



South African Powerlifting Federation

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2024 IPF World Masters Classic and Equipped Powerlifting Championships-and- 2024 Commonwealth Classic and Equipped Bench Press and Powerlifting Championships – Manager’s Report

South African and the South African Powerlifting Federation proudly hosted the combined IPF World Masters Classic and Equipped Powerlifting Championships, together with the Commonwealth Classic and Equipped Bench Press and Powerlifting Championships, from 2-13 October 2024 in Sun City. There were representatives from 45 countries for the World Masters, and 16 countries for the Commonwealth Championships, with a total of 1100 entries to the 6 events - making this the largest powerlifting event of its kind. Powerlifters competed on two platforms in parallel for 10 days in the huge SunPark hall in the Sun City resort.

The events were

- IPF World Masters Classic Powerlifting Championships (Men and Women)
- IPF World Masters Equipped Powerlifting Championships (Men and Women)
- Commonwealth Classic Bench Press Championships (Men and Women; Subjunior, Junior, Open, Master 1-4)
- Commonwealth Equipped Bench Press Championships (Men and Women; Subjunior, Junior, Open, Master 1-4)
- Commonwealth Classic Powerlifting Championships (Men and Women; Subjunior, Junior, Open, Master 1-4)
- Commonwealth Equipped Powerlifting Championships (Men and Women; Subjunior, Junior, Open, Master 1-4)

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.

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Vice President (I) : Heather Leighton
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In the South African team we had 95 lifters, 53 male and 42 female, across all age categories (Subjunior, Junior, Open, Master 1, Master 2, Master 3, Master 4 and Special Olympics).

Team South Africa results were exceptional – we have 4 new World Champions, and 36 Commonwealth Champions. set 2 World records, 81 South African National records, many Commonwealth records, and many African records, with 12 Best Lifter trophies going to lifters from South Africa.

Overall Results

The full results of the World Masters Championships can be found here: <https://www.powerlifting.sport/championships/results/2024/world-masters-powerlifting-championships-2024>

The full results of the Commonwealth Championships can be found here: <https://goodlift.info/competitions.php?year=2024>

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 :

WORLD MASTERS CLASSIC POWERLIFTING	Gender	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Medal /Place	Records
Tarryn Valle	Female	Master 1	52kg	90	55	140	285	4 th	
Pia Marangoni	Female	Master 1	76kg	152.5	77.5	180	410	7 th	SA M1 Squat, Deadlift, Total records
Phokwane Moloele	Female	Master 1	84kg	145	77.5	170	393.5	11 th	
Marina van der Linde	Female	Master 1	84+kg	185	102.5	200	487.5	5 th	SA M1 SQ, BP, DL, Total records
Lauren Jones	Female	Master 1	84+kg	-	87.5	185	-	-	
Elisabeth Barry	Female	Master 2	47kg	75	37.5	105	217.5	GOLD	World Champion, SA M2 BP record
Vanessa Schlebusch	Female	Master 2	52kg	70	45	110	225	4 th	
Antoinette Kriel	Female	Master 2	57kg	125	82,5	181	388.5	GOLD	World Champion, 3 rd Best M2 Lifter World M2 DL and TOT records

									SA M2 DL and Total records SA M1 DL and Total records SA Open DL and Total records
Bonita Bloem	Female	Master 2	76kg	125	62.5	137.5	325	10 th	
Steven Coleman	Male	Master 1	66kg	125	117.5	157.5	400	BRONZE	
Chris Forget	Male	Master 1	83kg	257.5	132.5	272.5	662.5	6 th	SA Open SQ record, SQ M1 SQ, DL and Tot records
Marlon Daniels	Male	Master 1	83kg	250	145	240	635	10 th	
Deon Smedley	Male	Master 1	93kg	237.5	140	255	632.5	7 th	
Newton Mudau	Male	Master 1	120kg	272.5	175	242.5	690	5 th	SA M1 SQ record
Braam van Huyssteen	Male	Master 1	120kg	215	115	230	560	7 th	
Alan Ridgard	Male	Master 2	93kg	202.5	120	230	552.5	8 th	
Derek Hayden	Male	Master 2	105kg	180	117.5	202.5	500	6 th	
Hermanus de Beer	Male	Master 2	120kg	215	152.5	265	632.5	6 th	
Denis Bensch	Male	Master 2	120kg	245	135	240	620	7 th	SA M2 SQ record
John Crain	Male	Master 2	120+kg	205	177.5	260	642.5	8 th	SA M2 DL and Tot records
Ian Hacker	Male	Master 3	74kg	205	115	205	525	BRONZE	SA SQ and Tot records
Tommie de Nysschen	Male	Master 3	83kg	140	145	100	385	8 th	
Dan Oppenheim	Male	Master 4	83kg	140	95	170	405	SILVER	

