



# South African Powerlifting Federation

## 2018 World SubJunior and Junior Equipped Powerlifting Championships – Manager’s Report

A small team of 10 powerlifters competed for South Africa in the IPF World SubJunior and Junior Equipped Powerlifting Championships held in Potchefstroom, South Africa from 2-8 September 2018. The championship was contested by 175 lifters from 22 different countries.

The full results can be found here:

<https://www.powerlifting-ipf.com/championships/results/2018/world-sub-junior-and-junior-powerlifting-championships-2018.html>

### Team SA Results

Team SA set 6 new Commonwealth records, 3 SA Open records, 9 SA Junior records and 4 SA SubJunior records. Here are the individual results for our subjunior and junior lifters:

Lifter	Age Cat	Weight Div	Squat	Bench	Deadlift	Total	Wilks points	Records
Lutho Tom	SJ	74kg	170	100	200	470	338.40	
Mpho Hlanyane	SJ	74kg	167.5	110	212.5	490	364.41	SA SJ Deadlift record
Romeo Longo	Jun	74kg	-	105	200	-	-	
Adrian Smith	Jun	93kg	260	185	255	700	443.45	
Lifter	Age Cat	Weight Div	Squat	Bench	Deadlift	Total	Wilks points	Records
Kayla Ott	SJ	72kg	140	50	137.5	327.5	328.91	SA SJ Squat, Deadlift and Total records
Rouxchelle Roux	Jun	52kg	147.5	72.5	137.5	357.5	452.38	Commonwealth Jun Squat and Total records. SA Jun Deadlift record.
Amber-Jade Meth	Jun	52kg	105	50	115	270	338.61	

<b>Megan Leighton</b>	Jun	57kg	140	90	157.5	387.5	452.13	<b>SA Jun Squat and Deadlift records.</b>
<b>Sasha Payne</b>	Jun	63kg	120	65	145	330	376.73	<b>SA Jun Deadlift record.</b>
<b>Lezaan Jordaan</b>	Jun	84kg	192.5	115	192.5	500	452.75	<b>Commonwealth Jun Squat, Bench, Deadlift and Total records. SA Jun Squat, Bench, Deadlift and Total records. SA Jun Bench single-lift record. SA Open Squat, Bench and Total records.</b>

## Referees

South African referees Johan Smith, Vicki Botha, Andre Ludik, Ephraim Khandanise, Cliff Hayim, Esmay Smith, Megan Leighton and Heather Leighton officiated as Referees or on the Jury for various sessions during the championships.

The 2019 IPF World Subjunior and Junior Equipped Powerlifting Championships will be held in Regina, Canada from 26-31 August 2019.

Heather Leighton – Team manager

10/09/2018