

## **SA Team results - 2015 World Classic Powerlifting Championships**

The picturesque town of Salo, Finland was the venue for the 2015 Classic Powerlifting World Championships, a 10 day long event comprising back-to-back Masters, Sub-Junior, Junior and Open tournaments. Of almost 80 South African lifters who qualified for the National team, 17 lifters could make the self-funded trip to Finland to compete.

Day 1 of the Master's Championship started in spectacular style with Master 4 lifter Dan Oppenheim taking the bronze medals for squat and bench, the silver for deadlift, and the overall Silver in the 74kg Master 4 division. During his 9 lifts he held the World Deadlift and Total records, and set or broke 11 Commonwealth records (retaining 5), and set 5 new SA National records.

Day 2 took Team SA's medal total to 5 with Gerhardus Oosthuizen claiming the Bench press Gold medal. His opening bench press of 190.5kg gave him the World Record, which he then increased to 198kg, in the Master 2 120kg division. Gerhardus bettered all of the M2 120kg SA National records, and the M1 120kg Benchpress record, and claimed 2 Commonwealth records (powerlifting Bench press and Bench press only).

On Day 3 Laura de Wet won the Squat Silver medal, Deadlift Bronze and the overall Bronze medal in the M1 72kg division, breaking all 4 National Powerlifting records in the Master 1 and Open categories, and breaking her the SA Bench press M1 record.

Farhana Booley, Ronel Reyneke, Henk de Wet and Madikane Faku rounded out Team SA's Masters results with solid performances in hotly contested categories. During their lifting sessions, husband and wife Henk and Laura de Wet found themselves competing on adjoining platforms at the same time.

Dan Oppenheim's Championships continued in great form when he was awarded his Cat 1 referee certification.

Four young lifters represented Team SA in the Sub-junior and Junior competition, with Bronwyn Marshall, Cornel Schoonraad and Liam Schultz lifting internationally for the first time, and Megan Leighton competing for the first time as a Junior. Bronwyn set new SA sub-junior Squat and Deadlift records in the 72kg division, and Liam set new SA sub-junior Squat and Deadlift records in the 120kg division, as well as taking the Silver medal for the Deadlift, taking our medal count to 9.

The Open competition started with a bang as Mariska Casey smashed three SA records (squat, bench and total) in the 47kg division, and Giulia Muto broke the SA Squat record in the 52kg division. Michael Botha posted a personal best total in the 66kg division.

Our 2014 Master 1 World Champion Antoinette Kriel, competing in the Open 57kg category this year, won the Silver Bench press medal, also breaking her own National Open and Master 1 Bench (and Bench press only) records. Bringing our ladies' competition to a close was Danel van Jaarsveld, in the 63kg division, who set new SA National records for the Squat and Bench press (and also Bench press only).

Our last lifter to compete was Kyle Noonan, lifting in his first international tournament in the same session as superstar 120+ heavyweights Ray Williams, Jezza Uepa and Blaine Sumner. Kyle smashed the SA National deadlift and total records, his 325kg deadlift being the biggest single raw competition lift by a South African.

Team SA can be very proud of their achievements at the 2015 World Classic Powerlifting Championships, bringing home a total of 10 medals, breaking World Records 4 times and setting 7 Commonwealth and 35 SA National records.

#### **Medals:**

Dan Oppenheim (Master 4 73kg) Squat - Bronze Dan Oppenheim (Master 4 73kg) Bench press - Bronze Dan Oppenheim (Master 4 73kg) Deadlift - Silver Dan Oppenheim (Master 4 73kg) Total - Silver Gerhardus Oosthuizen (Master 2 120kg) Bench press - Gold Laura de Wet (Master 1 72kg) Squat - Silver Laura de Wet (Master 1 72kg) Deadlift - Bronze Laura de Wet (Master 1 72kg) Total - Bronze Liam Schultz (SubJunior 120kg) Deadlift - Silver Antoinette Kriel (Open 57kg) Bench press - Silver

#### **World records:**

Master 4 73kg Deadlift- Dan Oppenheim (185kg) Master 4 73 kg Total - Dan Oppenheim (401kg) Master 2 120kg Bench press - Gerhardus Oosthuizen (190.5kg) Master 2 120kg Bench press - Gerhardus Oosthuizen (198kg) - current

#### **Commonwealth records:**

Dan Oppenheim (Master 4 73kg) Squat - 132kg Dan Oppenheim (Master 4 73kg) Bench press- 97.5kg Dan Oppenheim (Master 4 73kg) Deadlift - 185kg Dan Oppenheim (Master 4 73kg) Total - 415kg Dan Oppenheim (Master 4 73kg) Bench press only - 97.5kg Gerhardus Oosthuizen (Master 2 120kg) Bench press - 198kg Gerhardus Oosthuizen (Master 2 120kg) Bench press only - 198kg

#### **SA National Powerlifting Records:**

Master 4 73kg Squat- Dan Oppenheim (132.5kg) Master 4 73 kg Bench press - Dan Oppenheim (97.5kg) Master 4 73kg Deadlift- Dan Oppenheim (185kg) Master 4 73 kg Total - Dan Oppenheim (415kg) Master 2 120kg Squat - Gerhardus Oosthuizen (202.5kg) Master 2 120kg Bench press - Gerhardus Oosthuizen (198kg) Master 2 120kg Deadlift - Gerhardus Oosthuizen (252.5kg) Master 2 120kg Total - Gerhardus Oosthuizen (653kg) Master 1 120kg Bench press - Gerhardus Oosthuizen (198kg) Subjunior 120kg Squat - Liam Schultz (232.5kg) Subjunior 120kg Deadlift - Liam Schultz (255kg)

Master 1 57kg Bench press - Antoinette Kriel (90kg) Master 1 72kg Squat - Laura de Wet (147.5kg) Master 1 72kg Bench press - Laura de Wet (72.5kg) Master 1 72kg Deadlift - Laura de Wet (172.5kg) Master 1 72kg Total - Laura de Wet (392.5kg) Open 47kg Squat - Mariska Casey (92.5kg) Open 47kg Bench press - Mariska Casey (50kg) Open 47kg Total - Mariska Casey (262.5kg) Open 52kg Squat - Giulia Muto (112.5kg) Open 57kg Bench press - Antoinette Kriel (90kg) Open 63kg Squat - Danel van Jaarsveld (127.5kg) Open 63kg Bench press - Danel van Jaarsveld (80kg) Open 72kg Squat - Laura de Wet (147.5kg) Open 72kg Bench press - Laura de Wet (72.5kg) Open 72kg Deadlift - Laura de Wet (172.5kg) Open 72kg Total - Laura de Wet (392.5kg) SubJunior 72kg Squat - Bronwyn Marshall (100kg) SubJunior 72kg Deadlift - Bronwyn Marshall (115kg)

#### **SA National Bench Press Records:**

Master 4 73 kg Bench press - Dan Oppenheim (97.5kg) Master 2 120kg Benchpress - Gerhardus Oosthuizen (198kg) Master 1 57kg Bench press - Antoinette Kriel (90kg) Master 1 72kg Bench press - Laura de Wet (72.5kg) Open 57kg Bench press - Antoinette Kriel (90kg) Open 63kg Bench press - Danel van Jaarsveld (80kg)