WORLD MASTERS EQUIPPED POWERLIFTING	Gender	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Medal /Place	Records
Jacqui Rees	Female	Master 1	84+kg	190	125	175	490	GOLD	World Champion SA M1 BP record
Carol Anthony	Female	Master 2	52kg	110	52.5	120	282.5	SILVER	
Marieke van Linge	Female	Master 2	63kg	117.5	60	135	312.5	4 th	
Laura de Wet	Female	Master 2	69kg	185	90	190	465	GOLD	World Champion Best Lifter M2 SA M2 DL record SA M1 DL record SA Open DL record
Heather Leighton	Female	Master 3	69kg	92.5	67.5	107.5	267.5	SILVER	SA M3 BP, DL, Tot records
Hermanus de Beer	Male	Master 2	120kg	215	170	265	650	BRONZE	

Tommie de Nysschen	Male	Master 3	83kg	167.5	162.6	172.5	502.5	4 th	
Dan Oppenheim	Male	Master 4	83kg	165	110	150	425	SILVER	

COMMONWEALTH CLASSIC BENCH PRESS CHAMPIONSHIPS	Gender	Age Cat	Weight Cat		Bench		Total	Medal /Place	Records
Jana Fox	Female	Subjunior	63kg		57,5		57,5	GOLD	Commonwealth Champion 3 rd Best Subjunior lifter
Maahir Martin	Male	Open	93kg		190		190	GOLD	Commonwealth Champion 2 nd Best Open lifter SA single lift BP record
Fabio Yslie	Male	Open	105kg		195		195	SILVER	
Jared Leask	Male	Open	120+kg		220		220	SILVER	
Ferde Botha	Male	Subjunior	66kg		90		90	GOLD	Commonwealth Champion
Blaine Colman	Male	Subjunior	74kg		125		125	GOLD	Commonwealth Champion 2 nd Best Subjunior lifter
Alex Collocott	Male	Subjunior	74kg		100		100	BRONZE	
Arne Botes	Male	Subjunior	105kg		130		130	GOLD	Commonwealth Champion
Steven Coleman	Male	Master 1	66kg		125		125	GOLD	Commonwealth Champion
Ricardo Fitzpatrick	Male	Master 1	83kg		150		150	GOLD	Commonwealth Champion 3 rd Best M1 lifter
David Jacobsz	Male	Master 1	93kg		170		170	GOLD	Commonwealth Champion 2 nd Best M1 lifter
Craig Masson	Male	Master 1	120kg		160		160	GOLD	Commonwealth Champion
Werner Koekemoer	Male	Master 1	120+kg		160		160	GOLD	Commonwealth Champion
Hermanus de Beer	Male	Master 2	120kg		150		150	SILVER	3 rd Best M2 lifter
John Crain	Male	Master 2	120+kg		177.5		177.5	GOLD	Commonwealth Champion Best M2 lifter
JC Bruce	Male	Master 3	66kg		80		80	SILVER	
Dan Oppenheim	Male	Master 4	83kg		95		95	GOLD	Commonwealth Champion
Bryce Sillitoe	Male	Special Olympics	120+kg		100		100	GOLD	Commonwealth Champion

COMMONWEALTH EQUIPPED BENCH PRESS CHAMPIONSHIPS	Gender	Age Cat	Weight Cat		Bench		Total	Medal /Place	Records
Chante Mulder	Female	Subjunior	69kg		95		95	GOLD	Commonwealth Champion Best Subjunior lifter
Heather Leighton	Female	Master 3	69kg		72,5		72,5	GOLD	Commonwealth Champion 2 nd Best Master3 lifter SA M3 single-lift BP record
Craig Masson	Male	Open	120kg		230		230	BRONZE	SA M1 single-lift BP record
Ferde Botha	Male	Subjunior	66kg		105		105	GOLD	Commonwealth Champion Best Subjunior lifter
Simon Breetzke	Male	Master 1	120+kg		265		265	GOLD	Commonwealth Champion Best M1 lifter SA M1 single-lift BP record
Hermanus de Beer	Male	Master 2	120kg		165		165	SILVER	2 nd Best M2 lifter
John Crain	Male	Master 2	120+kg		160		160	GOLD	Commonwealth Champion 3 rd Best M2 lifter

