

# African Powerlifting and Bench Press Championships 2016

The 2016 African Powerlifting and Bench Press Championships were held from the 19<sup>th</sup> to the 22<sup>nd</sup> of October in Potchefstroom, with participating teams from Algeria, Morocco, Libya, South Africa and guest country Iran. Teams from Cameroon, Ghana and Egypt had to withdraw due to visa and/or financial constraints.

There were 95 entrants in the 6 events, which were Men's and Women's Classic (Raw) Bench Press, Equipped Bench Press and Classic (Raw) Powerlifting. The South African team consisted of 26 men and 22 women, made up of Protea and Federation lifters across the Junior, Open, Master 1 and Master 2 age categories.

## World Records

We were privileged to witness eight World Records being broken during the competition.

Bench Press (Single Lift) - Mens Open 120+kg : Boughalem Ilyes - Algeria - born 1987 - bodyweight 154.90kg - 20/10/2016 - 283kg

Powerlifting - Mens Master 3 59kg Squat : Akbar Rashedipour - Iran - born 1955 - bodyweight 58.75kg - 21/10/2016 - 135.5kg

Powerlifting - Mens SubJunior 66kg Deadlift : Hakim Riahi - Algeria - born 1998 - bodyweight 64.65kg - 21/10/2016 - 240.5kg

Powerlifting - Mens SubJunior 66kg Deadlift : Hakim Riahi - Algeria - born 1998 - bodyweight 64.65kg - 21/10/2016 - 245kg

Powerlifting - Mens Open 74kg Squat : El Fekair Rabah - Algeria - born 1987 - bodyweight 73.60kg - 21/10/2016 - 260.5kg

Powerlifting - Mens Master 1 120+kg Squat : Mohammed Bouafia - Algeria - born 1976 - bodyweight 131.25kg - 22/10/2016 - 360kg

Powerlifting - Mens Master 1 120+kg Squat : Mohammed Bouafia - Algeria - born 1976 - bodyweight 131.25kg - 22/10/2016 - 380kg

Powerlifting - Mens Master 1 120+kg Total : Mohammed Bouafia - Algeria - born 1976 - bodyweight 131.25kg - 22/10/2016 - 950kg

## Team South Africa results

Here is the final #TeamSA medal count: the team won a total of 47 medals, and set 42 new SA National records and 2 Commonwealth records.

Classic Bench Press – Men				
Age Cat	Weight Div	Lifter	Result	Records
Open	66	Michael Botha	GOLD	
Open	83	Ricardo Fitzpatrick	GOLD	

Master 1	74	Marlon Daniels	GOLD	SA M1 record
Master 1	120+	Ian Furman	GOLD	
Master 1	120+	Craig van Wyk	SILVER	
Master 2	66	JC Bruce	GOLD	
Master 2	105	Colin Young	GOLD	SA M2 record

Classic Bench Press - Women				
Age Cat	Weight Div	Lifter	Result	Records
Open	72	Chantelle du Toit	GOLD	
Open	84+	Christi de Jager	GOLD	SA Open record
Master 1	72	Corien Potgieter	GOLD	SA M1 record

Equipped Bench Press - Men				
Age Cat	Weight Div	Lifter	Result	Records
Junior	53	Ivan Kotze	GOLD	
Junior	93	Adrian Smith	GOLD	
Master 1	74	Marlon Daniels	GOLD	SA M1 record
Master 2	66	JC Bruce	GOLD	

Equipped Bench Press – Women				
Age Cat	Weight Div	Lifter	Result	Records
Junior	57	Megan Leighton	-	
Open	72	Chantelle du Toit	GOLD	
Open	84	Sandri van Staden	GOLD	

Classic Powerlifting - Men				
Age Cat	Weight Div	Lifter	Result	Records
Junior	74	Jason Stolzenberg	SILVER	
Junior	83	Jade Blake	-	SA Junior Bench Only record
Junior	93	Elfranco Holder	SILVER	Commonwealth Junior Bench record (PL) Commonwealth Junior Bench Only record SA Junior and Open Bench records (PL) SA Junior and Open Bench Only records
Junior	105	Francois Maritz	SILVER	SA Junior Squat record

Junior	105	Terence Bosman	BRONZE	
Junior	120	Rinus Bezuidenhout	GOLD	
Open	74	Andrew Ramsay	SILVER	
Open	74	Jonathan Kariv	BRONZE	
Open	74	Tumelo Ramaisa	4 <sup>TH</sup>	
Open	93	Graham Green	BRONZE	
Open	105	Nicholas Deetlefs	SILVER	
Master 1	83	Allistair Begg	GOLD	SA Master 1 Bench record (PL)
Master 1	93	Victor Mapoo	GOLD	
Master 1	120	Madikane Faku	SILVER	
Master 1	120+	Fanie du Preez	GOLD	
Master 2	93	Ebrahim Mobara	GOLD	SA Master 2 Deadlift and Total records
Master 2	105	Christo Schoonraad	GOLD	SA Master 2 Squat, Deadlift and Total records

