



South African Powerlifting Federation

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2024 Asia Pacific Africa Classic and Equipped Powerlifting and Bench Press Championships – Manager’s Report

The second Asia/Pacific/Africa Classic and Equipped Powerlifting and Bench Press Championships was held from 4-13 July in Potchefstroom, South Africa. There were representatives from 11 countries in attendance (Algeria, China, Chinese Taipei, Hong Kong, India, Japan, Kazakhstan, Morocco, Nauru, Pakistan and South Africa) with 151 competitors taking part.

There were 4 events in total, being Classic and Equipped Bench Press, and Classic and Equipped Powerlifting. 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 73 lifters, 28 female and 45 male, across all age categories (Subjunior, Junior, Open, Master 1, Master 2, Master 3, Master 4 and Special Olympics)

Team South Africa set 43 South African National records, 35 Commonwealth records, and 172 African records, with 20 Best Lifter trophies going to lifters from South Africa.

Overall Results

The full results can be found here: <https://www.powerliftingsa.co.za/node/1609>

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Vice President (I) : Heather Leighton
Vice President (N) : Andre Ludik
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Detailed Results

Below are the detailed results for Team SA :

CLASSIC BENCH PRESS	Gender	Age Cat	Weight Cat		Bench		Total	Medal /Place	Records
Jana Fox	Female	Junior	63		55		55	Gold	Best Junior Classic Bench lifter
Samuel Meshilinie	Male	Subjunior	53		77,5		77,5	Gold	
Ferde Botha	Male	Subjunior	66		95		95	Gold	
Brandon Look	Male	Subjunior	66		87,5		87,5	Silver	
Alex Collocott	Male	Subjunior	74		110		110	Gold	
Micah Naidoo	Male	Subjunior	74		97,5		97,5	Bronze	
Jhanco Viljoen	Male	Subjunior	93		135		135	Gold	Best Subjunior Classic Bench lifter
Steven Coleman	Male	Master 1	66		125		125	Gold	SA M1 single lift BP record African M1 single lift BP record
Ricardo Fitzpatrick	Male	Master 1	83		150		150	Gold	3 rd Best Master 1 Classic Bench lifter
David Jacobsz	Male	Master 1	93		170		170	Gold	2 nd Best Master 1 Classic Bench lifter
Simon Breetzke	Male	Master 1	120+		175		175	Gold	
Werner Koekemoer	Male	Master 1	120+		160		160	Silver	
Yaniv Lacob	Male	Master 2	74		112,5		112,5	Gold	3 rd Best Master 2 Classic Bench lifter
Nicolas Ingel	Male	Master 2	105		105		105	Silver	
Hermanus de Beer	Male	Master 2	120		152,5		152,5	Gold	2 nd Best Master 2 Classic Bench lifter
John Crain	Male	Master 2	120+		175		175	Gold	Best Master 2 Classic Bench lifter
JC Bruce	Male	Master 3	66		82,5		82,5	Gold	Best Master 3 Classic Bench lifter
Dan Oppenheim	Male	Master 4	83		92,5		92,5	Gold	Best Master 4 Classic Bench lifter African M4 single lift BP record
Bryce Sillitoe	Male	SOI	120+		95		95	Gold	Best Special Olympics Classic Bench lifter

EQUIPPED BENCH PRESS	Gender	Age Cat	Weight Cat		Bench		Total	Medal /Place	Records
Chante Mulder	Female	Subjunior	69		90		90	Gold	Best Subjunior Equipped Bench lifter

									African SJ single lift BP record African Junior single lift BP record Commonwealth SJ BP record Commonwealth Jun BP record
Anika Maree	Female	Subjunior	76		80		80	Gold	2 nd Best Subjunior Equipped Bench lifter African SJ single lift BP record African Junior single lift BP record Commonwealth SJ BP record Commonwealth Jun BP record
Heather Leighton	Female	Master 3	69		67,5		67,4	Gold	Best Master 3 Equipped Bench lifter African M3 single lift BP record African M2 single lift BP record African M1 single lift BP record
Simon Breetzke	Male	Open	120+		282,5		282,5	Gold	3 rd Best Open Equipped Bench lifter SA Open Bench Press record SA M1 single lift BP record African M1 single lift BP record
John Crain	Male	Open	120+		235		235	Silver	African M2 single lift BP record
Ferde Botha	Male	Subjunior	66		105		105	Gold	Best Subjunior Equipped Bench lifter African SJ single lift BP record African Jun single lift BP record African Open single lift BP record
Hermanus de Beer	Male	Master 2	120		165		165	Gold	2 nd Best Master 2 Equipped Bench lifter

