



South African Powerlifting Federation

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2023 World Classic and Equipped Bench Press Championships – Manager’s Report

South Africa hosted an extremely successful World Classic and Equipped Bench Press Championships in Sun City, North West, from 20-27 May 2023. There were representatives from 35 countries in attendance, with 659 competitors taking part.

Team SA consisted of 58 entrants, with the age divisions represented as per the below table:

<i>Division</i>	<i>SJ</i>	<i>J</i>	<i>O</i>	<i>M1</i>	<i>M2</i>	<i>M3</i>	<i>M4</i>
<i>Women– Equipped Bench</i>	1		3	1	2		
<i>Women – Classic Bench</i>	4	2	3	2	1		
<i>Men – Equipped Bench</i>			5	2	4	2	
<i>Men – Classic Bench</i>	2	2	5	8	6	2	1

Team South Africa set 36 African records, 4 Commonwealth records and 8 South African National records, crowned 7 new World Champions.

Overall Results

The full results can be found here: <https://www.powerlifting.sport/championships/results/2023/world-open-sub-juniors-juniors-masters-classic-equipped-bench-press-championships-2023>

Team SA Medals:

	Bronze	Silver	Gold	
Classic Bench Press – Men	3	2	3	8
Classic Bench Press - Women	2	3	1	6
Equipped Bench Press – Men	2	2		4
Equipped Bench Press – Women	2	1	3	6
Special Olympics - Men			1	1
<i>Count</i>	9	8	8	25

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Detailed Results

Below are the detailed results for Team SA from the Classic Bench Press Championships:

Name	Gender	Weight Cat	Age Cat	Total	Medal /Place	Records
Steven Routledge	Male	66kg	Open	122,5kg	4 th	African Open record
Chadwyn Govington	Male	74kg	Open	157,5kg	4 th	African Open record
Tom Wewege	Male	105kg	Open	202,5kg	6 th	
Stefan Schroder	Male	120+kg	Open	217,5kg	6 th	
Samuel Meshilinie	Male	53kg	Subjunior	77,5kg	GOLD	
Richard Steenekamp	Male	105kg	Subjunior	137,5kg	SILVER	African Subjunior record
Avishai Eilim	Male	83kg	Junior	135kg	7 th	
Steven Coleman	Male	66kg	Master 1	120kg	4 th	African M1 record
Jonathan Kariv	Male	74kg	Master 1	140kg	BRONZE	African M1 record
Johann Meyer	Male	83kg	Master 1	120kg	8 th	
Ricardo Fitzpatrick	Male	83kg	Master 1	-	-	
David Jacobsz	Male	93kg	Master 1	155kg	5 th	
Craig Masson	Male	105kg	Master 1	165kg	7 th	
Newton Mudau	Male	120kg	Master 1	180kg	9 th	
Simon Breetzke	Male	120+kg	Master 1	200kg	4 th	African M1 record
Charles Johnson	Male	105kg	Master 2	182,5kg	SILVER	African M2 record, SA National M1 + M2 records
Ian Furman	Male	120kg	Master 2	182,5kg	GOLD	African M2 and M1 records
Hermanus de Beer	Male	120kg	Master 2	150kg	5 th	
John Crain	Male	120+kg	Master 2	170kg	5 th	
Denis Bensch	Male	120+kg	Master 2	145kg	6 th	
JC Bruce	Male	66kg	Master 3	80kg	BRONZE	
Tommie de Nysschen	Male	74kg	Master 3	135kg	GOLD	Commonwealth M3 record, African M2 and M3 records, SA National M3 + M2 records
Glen Thomas	Male	105kg	Master 3	137,5kg	6 th	
Dan Oppenheim	Male	83kg	Master 4	85kg	BRONZE	African M3 and M4 records
Sorah Garber	Female	63kg	Open	85kg	4 th	African Open + M1 records
Laura Brewer	Female	69kg	Open	70kg	5 th	
Lauren Norton	Female	84+kg	Open	112,5kg	6 th	African Open record
Devorah Eilim	Female	57kg	Subjunior	50kg	BRONZE	
Catinka Fourie	Female	63kg	Subjunior	52,5kg	4 th	African Subjunior record
Gila Smith	Female	69kg	Subjunior	70kg	SILVER	
Roechelle van der Merwe	Female	76kg	Subjunior	65kg	SILVER	
Sunelle Putter	Female	84+kg	Junior	92,5kg	GOLD	
Karin du Plessis	Female	84+kg	Junior	80kg	SILVER	
Kristl Kannemeyer	Female	63kg	Master 1	72,5kg	5 th	
Jodi Poxon	Female	76kg	Master 1	67,5kg	4 th	

Gail Mathewson	Female	76kg	Master 2	67,5kg	BRONZE	African M1 + M2 records
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Below are the detailed results for Team SA from the Equipped Bench Press Championships:

Name	Gender	Weight Cat	Age Cat	Total	Medal /Place	Records
Marcel Vorster	Male	74kg	Open	190kg	SILVER	African Open record
Ruben van der Linde	Male	74kg	Open	165kg	4 th	
Archie Ayekpa	Male	93kg	Open	210kg	7 th	African Open record
Deon Smedley	Male	93kg	Open	180kg	8 th	
Derik van Wyk	Male	105kg	Open	195kg	8 th	
Craig Masson	Male	120kg	Master 1	225kg	BRONZE	African Open + M1 records, SA National M1 record
Simon Breetzke	Male	120+kg	Master 1	255kg	SILVER	
Glen van der Linde	Male	74kg	Master 2	135kg	6 th	
Hermanus de Beer	Male	120kg	Master 2	175kg	4 th	African M2 record
John Crain	Male	120+kg	Master 2	212,5kg	BRONZE	African M2 record
Gys Smith	Male	120+kg	Master 2	192,5kg	4 th	
Tommie de Nysschen	Male	74kg	Master 3	140kg	4 th	
Christo Schoonraad	Male	105kg	Master 3	165kg	4 th	
Megan Leighton	Female	69kg	Open	120kg	BRONZE	Commonwealth Open record, SA National Open record
Olivia Perotti	Female	84kg	Open	117,5kg	4 th	African Open record
Christi Rees	Female	84+kg	Open	182,5kg	SILVER	African Open record, SA National Open record
Anika Maree	Female	76kg	Subjunior	70kg	GOLD	Commonwealth SJ and Jun records, African SJ and Jun records
Jacqui Rees	Female	84+kg	Master 1	120kg	GOLD	African M1 record, SA National M1 record
Elisabeth Barry	Female	47kg	Master 2	47,5kg	GOLD	African M2 record
Carol Anthony	Female	52kg	Master 2	55kg	BRONZE	

Special Olympics

Team SA Special Olympics athlete Bryce Sillitoe won a SO Gold medal in the Classic Bench Press event.

Name	Gender	Weight Cat	Age Cat	Total	Medal /Place	Records
Bryce Sillitoe	Male	120+kg	SOI	100kg	GOLD	

Disabled lifters

Para-bench athlete Ricardo Fitzpatrick competed as part of the Classic Bench Press team.

Team Awards

Classic Open Men's team	6 th place
Classic Subjunior Men's team	BRONZE team medals for Samuel and Richard
Classic Junior Men's team	13 th place
Classic Master 1 Men's team	BRONZE team medals for Jonathan, Steven, Simon, David, Craig
Classic Master 2 Men's team	BRONZE team medals for Ian, Charles, Hermanus, John, Denis
Classic Master 3 Men's team	5 th place
Classic Master 4 Men's team	8 th place
Classic Open Women's team	7 th place
Classic Subjunior Women's team	GOLD team medals for Gila, Roechelle, Devorah, Catinka
Classic Junior Women's team	SILVER team medals for Sunelle, Karin
Classic Master 1 Women's team	7 th place
Classic Master 2 Women's team	8 th place
Equipped Open Men's team	4 th place
Equipped Master 1 Men's team	4 th place
Equipped Master 2 Men's team	BRONZE team medals for John, Hermanus, Gys and Glen
Equipped Master 3 Men's team	5 th place
Equipped Open Women's team	5 th place
Equipped Subjunior Women's team	5 th place
Equipped Master 1 Women's team	6 th place
Equipped Master 2 Women's team	5 th place

Referees and Officials

Referees and Jury: Hannie Smith, Vicki Botha, Chantelle du Toit, Megan Leighton, Heather Leighton, Dan Oppenheim, Cliff Hayim, Rodney Anthony, Anita Barnard, Andre Ludik, Esmay Smith, Ilze-Mari Maritz and Jacqui Rees officiated as Referees and on the Jury during the championship.

Technical Controllers: Elisabeth Barry and Nic Ingel.

Announcers: Dan Oppenheim and Health Leighton

Doctor on Duty: Dr Yaniv Lacob

Designated Safeguarding Officers: Andre Ludik and Heather Leighton

South Africa's world class spotting and loading team were on duty for the championships.

Economic Impact

The main reason for the SAPF hosting international championships is that it gives South African lifters the opportunity to compete at an international level – allowing them to obtain Protea colours and get an international ranking. This is also true for our SAPF spotters and loaders, and our referees, who also get an opportunity to participate on the world stage.

Due to Powerlifting being a smaller sporting code in South Africa, the majority of the work is done by the SAPF Executive (all volunteers). SAPF Referees and Coaches, as well as SAPF Spotters and Loaders, are involved. A team of local spotters and loaders was employed and accommodated for the duration of the event. Sponsorship is limited and we raise our own funds in order to host these events. We do not get funding from DSAC or Provincial structures.

The Sun City resort was selected as the venue for this event because of the resort's ability to accommodate an event of this size, and also as a drawcard for participants to stay on to enjoy the tourist attractions of the resort and the surrounding area. South Africa was exposed to visitors from 36 countries during the event. The event attracted 659 participants, and their coaches and families, plus about 100 officials and other attendees – which gives an idea of the hotel bed occupancy in the resort and surrounding venues, attractions and restaurants resulting from the championships. Many attendees stayed on in South Africa after the championships to visit other tourist destinations, like the Kruger Park and Cape Town.

The SAPF and Meet Director were obliged to make use of various companies contracted through Sun City for the purposes of the event, including

- the lighting infrastructure for the competition platform
- communication infrastructure for livestreaming the event
- other electrical installation for the championships
- Security personnel
- Cleaning personnel
- refreshment station in the hall
- transport of attendees within the Sun City venue
- Medical services

Further external contractors were used for the following services:

- Transport of attendees between airport and venue
- Transport of equipment between Fochville and Sun City
- Creation of Medals, Participation medals and Best Lifter Trophies
- Wozamoya (part of the Hillcrest AIDS Centre Trust) were contracted to provide wire Proteas which were awarded to each category winner.
- South African insurance companies to provide Professional Indemnity cover
- Appropriate concerns / personnel to meet safety requirements

The event was live-streamed on the IPF YouTube channel, gaining significant viewership during and on an ongoing basis.

<https://www.youtube.com/@powerliftingtv>

The SAPF Executive received high praise from attendees for the standard of the competition, and many expressed definite interest in coming back to South Africa for future events to be held in similar venues.

Heather Leighton (July 2023)