Classic Powerlifting - Women				
Age Cat	Weight Div	Lifter	Result	Records
Junior	43	Mijuane de Wet	GOLD	(Unofficial) Commonwealth Subjunior Squat record SA Subjunior Squat, Deadlift and Total records SA Junior Deadlift record
Junior	57	Megan Leighton	GOLD	SA Junior Squat, Bench, Deadlift and Total records SA Junior Bench Only record
Junior	57	Rouxchelle Roux	SILVER	SA Subjunior Squat record
Junior	63	Sasha Payne	GOLD	
Junior	63	Caitlin Poxon	SILVER	SA Subjunior Squat, Bench and Total records SA Subjunior Bench Only record
Open	47	Mariska Casey	GOLD	SA Open Bench record
Open	52	Giulia Muto	GOLD	
Open	57	Ilona Wilson	GOLD	
Open	63	Laura Newman	GOLD	
Open	63	Andrea Peak	BRONZE	
Open	72	Laura de Wet	GOLD	SA Open Squat, Deadlift and Total records SA Master 1 Squat, Deadlift and Total records
Open	72	Candice Coetzer	-	
Open	84	Caillegh Dade	GOLD	SA Open Squat, Deadlift and Total records

Master 1	57	Carm Ingel	GOLD	
Master 1	63	Maureen Ackerman	GOLD	
Master 1	63	Ronel Reyneke	SILVER	
Master 2	57	Carol Anthony	GOLD	SA Master 2 Deadlift record

## Team SA Best Lifter awards

The All African Best Lifter awards were presented to the African lifters with the highest Wilks total across all weight categories. The following awards were won by Team SA:

Best Master 1 Classic Bench Presser (Men) – Ian Furman

Best Master 2 Classic Bench Presser (Men) – Colin Young

Best Open Classic Bench Presser (Women) – Chantelle du Toit

Best Master 1 Classic Bench Presser (Women) – Corien Potgieter

Best Junior Equipped Bench Presser (Men) – Adrian Smith

Best Master 1 Equipped Bench Presser (Men) – Marlon Daniels

Best Master 2 Equipped Bench Presser (Men) – JC Bruce

Best Open Equipped Bench Presser (Women) – Chantelle du Toit

Best Master 1 Classic Powerlifter (Men) – Victor Mapoo

Best Master 2 Classic Powerlifter (Men) – Christo Schoonraad

Best Junior Classic Powerlifter (Women) – Megan Leighton

Best Open Classic Powerlifter (Women) – Giulia Muto

Best Master 1 Classic Powerlifter (Women) – Maureen Ackerman

Best Master 2 Classic Powerlifter (Women) – Carol Anthony

## Overall Best African Lifter and Team awards

Event	Category	Best Lifter	Best Team
Classic Bench Press	Junior Men	Hamdani Fethi (Algeria)	Algeria
	Open Men	Ilyas Boughalem (Algeria)	Algeria
	Master 1 Men	Ian Furman (South Africa)	South Africa
	Master 2 Men	Colin Young (South Africa)	South Africa
	Open Women	Chantelle du Toit (South Africa)	South Africa
	Master 1 Women	Corien Potgieter (South Africa)	South Africa
Equipped Bench Press	Junior Men	Adrian Smith (South Africa)	South Africa
	Master 1 Men	Marlon Daniels (South Africa)	South Africa
	Master 2 Men	JC Bruce (South Africa)	South Africa
	Open Women	Chantelle du Toit (South Africa)	South Africa
Classic Powerlifting	Junior Men	Djallal Feidi (Algeria)	Algeria
	Open Men	Mohammed Bouafia (Algeria)	Algeria
	Master 1 Men	Victor Mapoo (South Africa)	South Africa
	Master 2 Men	Christo Schoonraad (South Africa)	South Africa

	Junior Women	Megan Leighton (South Africa)	South Africa
	Open Women	Giulia Muto (South Africa)	South Africa
	Master 1 Women	Maureen Ackerman (South Africa)	South Africa
	Master 2 Women	Carol Anthony (South Africa)	South Africa

## APF news

At the African Powerlifting Federation Congress meeting held on 19 October, outgoing APF president Alan Ferguson handed over the presidency to Moussa Messaour from Algeria. Alan will complete his term (of which there are three years remaining) on the IPF executive as EC representative from Africa. The new APF board is as follows:

President : Moussa Messaour (Algeria)  
 Vice President : Heather Leighton (South Africa)  
 General Secretary : Elmamoun Mohammed (Morocco)  
 Treasurer : Hamid Jamal (Morocco)  
 Technical Chairman : Hannie Smith (South Africa)  
 IPF EC representative : Alan Ferguson (South Africa)

It was agreed to set standards for African Powerlifting records, which will be done by Hannie Smith and Heather Leighton, as a percentage of the existing World records. The APF will follow the Commonwealth rules regarding claiming records (Can be done at an International comp only, must have 3 refs from different countries and a jury of 3 refs from different countries, must have drug testing at the comp). Heather Leighton will be Records Registrar.

