



# South African Powerlifting Federation

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## 2023 African Classic and Equipped Bench Press Championships – Manager’s Report

South Africa hosted the first African Classic and Equipped Bench Press Championships in Potchefstroom, North West, from 9 – 11 March 2023. The APF member nations Algeria, Libya, Morocco, Zimbabwe were represented along with a team of 43 lifters from South Africa.

Team SA consisted of 16 Women and 27 Men, with the age divisions represented as per the below table:

<i>Division</i>	<i>SJ</i>	<i>J</i>	<i>O</i>	<i>M1</i>	<i>M2</i>	<i>M3</i>
<i>Women – Equipped Bench</i>			2	1	1	
<i>Women – Classic Bench</i>	4	2	2	2	2	
<i>Men – Equipped Bench</i>			5		3	2
<i>Men – Classic Bench</i>	3	1	4	8	3	3

Team South Africa set 46 African records, one Commonwealth record and 7 South African National records, crowned 38 new African Champions, and our lifters won 15 Best Lifter awards.

### Overall Results

The full results can be found here: <https://www.powerliftingsa.co.za/node/1528>

#### Classic Bench Press:

Best Open Lifter: Lauren Norton  
Best M1 Lifters: David Jacobsz and Jodi Poxon  
Best M2 Lifter: Gail Mathewson  
Best M3 Lifter: Tommie de Nysschen  
Best Subjunior Lifters: Richard Steenekamp and Gila Smith  
Best Junior Lifters: Avishai Eilim and Charnleigh Kotze

#### Equipped Bench Press:

Best Open Lifters: Simon Breetzke and Christi Rees  
Best M1 Lifter: Jacqui Rees  
Best M2 Lifters: John Crain and Carol Anthony  
Best M3 Lifter: Tommie de Nysschen

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

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## Team SA Medals:

	Bronze	Silver	Gold	
Classic Bench Press – Women			10	<b>10</b>
Classic Bench Press - Men	1	4	17	<b>22</b>
Equipped Bench Press – Women			4	<b>4</b>
Equipped Bench Press – Men		1	7	<b>8</b>
<i>Count</i>	<b>1</b>	<b>5</b>	<b>38</b>	<b>44</b>

## Detailed Results

The following lifters set new Commonwealth, African or SA National Single-lift Bench Press records during the championships:

Name	Age and Weight Category	Record
Devorah Eilim	SJ 57	African Open, Jun and SJ Classic records
Catinka Fourie	SJ 63	African SJ Classic record
Gila Smith	SJ 69	African SJ Classic record
Roechelle van der Merwe	SJ 76	Commonwealth SJ Classic record, SA National SJ Classic record, African SJ Classic record
Charnleigh Kotze	Junior 69	African Junior Classic record
Sunelle Putter	Junior 84+	SA National Junior Classic record
Laura Brewer	Open 69	African Open Classic record
Lauren Norton	Open 84+	African Open Classic record
Jodi Poxon	M1 76	African M1 Classic record
Gail Mathewson	M2 76	African M2 Classic record
Steven Routledge	O 66	African Open Classic record
Samuel Meshilinie	SJ 53	African SJ and Jun Classic records
Faraz Hamayun	SJ 66	African SJ Classic record
Richard Steenekamp	SJ 105	African SJ Classic record
Avishai Eilim	Junior 83	African Junior Classic record
Steven Coleman	M1 66	African M1 Classic record
Tommie de Nysschen	M3 74	African M1, M2 and M3 Classic records
Ricardo Fitzpatrick	M1 83	African M1 Classic record
David Jacobsz	M1 93	African M1 Classic record
Newton Mudau	M1 120kg	African M1 Classic record
JC Bruce	M3 66	African M3 and M2 Classic record
Christi Rees	Open 84+	SA National Open Equipped record, African Open Equipped record
Jacqui Rees	M1 84+	SA National M1 Equipped record, African M1 Equipped record
Carol Anthony	M2 52	African Open, M1 and M2 Equipped records
Archie Ayekpa	Open 93	African Open Equipped record
Simon Breetzke	Open 120+	African M1 Equipped record

Craig Masson	M1 105	SA National M1 Equipped record, African Open and M1 Equipped records
Christo Schoonraad	M3 105	African M2 and M3 Equipped records
Hermanus de Beer	M2 120	African Open, M1 and M2 Equipped records
John Crain	M2 120+	African M2 Equipped record
Tommie de Nysschen	M3 74	SA National M3 and M2 Equipped records, African Open, M3, M2, M1 Equipped records

## Referees

Hannie Smith, Vicki Botha, Chantelle du Toit, Megan Leighton, Heather Leighton and Jacqui Rees officiated as Referees and on the Jury during the championship.

## African Powerlifting General Assembly

At the General Assembly, these SAPF nominees were elected to positions on the APF Executive:

- Hannie Smith – Technical Chairman
- Heather Leighton – Secretary General, and African regional representative on the IPF EC

It was agreed at the General Assembly, based on the poor attendance from other member nations, that the Bench Press and Powerlifting Championships would once again be combined from 2024 onwards.

Heather Leighton (June 2023)