



South African Powerlifting Federation

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2019 African Powerlifting and Bench Press Championships – Manager's Report

South Africa hosted the African Powerlifting and Bench Press Championships in Potchefstroom from 1 – 5 October 2019. The event was attended by representatives from Algeria, Egypt, Ghana, Ivory Coast, Libya, Morocco, Namibia, South Africa and Zimbabwe, with 122 entrants across the four competitions of Equipped Bench Press, Equipped Powerlifting, Classic Bench Press and Classic Powerlifting.

A team of 65 powerlifters competed for South Africa in the Championships. The team consisted of 28 female and 37 male lifters.

Team South Africa won 63 medals in total, set 4 new African records and 22 South African National records. South Africa also won 16 of the 27 Best Lifter awards.

Medals

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

Team SA MEN	Bronze	Silver	Gold	Count
Equipped Bench Press			2	2
Classic Bench Press	1	1	6	8
Equipped Powerlifting			3	3
Classic Powerlifting	4	8	10	22
<i>Count</i>	5	9	21	35

Team SA WOMEN	Bronze	Silver	Gold	Count
Equipped Bench Press		1	3	4
Classic Bench Press			1	1
Equipped Powerlifting		1	4	5
Classic Powerlifting	1	3	14	18
<i>Count</i>	1	5	22	28

President : Johan Smith
Vice President (I) : Heather Leighton
Vice President (N) : Ephraim Khandanise
Treasurer : Gail McKenzie-Kerr
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Detailed Results

The full results of all four events can be found here: <http://www.powerlifting-africa.com/results.html>

The updated African Records can be found here: <http://www.powerlifting-africa.com/records.html>

The updated South African Records can be found here:

Equipped:

<http://www.powerliftingsa.co.za/sites/default/files/201910%20Equipped%20Records%20after%20African%20Powerlifting%20Championships%202019.pdf>

Classic:

<http://www.powerliftingsa.co.za/sites/default/files/201910%20Classic%20Records%20after%20African%20Powerlifting%20Championships%202019.pdf>

Referees

SAPF President Johan Smith, in his capacity as Technical Chairman of the IPF and APF, oversaw the running of the championships, as well as officiating on the jury. The following South African international referees also officiated during the championships: Alan Ferguson, Andre Ludik, Vicki Botha, Megan Leighton, Heather Leighton. Congratulations go to Jacqui Rees who passed her International Cat II referee exam.

APF Annual Congress

The African Powerlifting Federation congress was held at the start of the championships. The following SAPF members were re-elected to positions on the APF Executive:

Heather Leighton – Vice President APF

Hannie Smith – Technical Chairman APF

Alan Ferguson has decided to step down as the Regional Representative for Africa on the IPF Executive Committee, and the APF unanimously agreed to nominate Heather Leighton as his successor. This appointment will be ratified at the IPF General Assembly in November 2019.

South Africa won the bid to host the next African Powerlifting and Bench Press Championships in 2020.

Heather Leighton (09/10/2019)

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