



South African Powerlifting Federation

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2022 World Classic and Equipped Masters Powerlifting Championships – Manager's Report

The 2022 World Classic and Equipped Masters Powerlifting Championships was held from 8-15 October, in St Johns, Newfoundland, Canada, and was attended by participants from 28 countries.

South Africa fielded a team of 4 lifters who competed in the Master 1 and Master 2 Classic and Equipped Powerlifting events. South Africa came away with a new World Champion in Elisabeth Barry, who won the 47kg Master 1 Equipped Powerlifting world title. The team won a total of 12 medals, and set 49 new African records.

Referees

Hannie Smith and Rodney Anthony officiated as referees and jury during the championships.

Detailed Results

The full results can be found on the IPF website here:

<https://www.powerlifting.sport/championships/results/2022/world-masters-powerlifting-championships-2022>

Team South Africa's individual results are as follows:

Classic Powerlifting:

| Name | Weight Cat | Age Cat | Squat | Bench | Deadlift | Total | Result |
|-----------------------|------------|---------|-------|-------|----------|-------|---|
| Quintin van der Merwe | 105kg | M 1 | 200 | 125 | 240 | 565 | 6 th place African M2 BP and single-lift BP records |
| Christo Schoonraad | 105kg | M 2 | 230 | 115 | 260 | 605 | 5 th place African M2 DL, Tot and single-lift BP records African M1 SQ, DL and Tot records |

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Vice President (I) : Heather Leighton
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|-----------------|------|----|----|------|-------|-----|--|
| Elisabeth Barry | 52kg | M1 | 75 | 37,5 | 112,5 | 225 | Silver medal overall Silver SQ and DL medals, Bronze BP medal |
|-----------------|------|----|----|------|-------|-----|--|

Equipped Powerlifting:

| Name | Weight Cat | Age Cat | Squat | Bench | Deadlift | Total | Result |
|--------------------|------------|---------|-------|-------|----------|-------|---|
| Christo Schoonraad | 105kg | M 2 | 265 | 160 | 270 | 695 | 4 th place 5 African M2 records, 5 African M1 records, 5 African Open records |
| Elisabeth Barry | 47kg | M1 | 100 | 47,5 | 112,5 | 260 | Gold – WORLD CHAMPION Gold DL and Total medals Silver SQ and BP medals 5 African M1 records, 5 African Open records |
| Carol Anthony | 52kg | M2 | 117,5 | 55 | 125 | 297,5 | Silver medal overall Silver SQ, DL and Tot medals Bronze BP medal 5 African M2 records, 5 African M1 records, 5 African Open records |

Heather Leighton (06/11/2022)