The next African Powerlifting Championships will be hosted as follows:

2017 – Algeria  
 2018 - Morocco  
 2019 – South Africa (possibly to be combined with the IPF World Masters Championships)  
 2020 - Libya

Heather Leighton

24/10/2016

**South African Powerlifting Federation**  
**ALL AFRICA CLASSIC BENCH PRESS MEN'S CHAMPIONSHIPS, SOUTH-AFRICA, POTCHEFSTROOM, 20-22.10.2016**  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>Juniors</b>												
<b>- 74 kg</b>												
1	Hamdani Fethi	1993	ALG	74.00	0.7193	2	140.0	150.0	155.0	155.0	111.49	12
<b>120+ kg</b>												
1	Payam Sahebi	1993	Iran	134.45	0.5624	20	175.0	187.5	X	187.5	105.44	12
2	Reza Alirezaei	1993	Iran	131.45	0.5645	-10	140.0	152.5	157.5	157.5	88.90	9
<b>Nation (points)</b>												
	1 Iran	21	[12+9]	194.34 w.pts.								
	2 Algeria	12	[12]	111.49 w.pts.								
<b>Best Lifters of Juniors</b>												
PL.	Lifter	Nation		B.Weight	WF	Result			W. points			
1	Hamdani Fethi	Algeria		74.00	0.7193	155.0			111.49			
2	Payam Sahebi	Iran		134.45	0.5624	187.5			105.44			
3	Reza Alirezaei	Iran		131.45	0.5645	157.5			88.90			
<b>Seniors</b>												
<b>- 66 kg</b>												
1	Botha Michael	1989	RSA	63.15	0.8150	17	125.0	132.5	<del>137.5</del>	132.5	107.98	12
<b>- 83 kg</b>												
1	Fitzpatrick Ricardo	1980	RSA	77.50	0.6969	8	165.0	175.0	<del>177.5</del>	175.0	121.95	12
2	Mansouri Abdalaali	1985	ALG	81.75	0.6737	-10	165.0	170.0	<del>177.5</del>	170.0	114.52	9
3	Amir Taheripour	1985	Iran	82.30	0.6709	18	135.0	145.0	155.0	155.0	103.98	8
<b>- 93 kg</b>												
1	Kebab Saber	1978	ALG	91.45	0.6333	-10	165.0	172.5	180.0	180.0	113.99	12
<b>120+ kg</b>												
1	Boughalem Ilyas	1987	ALG	154.90	0.5508	4	255.0	270.0	283.0	283.0	155.87	12
<b>Nation (points)</b>												
	1 Algeria	33	[12+12+9]	384.39 w.pts.								
	2 South Africa	24	[12+12]	229.94 w.pts.								

3 Iran

8 [8] 103.99 w.pts.

### Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Boughalem Ilyas	Algeria	154.90	0.5508	283.0	155.87
2	Fitzpatrick Ricardo	South Africa	77.50	0.6969	175.0	121.95
3	Mansouri Abdalaali	Algeria	81.75	0.6737	170.0	114.52

### Masters 1

#### - 74 kg

1 Daniels Marlon 1975 RSA 74.00 0.7193 6 142.5 147.5 ~~150.0~~ 147.5 106.09 12

#### - 93 kg

1 Hamid Jamal 1971 MOR 91.08 0.6346 9 145.0 ~~152.5~~ 152.5 152.5 96.77 12

#### 120+ kg

1 Furman Ian 1967 RSA 126.05 0.5688 11 190.0 ~~195.0~~ ~~200.0~~ 190.0 108.08 12

2 Van Wyk Craig 1967 RSA 127.95 0.5673 5 180.0 ~~190.0~~ ~~192.5~~ 180.0 102.10 9

### Nation (points)

1 South Africa 33 [12+12+9] 316.28 w.pts.

2 Morocco 12 [12] 96.77 w.pts.

### Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Furman Ian	South Africa	126.05	0.5688	190.0	108.08
2	Daniels Marlon	South Africa	74.00	0.7193	147.5	106.09
3	Van Wyk Craig	South Africa	127.95	0.5673	180.0	102.10

### Masters 2

#### - 59 kg

1 Akbar Rashedipour 1966 Iran 58.55 0.8724 18 60.0 70.0 ~~77.5~~ 70.0 61.06 12

#### - 66 kg

1 Bruce JC 1961 RSA 65.10 0.7942 -10 82.5 ~~87.5~~ ~~87.5~~ 82.5 65.52 12

#### - 93 kg

1 Seyed Kazem Razavidehkc 1965 Iran 88.70 0.6432 -10 90.0 97.5 ~~105.0~~ 97.5 62.71 12

#### - 105 kg

1 Young Colin 1957 RSA 104.60 0.5984 7 140.0 150.0 ~~152.5~~ 150.0 89.76 12

**- 120 kg**

1	Hakibekandeh Hossein	1964	Iran	116.80	0.5787	19	150.0	157.5	162.5	162.5	94.03	12
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**Nation (points)**

1	Iran	36	[12+12+12]	217.82 w.pts.
2	South Africa	24	[12+12]	155.28 w.pts.

**Best Lifters of Masters 2**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Hakibekandeh Hossein	Iran	116.80	0.5787	162.5	94.03
2	Young Colin	South Africa	104.60	0.5984	150.0	89.76
3	Bruce JC	South Africa	65.10	0.7942	82.5	65.52

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**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;