CLASSIC POWERLIFTING	Gender	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Medal /Place	Records
Joanna Ridgard	Female	Subjunior	57	65	45	105	215	Silver	
Karamyn Naicker	Female	Subjunior	57	77,5	35	95	207,5	Bronze	
Mijuane de Wet	Female	Subjunior	63	145	72,5	172,5	390	Gold	Best Subjunior Classic Powerlifter SA SJ BP, DL and single lift BP records SA Jun BP and DL records

									African SJ SQ, BP, DL, Tot and single-lift BP records African Jun SQ, BP, DL, Tot and single-lift BP records Commonwealth SJ SQ, DI and Tot records
Chante Mulder	Female	Subjunior	69	117,5	62,5	135	315	Silver	Commonwealth SJ BP, DL, Tot and single-lift BP records Commonwealth Jun BP record
Rochelle van der Merwe	Female	Subjunior	76	142,5	65	162,5	370	Gold	2 nd Best Subjunior Powerlifter African SJ Squat record Commonwealth SJ SQ, DL, Tot records
Jaymee Cooper	Female	Subjunior	76	137,5	65	155	357,5	Silver	
Simone van der Merwe	Female	Subjunior	84+	130	60	140	330	Gold	African SJ SQ, BP, DL, Tot and single-lift BP records
Samuel Meshilinie	Male	Subjunior	53	105	75	150	330	Silver	African SJ SQ, BP, DL, Tot records African Jun SQ, BP, DL Tot records
Jaden Madhav	Male	Subjunior	66	170	87,5	200	457,5	Silver	SA SJ Squat record
Alex Collocott	Male	Subjunior	74	155	110	170	435	Bronze	
Ryan Sutton	Male	Subjunior	83	215	125	65	405	Gold	
Eduard Retief	Male	Subjunior	93	200	155	265	620	Gold	SA SJ BP, DL and single-lift BP records African SJ BP and single-lift BP records African Jun BP and single-lift BP records
Janco du Plooy	Male	Subjunior	93	205	125	225	555	Silver	
Zaid Niemand	Male	Subjunior	105	180	132,5	210	522,5	Gold	
Marianka Fourie	Female	Junior	76	130	62,5	145	337,5	Gold	2 nd Best Junior Powerlifter
Scott Pornss	Male	Junior	74	220	160	285	665	Gold	Best Junior Powerlifter SA Jun BP and Total records African Jun BP, DL, Tot and single-lift BP records African Open single-lift BP record

Thapelo Motlhako	Male	Junior	74	200	130	260	590	Silver	2 nd Best Junior Powerlifter
Avishai Eilim	Male	Junior	83	217,5	160	232,5	610	Gold	African Jun BP and single-lift BP records
Matthew Palmer	Male	Junior	83	215	127,5	240	582,5	Silver	
Ryno du Plessis	Male	Junior	105	275	152,5	250	677,5	Gold	
Simon Curtain	Male	Junior	120	212,5	142,5	295	650	Silver	
Jodi Poxon	Female	Master 1	76	110	62,5	120	292,5	Gold	
Lauren Jones	Female	Master 1	84+	177,5	87,5	182,5	447,5	Gold	Best Master 1 Powerlifter African M1 SQ, BP, DL, Tot and single-lift BP records (broken afterwards by Marina)
Michele Townsend	Female	Master 1	84+	125	62,5	170	357,5	Silver	
Elisabeth Barry	Female	Master 2	52	85	37,5	115	237,5	Gold	Best Master 2 Powerlifter SA M2 SQ record African M2 SQ, BP, Tot and single-lift BP records
Buyisile Ngubane	Female	Master 2	84+	115	55	150	320	Gold	2 nd Best Master 2 Powerlifter SA M2 SQ, DL and Tot records
Dan Oppenheim	Male	Master 4	83	135	95	180	410	Gold	Best Master 4 Powerlifter African M4 SQ, BP, DL, Tot and single-lift BP records African M3 SQ, BP, DL, Tot and single-lift BP records
Tommie de Nysschen	Male	Master 3	93	150	147,5	160	457,5	Gold	Best Master 3 Powerlifter SA M3 BP and single-lift BP records African M3 BP and single-lift BP records Commonwealth M3 BP and single-lift BP records
Yaniv Lacob	Male	Master 2	74	135	110	167,5	412,5	Gold	
Derek Hayden	Male	Master 2	105	165	122,5	180	467,5	Silver	
Hermanus de Beer	Male	Master 2	120	215	152,5	270	637,5	Gold	2 nd Best Master 2 Powerlifter African M2 BP and Tot records
Denis Bensch	Male	Master 2	120	242,5	145	245	632,5	Silver	3 rd Best Master 2 Powerlifter SA M2 SQ record

