



South African Powerlifting Federation

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2023 African Classic and Equipped Powerlifting Championships – Manager’s Report

South Africa took a team of 2 referees, 1 lifter and 2 media technicians to the African Classic and Equipped Powerlifting Championships in Algiers, Algeria, from 24-29 October 2023. The APF member nations Algeria, Cameroon, Libya, Morocco, Tunisia, Egypt, Ivory Coast, Cape Verde and South Africa were represented with a total of 77 lifters.

Team SA consisted of one Master 1 lifter, Tarryn Valle, who achieved the following results in the Classic Powerlifting event:

- Best Master 1 Female Lifter
- Gold medal – Master 1 Women under 52kg division
- Squat – 87,5kg
- Bench Press – 47,5kg (New African M1 BP and single-lift BP records)
- Deadlift – 120kg
- Total – 255kg

Overall Results

The full results can be found here: <https://www.powerlifting-africa.com/results>

Referees

Hannie Smith and Heather Leighton officiated as Referees, on the Jury, as scorer and announcer during the championship. Hannie also invigilated multiple exams for African referees to qualify as IPF Category II and I international referees.

Media Team

Livestreaming of the championships was provided by EMET Media.

Next Championships

The next championships will be a combined African Powerlifting and Bench Press Championships, to be held in South Africa in October 2024.

Heather Leighton (November 2023)

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