



South African Powerlifting Federation

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2019 World Classic and Equipped Bench Press Championships – Manager's Report

A team of 5 powerlifters competed for South Africa in the IPF World Classic and Equipped Bench Press Championships held in Tokyo, Japan from 18-25 May 2019.

The full results can be found here: <https://www.powerlifting.sport/championships/results/2019/world-open-sub-juniors-juniors-masters-classic-equipped-bench-press-championships-2019.html>

Team South Africa won 2 silver medals, and set 1 new Commonwealth record and a South African National record.

Here are the individual results for our lifters:

Classic Bench Press	Age Category	Weight Division	Result	Medal/place	IPF Points	Records
Mbasa Qilingele	SubJunior	72kg	70.0kg	SILVER	550.52	
Colin Young	Master 3	105kg	180.0kg	SILVER	631.53	Commonwealth M3
Colin Young	Open	105kg	170.0kg	12th	594.26	
Equipped Bench Press	Age Category	Weight Division	Result	Medal/place	IPF Points	Records
Megan Leighton	Junior	57kg	97.5kg	4th	588,93	
Nicola Green	Open	84kg	-	-	-	
Mark Phillips	Master 2	93kg	190.0kg	9th	555.06	SA Master 2 record

Hannie Smith, Vicki Botha and Megan Leighton officiated as referees or on the jury during the championships.

Heather Leighton
27/05/2019

President : Johan Smith
Vice President (I) : Heather Leighton
Vice President (N) : Ephraim Khandanise
Treasurer : Gail McKenzie-Kerr
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