									African M2 SQ record
Pieter Schoeman	Male	Master 2	120+	225	155	230	610	Gold	African M2 SQ, BP and Tot records
Lemuel Mncube	Male	Master 1	93	190	117,5	210	517,5	Gold	
Edlyn Serge	Male	Master 1	105	210	145	260	615	Silver	
Newton Mudau	Male	Master 1	120	250	175	240	665	Silver	3 rd Best Master 1 Powerlifter
Madikane Faku	Male	Master 1	120	235	90	280	605	Bronze	
Rosan van Wyngaard	Female	Open	57	105	60	155	320	Gold	African Open DL record
Hannah Langman	Female	Open	57	125	57,5	137,5	320	Silver	
Chantel Dreyer	Female	Open	63	120	60	135	315	Silver	
Sasha Gadney	Female	Open	69	145	100	175	420	Gold	3 rd Best Open Powerlifter African BP, Tot and single-lift BP records Commonwealth Open BP and single-lift BP records
V'leen Serge	Female	Open	76	137,5	67,5	170	375	Gold	
Megan Wright	Female	Open	84+	195	97,5	200	492,5	Gold	
Marina van der Linde	Female	Open	84+	180	100	205	485	Silver	SA M1 SQ, BP, DL, Tot and single-lift BP records African M1 SQ, BP, DL, Tot and single-lift BP records
Ruben van der Linde	Male	Open	74	230	135	260	625	Silver	
Leonardo Gomes	Male	Open	74	195	130	235	560	6 th	
Nkosinathi Ntuli	Male	Open	93	250	155	310	715	Gold	
Joshua Wilkins	Male	Open	93	227,5	160	290	677,5	Silver	
Kemeshan Naicker	Male	Open	105	240	160	270	670	Gold	
Daine Groenewald	Male	Open	120	252,5	160	290	702,5	Silver	
Stefan Schroder	Male	Open	120+	290	185	310	785	Gold	
Bryce Sillitoe	Male	SOI	120+	112,5	97,5	120	330	Gold	

EQUIPPED POWERLIFTING	Gender	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Medal /Place	Records
Dan Oppenheim	Male	Master 4	83	155	100	170	425	Gold	Best Master 4 Powerlifter African M4 SQ, BP, DL, Tot and single-lift BP records African M3 SQ and DL records

									African M2 SQ and DL records African M1 SQ and DL records African Open SQ and DL records
Tommie de Nysschen	Male	Master 3	83	152,5	167,5	162,5	482,5	Gold	Best Master 3 Powerlifter SA M3 BP and single-lift BP records SA M2 BP and single lift BP records SA M1 BP record African M3 BP, Tot and single-lift BP records African M2 BP, Tot and single-lift BP records African M1 BP, Tot and single-lift BP records African Open BP, Tot and single-lift BP records Commonwealth M3 BP and single-lift BP records
Hermanus de Beer	Male	Master 2	120	200	170	270	640	Gold	Best Master 2 Powerlifter African M2 SQ, BP, DL and Tot records African M1 SQ, BP, DL and Tot records African Open BP record
Alex Collocott	Male	Subjunior	74	170	127,5	180	477,5	Gold	SA SJ BP record African SJ SQ, BP, DL, Tot and single-lift BP records African Jun SQ, BP, DL, Tot and single-lift BP records African Open SQ, BP, DL and Tot records
Carol Anthony	Female	Master 2	57	117,5	55	125	297,5	Gold	Best Master 2 Powerlifter African M2 SQ, BP, DL, Tot and single-lift BP records African M1 SQ, BP, DL, Tot and single-lift BP records

