

Note to all SAPF lifters: 2015 All Africa Championships

When : 23-25 October 2015

Where : Meknes, Morocco (fly in to Rabat airport)

The SAPF will be sending a team to represent South Africa at the All Africa Championships to be held in Morocco in October. Participation will not be limited to lifters who qualified for national colours, but will rather be open to all affiliated lifters who wish to participate. Colours will be awarded as follows:

- Open, Subjunior and Junior lifters who achieved qualifying totals at SA Champs – Protea Colours
- Master lifters who achieved qualifying totals at SA Champs – Federation Colours (Green)
- Any other affiliated lifters who didn't achieve qualifying totals at SA Champs – Federation Colours (Blue)

At this stage, the competition will include Raw Powerlifting, with the possible inclusion of an Equipped Benchpress comp – details to follow once finalised. As this will be an International competition, it will be possible to set World, Commonwealth and SA records, and compete for the title of 'All Africa Champion' in your division.

Cost will be for each lifter's account, and will include

- Flights to Rabat (approx R6000-R8000)
- Accommodation (Around 70 euro per person per night, including B/L/D)
- Visa fee (about R600)
- Comp and doping fees (not specified yet but usually around R2000)
- Team kit (for those who don't already have Team SA tracksuit, etc)

We would like to encourage as many lifters to go as possible, to strengthen Africa's position in the IPF, as well as South Africa's position in African Powerlifting.

Lifters who are interested in competing, please contact Heather Leighton (HeatherL@discovery.co.za) or Heinrich Jansen van Rensburg (ipfmediaofficer@gmail.com), so that we can send you more details as they become available.