



# Gauteng Powerlifting Federation

PO Box 78539  
Sandton  
2146

Tel: 082 606 2634  
Fax: 086 655 2847

## MINUTES – ANNUAL GENERAL MEETING

DATE: SUNDAY 3 FEBRUARY 2019 - 14H00

VENUE: GAUTENG SPORTS HOUSE – 124 VAN BEEK STREET, NEW DOORNFONTEIN

### 1. Roll Call and Reception of Delegates

#### Attendees:

Cliff Hayim (Chair)

Heather Leighton (Secretary)

Mariska Casey (Treasurer)

Sandri van Staden

Louis Ferreira

Dan Oppenheim

Sarel Gadney

Adrian Smith

Sasha Payne

Rodney Anthony

Megan Leighton

Chantelle du Toit

Laura de Wet

Henk de Wet

Terence Bosman

#### Apologies received:

Nic Ingel

Antoinette Kriel

Ian Furman

Mark Phillips

Clyde Keevy

Gail McKenzie-Kerr

#### Clubs represented:

Gauteng North Powerlifting Club

Team SG

PowerHouse Powerlifting

Barbell Bullies

School of Strength

Grand Masters Barbell Club

Barbell 1610

Eleven-Eleven



Chairman  
Vice Chairman  
Secretary General  
Treasurer

: Cliff Hayim  
: Patrick Casey  
: Heather Leighton  
: Mariska Casey

eMail : admin@powerliftingsa.co.za  
eMail : pat.r.casey@gmail.com  
eMail : heatherjeighton@gmail.com  
eMail : mmckenzie@uj.ac.za

## Voting Powers:

<i>Executive/Club</i>	<i>Represented by</i>	<i>Number of members</i>	<i>Number of votes</i>
<i>Chairman</i>	Cliff Hayim		1
<i>Treasurer</i>	Mariska Casey		1
<i>Secretary</i>	Heather Leighton		1
<i>Eleven-Eleven</i>	Terence Bosman	16	2
<i>Team SG</i>	Sarel Gadney	4	1
<i>School of Strength</i>	Rodney Anthony	13	2
<i>Barbell 1610</i>	Chantelle du Toit	13	2
<i>Gauteng North PC</i>	Sandri van Staden	9	1
<i>Barbell Bullies</i>	Henk de Wet	31	3
<b>TOTAL VOTES</b>			<b>14</b>

## 2. WELCOME

- The notice of the meeting was published on 13 December 2018.
- The minutes of the 2018 AGM were accepted.
- Reports from Executive Committee:

CH mentioned the new IPF formula which has replaced the old Wilks points as the official method for comparing lifters across all weight categories.

CH drew the meeting's attention to the IPF Rule changes introduced from 1 Jan 2019. In particular, that all lifters must now wear a tshirt for deadlifts, and that we will be allowed an extra lifter in all female teams for international competitions.

HL pointed out the new Gauteng Powerlifting logo that was designed by Christi de Jager, and is featured on the new Gauteng Powerlifting platform banner available for all Gauteng competitions.

HL gave feedback on the Gauteng Development Programmes being run by GMK. There is a real possibility that no funding for these programmes will be received from SRSA for 2018 or going forward. Gauteng currently has 2 Development Gyms and one School Development program.

CH and HL emphasised the policy regarding qualifying competitions to be this:

- The Gauteng Championships are to be the pre-eminent qualifiers for SA Champs
- After the Gauteng Championships, a few further qualifiers may be approved, but mainly to accommodate lifters who could not compete at Gauteng Champs.
- Only lifters who compete at Gauteng Champs will be eligible for Gauteng Colours (subject to them meeting the remainder of the criteria)

Gauteng Referees as at end of 2018:

