



# South African Powerlifting Federation

## 2018 African and Arab Powerlifting Championships – Manager's Report

A team of 13 powerlifters competed for South Africa in the African and Arab Powerlifting Championships held in Meknes, MOROCCO from 18-20 October 2018. The championship was contested by 104 lifters from 10 different countries.

The countries participating in the African Championships were Morocco, Algeria, Libya, Egypt, Ivory Coast, Ghana and South Africa, with lifters from Iraq, Kuwait and Syria joining Morocco, Libya and Egypt in the Arab competition.

The full results will be found on the African Powerlifting website [www.powerlifting-africa.com](http://www.powerlifting-africa.com) (to be published shortly)

### Team SA Results

Team SA won 17 Gold medals, 1 Silver and 1 Bronze. Our lifters set 6 new Commonwealth records, 10 new African records, and 16 new South African National records. Our lifters also took 12 Best Lifter awards. Here are the individual results for Team SA:

Classic Powerlifting – Men	Age Cat	Weight Div	Squat	Bench	Deadlift	Total	Wilks points	Place	Records/Awards
Karabo Manamela	J	74kg	180	100	215	495	379.071	GOLD	
Charles Johnson	M1	105kg	225	160	250	635	383.413	GOLD	
Colin Young	M3	105kg	160	166	220	546	328.148	GOLD	Commonwealth M3 BP record, Commonwealth M3 BP only record, African M3 and M2 BP records, African M3 and M2 BP only records,

									SA M3 BP,DL and Tot records, SA M2 BP record, SA M3 and M2 BP only Records, Best Master 3 Lifter
<b>Armand Bekker</b>	O	93kg	220	145	270	635	404.368	BRONZE	

Classic Powerlifting - Women	Age Cat	Weight Div	Squat	Bench	Deadlift	Total	Wilks points	Place	Records/Awards
<b>Carol Anthony</b>	M2	52kg	75	45	127.5	247.5	310.192	GOLD	African M2 DL record, Best Master 2 lifter
<b>Penelope Rimmer</b>	M2	84kg	105	47.5	125	277.5	252.164	GOLD	SA M2 SQ,DL and Tot records
<b>Vicki Botha</b>	M1	57kg	130	75	160	365	429.897	GOLD	African M1 SQ, DL and Tot Records, Best Master 1 lifter
<b>Leandre Venter</b>	SJ	57kg	85	40	85	210	246.267	GOLD	Best SubJunior Lifter
<b>Zelia Brook- Sofianos</b>	O	52kg	102.5	55	130	287.5	359.059	GOLD	
<b>Megan Brook- Sofianos</b>	O	84+kg	175	92.5	180	447.5	364.489	GOLD	

Equipped Powerlifting - Women	Age Cat	Weight Div	Squat	Bench	Deadlift	Total	Wilks points	Place	Records/Awards
<b>Joan Swart</b>	M2	57kg	95	60	135	290	340.460	GOLD	SA M2 DL and Tot records, Best Master 2 lifter
<b>Vicki Botha</b>	M1	57kg	160	80	160	400	471.680	GOLD	Commonwealth M1 SQ and Tot records, SA M1 BP record,

									SA M1 BP Only record, Best M1 lifter
Christi de Jager	O	84+kg	165	130	155	450	384.165	GOLD	Best Open lifter
Jacqui Rees	O	84+kg	175	100	170	445	376.648	SILVER	

Equipped Bench Press - Women	Age Cat	Weight Div	Squat	Bench	Deadlift	Total	Wilks points	Place	Records/Awards
Joan Swart	M2	57kg		60		60		GOLD	Best Master 2 lifter
Christi de Jager	O	84+kg		130		130		GOLD	Best Open lifter

Equipped Bench Press - Men	Age Cat	Weight Div	Squat	Bench	Deadlift	Total	Wilks points	Place	Records/Awards
Colin Young	M3	105kg		175		175	104.947	GOLD	SA M3 BP only record, Best Master 3 lifter

Classic Bench Press - Women	Age Cat	Weight Div	Squat	Bench	Deadlift	Total	Wilks points	Place	Records/Awards
Joan Swart	M2	57kg		50		50	58.7	GOLD	Best Master 2 lifter

Classic Press - Men	Age Cat	Weight Div	Squat	Bench	Deadlift	Total	Wilks points	Place	Records/Awards
Colin Young	M3	105kg		165		165	98.967	GOLD	Commonwealth M3 BP record, Commonwealth M3 BP only record, African M3 and M2 BP only records, SA M3 and M2 BP only Records, Best Master 3 lifter

## Referees

South African referees Johan Smith, Alan Ferguson and Vicki Botha officiated as Referees or on the Jury for various sessions during the championships. Heather Leighton officiated at the score table.

The 2019 African Powerlifting Championships will be held in South Africa in October 2019.

Heather Leighton – Team manager

24/10/2018