



South African Powerlifting Federation

2017 African Powerlifting and Bench Press Championships – Manager's Report

A small team of 3 powerlifters competed for South Africa in the African Powerlifting and Classic Bench Press Championships held in Bejaia, Algeria from 18-21 October 2017. The championship was contested by 89 lifters from 8 different countries, namely Algeria, Egypt, Libya, Morocco, Ivory Coast, Cameroon and South Africa, with a few French lifters competing in the concurrent Mediterranean events.

The full results can be found here: <http://www.powerliftingsa.co.za/node/1250>

Here is the final #TeamSA medal count: the team won a total of 4 gold medals, and set a new SA National record and a new African record.

Medals

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

	Bronze	Silver	Gold	Total
Men			2	2
Ladies			2	2
<i>Total</i>			4	4

Detailed Results

Here are the individual results for our lifters:

Event	Lifter	Age Category	Weight Division	Total	Medal/ Place	Records
Classic Bench	Wynand Kuhn	Subjunior	66kg	100.0kg	GOLD	
Classic Bench	Carol Anthony	Master 2	57kg	45.0kg	GOLD	
Classic Powerlifting	Carol Anthony	Master 2	57kg	245.0kg	GOLD	
Classic Powerlifting	Christo Schoonraad	Master 2	105kg	622.5kg	GOLD	African M2 Squat record, SA M2 Squat record

Best Lifters

Both Carol Anthony and Christo Schoonraad were the best Master 2 lifters overall, and Wynand Kuhn was the best Subjunior lifter in the Bench Press event.

Referees and Officials

South African referees Johan Smith, Alan Ferguson and Rodney Anthony officiated as Referees or on the Jury for various sessions during the championships, and Team SA Manager Heather Leighton assisted with weigh-ins and scoring.

Feedback from APF Congress

The new standards for African Powerlifting records were proposed and agreed at the Congress meeting, after which 37 new African records were set during the championships.

The next African Powerlifting Championships will be held in Morocco in 2018.

Heather Leighton – Team manager