South African Referees			still to do practical	International		Contact number	Active in 2016	Active in 2017	Active in 2018
Name and Surname	Province	Provincial	National	Cat 2	Cat 1	email address			
Cliff Hayim	Gauteng		2006	2013	Jun-17	cliffhayim@powerfitness.co.za	082 337 2397	Y	Y
Dan Oppenheim	Gauteng				X	dannawell@openheim@gmail.com	071 508 1326	Y	Y
Rodney Anthony	Gauteng				X	rodanthony29@gmail.com	082 898 7706	Y	Y
Megan Leighton	Gauteng	26-Mar-15	31-Jul-16	10-Jul-17		meganleighton18@gmail.com	082 471 9691	Y	Y
Heather Leighton	Gauteng	26-Mar-15	23-Jan-16	Jun-18		heatherleighton@gmail.com	082 606 2634	Y	Y
Patrick Casey	Gauteng	26-Mar-15	07-May-17			patrickcasey@gmail.com	083 463 1527	Y	Y
Adrian Smith	Gauteng	27-May-16	16-Mar-18			adrian.smith@powerfitness.co.za	083 788 2962	Y	Y
Jacqui Rees	Gauteng	10-Dec-16	16-Mar-18			jacquierees@yahoo.com	082 357 7511	Y	Y
Jonathan Kariv	Gauteng	10-Dec-16	16-Mar-18			jonkariv@gmail.com	071 645 8828	Y	Y
Ruben van der Linde	Gauteng	26-Jun-15	exam 28/7/18 prac 19/6/18			ruben@powerfitness.co.za	076 858 5572	Y	Y
Marcel Vorster	Gauteng	18-Apr-15				marcel217@gmail.com	071 201 4018		Y
Andrew Anthony	Gauteng	18-Apr-15				andrewa@s-fitness.co.za	082 864 2841		Y
Antoinette Kriel	Gauteng	18-Apr-15				antk1971@gmail.com	071 149 9285		Y
Chantelle du Toit	Gauteng	05-Mar-17				chantelle@cf1610.co.za	071 604 8603		Y
Dylan van Houten	Gauteng	10-Dec-16				dylanh@powerfitness.co.za	083 280 4829		Y
Gilan Smit	Gauteng	10-Dec-16				gilan.s@gmail.com	083 228 6120		Y
Gillian Johnston	Gauteng	10-Dec-16				gs17za@gmail.com	082 813 9556		Y
Jandre Vorster	Gauteng	19-Aug-17				jandrevorster@gmail.com	076 647 2138 (Genevieve)		Y
Johann de Bruin	Gauteng	10-Dec-16				johanndb@bmgworld.net	084 706 9192		Y
Laura Newman	Gauteng	10-Jun-17				silverlady@gmail.com	083 261 3323		Y
Nicholas Deetlefs	Gauteng	10-Dec-16				nickdeetlefs@gmail.com	072 263 3243		Y
Rouxchelle Roux	Gauteng	23-Sep-17				rouxchelle@gmail.com	081 767 3964		Y
Sandri van Staden	Gauteng	19-Aug-17				zvunoe13@gmail.com	084 588 0516		Y
Sarel Gadhay	Gauteng	26-Mar-15				sarel.gadhay@gmail.com	072 656 7060		Y
Tia McDougall	Gauteng	exam 28/07/2018 prac 19/06/2018				tiamcdougall@bctmail.com	071 365 5811		Y
Megan Brook-Sofianos	Gauteng	exam 28/07/2018 prac 19/06/2018				meganb3@gmail.com	084 816 7045		Y
Zelia Brook-Sofianos	Gauteng	exam 28/07/2018 prac 19/06/2018				zelia@powerfitness.co.za	082 682 3569		Y
Lauren Norton	Gauteng	exam 28/07/2018 prac 19/06/2018				lauren.norton13@gmail.com	073 137 9023		Y
George Parker	Gauteng	exam 28/07/2018 prac 06/10/2018				georgep@generalbets.co.za	083 320 7150		Y
Henk de Wet	Gauteng	exam 28/07/2018 prac 06/10/2018				hloppolot@yahoo.com	072 199 4769		Y
Laura de Wet	Gauteng	exam 28/07/2018 prac 06/10/2018				hloppolot@yahoo.com	082 847 1564		Y
Joshua Capozorio	Gauteng	exam 30/08/2018				johncapozorio@gmail.com	082 403 1324		Y
Megan Rogers	Gauteng	exam 24/11/2018				mwarogers@gmail.com	076 641 6176		Y

CH reported that it is encouraging to note the number of new Provincial referees. All referees are urged to make themselves available for Club and Provincial competitions, as there is always a battle to get referees to volunteer. This is also a requirement to keep your ref certification. All referees are reminded to affiliate with the SAPF each year.

