



# South African Powerlifting Federation

## 2016 World Classic Bench Press Championships – Manager’s Report

A team of 49 powerlifters competed for South Africa in the 1<sup>st</sup> IPF World Classic Bench Press Championships held in Potchefstroom, South Africa from 14-21 May 2016. The team consisted of 17 ladies and 32 men, competing under Protea and Federation colours, who excelled both individually and as a team. The championship was contested by over 250 lifters from 27 different countries, and South Africa now has 12 new IPF World Champion Bench Pressers.

Here is the final #TeamSA medal count: the team won a total of 31 medals, and set 18 new SA National records, 7 Commonwealth records and a spectacular World record from Eastern Cape Subjunior Yonela Mbembe.

### Medals

The breakdown of medals won by team South Africa is as follows:

	Bronze	Silver	Gold	Total
Men	7	5	6	<b>18</b>
Ladies	2	5	6	<b>13</b>
<i>Total</i>	<b>9</b>	<b>10</b>	<b>12</b>	<b>31</b>

### Ladies Results

Here are the individual results for our ladies:

Lifter	Age Category	Weight Division	Result	Medal/P lace	Records
Mariska Casey	Open	47kg	55.0kg	GOLD	SA O
Antoinette Kriel	Open	52kg	87.5kg	BRONZE	SA O+M1, CW O+M1
Seritha Plaatjies	Open	57kg	80.0kg	4 <sup>th</sup>	
Ilze-Mari Maritz	Open	72kg	82.5kg	5 <sup>th</sup>	
Sandri van Staden	Open	84kg	80.0kg	BRONZE	
Christi de Jager	Open	84+kg	90.0kg	5 <sup>th</sup>	SA O
Rouxchelle Roux	SubJunior	57kg	47.5kg	GOLD	
Bronwyn Marshall	SubJunior	72kg	52.5kg	SILVER	
Megan Leighton	Junior	63kg	67.5kg	GOLD	SA J
Kim Halgreen	Junior	72kg	87.5kg	SILVER	SA J+O, CW J
Kashka Hobbs	Junior	84kg	70.0kg	SILVER	
Ronel Reyneke	Master 1	63kg	62.5kg	GOLD	

Carm Ingel	Master 1	63kg	55.0kg	SILVER	
Laura de Wet	Master 1	72kg	75.0kg	4 <sup>th</sup>	
Sanet Momberg	Master 1	84kg	130.0kg	GOLD	SA O+M1, CW O+M1
Corien Potgieter	Master 1	84kg	82.5kg	SILVER	
Carol Anthony	Master 2	57kg	45.0kg	GOLD	

## Men's Results

Here are the individual results for our men:

Lifter	Age Category	Weight Division	Result	Medal /Place	Records
Michael Botha	Open	66kg	137.5kg	6 <sup>th</sup>	
Ivan Vers	Open	66kg	130.0kg	8 <sup>th</sup>	
Jonathan Kariv	Open	74kg	137.5kg	4 <sup>th</sup>	
Nicholas Deetlefs	Open	105kg	190.0kg	7 <sup>th</sup>	
Benedict Bucarizza	Open	120kg	230.0kg	BRONZE	SA O
Gerard Correia	Open	120kg	210.0kg	7 <sup>th</sup>	
Damon Langeveld	SubJunior	53kg	80.0kg	GOLD	
Mpho Hlanyane	SubJunior	66kg	90.0kg	SILVER	
Ruben van der Linde	SubJunior	66kg	90.0kg	BRONZE	
Obert Booyesen	SubJunior	74kg	112.5kg	BRONZE	
Yonela Mbembe	SubJunior	74kg	160.0kg	GOLD	SA SJ+J+O, CW SJ, World SJ
Elan Donniger	SubJunior	83kg	117.5kg	SILVER	
Bulelani Ngaki	SubJunior	93kg	120.0kg	SILVER	
Johnde Victor	SubJunior	120+kg	150.0kg	BRONZE	SA SJ
Sint-Willes Pieterse	Junior	74kg	127.5kg	7 <sup>th</sup>	
James Macintosh	Junior	74kg	130.0kg	6 <sup>th</sup>	
Tshepo Rapoo	Junior	83kg	140.0kg	BRONZE	
Elfranco Holder	Junior	93kg	172.5kg	GOLD	
Adrian Smith	Junior	93kg	155.0kg	BRONZE	
Francois Maritz	Junior	105kg	172.5kg	GOLD	
Edgar Katushabe	Junior	120+kg	160.0kg	SILVER	
Marlon Daniels	Master 1	74kg	145.0kg	BRONZE	SA M1
Malone Horn	Master 1	120kg	210.0kg	GOLD	
Fanie du Preez	Master 1	120+kg	150.0kg	5 <sup>th</sup>	
Ian Mouton	Master 1	120+kg	205.0kg	4 <sup>th</sup>	
JC Bruce	Master 2	66kg	82.5kg	5 <sup>th</sup>	
Tommie de Nysschen	Master 2	74kg	117.5kg	6 <sup>th</sup>	SA M2
Christo Schoonraad	Master 2	105kg	130.0kg	7 <sup>th</sup>	
Colin Young	Master 2	105kg	147.5kg	6 <sup>th</sup>	SA M2
Gerhardus Oosthuizen	Master 2	120kg	205.0kg	GOLD	SA M2, CW M2
Andre Ludik	Master 2	120kg	135.0kg	4 <sup>th</sup>	
Dan Oppenheim	Master 4	74kg	95.0kg	SILVER	

## Best Lifter awards

In addition to these impressive individual results, South Africa won the following overall Best Lifter prizes – these are awarded to the top three lifters in each age category in order of Wilks points:

- 2<sup>nd</sup> Best Master 1 Lady – Sanet Momberg
- 3<sup>rd</sup> Best Junior Lady – Kim Halgreen
- 3<sup>rd</sup> Best Subjunior Lady – Rouxchelle Roux

## Best Team awards

The Best Team prizes are awarded to the top three countries in each age category, based on the points earned by their top 5 lifters. South Africa won the following Team Prizes:

- Best Open Ladies Team
- Best Junior Ladies Team
- Best Master 1 Ladies Team
- Best Subjunior Men's Team
- Best Junior Men's Team
- 2<sup>nd</sup> Best SubJunior Ladies Team
- 3<sup>rd</sup> Best Master 1 Men's Team

## Referees

South African referees Johan Smith, Vicki Botha, Andre Ludik, Rodney Anthony, Ephraim Khandanise, Cliff Hayim, Isabel Kruger, Hesterki Range, Quintin Kannemeyer, Cecile May Smith and Dan Oppenheim officiated as Referees or on the Jury for various sessions during the championships.

Heather Leighton – Team manager