1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

ALG = Algeria

MOR = Morocco

Iran = Iran

RSA = South Africa



**South African Powerlifting Federation**  
**ALL AFRICA CLASSIC BENCH PRESS WOMEN'S CHAMPIONSHIPS, SOUTH-AFRICA, POTCHEFSTROOM, 20-22.10.2016**  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>Seniors</b>												
<b>- 72 kg</b>												
1	Du Toit Chantelle	1985	RSA	71.00	0.9852	2	82.5	87.5	87.5	82.5	81.27	12
<b>84+ kg</b>												
1	De Jager Christe	1986	RSA	93.75	0.8504	1	82.5	87.5	92.5	92.5	78.66	12
<b>Nation (points)</b>												
1	South Africa	24	[12+12]	159.95 w.pts.								
<b>Best Lifters of Seniors</b>												
PL.	Lifter	Nation		B.Weight	WF	Result			W. points			
1	Du Toit Chantelle	South Africa		71.00	0.9852	82.5			81.27			
2	De Jager Christe	South Africa		93.75	0.8504	92.5			78.66			
<b>Masters 1</b>												
<b>- 72 kg</b>												
1	Potgieter Corien	1970	RSA	71.50	0.9806	4	80.0	85.0	90.0	85.0	83.35	12
<b>Nation (points)</b>												
1	South Africa	12	[12]	83.35 w.pts.								
<b>Best Lifters of Masters 1</b>												
PL.	Lifter	Nation		B.Weight	WF	Result			W. points			
1	Potgieter Corien	South Africa		71.50	0.9806	85.0			83.35			

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.  
 RSA = South Africa

**South African Powerlifting Federation**  
**ALL AFRICA CLASSIC POWERLIFTING MEN'S CHAMPIONSHIPS, SOUTH-AFRICA, POTCHEFSTROOM, 20-22.10.2016**  
**DETAILED SCORESHEET**

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press				All Dead lift			TOTAL	W.pts.	Pts.		
<b>Subjuniors</b>																					
<b>- 66 kg</b>																					
1	Hakim Riahi	1998	ALG	64.65	0.7988	4	140.0	165.0	180.0	1	70.0	80.0	90.0	1	220.0	240.5	245.0	1	515.0	411.38	12
<b>Nation (points)</b>																					
1	Algeria	12	[12]	411.38 w.pts.																	
<b>Best Lifters of Subjuniors</b>																					
PL.	Lifter	Nation		B.Weight	WF	Total			W. points												
1	Hakim Riahi	Algeria		64.65	0.7988	515.0			411.38												
<b>Juniors</b>																					
<b>- 59 kg</b>																					
1	Ahmet Al Darwge	1995	Libya	58.90	0.8675	8	130.0	145.0	150.0	1	90.0	100.0	<del>107.5</del>	1	180.0	200.0	210.0	1	460.0	399.05	12
<b>- 74 kg</b>																					
1	Billel Aouimer	1993	ALG	72.85	0.7274	9	185.0	<del>200.0</del>	<del>200.0</del>	2	100.0	110.0	<del>120.0</del>	2	240.0	260.0	<del>265.0</del>	1	555.0	403.73	12
2	Jason Stolzenberg	1993	RSA	73.50	0.7228	1	180.0	192.5	200.0	1	<del>120.0</del>	120.0	<del>125.0</del>	1	225.0	235.0	<del>240.0</del>	2	555.0	401.15	9
<b>- 83 kg</b>																					
—	Jade Blake	1993	RSA	82.35	0.6706	17	<del>245.0</del>	245.0	<del>252.5</del>	1	172.5	<del>180.0</del>	<del>180.0</del>	1	<del>250.0</del>	<del>250.0</del>	<del>250.0</del>	Disq.	Out	—	—
<b>- 93 kg</b>																					
1	Djallal Feidi	1993	ALG	89.00	0.6421	22	240.0	260.0	280.0	1	140.0	150.0	155.0	2	250.0	270.0	285.0	1	720.0	462.31	12
2	Holder Franco	1993	RSA	90.15	0.6379	25	210.0	<del>215.0</del>	<del>215.0</del>	2	175.0	181.0	<del>183.0</del>	1	260.0	<del>272.5</del>	<del>272.5</del>	2	651.0	415.24	9
<b>- 105 kg</b>																					
1	Zakaria Mouffok	1996	ALG	104.65	0.5983	24	275.0	290.0	<del>300.0</del>	1	<del>160.0</del>	165.0	170.0	2	280.0	300.0	<del>310.0</del>	1	760.0	454.70	12
2	Maritz Francios	1993	RSA	105.00	0.5976	1	270.0	277.5	285.0	2	175.0	180.0	182.5	1	275.0	285.0	<del>295.0</del>	2	752.5	449.69	9
3	Bosman Terence	1996	RSA	102.65	0.6025	13	225.0	<del>235.0</del>	<del>235.0</del>	3	130.0	137.5	<del>142.5</del>	3	280.0	<del>292.5</del>	<del>305.0</del>	3	642.5	387.10	8
<b>- 120 kg</b>																					
1	Bezuidenhout Rinus	1995	RSA	113.95	0.5825	16	247.5	255.0	267.5	1	<del>137.5</del>	137.5	145.0	1	275.0	290.0	<del>311.0</del>	1	702.5	409.20	12
<b>120+ kg</b>																					
1	Payam Sahebi	1993	Iran	133.80	0.5628	7	240.0	<del>252.5</del>	<del>252.5</del>	2	180.0	190.0	<del>195.0</del>	1	240.0	250.0	<del>255.0</del>	1	680.0	382.70	12
2	Reza Alirezaei	1993	Iran	131.30	0.5646	4	230.0	242.5	<del>247.5</del>	1	145.0	155.0	<del>160.0</del>	2	230.0	242.5	<del>250.0</del>	2	640.0	361.34	9
<b>Nation (points)</b>																					
1	South Africa	47	[12+9+9+9+8]	2062.40 w.pts.																	
2	Algeria	36	[12+12+12]	1320.75 w.pts.																	
3	Iran	21	[12+9]	744.05 w.pts.																	
4	Libya	12	[12]	399.05 w.pts.																	
<b>Best Lifters of Juniors</b>																					
PL.	Lifter	Nation		B.Weight	WF	Total			W. points												
1	Djallal Feidi	Algeria		89.00	0.6421	720.0			462.31												
2	Zakaria Mouffok	Algeria		104.65	0.5983	760.0			454.70												
3	Maritz Francios	South Africa		105.00	0.5976	752.5			449.69												
<b>Seniors</b>																					
<b>- 59 kg</b>																					