Action: HL to add referee list to the SAPF website.

### 3. Dealing with Special Notices if Applicable

No notices

### 4. Revenue and Expenditure from Previous Year

MC presented the Income and Expense schedule as at 31 December 2018. (Attached) The Gauteng ExCo will meet to discuss a budget for projects to be tackled during 2019.

It was discussed and agreed that Gauteng would contribute an amount to be agreed by ExCo towards Gauteng t-shirts arranged by Laura de Wet.

Action : Gauteng Exco meeting scheduled for 10/03

### 5. Gauteng Province and Board Procedures

#### a. Representation to SA Powerlifting Federation ExCo

Heather Leighton – Vice President of African Powerlifting Federation and Vice President (International) of SAPF

Gail McKenzie-Kerr – SAPF Treasurer and SRSA Development liaison

Cliff Hayim – Interim Secretary General of SAPF

Other office bearers from Gauteng:

Media Officer – Megan Leighton

Selection Committee members – Cliff Hayim, Dan Oppenheim, Megan Leighton

Webmaster – Cliff Hayim

#### b. Constitution

HL noted that the Gauteng constitution will be brought in line with the SAPF constitution after the SAPF AGM, at which various proposed changes will be discussed for approval.

#### c. SAPF funding

SRSA funding for the development programmes has not been allocated or received yet, putting the future of the programmes in serious jeopardy. Gail and Hannie have covered a large part of the development expenses personally, in anticipation of the SRSA funding being received. This is not a sustainable situation and will be tabled for discussion at the SAPF AGM.

#### d. Equipment and Attire

Laura de Wet proposed that a Gauteng shirt be designed, to be worn by all Gauteng athletes and coaches representing Gauteng at SA Championships. Shirts to be made available for supporters as well. The meeting was in favour of the idea. Laura agreed to get a design done for approval, with the first batch of shirts to be available for SA Raw Champs. The name/logo of all affiliated Gauteng Clubs to be included on the shirt, as well as the new Gauteng Powerlifting logo.

The Gauteng tracksuits, shirts and pants awarded to those lifters who qualified for Provincial colours were displayed to those present.

#### e. Regional Assets

The deployment of the equipment used for Gauteng Champs to Barbell Bullies was discussed. Different options for deciding where the equipment should be kept were proposed, namely

- A. It should go to the club which brings the most lifters to Gauteng Champs
- B. It should go to the club which hosts the Gauteng Champs
- C. It should spend 6 months with each of the clubs in A and B

The meeting voted and unanimously agreed that option C would be fairest solution. If either of the clubs does not wish to make use of the equipment for their 6 months, they may come to an internal arrangement with another club which would like to use it – provided that the necessary paperwork is done.

The equipment was moved to Barbell Bullies (club with most Gauteng Champs entrants) from October 2018, so is due to move to the Club who hosted Gautengs (Barbell 1610) from April – Sept 2019.

R Anthony agreed he still has the bar that was supposed to be handed over to Barbell 1610 for Gauteng Champs in 2018. The bar that was given to Chantelle was not the correct one. Also, R Anthony stated that he gave Chantelle 8 Red plates instead of 12, and that this was according to him, what he received from SAPF. The plates that were given to Chantelle were from a very old set, and were not those issued to SAPF. R Anthony stated that was what he received from SAPF

MC noted that any SAPF or Development equipment moving to different locations must be itemised, with both parties signing an acknowledgement of the move, and the receiving party taking responsibility for its safekeeping.

