5		117,5	GOLD	2 nd Best Master 1 lifter
Simon Breetzke	Male	Master 1	120+kg		182,5		182,5	GOLD	Best Master 1 lifter
Nicholas Ingel	Male	Master 2	105kg		97,5		97,5	GOLD	3 rd Best Master 2 lifter
Hermanus de Beer	Male	Master 2	120kg		140		140	GOLD	2 nd Best Master 2 lifter
John Crain	Male	Master 2	120+kg		170		170	GOLD	Best Master 2 lifter
JC Bruce	Male	Master 3	66kg		80		80	GOLD	Best Master 3 lifter
Dan Oppenheim	Male	Master 4	83kg		96		96	GOLD	Best Master 4 lifter African M4 record

AFRICAN EQUIPPED BENCH PRESS CHAMPIONSHIPS	Gender	Age Cat	Weight Cat		Bench		Total	Medal /Place	Records
Heather Leighton	Female	Master 3	69kg		65		65	GOLD	Best Master 3 lifter
Simon Breetzke	Male	Master 1	+120kg		250		250	GOLD	Best Master 1 lifter
Hermanus de Beer	Male	Master 2	120kg		165		165	GOLD	2 nd Best Master 2 Lifter
John Crain	Male	Master 2	+120kg		215		215	GOLD	Best Master 2 Lifter

Medal tables

AFRICAN CHAMPIONSHIPS 2024		MEN			WOMEN		<i>Total count</i>
	Bronze	Silver	Gold	Bronze	Silver	Gold	
Classic Powerlifting		3	11	1	1	6	22
Equipped Powerlifting			4			3	7
Classic Bench Press			7				7
Equipped Bench Press			3			1	4
TOTAL COUNT		3	25	1	1	10	40

Referees and Officials

Referees and Jury: The following SA referees officiated as Referees, Scorers, Technical Controllers, Announcers and on the Jury during the championship.

Hannie Smith

Vicki Botha

Laura de Wet

Henk de Wet

Ian Furman

Dan Oppenheim

Nic Ingel

Heather Leighton

Designated Safeguarding Officer: Heather Leighton

Economic Impact

The main reason for the SAPF hosting international championships is that it gives South African lifters the opportunity to compete at an international level – allowing them to obtain Protea colours and get an international ranking. This is also true for our SAPF spotters and loaders, and our referees, who also get an opportunity to participate on the world stage.

Due to Powerlifting being a smaller sporting code in South Africa, the majority of the work is done by the SAPF Executive (all volunteers). SAPF Referees and Coaches, as well as SAPF Spotters and Loaders, are involved. A team of local spotters and loaders was employed and accommodated for the duration of the event. Sponsorship is limited and we raise our own funds in order to host these events. We do not get funding from DSAC or Provincial structures.

The event was live-streamed on the EMET Media YouTube channel, gaining significant viewership during the event and on an ongoing basis.

<https://www.youtube.com/@emetmedia>

The next African Powerlifting and Bench Press Championships will be held in Tunisia in 2025.

Heather Leighton (November 2024)