1	Lakehal Mohamed	1982	ALG	59.00	0.8662	1	190.0	210.0	220.0	1	80.0	100.0	X	1	220.0	235.0	<del>242.5</del>	1	555.0	480.74	12
<b>- 74 kg</b>																					
1	El Fekair Rabah	1987	ALG	73.60	0.7221	4	240.0	255.0	260.5	1	140.0	<del>147.5</del>	147.5	1	<del>260.0</del>	260.0	260.0	1	660.5	476.94	12
2	Ramsay Andrew	1988	RSA	73.00	0.7264	6	195.0	212.5	217.5	2	<del>135.0</del>	<del>135.0</del>	135.0	2	235.0	252.5	257.5	2	610.0	443.10	9
3	Kariv Jonathan	1983	RSA	73.70	0.7214	13	175.0	182.5	190.0	3	125.0	132.5	<del>135.0</del>	3	200.0	210.0	225.0	4	547.5	394.96	8
4	Ramaisa Tumelo	1987	RSA B	72.50	0.7300	8	170.0	<del>180.0</del>	185.0	4	117.5	120.0	<del>130.0</del>	4	<del>230.0</del>	230.0	240.0	3	545.0	397.85	7
<b>- 83 kg</b>																					
1	Sadegh Salehi	1985	Iran	83.00	0.6675	12	<del>235.0</del>	235.0	250.0	1	120.0	127.5	132.5	4	275.0	287.5	<del>296.0</del>	1	670.0	447.22	12
2	Mikaeil Idrees Mohammed	1987	Libya	81.85	0.6732	18	210.0	225.0	232.5	2	140.0	147.5	152.5	2	250.0	270.0	<del>285.0</del>	2	655.0	440.91	9
3	Amir Taheripour	1985	Iran	81.80	0.6734	2	<del>205.0</del>	205.0	210.0	3	137.5	150.0	155.0	1	240.0	260.0	<del>272.5</del>	3	625.0	420.87	8
<b>- 93 kg</b>																					
1	Kanane Amar	1987	ALG	92.40	0.6301	18	280.0	300.0	<del>310.5</del>	1	160.0	170.0	<del>175.0</del>	2	290.0	310.0	<del>320.0</del>	1	780.0	491.47	12
2	Ali M Elbuaishi Akram	1980	Libya	89.55	0.6400	14	<del>260.0</del>	260.0	<del>275.0</del>	2	160.0	170.0	<del>180.0</del>	1	275.0	292.5	<del>300.0</del>	2	722.5	462.40	9
3	Green Graham	1978	RSA B	92.90	0.6285	2	<del>195.0</del>	205.0	215.0	3	137.5	145.0	<del>147.5</del>	3	240.0	<del>260.0</del>	X	3	600.0	377.10	8
<b>- 105 kg</b>																					
1	Mohammed Ahmeed Abdu	1988	Libya	104.30	0.5990	29	280.0	<del>290.0</del>	290.0	1	170.0	180.0	185.0	2	300.0	320.0	<del>332.5</del>	1	795.0	476.20	12
2	Deetlefs Nicholas	1984	RSA	104.75	0.5981	26	255.0	265.0	<del>272.5</del>	3	190.0	197.5	202.5	1	270.0	290.0	<del>310.0</del>	3	757.5	453.06	9
3	Hadj Youb Billal	1978	ALG	104.20	0.5992	17	250.0	265.0	<del>270.0</del>	2	150.0	160.0	165.0	3	250.0	300.0	<del>317.5</del>	2	730.0	437.41	8
<b>- 120 kg</b>																					
1	Nait Ladjemil Boudjemaa	1981	ALG	114.40	0.5819	13	260.0	275.0	280.0	1	170.0	185.0	190.0	1	280.0	<del>300.0</del>	<del>300.0</del>	2	750.0	436.42	12
2	Hossein Soltanmirzaei	1985	Iran	119.45	0.5756	15	250.0	265.0	272.5	2	130.0	155.0	167.5	2	270.0	290.0	<del>312.5</del>	1	730.0	420.15	9
<b>120+ kg</b>																					
1	Bouafia Mohammed	1977	ALG	131.25	0.5646	6	360.0	380.0	<del>400.0</del>	1	200.0	210.0	220.0	1	320.0	<del>340.0</del>	350.0	1	950.0	536.41	12

#### Nation (points)

1	Algeria	68	[12+12+12+12+12+8]	2859.42 w.pts.
2	Libya	30	[12+9+9]	1379.52 w.pts.
3	Iran	29	[12+9+8]	1288.25 w.pts.
4	South Africa	26	[9+9+8]	2436.61 w.pts.