Action : The equipment (together with the correct bar) is to move to Barbell 1610 from April, and will be used for SA Equipped Champs during this time.

Action : The equipment is to move to School of Strength after that, to be used for Gauteng Champs.

Action : Mariska to formulate a document to be filled in and signed when moving assets between gyms (together with Gail).

Action : Chantelle to investigate ways to identify equipment for insurance purposes, and insurance cost.

f. Affiliation fees

No discussion

g. Affiliated members

## GAUTENG POWERLIFTING AFFILIATED MEMBERS - 2018

Categories	Total
<b>Female</b>	<b>126</b>
Junior (R156)	14
Open / Master (R415)	103
Subjunior (R52)	9
<b>Male</b>	<b>156</b>
Junior (R156)	28
Open / Master (R415)	114
Subjunior (R52)	14
<b>Grand Total</b>	<b>282</b>

\* Note: Figures corrected since AGM

### h. Provincial Colours

Gauteng Colours awarded by Gauteng Sports Confederation:

Gauteng Sports Confederation Database for Colours									
Count	Athlete Name	Athlete Surname	Gender	Colours Type	Region	Member Category	Sport Code	Discipline	
1	Carol	Anthony	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Bench Press	
2	Marlon	Daniels	Male	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Bench Press	
3	Wynand	Kuhn	Male	Gauteng Junior Colours	Tshwane	Athlete	Powerlifting	Classic Bench Press	
4	Louis	Moorcroft	Male	Gauteng Junior Colours	Tshwane	Athlete	Powerlifting	Classic Bench Press	
5	Siyabonga	Sibanyoni	Male	Gauteng Junior Colours	Tshwane	Athlete	Powerlifting	Classic Bench Press	
6	Glen	van der Linde	Male	Gauteng Senior Colours	Tshwane	Athlete	Powerlifting	Classic Bench Press	
7	Craig	van Wyk	Male	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Bench Press	
8	Antoinette	Kriel	Female	Gauteng Senior Colours	Ekhuruleni	Athlete	Powerlifting	Classic Bench Press	
9	Mariska	Casey	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Equipped Bench Press	
10	Jacqui	Rees	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Equipped Bench Press	
11	Glen	van der Linde	Male	Gauteng Senior Colours	Tshwane	Athlete	Powerlifting	Equipped Bench Press	
12	Bernard	van der Linde	Male	Gauteng Junior Colours	Tshwane	Athlete	Powerlifting	Equipped Bench Press	
13	Craig	van Wyk	Male	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Equipped Bench Press	
1	Carol	Anthony	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
2	Jessica	Britz	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
3	Mijuane	de Wet	Female	Gauteng Junior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
4	Tarryn-Leigh	Foggitt	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
6	Fiona	Hickman	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
8	Lana	Kleynhans	Female	Gauteng Senior Colours	Tshwane	Athlete	Powerlifting	Classic Powerlifting	
9	Giulia	Muto	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
10	Kayla Ann	Ott	Female	Gauteng Junior Colours	Tshwane	Athlete	Powerlifting	Classic Powerlifting	
11	Claire	Pacariz	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
12	Olivia	Perotti	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
13	DemiLee	Preston	Female	Gauteng Junior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
14	Ronel	Reyneke	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
15	Megan	Rogers	Female	Gauteng Junior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
16	Marieke	van Linge	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
18	Marlon	Daniels	Male	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
21	Archie	Ayekpa	Male	Gauteng Senior Colours	Ekhuruleni	Athlete	Powerlifting	Classic Powerlifting	
22	Denis	Bensch	Male	Gauteng Senior Colours	Tshwane	Athlete	Powerlifting	Classic Powerlifting	
23	Henk	de Wet	Male	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
24	Conrad	Dippenaar	Male	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
25	Justin	Furman	Male	Gauteng Junior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
26	Graham	Green	Male	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
27	Yunus	Hassen	Male	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
31	Jean-Arthur	Pretorius	Male	Gauteng Senior Colours	Westrand	Athlete	Powerlifting	Classic Powerlifting	
34	Jenny	Ramsay	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Classic Powerlifting	
1	Christi	de Jager	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Equipped Powerlifting	
2	Jacqui	Rees	Female	Gauteng Senior Colours	Johannesburg	Athlete	Powerlifting	Equipped Powerlifting	

