



# South African Powerlifting Federation

P O Box 1617  
Lonehill 2062

Tel: (011) 465 3379  
Fax: (011) 465 7938

## 2019 IPF Masters Powerlifting Championships – Manager's Report

South Africa hosted the 2019 IPF Masters Powerlifting Championships in Potchefstroom from 7-12 October 2019. The event was contested by 141 lifters from 24 countries.

A team of 14 Master powerlifters competed for South Africa in the Championships. The team consisted of 7 female and 7 male lifters.

Team South Africa won 34 medals in total, set 6 Commonwealth records, 9 African records and 30 South African National records. South Africa now has 5 new World Champion Master Powerlifters.



President : Johan Smith  
Vice President (I) : Heather Leighton  
Vice President (N) : Ephraim Khandanise  
Treasurer : Gail McKenzie-Kerr  
Secretary General : Cliff Hayim (interim)

eMail : hannie@lagayim.co.za  
eMail : HeatherJLeighton@gmail.com  
eMail : nekhandise@gmail.com  
eMail : gail@cgmkadmin.co.za  
eMail : admin@powerliftingsa.co.za





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## World Equipped Master's Powerlifting Championships 2019 - Team SA results

Women	Age	Weight	Results				Placing / Medals				Records	Best Lifter	Best Team	
Lifter	Category	Category	Squat	Bench	Deadlift	Total	Squat	Bench	Deadlift	Total				
Dulcie Duguid	Master 4	57kg	100	42.5	107.5	250	Gold	Gold	Gold	Gold	African M4 SQ, DL, TOT records and SA M4 SQ, BP, DL and Tot records	Best M4 Lifter	Best M4 Team	
Carol Anthony	Master 2	52kg	115	47.5	130	292.5	Silver	Bronze	Silver	Silver				
Joan Swart	Master 2	63kg	97.5	70	137.5	305	4th	4th	Bronze	Bronze				SA M2 BP and DL records
Marion Tanzer	Master 2	72kg	107.5	65	140	312.5	5th	6th	4th	5th				SA M2 BP and DL records
Elisabeth Barry	Master 1	47kg	120	50	125	295	Gold	Gold	Gold	Gold				SA M2 Total record
							Gold	Bronze	Gold	Gold	African M1 SQ and DL records, Commonwealth SQ, DL and Total records, SA M1 and Open SQ, DL and Total records	3rd Best M1 lifter	2nd Best M1 Team	
Laura de Wet	Master 1	72kg	205	90	197.5	492.5								
Zanele Ngwenya	Master 1	72kg	140	62.5	157.5	360	4th	4th	Bronze	4th				
Men														
Dan Oppenheim	Master 4	74kg	160	100	187.5	447.5	Gold	Gold	Gold	Gold	African M4 DL record	2nd Best M4 lifter		
Christo Schoonraad	Master 2	105kg	282.5	185	272.5	740	Silver	4th	Silver	Silver	SA M1 SQ and Tot records, SA M2 SQ, DL and Total records			
Marlon Daniels	Master 1	74kg	237.5	187.5	227.5	652.5	4th	Silver	4th	Bronze	SA M1 DL record	3rd Best M1 Team		
Jorncy Page	Master 1	93kg	272.5	167.5	275	715	Bronze	8th	5th	Bronze	SA M1 DL record			
George Parker	Master 1	93kg	205	167.5	212.5	585	7th	7th	9th	7th				
Graham Green	Master 1	105kg	260	180	255	695	5th	6th	4th	4th				
							Gold	Silver	Gold	Gold	African M1 SQ, BP and Total records, Commonwealth M1 SQ, DL and Total records, SA M1 and Open SQ, BP and Total records. SA Open and M1 single-lift BP records			
Mathys Herbst	Master 1	120+kg	400	280	325	1005								

Team SA MEN	Bronze	Silver	Gold	Count
Squat	1	1	2	4
Bench Press		2	1	3
Deadlift		1	2	3
Total	2	1	2	5
Count	3	5	7	15

Team SA WOMEN	Bronze	Silver	Gold	Count
Squat		1	3	4
Bench Press	2		2	4
Deadlift	2	1	3	6
Total	1	1	3	5
Count	5	3	11	19

6 Commonwealth records  
9 African records  
30 SA records  
34 Medals

5 World Champions



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## Detailed Results

The full results of the Championships can be found here: <http://www.powerliftingsa.co.za/node/1350>

The updated African Records can be found here: <http://www.powerlifting-africa.com/records.html>

The updated South African Records can be found here:

[http://www.powerliftingsa.co.za/sites/default/files/201910b%20Equipped%20Records%20after%20World%20Masters%20Powerlifting%20Championships%202019\\_1.pdf](http://www.powerliftingsa.co.za/sites/default/files/201910b%20Equipped%20Records%20after%20World%20Masters%20Powerlifting%20Championships%202019_1.pdf)

## Referees

SAPF President Johan Smith, in his capacity as Technical Chairman of the IPF and APF, oversaw the running of the championships, as well as officiating on the jury. The following South African international referees also officiated during the championships: Alan Ferguson, Andre Ludik, Vicki Botha, Megan Leighton, Jacqui Rees, Cliff Hayim.

The 2020 Equipped Masters Championships will be combined with the Classic Masters Championships to be held in Sun City in April 2020.

Heather Leighton (30/10/2019)

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