



South African Powerlifting Federation

2017 IPF Raw/Classic World Powerlifting Championships – Minsk, Belarus

Sub-junior, Junior, Open and Masters

Manager's Report

The 2017 IPF World Classic Powerlifting Championships was held in Minsk, Belarus from 15-25 June 2017, where a record number of just under 900 powerlifters from 46 countries competed. Team South Africa consisted of 33 powerlifters – 21 ladies and 12 men, competing under Protea and Federation colours. The South African team consisted of 7 Sub-Juniors, 5 Juniors, 9 Open lifters and 12 Master lifters, larger than last year's team of 25.

Here is the final #TeamSA medal count: the team won a total of 20 medals (compared to 15 last year), and set 43 new SA National records and 3 Commonwealth records. Some highlights were Sub-Junior Joaquim de Jenga's Gold medal for the 83kg Deadlift, also earning him a Commonwealth Total record, Master 1 lifter Laura de Wet's Gold medal for the 72kg Deadlift and Silver overall, leading our Master 1 ladies team to an outstanding 4th place overall, and Master 3 lifter Colin Young's Gold medal for the 105kg Bench Press, which also earns him 2 Commonwealth records.

Medals

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

	Bronze	Silver	Gold	Count
Squat	1	2		3
Bench Press	2	1	1	4
Deadlift	2	2	2	6
Total	4	3		7
<i>Count</i>	<i>9</i>	<i>8</i>	<i>3</i>	<i>20</i>

Ladies Results

Lifter	Age Cat	Weight Division	Results				Medals/Placing				Records
			Sq	BP	DL	Total	Sq	BP	DL	Total	
Elisabeth Barry	M 1	47kg	85	40	122.5	247.5	Silver		Silver	Silver	2 SA Master1 records (SQ, Total)
Vicki Botha	M 1	63kg	120	67.5	145	332.5				10 th	
Ilona Wilson	M 1	63kg	115	50	140	305				12 th	
Laura de Wet	M 1	72kg	140	75	182.5	397.5			Gold	Silver	1 SA Open record (DL), 1 SA Master 1 record (DL)
Debbie McAlpine	M 1	72kg	130	57.5	130	317.5				7 th	
Deborah Fenton	M 1	84kg	117.5	57.5	150	325				9 th	
Carol Anthony	M 2	57kg	75	40	117.5	232.5				6 th	
Candice Firmani	M 2	72kg	102.5	57.5	115	275				7 th	2 SA Master 2 records (SQ, Total)
Susan Farrell	M 3	63kg	85	45	120	250	Silver	Silver	Silver	Silver	
Mariska Casey	Open	47kg	90	60	120	270				12 th	
Gabriella de Gouveia	Open	52kg	112.5	52.5	135	300				12 th	
Toni Coetzee	Open	57kg	117.5	57.5	135	310				11 th	
Laura Newman	Open	63kg	127.5	60	147.5	335				14 th	
Chantelle du Toit	Open	72kg	120	82.5	145	347.5				19 th	
Caitlin Poxon	SJ	63kg	110	55	125	290				10 th	5 SA SJ records (SQ, BP, DL, Tot and BP only)
Nicole Ferreira	SJ	72kg	112.5	60	125	297.5				4 th	2 SA SJ records (BP and BP only)

Jelhandri Rautenbach	SJ	84kg	140	72.5	152.5	365				5 th	5 SA SJ records (SQ, BP, DL, Tot and BP only)
Megan Rogers	SJ	84+kg	115	60	130	305				4 th	4 SA SJ records (SQ,BP,DL,Tot)
Megan Leighton	J	57kg	117.5	65	135	317.5				10 th	
Dina Power	J	72kg	117.5	60	155	332.5				12 th	2 SA Jun records (SQ,Tot)
Lezaan Jordaan	J	84kg	150	77.5	190	417.5			Bronze	Bronze	1 SA Open record (DL) 4 SA Jun records (BP,DL,Tot and BP only)

Men's Results

Lifter	Age Category	Weight Division	Results				Medals/Placing				Records
			Sq	BP	DL	Total	Sq	BP	DL	Total	
Craig Reichman	M 1	83kg	170	112.5	205	487.5				6 th	
Colin Young	M 3	105kg	155	160	205	520		Gold		Bronze	2 M2 Commonwealth records (BP and BP only) 3 SA M3 records (BP, Tot and BP only) 2 SA M2 records (BP + BP only)
Andre Ludik	M 3	120kg	155	130	200	485	Bronze	Bronze	Bronze	Bronze	
Nicholas Lazarides	Open	66kg	170	115	222.5	507.5				10 th	
Jason Stolzenberg	Open	74kg	205	127.5	242.5	575				24 th	
Jonathan Baptista	Open	83kg	240	160	252.5	652.5				20 th	

Gian Smit	Open	83kg	227.5	145	255	627.5				25 th	
Liam Colman	SJ	66kg	140	90	165	395				11 th	
Joaquim de Jenga	SJ	83kg	215	147.5	267.5	630		Bronze	Gold	Bronze	1 SJ Commonwealth record (Tot) 5 SA SJ records (SQ,BP,DL, Tot and BP only)
Joshua Kiggen	SJ	93kg	240	150	260	650				4 th	4 SA SJ records (SQ,BP,Tot and BP only)
Eugene Scheepers	J	93kg	227.5	145	242	615				16 th	
Spencer Hammond	J	93kg	205	142.5	257.5	600				17 th	

The full results can be found here: <http://www.powerlifting-ipf.com/championships/results/2017/world-classic-powerlifting-championships-2017.html>

Best Team awards

In addition to these impressive individual results, the South African Master 1 ladies team came 4th in the team awards, behind the teams of USA, Great Britain and Finland.

Referees and other officials

SAPF President Johan Smith, in his capacity as Technical Chairman of the IPF, oversaw the running of the championships, as well as officiating on the jury. Alan Ferguson, IPF EC member representing the African region, Rodney Anthony, Vicki Botha and Andre Ludik all officiated as referees or on the Jury for various sessions during the championships.

Team SA lifter and coach Megan Leighton was co-opted onto the IPF media team to assist with photography during the last few sessions, and Team SA lifter Laura Newman played a dual role as competitor and IPF Announcer.

Heather Leighton – Team manager

06/07/2017