



South African Powerlifting Federation

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2023 Asia Pacific Africa Classic and Equipped Powerlifting and Bench Press Championships – Manager’s Report

The first Asia Pacific Africa Classic and Equipped Powerlifting and Bench Press Championships was held from 23-30 June 2023 in Hong Kong. There were representatives from 17 countries in attendance, with 353 competitors taking part (222 men and 131 women).

Team SA consisted of one athlete, two referees and a spotting and loading team.

Our athlete, Subjunior 83kg lifter Michael van Beek, achieved the following results:

- Squat 170kg – Bronze medal
- Bench Press 92.5kg – Bronze medal, African SJ BP and single-lift BP record
- Deadlift 190kg – Gold medal
- Total 452.5kg – Bronze medal

Overall Results

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

Referees and Officials

Referees and Jury: Hannie Smith as Chairman of the IPF Technical Committee, also officiated on the Jury. Nic Ingel was awarded his IPF Category II Referee certification.

The South African team of spotters and loaders ran the platform for the entire championships.

Heather Leighton (July 2023)

President : Johan Smith
Vice President (I) : Heather Leighton
Vice President (N) : Andre Ludik
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