#### Best Lifters of Seniors

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Bouafia Mohammed	Algeria	131.25	0.5646	950.0	536.41
2	Kanane Amar	Algeria	92.40	0.6301	780.0	491.47
3	Lakehal Mohamed	Algeria	59.00	0.8662	555.0	480.74

#### Masters 1

<b>- 66 kg</b>																					
1	Aissa Abdelkader	1969	ALG	66.00	0.7852	6	<del>140.0</del>	140.0	X	1	80.0	100.0	X	1	180.0	X	X	1	420.0	329.78	12
<b>- 83 kg</b>																					
1	Begg Allistair	1976	RSA	79.60	0.6849		160.0	180.0	<del>195.0</del>	2	125.0	130.0	141.0	1	200.0	220.0	<del>237.0</del>	1	541.0	370.53	12
2	Mohamed Balwin Omar	1971	Libya	81.35	0.6756	19	170.0	180.0	195.0	1	120.0	130.0	135.0	2	<del>200.0</del>	210.0	<del>232.5</del>	2	540.0	364.85	9
<b>- 93 kg</b>																					
1	Mapoo Victor	1970	RSA	87.45	0.6481	6	165.0	<del>215.0</del>	220.0	1	140.0	<del>150.0</del>	<del>150.0</del>	2	212.5	230.0	<del>237.5</del>	2	590.0	382.37	12
2	Hamid Jamal	1971	MOR	91.15	0.6343	27	<del>180.0</del>	<del>185.0</del>	185.0	2	145.0	<del>150.0</del>	<del>150.0</del>	1	240.0	250.0	<del>257.5</del>	1	580.0	367.92	9
<b>- 105 kg</b>																					
1	Omar Mohammed Ashraf	1975	Libya	99.15	0.6107	28	180.0	<del>200.0</del>	<del>200.0</del>	1	130.0	140.0	<del>145.0</del>	1	220.0	<del>222.5</del>	235.0	1	555.0	338.93	12
<b>- 120 kg</b>																					
1	Abd Alsameea Mohammed	1975	Libya	116.00	0.5797	9	220.0	230.0	250.0	1	135.0	145.0	<del>152.5</del>	1	230.0	250.0	262.5	1	657.5	381.15	12
2	Faku Madikane	1975	RSA	112.25	0.5849	10	220.0	230.0	245.0	2	135.0	<del>137.5</del>	<del>137.5</del>	2	260.0	<del>275.0</del>	<del>280.0</del>	2	640.0	374.36	9

**120+ kg**

1	Du Preez Fanie	1973	RSA	134.30	0.5624	5	195.0	210.0	220.0	1	140.0	150.0	152.5	1	220.0	240.0	257.5	1	612.5	344.47	12
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**Nation (points)**

1	South Africa	45	[12+12+12+9]	1471.73 w.pts.
2	Libya	33	[12+12+9]	1084.94 w.pts.
3	Algeria	12	[12]	329.78 w.pts.
4	Morocco	9	[9]	367.92 w.pts.

**Best Lifters of Masters 1**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Mapoo Victor	South Africa	87.45	0.6481	590.0	382.37
2	Abd Alsameea Mohammed	Libya	116.00	0.5797	657.5	381.15
3	Faku Madikane	South Africa	112.25	0.5849	640.0	374.36

**Masters 2****- 59 kg**

1	Akbar Rashedipour	1955	Iran	58.75	0.8696	10	<del>420.0</del>	130.0	135.5	1	60.0	67.5	<del>75.0</del>	1	130.0	<del>447.5</del>	155.0	1	358.0	311.31	12
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**- 93 kg**

1	Mobara Ebrahim	1964	RSA	90.75	0.6358	19	165.0	175.0	187.5	1	90.0	105.0	107.5	2	170.0	207.5	213.0	1	508.0	322.96	12
2	Seyed Kazem Razavidehk	1965	Iran	89.40	0.6406	12	110.0	120.0	<del>130.0</del>	2	90.0	100.0	107.5	1	150.0	170.0	180.0	2	407.5	261.04	9

**- 105 kg**

1	Schoonraad Christo	1963	RSA	100.10	0.6083	20	220.0	<del>235.0</del>	235.0	1	125.0	132.5	<del>135.0</del>	1	220.0	235.0	240.0	1	607.5	369.54	12
—	A Farag Elbaraasi Farag	1966	Libya	101.65	0.6047	7	<del>220.0</del>	<del>240.0</del>	<del>240.0</del>	Disq.	<del>140.0</del>	X	X	Disq.	X	X	X	Disq.	Out	—	—

**Nation (points)**

1	South Africa	24	[12+12]	692.50 w.pts.
2	Iran	21	[12+9]	572.36 w.pts.
—	Libya	—		

**Best Lifters of Masters 2**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Schoonraad Christo	South Africa	100.10	0.6083	607.5	369.54
2	Mobara Ebrahim	South Africa	90.75	0.6358	508.0	322.96
3	Akbar Rashedipour	Iran	58.75	0.8696	358.0	311.31

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.  
 ALG = Algeria                      Libya = Libya                      RSA = South Africa  
 Iran = Iran                              MOR = Morocco

**South African Powerlifting Federation**  
**ALL AFRICA CLASSIC WOMEN'S CHAMPIONSHIPS, SOUTH AFRIKA, POTCHEFSTROOM, 20-22.10.2016**  
**DETAILED SCORESHEET**