COMMONWEALTH CLASSIC POWERLIFTING CHAMPIONSHIPS	Gender	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Medal /Place	Records
Giulia Muto	Female	Open	52kg	130	75	137.5	342.5	BRONZE	
Chevonne Roos	Female	Open	57kg	142.5	77.5	135	355	BRONZE	SA Open SQ record
Daniella da Silva	Female	Open	63kg	155	75	177.5	407.5	BRONZE	SA Open Total record
Sasha Gadney	Female	Open	69kg	160	102,5	185	447.5	SILVER	SA Open BP, DL, Total records
V'leen Serge	Female	Open	76kg	135	65	167.5	367.5	4 th	
Nicole Cooposamy	Female	Open	84kg	197.5	107.5	233	538	GOLD	Commonwealth Champion 3 rd Best Open lifter SA Open DL and Total records
Danielle Waldeck	Female	Open	84+kg	212.5	25	70	307.5	7th	SA Open SQ record
Grace Roberts	Female	Subjunior	57kg	97.5	57.5	125	280	SILVER	
Joanna Ridgard	Female	Subjunior	57kg	72.5	50	105	227.5		
Lisa Stander	Female	Subjunior	76kg	140	72.5	190	402.5	GOLD	Commonwealth Champion

									2 nd Best Subjunior lifter SA SJ DL and Tot records SA Jun DL record
Rochelle van der Merwe	Female	Subjunior	76kg	145	75	155	385	SILVER	SA SJ SQ and BP records
Ava Bezuidenhout	Female	Subjunior	84kg	125	57.5	127.5	310	SILVER	
Simone van der Merwe	Female	Subjunior	84+kg	130	60	150	340	SILVER	
Kate Wilkin	Female	Junior	57kg	92.5	55	117.5	265	6 th	
Gaia Mottalini	Female	Junior	63kg	127.5	75	147.5	350	6 th	SA Jun BP record
Megan Stringer	Female	Junior	63kg	130	67.5	140	337.5	7 th	
Charnleigh Kotze	Female	Junior	69kg	161	95	182.5	438.5	GOLD	Commonwealth Champion SA Jun SQ, DL, Tot records SA Open SQ record
Tarryn Valle	Female	Master 1	52kg	90	55	140	285	BRONZE	
Pia Marangoni	Female	Master 1	76kg	152.5	77.5	180	410	4 th	SA M1 Squat, Deadlift, Total records
Michele Townsend	Female	Master 1	84+kg	122.5	62.5	160	345	6 th	
Lauren Jones	Female	Master 1	84+kg	-	87.5	185	-	-	
Elisabeth Barry	Female	Master 2	47kg	75	37.5	105	217.5	GOLD	Commonwealth Champion, SA M2 BP record
Bonita Bloem	Female	Master 2	76kg	125	62.5	137.5	325	7 th	
Geordie Goliath	Male	Open	59kg	200	107.5	200	507.5	SILVER	SA Open SQ record
Ruben van der Linde	Male	Open	74kg	230	137.5	267.5	635	BRONZE	
Grant O'Donoghue	Male	Open	83kg	230	125	250	605	10 th	
Nkosinathi Ntuli	Male	Open	93kg	260	150	300	710	6 th	
Bandile Khuzwayo	Male	Open	93kg	260	125	270	655	10 th	
Sibusiso Sishi	Male	Open	105kg	260	172.5	260	692.5	8 th	
Jaden Madhav	Male	Subjunior	66kg	177.5	90	195	462.5	SILVER	SA SJ SQ record
Christopher Williams	Male	Subjunior	83kg	210	130	267.5	607	GOLD	Commonwealth Champion Best SJ Lifter
Ryan Sutton	Male	Subjunior	83kg	215	125	220	560	6 th	
Szethyn Fulop	Male	Subjunior	93kg	205	130	220	565	5 th	
Scott Pornss	Male	Junior	74kg	225	160	280	665	GOLD	Commonwealth Champion 2 nd Best Junior lifter
Nicholas Snyman	Male	Junior	74kg	220	140	250	610	BRONZE	
Matthew Palmer	Male	Junior	83kg	212.5	135	240	587.5	9 th	
Simon Thomas	Male	Junior	93kg	215	142.5	240	597.5	12 th	