## Gauteng and Team SA participants in International and National Championships in 2018:

Team South Africa participants in International Events in 2018			Male lifters			Female lifters			Total
International Powerlifting Competition	Location	Date	Open	SubJunior/ Junior	Masters	Open	SubJunior/ Junior	Masters	
World Equipped Bench Press Championships	South Africa	22-28 April	7	4	8	5	2		26
World Classic Bench Press Championships	Finland	13-20 May					1		1
World Classic Powerlifting Championships	Canada	6-17 June	1		1	2	2	9	15
World Junior Powerlifting Championships	South Africa	2-8 September		4			6		10
African Powerlifting Championships	Morocco	17-22 October	1	1	2	4	1	4	13
			9	9	11	11	12	13	65

Team South Africa participants in National Events in 2018			Male lifters			Female lifters			Total
National Powerlifting competition	Location	Date	Open	SubJunior/ Junior	Masters	Open	SubJunior/ Junior	Masters	
SA Classic Bench Press	JHB	17/02/2018	8	8	8	4	5	5	38
SA Equipped Bench Press	JHB	17/02/2018	12	3	11	7	3	1	37
SA Classic Powerlifting	Potchefstroom	16-18 March	41	34	25	40	17	26	183
SA Equipped Powerlifting	Potchefstroom	30-Jun	13	22	6	10	5	3	59
			74	67	50	61	30	35	317

Gauteng participants in International Events in 2018			Male lifters			Female lifters			Total
International Powerlifting Competition	Location	Date	Open	SubJunior/ Junior	Masters	Open	SubJunior/ Junior	Masters	
World Equipped Bench Press Championships	South Africa	22-28 April	4	2	3	5	2		18
World Classic Bench Press Championships	Finland	13-20 May							0
World Classic Powerlifting Championships	Canada	6-17 June	1		1	2	2	8	14
World Junior Powerlifting Championships	South Africa	2-8 September		1			6		7
African Powerlifting Championships	Morocco	17-22 October		1		4		1	6
			5	4	6	11	10	9	45

Gauteng participants in National Events in 2018			Male lifters			Female lifters			Total
National Powerlifting competition	Location	Date	Open	SubJunior/ Junior	Masters	Open	SubJunior/ Junior	Masters	
SA Classic Bench Press	JHB	17/02/2018	4	6	3	4	3	5	25
SA Equipped Bench Press	JHB	17/02/2018	9	1	8	7	2	0	27
SA Classic Powerlifting	Potchefstroom	16-18 March	22	11	13	28	11	18	103
SA Equipped Powerlifting	Potchefstroom	30-Jun	4	3	2	6	2	0	17
			39	21	26	45	18	23	172

### i. Regional Colours

The following Gauteng lifters received Protea colours during 2018:

Equipped Bench	Junior Protea colours	Rouxchelle Roux
Equipped Bench	Junior Protea colours	Megan Leighton
Equipped Bench	Junior Protea colours	Louis Moorcroft
Equipped Bench	Senior Protea colours	Chantelle du Toit
Equipped Bench	Senior Protea colours	Marcelle Vorster
Equipped Bench	Senior Protea colours	Nicola Green
Equipped Bench	Senior Protea colours	Jonathan Kariv
Equipped Bench	Senior Protea colours	David Jacobsz
Classic Powerlifting	Senior Protea colours	Dina Power
Classic Powerlifting	Senior Protea colours	Tanya van Lill
Classic Powerlifting	Senior Protea colours	Zelia Brook-Sofianos
Classic Powerlifting	Senior Protea colours	Megan Brook-Sofianos
Equipped Powerlifting	Junior Protea colours	Adrian Smith
Equipped Powerlifting	Junior Protea colours	Amber-Jade Meth
Equipped Powerlifting	Junior Protea colours	Sasha Payne
Equipped Powerlifting	Junior Protea colours	Lezaan Jordaan