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press			All Dead lift			TOTAL	W.pts.	Pts.			
<b>Juniors</b>																					
<b>- 43 kg</b>																					
1	de Wet Mijuane	1997	RSA	42.25	1.4456	1	50.0	60.0	70.0	1	25.0	27.5	30.0	1	60.0	70.0	82.5	1	182.5	263.82	12
<b>- 57 kg</b>																					
1	Leighton Megan	1996	RSA	57.00	1.1604	10	112.5	122.5	<del>127.5</del>	1	65.0	70.0	<del>72.5</del>	1	130.0	142.5	147.5	1	340.0	394.53	12
2	Roux Rouchelle	1997	RSA	54.50	1.2019	5	102.5	<del>107.5</del>	<del>110.5</del>	2	52.5	55.0	<del>58.0</del>	2	105.0	115.0	<del>127.5</del>	2	272.5	327.51	9
<b>- 63 kg</b>																					
1	Payne Sasha	1995	RSA	59.20	1.1266	21	95.0	<del>102.5</del>	102.5	2	52.5	57.5	60.0	1	120.0	132.5	<del>137.5</del>	1	295.0	332.34	12
2	Poxon Caitlin	1997	RSA	62.30	1.0831	6	95.0	100.0	105.0	1	45.0	47.5	<del>50.0</del>	2	107.5	112.5	<del>120.0</del>	2	265.0	287.02	9

**Nation (points)**

1 South Africa 54 [12+12+12+9+9] 1605.24 w.pts.

**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Leighton Megan	South Africa	57.00	1.1604	340.0	394.53
2	Payne Sasha	South Africa	59.20	1.1266	295.0	332.34
3	Roux Rouchelle	South Africa	54.50	1.2019	272.5	327.51

**Seniors**

<b>- 47 kg</b>																					
1	Casey Mariska	1978	RSA	46.60	1.3532	11	80.0	<del>85.0</del>	<del>85.0</del>	1	55.0	<del>57.5</del>	<del>57.5</del>	1	115.0	125.0	<del>135.0</del>	1	260.0	351.83	12
<b>- 52 kg</b>																					
1	Muto Giulia	1987	RSA	51.40	1.2578	8	110.0	115.0	120.0	1	60.0	<del>65.0</del>	65.0	1	115.0	130.0	<del>135.0</del>	1	315.0	396.20	12
<b>- 57 kg</b>																					
1	Wilson Ilona	1977	RSA	56.75	1.1644	7	115.0	120.0	<del>122.5</del>	1	47.5	50.0	<del>55.0</del>	1	130.0	140.0	145.0	1	315.0	366.79	12
<b>- 63 kg</b>																					
1	Newman Laura	1983	RSA	62.70	1.0779	9	120.0	127.5	132.5	1	60.0	65.0	<del>67.5</del>	1	157.5	162.5	<del>168.0</del>	1	360.0	388.04	12
2	Kouri Safia	1977	ALG	61.55	1.0932	14	120.0	127.5	130.0	2	50.0	55.0	57.5	2	130.0	140.0	145.0	2	332.5	363.48	9
3	Peak Andrea	1982	RSA	62.50	1.0805	19	<del>115.0</del>	<del>115.0</del>	<del>120.0</del>	3	50.0	55.0	<del>60.0</del>	3	120.0	130.0	<del>140.0</del>	3	300.0	324.15	8
<b>- 72 kg</b>																					
1	de. Wet Laura	1977	RSA	70.65	0.9886	13	135.0	145.0	148.0	1	65.0	70.0	<del>72.5</del>	2	155.0	170.0	180.0	1	398.0	393.44	12
2	Tatar Zohra	1992	ALG	65.75	1.0402	4	90.0	<del>100.0</del>	<del>100.0</del>	2	45.0	47.5	<del>50.0</del>	3	<del>130.0</del>	130.0	<del>135.0</del>	3	267.5	278.26	9
—	Coetzer Candice	1985	RSA	69.90	0.9958	2	<del>132.5</del>	<del>132.5</del>	<del>132.5</del>	Disq.	65.0	70.0	72.5	1	157.5	167.5	<del>170.0</del>	2	Out	—	—
<b>- 84 kg</b>																					
1	Dade Cailleigh	1989	RSA	83.35	0.8952	1	155.0	162.5	167.5	1	70.0	75.0	<del>80.0</del>	1	170.0	187.5	<del>192.5</del>	1	430.0	384.95	12
<b>84+ kg</b>																					
1	Kendouci Touria	1978	ALG	116.95	0.8034	20	140.0	160.0	170.0	1	55.0	60.0	<del>65.0</del>	1	140.0	160.0	<del>165.0</del>	1	390.0	313.30	12

**Nation (points)**

1 South Africa 72 [12+12+12+12+12+12] 2197.56 w.pts.  
 2 Algeria 30 [12+9+9] 955.06 w.pts.

**Best Lifters of Seniors**

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Muto Giulia	South Africa	51.40	1.2578	315.0	396.20

2	de. Wet Laura	South Africa	70.65	0.9886	398.0	393.44
3	Newman Laura	South Africa	62.70	1.0779	360.0	388.04