Daniel Cotton	Male	Junior	105kg	255	150	312.5	717.5	4 th	SA Jun DL record
Simon Curtain	Male	Junior	120kg	215	140	290	645	5 th	
Marlon Daniels	Male	Master 1	83kg	250	145	240	635	BRONZE	3 rd Best M1 lifter
Deon Smedley	Male	Master 1	93kg	237.5	140	255	632.5	BRONZE	
Edlyn Serge	Male	Master 1	105kg	220	-	272.5	-		
Newton Mudau	Male	Master 1	120kg	272.5	175	242.5	690	SILVER	SA M1 SQ record
Braam van Huyssteen	Male	Master 1	120kg	215	115	230	560	4 th	
Yaniv Lacob	Male	Master 2	74kg	115	107.5	170	392	BRONZE	
Alan Ridgard	Male	Master 2	93kg	202.5	120	230	552.5	5 th	
Derek Hayden	Male	Master 2	105kg	180	117.5	202.5	500	SILVER	
Hermanus de Beer	Male	Master 2	120kg	215	152.5	265	632.5	BRONZE	
Denis Bensch	Male	Master 2	120kg	245	135	240	620	4 th	SA M2 SQ record
John Crain	Male	Master 2	120+kg	205	177.5	260	642.5	SILVER	SA M2 DL and Tot records
Tommie de Nysschen	Male	Master 3	93kg	167.5	148	175	490.5	SILVER	SA M3 SQ and Tot records
Dan Oppenheim	Male	Master 4	83kg	165	110	150	425	GOLD	Commonwealth Champion Best M4 Lifter
Bryce Sillitoe	Male	Special Olympics	120+kg	115	107.5	130	352.5	GOLD	Commonwealth Champion

COMMONWEALTH EQUIPPED POWERLIFTING CHAMPIONSHIPS	Gender	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Medal /Place	Records
Janel Daffue	Female	Open	63kg	152.5	85	152.5	390	GOLD	Commonwealth Champion 2 nd Best Open Lifter
Mijuane de Wet	Female	Subjunior	63kg	190	108	190	488	GOLD	Commonwealth Champion Best Subjunior Lifter Commonwealth SJ BP record SA SJ BP, DL and Tot records SA Jun BP, DL and Tot records SA Open DL and Tot records SA SJ and Jun single-lift BP records
Chante Mulder	Female	Subjunior	69kg	147.5	87.5	140	375	GOLD	Commonwealth Champion 2 nd Best Subjunior lifter SA SJ SQ record

									SA Jun SQ record
Anika Maree	Female	Subjunior	76kg	140	77.5	130	347.5	GOLD	Commonwealth Champion
Nicole Hassell	Female	Junior	57kg	150	95	140	385	SILVER	
Carol Anthony	Female	Master 2	52kg	110	52.5	120	282.5	GOLD	Commonwealth Champion 3 rd Best M2 lifter
Marieke van Linge	Female	Master 2	63kg	117,5	60	135	312.5	SILVER	
Heather Leighton	Female	Master 3	69kg	92.5	67.5	107.5	267.5	SILVER	2 nd Best M3 lifter SA M3 BP, DL, Tot records
Haroun Pietersen	Male	Open	105kg	302.5	212.5	285	800	GOLD	Commonwealth Champion Best Open Lifter
Sean Britz	Male	Junior	105kg	270	162.5	255	687.5	SILVER	
Justin Furman	Male	Junior	120kg	340	175	305	820	SILVER	
Hermanus de Beer	Male	Master 2	120kg	215	152.5	265	632.5	GOLD	Commonwealth Champion 2 nd Best M2 lifter
Tommie de Nysschen	Male	Master 3	83kg	167.5	162.5	172.5	502.5	GOLD	Commonwealth Champion 3 rd Best M3 lifter
Dan Oppenheim	Male	Master 4	83kg	165	110	150	425	GOLD	Commonwealth Champion Best M4 lifter

Best Lifter and Best Team Awards

World Masters Championships

Equipped Powerlifting – Best M2 lifter – Laura de Wet

Equipped Powerlifting – 2nd Best Master 2 team – South Africa (Silver team medals go to Laura de Wet, Carol Anthony and Marieke van Linge)

Commonwealth Championships

Equipped Bench Press – Best Subjunior lifter : Chante Mulder

Equipped Bench Press – Best Subjunior lifter : Ferde Botha

Equipped Bench Press – Best Master 1 lifter : Simon Breetzke

Classic Bench Press – Best Master 2 lifter : John Crain

Classic Bench Press – Best Master 4 lifter : Dan Oppenheim

Classic Bench Press – Best Special Olympics lifter : Bryce Sillitoe

Classic Powerlifting – Best Subjunior lifter : Christopher Williams

Classic Powerlifting – Best Master 4 lifter : Dan Oppenheim

Equipped Powerlifting – Best Subjunior lifter : Mijuane de Wet

Equipped Powerlifting – Best Open lifter : Haroun Pietersen

Equipped Powerlifting – Best Master 4 lifter : Dan Oppenheim

Classic Powerlifting – 3rd Best Open Women’s Team : South Africa (Bronze team medals to Nicole Coopoosamy, Sasha Gadney, Giulia Muto, Chevonne Roos, Daniella da Silva)