### j. Championships

#### a. National Championships

A bid was received from Megan Leighton and Chantelle du Toit to run the SA Equipped Championships, which was awarded to Gauteng last year. The proposal is that they will organise the event, with the hopes that the other Gauteng clubs will offer their assistance when it comes to contacts for finding a Venue, Tshirts,

Accommodation for lifters from other provinces, or who can provide racks + weights for the comp. They would like it to be a comp jointly run by all the Gauteng Powerlifting clubs.

In particular, a plan to get the development lifters to and from JHB, and possibly assist with sponsoring their entry fees, needs to be discussed.

Assistance was offered by the following attendees: Sarel Gadney, Sandri van Staden, Henk & Laura de Wet.

The SA Equipped Powerlifting Championships date was confirmed as 6 July 2019.

Action: Gauteng to get approval from SAPF to use Barbell 1610 as the venue for SA Equipped Championships.

b. Provincial Championships

Gauteng Powerlifting, 17 Aug – bid received from School of Strength - accepted  
Gauteng Bench, 28 Sept – bid received from Barbell 1610 – accepted

c. Qualifiers

Powerhouse Powerlifting qualifier – 9 Feb – accepted  
JHB Raw PL qualifier – 2 Feb – Dan – rejected  
JHB Equipped PL qualifier – 13 April – Dan – accepted  
JHB Bench Qualifier – 27 July – Dan – moved to 19 October, accepted  
Beast of the East Qualifier – 2 Nov – Barbell 1610 – accepted  
7Attempt/3lift qualifier – 30 Nov – School of Strength – accepted

d. Selection criteria, qualifying standards and record standards

CH noted that there had been various discussions about the existing selection criteria and suggestions for changes. A task team is to be set up to discuss and come up with a recommendation to be taken to SAPF AGM. The following delegates volunteered to be part of the team: Cliff Hayim, Rodney Anthony, Dan Oppenheim, Henk de Wet, Laura de Wet, Terence Bosman, Heather Leighton

Action : Meeting of task team to be held at Sunninghill Village Shopping Centre (above Barbell Bullies) on Sunday 17<sup>th</sup> March at 3pm.

## 6. Election of New Executive Committee

HL asked Mariska Casey to convey the federation's thanks to outgoing Vice Chair Patrick Casey. Chantelle du Toit was unanimously elected to the vacant position of Vice Chairperson.



## 7. 2019 Year Program of Events

The updated schedule of Gauteng, National and International powerlifting competitions is attached.