#### Masters 1

##### - 57 kg

1	Ingel Carm	1975	RSA	56.55	1.1676	18	90.0	95.0	95.0	1	50.0	55.0	57.5	1	95.0	102.5	107.5	1	247.5	288.98	12
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##### - 63 kg

1	Ackerman Maureen	1975	RSA	62.85	1.0759	16	110.0	115.0	117.5	1	60.0	62.5	65.0	2	135.0	142.5	145.0	1	320.0	344.28	12
2	Reyneke Ronel	1969	RSA	61.75	1.0905	3	100.0	110.0	115.0	2	60.0	65.0	67.5	1	115.0	130.0	135.0	2	310.0	338.03	9

#### Nation (points)

1	South Africa	33	[12+12+9]	971.31	w.pts.
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#### Best Lifters of Masters 1

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Ackerman Maureen	South Africa	62.85	1.0759	320.0	344.28
2	Reyneke Ronel	South Africa	61.75	1.0905	310.0	338.03
3	Ingel Carm	South Africa	56.55	1.1676	247.5	288.98

#### Masters 2

##### - 57 kg

1	Anthony Carol	1966	RSA	56.75	1.1644	2	75.0	80.0	82.5	1	42.5	45.0	47.5	1	115.0	127.5	135.0	1	252.5	294.01	12
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#### Nation (points)

1	South Africa	12	[12]	294.01	w.pts.
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#### Best Lifters of Masters 2

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	Anthony Carol	South Africa	56.75	1.1644	252.5	294.01

#### Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;

1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

ALG = Algeria

RSA = South Africa

**South African Powerlifting Federation**  
**ALL AFRICA EQUIPPED BENCH PRESS MEN'S CHAMPIONSHIPS, SOUTH-AFRICA, POTCHEFSTROOM, 20-22.10.2016**  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
<b>Juniors</b>												
<b>- 53 kg</b>												
1	Kotze Iven	1996	RSA	50.45	1.0133	7	100.0	440.0	440.0	100.0	101.33	12
<b>- 93 kg</b>												
1	Smith Adrian	1995	RSA	91.35	0.6337	2	170.0	175.0	480.0	175.0	110.88	12
<b>120+ kg</b>												
1	Payam Sahebi	1993	Iran	134.52	0.5623	4	245.0	257.5	X	257.5	144.78	12

**Nation (points)**

1	South Africa	24	[12+12]	212.22 w.pts.
2	Iran	12	[12]	144.79 w.pts.

**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Payam Sahebi	Iran	134.52	0.5623	257.5	144.78
2	Smith Adrian	South Africa	91.35	0.6337	175.0	110.88
3	Kotze Iven	South Africa	50.45	1.0133	100.0	101.33

**Masters 1**

**- 74 kg**

1	Daniels Marlon	1975	RSA	73.85	0.7204	1	170.0	175.0	480.0	175.0	126.06	12
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**Nation (points)**

1	South Africa	12	[12]	126.06 w.pts.
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**Best Lifters of Masters 1**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Daniels Marlon	South Africa	73.85	0.7204	175.0	126.06

**Masters 2**

**- 59 kg**

1	Akbar Rashedipour	1955	Iran	58.70	0.8703	9	60.0	X	X	60.0	52.21	12
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**- 66 kg**

1	Bruce JC	1961	RSA	65.40	0.7911	8	87.5	90.0	95.0	95.0	75.15	12
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**- 120 kg**

1	Seyed Rasoul Hosseini Ha	1966	Iran	116.50	0.5791	6	<del>170.0</del>	170.0	<del>182.5</del>	170.0	98.44	12
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**Nation (points)**

1	Iran	24	[12+12]	150.66 w.pts.
2	South Africa	12	[12]	75.15 w.pts.

**Best Lifters of Masters 2**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Seyed Rasoul Hosseini Ha	Iran	116.50	0.5791	170.0	98.44
2	Bruce JC	South Africa	65.40	0.7911	95.0	75.15
3	Akbar Rashedipour	Iran	58.70	0.8703	60.0	52.21

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;

1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

Iran = Iran

RSA = South Africa



**South African Powerlifting Federation**  
**ALL AFRICA EQUIPPED BENCH PRESS WOMEN'S CHAMPIONSHIPS, SOUTH-AFRICA, POTCHEFSTROOM, 20-22.10.2016**  
**SCORESHEET**

PL.	Name	BY	Nation	Weight	WF	Lot	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
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**Juniors**

**- 57 kg**

—	Leighton Megan	1996	RSA	56.95	1.1612	2	97.5	97.5	403.0	—	Out	—	—
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**Nation (points)**

—	South Africa	—
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**Best Lifters of Juniors**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
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**Seniors**

**- 72 kg**

1	Du Toit Chantelle	1985	RSA	71.00	0.9852	1	<del>105.0</del>	105.0	440.0	105.0	103.45	12
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**- 84 kg**

1	van Staden Sandri Rochelle	1988	RSA	80.75	0.9103	3	90.0	97.5	400.0	97.5	88.75	12
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**Nation (points)**

1	South Africa	24	[12+12]	333.78 w.pts.
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**Best Lifters of Seniors**

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
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1	Du Toit Chantelle	South Africa	71.00	0.9852	105.0	103.45
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2	van Staden Sandri Rochelle	South Africa	80.75	0.9103	97.5	88.75
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**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;

1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

Out - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

RSA = South Africa