

**South African Powerlifting Championship 2010**  
**Viljoenskroon, 7-8 May**

The South African Powerlifting Championships concluded the past weekend in a small town in the Free State, home of multi national champion, Pieter Erasmus. At the AGM on Friday the SAPF selected a new Vice-President, Andre Ludik and the new President, IPF Technical Officer, Hannie Smith.

There were 21 women competing on Friday 7 May, with multiple national records being broken. One of the records came from Mirriam Sinclair (52kg) who broke the Master II Total record with 340kg. She also won the Overall Master II for women.

One of the future women in powerlifting in South Africa, the World Sub-Junior silver medalist, Esmay Smith (90kg), who entered as a Sub-Junior, Junior and Senior broke 7 SA records, with a Total of 425kg she got a squat of 180kg, bench of 75kg and a deadlift of 170kg. She also won the Overall Sub-Junior for women.



Esmay Smith (90kg) with 180kg to break the Senior women SA Record

In the 52kg class Liezl Pretorius broke 2 SA Records, with a bench of 70kg and a total of 320kg in the Junior class. She also had a squat of 125kg and a deadlift of 125kg. She won the Overall Junior for women.

In the 67,5kg class Sanet Momberg returned from injuries to win the gold. She totaled 422,5kg, which included a squat of 140kg, a deadlift of 155kg and an amazing SA record in the bench of 127,5kg! She won the Overall Senior for women.

Sanet was followed by Michelle de Souza with the silver medal, she also won the gold in the Master I division. She had a squat of 145kg, benched 60kg and pulled 162,5kg! She also won the Overall Master's I for women.

At the competition there was also new National referee's selected, they are Heinrich Janse van Rensburg, Christo Jordaan, Esmay Smith, Clive Battison and Conrad Dippenaar.

After the women the light weights went on stage, with one of the many highlights and future of powerlifting, Warren Simon. The 60kg class Sub-Junior who won the gold in the Sub-Juniors, Juniors and Seniors! He broke 7 National records with a squat of 210kg, bench of 125kg and a deadlift of 210kg. He also won Overall Sub-Junior for men.

The 67,5kg class was won by Harry Shomalistos, who also broke 6 national records in the Junior and Senior class. His total of 647,5kg included a squat of 210kg, a bench of 167,5kg and an amazing deadlift of 270kg! He also got an Elite I incentive. He was beaten by 0.28 wilks points for the overall lifter trophies by a lifter who will not be forgotten the next day!

With the Saturday arriving, you could feel there is big competition feeling in the air. The 75kg class kicked off with the winner of the gold medal, Marlon Daniels, who totaled 660kg. His total included a squat of 240kg, a deadlift of 230kg and a new SA record in the bench of 190kg!

The Master III (75kg) was won by Dan Oppenheim with a Total of 500kg. He squatted 175kg, benched 120kg and deadlifted 205kg. He also won the Overall Master III for men.

The Master I 82,5kg class was won by Laurence Arendse. He had a squat of 212,5kg, benched 130kg and a deadlift of 217,5kg. The Total of 560kg also gave him the Overall Master II trophy for men.

The 90kg Senior class was won by the organizer of the competition, Pieter Erasmus. He also won the gold in the Master I division. He broke 4 SA records in the Master I, with a squat of 290kg, bench of 220kg and a deadlift of 252,5kg giving him a Total of 762,5kg. He also won the Overall Master I for men.

When you hear the name Johan Smith one tends to think of the following: The highlight of the competition, winner of the Overall Junior and Senior men, former World Sub-Junior Champion and just returned from a knee operation. Johan (100kg) who Totalled 810kg (504.32 Wilks) broke the Senior and Junior Total record with a deadlift of 280kg, he had a bench of 200kg and what everybody probably would say the highlight was, was his squat of 330kg! The crowd was really supporting him and gave a standing ovation. He is one of the jewels in SA and World powerlifting today.



Johan Smith (100kg) with 330kg

With a very successful SA Championships the IPF Open World Championships that will be in South Africa in November would be without a doubt truly amazing! The SAPF would also like to thank Pieter Erasmus for putting up the amazing competition.

By: Heinrich Janse van Rensburg