### 2019 Powerlifting Calendar

Updated 06/02/2019

Calendarpedia  
Your source for calendars

January	February	March	April	May	June	July	August	September	October	November	December		
1 Tu New Year's Day	1 Fr	1 Fr	1 Mo Prelim Raw Worlds	1 We	1 Sa	1 Mo	1 Th	1 Su	1 Tu	1 Fr	1 Su		
2 We	2 Sa	2 Sa NW Qualifier	2 Tu	2 Th	2 Su	2 Tu	2 Fr	2 Mo	2 We	2 Sa Best of the East - 1610	2 Mo		
3 Th	3 Su Gau AGM	3 Su Prelim SA Raw	3 We	3 Fr	3 Mo	World Classic Powerlifting Champs. Heisingberg, SWEDEN	3 Sa	3 Tu	3 Th	African Powerlifting & Bench Press Champs. Potch, SA	3 Su		
4 Fr	4 Mo	4 Mo	4 Th	4 Sa	4 Tu		4 Th	4 Su	4 We		4 Fr	4 Mo	4 We
5 Sa	5 Tu	5 Tu	5 Fr	5 Su	5 We		5 Fr	5 Mo	5 Th		5 Sa	5 Tu	5 Th
6 Su	6 We	6 We	6 Sa	6 Mo	6 Th		6 Sa SA Equipped Champs - Gauteng	6 Tu	6 Fr		6 Su	6 We	6 Fr
7 Mo	7 Th	7 Th	7 Su	7 Tu	7 Fr		7 Su	7 We	7 Sa		7 Mo	7 Th	7 Sa
8 Tu	8 Fr SA BP Final	8 Fr	8 Mo	8 We	8 Sa		8 Mo	8 Th	8 Su		8 Tu	8 Fr	8 Su
9 We	9 Sa Gau PHP qualifier	9 Sa	9 Tu	9 Th	9 Su		9 Tu	9 Fr	9 Mo		9 We	9 Sa	9 Mo
10 Th	10 Su	10 Su	10 We	10 Fr	10 Mo		10 We	10 Sa	10 Tu		10 Th	10 Su	10 Tu
11 Fr	11 Mo	11 Mo	11 Th	11 Sa	11 Tu		11 Th	11 Su	11 We		11 Fr	11 Mo	11 We
12 Sa	12 Tu	12 Tu	12 Fr	12 Su	12 We		12 Fr	12 Mo	12 Th		12 Sa	12 Tu	12 Th
13 Su	13 We	13 We	13 Sa Dan Eq Qualifier	13 Mo	13 Th	13 Sa	13 Tu	13 Fr	13 Su	13 We	13 Fr		
14 Mo	14 Th	14 Th	14 Su	14 Tu	14 Fr	14 Su	14 We	14 Sa	14 Mo	14 Th	14 Sa		
15 Tu	15 Fr	15 Fr Final SA Raw	15 Mo	15 We	15 Sa	15 Mo	15 Th	15 Su	15 Tu	15 Fr	15 Su		
16 We	16 Sa	16 Sa	16 Tu	16 Th	16 Su	16 Tu	16 Fr	16 Mo	16 We	16 Sa	16 Mo		
17 Th	17 Su	17 Su	17 We Prelim Arnolds	17 Fr	17 Mo	17 We	17 Sa SA PL Champs - SoS	17 Tu	17 Th	17 Su	17 Tu		
18 Fr	18 Mo	18 Mo Prelim World BP	18 Th	18 Sa Arnold Classic Africa	18 Tu	18 Th	18 Su	18 We	18 Fr	18 Mo	18 We		
19 Sa	19 Tu	19 Tu	19 Fr	19 Su	19 We	19 Fr	19 Mo	19 Th	19 Sa	19 Tu	19 Th		
20 Su	20 We	20 We	20 Sa	20 Mo	20 Th	20 Sa	20 Tu	20 Fr	20 Su	20 We	20 Fr		
21 Mo SA BP Prelims	21 Th	21 Th	21 Su	21 Tu	21 Fr	21 Su	21 We	21 Sa	21 Mo	21 Th	21 Sa		
22 Tu	22 Fr	22 Fr	22 Mo	22 We	22 Tu	22 Sa	22 Mo	22 Th	22 Su	22 Tu	22 Su		
23 We	23 Sa SA Bench - Port Elizabeth	23 Sa	23 Tu	23 Th	23 Su	23 Tu	23 Fr	23 Mo	23 We	23 Sa	23 Mo		
24 Th	24 Su	24 Su	24 We Final Arnolds	24 Fr	24 Mo	24 We	24 Sa	24 Tu	24 Th	24 Su	24 Tu		
25 Fr	25 Mo	25 Mo	25 Th	25 Sa	25 Tu	25 Th	25 Su	25 We	25 Fr	25 Mo	25 We		
26 Sa EC Raw Champs + NW Dev qual	26 Tu	26 Tu	26 Fr Final World BP	26 Su	26 We	26 Fr	26 Mo	26 Th	26 Sa	26 Tu	26 Th		
27 Su	27 We	27 We SAPF AGM	27 Sa	27 Mo	27 Th	27 Sa	27 Tu	27 Fr	27 Su	27 We	27 Fr		
28 Mo	28 Th	28 Th	28 Su	28 Tu	28 Fr	28 Su	28 We	28 Sa	28 Mo	28 Th	28 Sa		
29 Tu		29 Fr SA Raw Champs - Potch	29 Mo	29 We	29 Sa	29 Mo	29 Th	29 Su	29 Tu	29 Fr	29 Su		
30 We		30 Sa	30 Tu	30 Th	30 Su	30 Tu	30 Fr	30 Mo	30 We	30 Sa 7 Attempt & 3 lift Qual - SoS	30 Mo		
31 Th		31 Su	31 Fr			31 We	31 Sa		31 Th		31 Tu		