									African Open SQ, BP, DL, Tot and single-lift BP records
Marieke van Linge	Female	Master 2	63	125	47,5	140	312,5	Gold	2 nd Best Master 2 Powerlifter SA M2 SQ and DL records African M2 SQ, BP, DL, Tot and single-lift BP records African M1 SQ, BP, DL, Tot and single-lift BP records
Chante Mulder	Female	Subjunior	69	145	92,5	142,5	380	Gold	3 rd Best Subjunior Powerlifter SA SJ SQ, BP, DL, Tot and single-lift BP records SA Jun SQ, BP, Tot and single-lift BP records African SJ SQ, BP, DL, Tot and single-lift BP records African Jun SQ, BP, DL, Tot and single-lift BP records African Open SQ, BP, DL and Tot records Commonwealth SJ SQ, BP, DL, Tot and single-lift BP records Commonwealth Jun SQ, BP, DL, Tot and single-lift BP records Commonwealth Open SQ, BP, DL and Tot records
Anika Maree	Female	Subjunior	76	145	77,5	115	337,5	Gold	African SJ BP record African Jun BP record Commonwealth SJ BP record Commonwealth Jun BP record
Haroun Pietersen	Male	Open	105	297,5	202,5	275	775	Silver	3 rd Best Open Powerlifter African Open SQ, BP, DL and Tot records

Best Lifter Awards

Classic Bench Press – Best Subjunior lifter : Jhanco Viljoen
 Classic Bench Press – Best Master 2 lifter : John Crain
 Classic Bench Press – Best Master 3 lifter : JC Bruce
 Classic Bench Press – Best Master 4 lifter : Dan Oppenheim
 Classic Bench Press – Best Special Olympics lifter : Bryce Sillitoe
 Classic Bench Press – Best Junior lifter : Jana Fox
 Equipped Bench Press – Best Subjunior lifter : Chante Mulder
 Equipped Bench Press – Best Master 3 lifter : Heather Leighton
 Equipped Bench Press – Best Subjunior lifter : Ferde Botha
 Classic Powerlifting – Best Subjunior lifter : Mijuane de Wet
 Classic Powerlifting – Best Junior lifter : Scott Pornss
 Classic Powerlifting – Best Master 1 lifter : Lauren Jones
 Classic Powerlifting – Best Master 2 lifter : Elisabeth Barry
 Classic Powerlifting – Best Master 3 lifter : Tommie de Nysschen
 Classic Powerlifting – Best Master 4 lifter : Dan Oppenheim
 Classic Powerlifting – Best Special Olympics lifter : Bryce Sillitoe
 Equipped Powerlifting – Best Master 4 lifter : Dan Oppenheim
 Equipped Powerlifting – Best Master 3 lifter : Tommie de Nysschen
 Equipped Powerlifting – Best Master 2 lifter : Carol Anthony
 Equipped Powerlifting – Best Master 2 lifter : Hermanus de Beer

Medal tables

MEDAL TABLE	MEN			WOMEN		
	Bronze	Silver	Gold	Bronze	Silver	Gold
Classic Bench Press	1	3	14			1
Equipped Bench Press		1	3			3
Classic Powerlifting	2	12	17	1	7	12
Equipped Powerlifting		1	4			4
TOTALS	3	17	38	1	7	20

Disabled Lifters and Special Olympics

Para-powerlifting athlete Ricardo Fitzpatrick competed in the Classic Bench Press event and achieved a Gold medal.

Special Olympics athlete Bryce Sillitoe competed both the Classic Bench Press and Classic Powerlifting events, and achieved Gold medals in both.

Referees and Officials

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

Hannie Smith

Vicki Botha

Ian Furman

Ilze-Mari Maritz

Megan Leighton

Andre Ludik

Dan Oppenheim

Cliff Hayim

Nic Ingel

Heather Leighton

Congratulations to Mike Poxon and Henk de Wet who passed their IPF Category II International Referee exams.

Designated Safeguarding Officers: Heather Leighton and Andre Ludik

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 next Asia/Pacific/Africa Classic and Equipped Powerlifting and Bench Press Championships will be held in Japan in 2025.

Heather Leighton (July 2024)