



South African Powerlifting Federation

2016 IPF Raw/Classic World Powerlifting Championships

Sub-junior, Junior, Open and Masters

Manager's Report

The 2016 IPF World Classic Powerlifting Championships was held in Killeen, Texas from 19-26 June 2016, where 689 lifters from over 50 countries competed. Team South Africa consisted of 25 powerlifters - 15 ladies and 10 men, competing under Protea and Federation colours. We had 4 Sub-juniors, 5 Juniors, 8 Open lifters and 8 Master lifters, some competing in their first international event, and some very experienced competitors, making up the largest SA powerlifting team ever to travel overseas to compete.

Here is the final #TeamSA medal count: the team won a total of 15 medals, and set 31 new SA National records and 4 Commonwealth records. Star performer was new World Champion Sean Manders, who won the overall Gold medal in the Master 1 105kg division, as well as the 3rd place in the Best Lifter awards across all Master 1 weight divisions, setting 3 new Commonwealth records and an SA National record in the process. Our Master 1 ladies team placed 6th in the team awards.

Medals

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

	Bronze	Silver	Gold	Count
Squat	2	1		3
Bench Press	1	1		2
Deadlift	1	3	1	5
Total	3	1	1	5
<i>Count</i>	7	6	2	15

Ladies Results

Lifter	Age Category	Weight Division	Results				Medals/Placing				Records
			Sq	BP	DL	Total	Sq	BP	DL	Total	
Carol Anthony	Master 2	52kg	67.5	37.5	120	225	Bronze	Bronze	Silver	Bronze	3 SA Master2 records (BP, DL and Total)
Michelle Letcher	Master 1	57kg	120	62.5	165	347.5			Gold	Bronze	2 SA records (Open DL and M1 DL), 1 Commonwealth M1 record (DL)
Ronel Reyneke	Master 1	63kg	100	60	120	280				8th	
Maureen Ackerman	Master 1	63kg	112.5	60	137.5	310				7th	
Laura de Wet	Master 1	72kg	145	75	170	390	Bronze		Silver	Silver	
Candice Firmani	Master 1	72kg	95	57.5	95	247.5				10th	
Caitlin Poxon	SubJunior	63kg	90	42.5	117.5	250				7th	1 SA SubJunior record (DL)
Bronwyn Marshall	SubJunior	72kg	105	47.5	120	272.5				6th	2 SA SubJunior records (SQ and Total)
Megan Leighton	Junior	57kg	110	57.5	130	297.5				10th	2 SA Junior records (SQ and Total)
Sasha Payne	Junior	63kg	95	55	130	280				8th	
Kashka Hobbs	Junior	84kg	120	65	145	330				6th	
Mariska Casey	Open	47kg	85	52.5	132.5	270				11th	1 SA Open record (DL)
Antoinette Kriel	Open	52kg	120	82.5	142.5	345				7th	6 SA records (Open SQ,DL, Total and M1 SQ,DL and Total)
Laura Newman	Open	63kg	137.5	62.5	167.5	367.5				13th	3 SA Open records (SQ, DL and Total)
Cailleigh Dade	Open	84kg	165	72.5	185	422.5				9th	3 SA Open records (SQ, DL and Total)

Men's Results

Lifter	Age Category	Weight Division	Results				Medals/Placing				Records
			Sq	BP	DL	Total	Sq	BP	DL	Total	
Sean Manders	Master 1	105kg	290	177.5	307.5	775	Silver		Silver	Gold	1 SA Master 1 record (BP), 3 Commonwealth M1 records (SQ,DL,Tot)
Fanie du Preez	Master1	120+kg	195	145	225	565				9th	
Ruben van der Linde	Subjunior	66kg	165	90	180	435				8th	1 SA SubJunior record (SQ)
Spencer Hammond	Subjunior	83kg	182.5	115	240	537.5				6th	3 SA SubJunior records (SQ,DL and Total)
Francois Maritz	Junior	105kg	282.5	182.5	292.5	757.5		Silver		Bronze	2 SA Junior records (SQ and Total)
Terence Bosman	Junior	105kg	235	140	302.5	677.5			Bronze	13th	1 SA Junior record (DL)
Andrew Ramsay	Open	74kg	207.5	125	252.5	585				11th	
Jonathan Kariv	Open	74kg	185	140	220	545				12th	
Nick Deetlefs	Open	105kg	255	197.5	290	742.5				13th	
Gerard Correia	Open	120kg	240	207.5	300	747.5				9th	

Best Lifter awards

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

3rd Best Master 1 Men – Sean Manders

Referees

South African referees Johan Smith, Head Coach Rodney Anthony and Heinrich Janse van Rensburg officiated as Referees or on the Jury for various sessions during the championships.

Heather Leighton – Team manager