



THE MASTERS VOICE

OFFICIAL NEWSLETTER – SAMS

APRIL 2018

Hope everyone had a good break over the Easter Holidays and are looking forward to a successful rest of the year. With the Commonwealth Games in April all our sporting Codes will be busy and several Masters will be competing. We wish everyone all the very best and hope many medals will be brought back to South Africa.

POWERLIFTING

SA Classic Powerlifting Championships, Potchefstroom

Start: 16 Mar 2018

End: 18 Mar 2018



SA Classic Powerlifting Championships 2018 – Masters results

The South African Classic Powerlifting Championships were held from 16 – 18 March in Potchefstroom. A total of 167 lifters competed across all age categories, with 26 of the 72 women lifters competing in Masters categories, and 25 of the 95 men competing in Masters categories.

The master's lifters excelled in the Open events as well, with Master 1 lifter Vicki Botha taking the award for not only the best Master Woman Lifter, but also the Best Open Woman Lifter. Master 1 lifter Mathys Herbst was the best Master Men Lifter, and was the runner up in the Open class.

Our master lifters set a total of 54 new National Powerlifting and Bench Press records, including 8 in the Open class.

Best Lifters

Age Category	Best Female Lifter	Best Male Lifter
Master 1	Vicki Botha	Mathys Herbst
Master 2	Carol Anthony	Christo Schoonraad
Master 3	Susan Farrell	Colin Young
Master 4		Dan Oppenheim

SAMS OFFICE

4 Freylinia Street

Brackendown, Alberton

President: 084 585 9832

Secretary: 082 920 2387

Email: info@samaster.co.za



SA Masters Sports Association medals

As the SAPF is a member of the SA Masters Sports Association, we are entitled to award SAMSA medals to masters lifters for our National Championships, as long as there are 7 or more competitors in each event. For this reason, we award a Gold, Silver and Bronze SAMSA medal to the Best Master 1 lifters, and to the Best Masters2/3/4 lifters combined, by Wilks points.

Category	Gold	Silver	Bronze
Master 1 Men	Mathys Herbst	Marlon Daniels	Malone Horn
Master 1 Women	Vicki Botha	Mariska Casey	Ilona Wilson
Master 2/3/4 Men	Christo Schoonraad	Ebrahim Mobarra	David Quatse
Master 2/3/4 Women	Carol Anthony	Susan Farrell	Lana Kleynhans

SAMSA MASTERS WRESTLING

The SA Masters Wrestling Championships will take place on
 Date: 7 April 2018
 Venue: North Gauteng Wrestling Hall, Menlo Park, Pretoria.



SOUTH AFRICAN
 WRESTLING FEDERATION

All the Masters Wrestlers that won medals at the 2017 World Wrestling Championships will take part in the SA Wrestling Championships.

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SA MASTERS ATHLETICS

South African Masters Championship

- 26, 27 & 28 April 2018
- Mangaung Stadium, Bloemfontein



GAUTENG SHOOTING ASSOCIATION

SA NATIONAL CHAMPIONSHIPS

NPA & PPC NATIONALS

Venue: Eeufees military range, Pretoria

Date: 26th April to 1st May 2018



**PLEASE FORWARD DETAILS OF ALL EVENTS AND RESULTS SO THAT THEY
CAN BE PUBLISHED IN THE MASTERS VOICE**

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OFFICIAL NOTIFICATIONS

ANNUAL GENERAL MEETING 09 JUNE 2018

Date: Saturday 9 June 2018

Time: 11:00 – 16:00

Venue: Olympic House (SASCOC Offices)



sport & recreation

Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA

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