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Data provided as is without warranty

International Champs
SA National Champs
Provincial champs and qualifiers (proposed)
Club Competitions (proposed)

## 8. General

HL noted that there are a few changes to the Arnold Classic Powerlifting event for 2019. In particular,

- All SA lifters must have done a local competition since the last Arnolds, in order to enter. This is to prevent first-time lifters affiliating to the SAPF just for Arnolds.
- The prize money has been increased, and the best 2 men and women in the Classic Powerlifting event will qualify for the Arnold Classic finals in Spain. For these lifters, the IPF will cover their costs to compete at the Classic Powerlifting Final (flights, accommodation, entry and anti-doping fees)

## 9. Closing

CH closed the meeting at 17h00

Attached : Appendix A : Financials

**Gauteng Powerlifting Federation**  
**Income / Expense Schedule As At 31 December**  
**2018**  
**As at 01 February 2019 - Gails Final Workings**

<b><u>Details</u></b>	<b><u>Total</u></b>
<b>Income</b>	
Affiliation Fees - Members	<b>8575.00</b>
Affiliation Fees - Gauteng Clubs	<b>1400.00</b>
Barbell 1610	200.00
School of Strength	200.00
Powerhouse Powerlifting (for 2019)	200.00
Eleven Eleven Sports Performance	200.00
Team SG	200.00
North Gauteng Powerlifting Club	200.00
Barbell Bullies	200.00
Referee Exam Income	<b>500.00</b>
Megan Brook-Sofianos	50.00
Zelia Brook-Sofianos	50.00
Meg Rogers	50.00
Henk de Wet	50.00
Laura de Wet	50.00
Josh Capacorio	50.00
George Parker	50.00
Jozanne Harzer	50.00
Lauren Norton	50.00
Jonathan Kariv	50.00
Donation - SA Bench Press	<b>2500.00</b>
<b>Competition Contribution</b>	<b>11100.00</b>
<b>Club Competitions</b>	
Adrian (PowerHouse Powerlifting Qualifier)	2700.00
Chantelle (Barbell 1610 Beast of the East)	1550.00
Rodney (School of Strength Qualifier)	1550.00
<b>Gauteng Bench Press</b>	
Sandri (Gauteng North PC)	1250.00
<b>Gauteng Powerlifting</b>	
Chantelle (Barbell 1610)	4050.00
<b>Total Income</b>	<b>24075.00</b>
<b>Expenses</b>	<b>4793.25</b>
Affiliation Fees – SAPF	300.00
AGM Refreshments	0.00
Bank Charges	769.75
Banner for Gauteng Powerlifitng	2173.50
Printing, Post & Stationery	0.00
SA BenchPress Contribution – Rodney	1550.00
<b>Net Income: as at 31 December 2018</b>	<b>19281.75</b>
<b>Add Income B/F 01 January 2017</b>	<b>123914.03</b>
<b>Retained Profit as at 31 December 2018</b>	<b>143195.78</b>

**Bank Analysis**

<b>Gauteng Nedbank Account</b>	<b>25350.75</b>
<b>SAPF Nedbank Account as at 31 December 2017</b>	<b>107120.03</b>

**SAPF Nedbank Account as at 31 December 2018****9575.00****Debtors****1150.00****Total****143195.78****Notes:****Debtors**Dan since 2017 - **Income not declared in 2017 or 2018** 700.00**Creditors**

Adrian Smith (Over Payment) 100.00

**Net****600.00**