Classic Powerlifting – Best Subjunior Women’s team

Classic Best Press – Best Subjunior Men’s team

Classic Bench Press – Best Master 1 Men’s team

Classic Powerlifting – Best Master 2 Men’s team

Equipped Powerlifting – Best Subjunior Women’s team

Medal tables

WORLD MASTERS CLASSIC POWERLIFTING		MEN			WOMEN		<i>Total count</i>
	Bronze	Silver	Gold	Bronze	Silver	Gold	
Squat	2	1	1	1		1	6
Bench Press	1	3	1			2	7
Deadlift	1	2				2	5
Total	2	1				2	5
TOTAL COUNT	6	7	2	1		7	23

WORLD MASTERS EQUIPPED POWERLIFTING		MEN			WOMEN		<i>Total Count</i>
	Bronze	Silver	Gold	Bronze	Silver	Gold	
Squat		1			2	2	5
Bench Press		2			3	1	6
Deadlift	2				3	1	6
Total	1	1			2	2	6

TOTAL COUNT	3	4			10	6	23
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COMMONWEALTH EQUIPPED POWERLIFTING		MEN			WOMEN			Total count
	Bronze	Silver	Gold	Bronze	Silver	Gold		
Squat		2	4	1	2	5	14	
Bench Press		3	3	1	2	5	14	
Deadlift		3	3		3	5	14	
Total		2	4		3	5	14	
TOTAL COUNT		10	14	2	10	20	56	

COMMONWEALTH CLASSIC POWERLIFTING		MEN			WOMEN			Total count
	Bronze	Silver	Gold	Bronze	Silver	Gold		
Squat	4	5	5	5	3	5	27	
Bench Press	3	6	5	4	5	3	26	
Deadlift	7	5	6	3	5	4	30	
Total	6	6	4	4	5	4	29	
TOTAL COUNT	20	22	20	16	18	16	112	

COMMONWEALTH BENCH PRESS		MEN			WOMEN			Total count
	Bronze	Silver	Gold	Bronze	Silver	Gold		
Classic Bench Press	1	4	12			1	18	
Equipped Bench Press	1	2	3			2	8	
TOTAL COUNT	2	6	15			3	26	

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, Technical Controllers, Announcers and on the Jury during the championship.

Hannie Smith

Vicki Botha

Ian Furman

Cliff Hayim

Megan Leighton

Chantelle du Toit

Andre Ludik

Dan Oppenheim

Cliff Hayim

Nic Ingel

Jacqui Rees

Heather Leighton

Tarryn Valle

Congratulations to Laura de Wet who passed her IPF Category II International Referee exam.

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 Sun City resort was selected as the venue for this event because of the resort's ability to accommodate an event of this size, and also as a drawcard for participants to stay on to enjoy the tourist attractions of the resort and the surrounding area. South Africa was exposed to visitors from over 50 countries during the event. The event attracted 1100 participants, and their coaches and families, plus about 100 officials and other attendees – which gives an idea of the hotel

bed occupancy in the resort and surrounding venues, attractions and restaurants resulting from the championships. Many attendees stayed on in South Africa after the championships to visit other tourist destinations, like the Kruger Park and Cape Town.

The SAPF and Meet Director were obliged to make use of various companies contracted through Sun City for the purposes of the event, including

- the lighting infrastructure for the competition platform
- communication infrastructure for livestreaming the event
- other electrical installation for the championships
- Security personnel
- Cleaning personnel
- refreshment station in the hall
- transport of attendees within the Sun City venue
- Medical services

Further external contractors were used for the following services:

- Transport of attendees between airport and venue
- Transport of equipment between Fochville and Sun City
- Creation of Medals, Participation medals and Best Lifter Trophies
- Wozamoya (part of the Hillcrest AIDS Centre Trust) were contracted to provide wire Proteas which were awarded to each category winner.
- South African insurance companies to provide Professional Indemnity cover
- Appropriate concerns / personnel to meet safety requirements

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 SAPF Executive received high praise from attendees for the standard of the competition, and many expressed definite interest in coming back to South Africa for future events to be held in similar venues.

The next World Masters Powerlifting Championships will be held in Cape Town in 2025, and the next Commonwealth Powerlifting Championships will be held in Canada in 2026.

Heather Leighton (October 2024)