



South African Powerlifting Federation

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2022 African Classic and Equipped Powerlifting and Bench Press Championships – Manager’s Report

The 2022 African Classic and Equipped Powerlifting and Bench Press Championships was held from 15-17 September, in Meknes, Morocco, and was attended by around 60 participants from Algeria, Egypt, Ivory Coast, Morocco, South Africa and Tunisia.

South Africa fielded a team of 6 lifters who competed in the Classic Bench Press and Classic Powerlifting events. John Crain won the Best Master 2 lifter award in the Classic Bench Press event, and in the Classic Powerlifting events Tarryn Valle won the Best Master 1 lifter award and Hermanus de Beer won the Best Master 2 lifter award.

The team won a total of 6 Gold and 2 Silver medals, and set 26 new African records.

Referees

Hannie Smith and Heather Leighton officiated as referees, jury and scorer for the duration of the championships.

Detailed Results

The full results can be found on the APF website here: <https://www.powerlifting-africa.com/results>

Team South Africa’s individual results are as follows:

Classic Bench Press:

Name	Weight Cat	Age Cat	Bench	Result
Hermanus de Beer	120kg	Master 2	140kg	Gold medal
John Crain	+120kg	Master 2	160kg	Gold medal, Best M2 lifter

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Vice President (I) : Heather Leighton
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Classic Powerlifting:

Name	Weight Cat	Age Cat	Squat	Bench	Deadlift	Total	Result
Nkosinathi Ntuli	93kg	Open	235	150	280	665	Silver medal
Braam Nel	74kg	Subjunior	162,5	75	200	437,5	Silver medal, 2 nd best SJ lifter
Hermanus de Beer	120kg	Master 2	200	140	270	610	Gold medal, Best M2 lifter 4 African M2 records 5 African M1 records
John Crain	+120kg	Master 2	150	150	240	540	Gold medal, 2 nd Best M2 lifter 4 African M2 records 3 African M1 records
Farzana Botha	52kg	Open	100	65	155	320	Gold medal. 5 African Open records
Tarryn Valle	52kg	Master 1	87,5	42,5	130	260	Gold medal, Best M1 lifter 5 African M1 records

APF EC meeting

At an APF EC meeting held on 14 October 2022, it was resolved that the existing APF Powerlifting and Bench Press record standards would be removed, allowing any eligible lifter to claim an APF record from a championships of the required level (Regional, International or World) where the appropriate level of referees and jury are in place (as per IPF rules). Existing APF records already claimed/awarded will not be changed.

2023 African Powerlifting Championships

From 2023, the African Championships will be split into two events, with one held in the south and one in the north each year. The 2023 African Classic and Equipped Bench Press Championships will be held in South Africa, and the 2023 African Classic and Equipped Powerlifting Championships will be held in Algeria.

Heather Leighton (20/10/2022)