



South African Powerlifting Federation

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2022 Commonwealth Powerlifting and Bench Press Championships – Manager’s Report

South Africa sent a team of 15 powerlifters to Auckland, New Zealand to compete for South Africa in the Commonwealth Powerlifting and Bench Press Championships from 28 November – 4 December 2022. The team consisted of 8 female lifters, and 7 male lifters – 2 Subjuniors, 3 Juniors, 5 Open and 5 Masters lifters. The entire team performed exceptionally well, bringing home 32 medals in total and giving South Africa 7 Commonwealth Champions.

Team South Africa set 10 Commonwealth records, 49 African records and 15 South African National records.

Overall Results

The full results can be found here: <https://www.commonwealths2022.com/results>

Best M1 Lifter (Equipped Bench Press) : Simon Breetzke
Best M2 Lifter (Equipped Powerlifting) : Carol Anthony
Best Subjunior Lifter (Classic Bench Press) : Izak Kriel

Team SA Medals:

Powerlifting Championships:

	Bronze	Silver	Gold	
Squat		2	5	7
Benchpress		3	3	6
Deadlift	4	2	2	8
Total	1	3	4	8
<i>Count</i>	5	10	14	29

Bench Press Championships:

	Bronze	Silver	Gold	
Total			3	3
<i>Count</i>			3	3

President : Johan Smith
Vice President (I) : Heather Leighton
Vice President (N) : Andre Ludik (interim)
Treasurer : Gail McKenzie-Kerr
Secretary General : Cliff Hayim

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Detailed Results

Team South Africa's individual results are as follows:

Team South Africa – Classic Powerlifting					Results				Medals/placing				Records, etc
First Name	Surname	Gender	Age	Weight Cat	SQ	BP	DL	Total	SQ	BP	DL	Total	
Rochelle	Van der Merwe	Female	SJ	76kg	132.5	65	155.5	353	Gold	Silver	Gold	Gold	3 rd Best Subjunior Lifter Commonwealth SJ SQ, BP, DL, Tot and single-lift BP records African SJ SQ, BP, DL, Tot and single-lift BP records SA National SJ SQ, BP, DL, Tot and single-lift BP records
Olivia	White	Female	Jun	76kg	155	90	162.5	407.5	Gold	Silver	Bronze	Silver	Commonwealth Jun SQ record African Jun SQ, BP, DL, Tot and single-lift BP records African Open BP and single-lift BP records SA National Jun SQ, BP, DL, Tot and single-lift BP records
Karin	Du Plessis	Female	Jun	84+kg	152.5	82.5	147.5	382.5	5 th	4 th	4 th	4 th	African Jun SQ, BP, DL, Tot and single-lift BP records African Open BP and single-lift BP records
Amelia	Krishna	Female	Open	63kg	132.5	50	165	347.5	5 th	6 th	4 th	5 th	African Open DL and Tot records
Pia	Marangoni	Female	M 1	76kg	132.5	65	161	358.5	Silver	4 th	Silver	Silver	African M1 SQ, BP, DL, Tot and single-lift BP records
Grant	O'Donoghue	Male	Jun	83kg	212.5	122.5	242.5	577.5	8 th	8 th	6 th	7 th	African Jun SQ record
Jason	Knowles	Male	Open	83kg	235	140	220	595	4 th	4 th	11 th	5 th	
Sibusiso	Sishi	Male	Open	93kg	250	165	292.5	707.5	6 th	4 th	Bronze	Bronze	
Simon	Breetzke	Male	M1	120+kg	287.5	185	270	742.5	Gold	Gold	Bronze	Gold	African M1 SQ, BP and single-lift BP records

Alan	Ridgard	Male	M 2	93kg	187.5	112.5	215	515	4 th	4 th	5 th	5 th	African M2 SQ, DL, Tot records African M1 SQ, DL, Tot records
Denis	Bensch	Male	M 2	120kg	232.5	140	232.5	605	Silver	Silver	Bronze	Silver	African M2 SQ record African M1 SQ record SA National M2 SQ record

Team South Africa – Equipped Powerlifting					Results				Medals/placing				Records
First Name	Surname	Gender	Age	Weight Cat	SQ	BP	DL	Total	SQ	BP	DL	Total	
Chantelle	Du Toit	Female	Open	76kg	175.5	108	165	448.5	Gold	Gold	Silver	Gold	Commonwealth Open SQ, BP and Tot records African Open SQ, BP, DL, Tot and single-lift BP records SA National Open SQ, BP and single-lift BP records
Carol	Anthony	Female	M 2	52kg	110	52.5	127.5	290	Gold	Gold	Gold	Gold	Best M2 Lifter African M2 DL record African M1 DL record African Open DL record

Team South Africa – Classic Bench Press					Results	Medals/ Placing	Records
First Name	Surname	Gender	Age	Weight Cat			
Izak	Kriel	Male	SJ	93kg	125	Gold	Best Subjunior Lifter African SJ single-lift BP record

Team South Africa – Equipped Bench Press					Results	Medals/ Placing	Records
First Name	Surname	Gender	Age	Weight Cat			
Megan	Leighton	Female	Open	69kg	113	Gold	3 rd Best Open Lifter Commonwealth Open single-lift BP record African Open single-lift BP record SA National Open single-lift BP record
Simon	Breetzke	Male	M 1	120+kg	240	Gold	Best M1 Lifter African M1 single-lift BP record

Referees

Rodney Anthony, Chantelle du Toit and Megan Leighton officiated as Referees and on the Jury during the championship.

Commonwealth Powerlifting General Assembly

At the General Assembly the following was decided:

- The South African proposal to split the Bench Press Championships from the Powerlifting Championships was accepted, and so the first Commonwealth Classic and Equipped Bench Press Championships will be held in 2023.
- South Africa was awarded the bid to host the 2024 Commonwealth Equipped and Classic Powerlifting Championships, to be held in Cape Town.

Heather Leighton (08/12/2022)