



South African Powerlifting Federation

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2023 World Classic Open Powerlifting Championships – Manager’s Report

The World Classic Open Powerlifting Championships was held from 10-18 June 2023 in St Julians, Malta. There were representatives from 56 countries in attendance, with 367 competitors taking part (198 men and 169 women).

Team SA consisted of 9 entrants, 4 male and 5 female.

Team South Africa set 12 African records and 2 South African National records.

Overall Results

The full results can be found here: <https://www.powerlifting.sport/championships/results/2023/world-open-classic-powerlifting-championships-2023>

Detailed Results

Below are the detailed results for Team SA :

Name	Gender	Weight Cat	Squat	Bench	Deadlift	Total	Medal /Place	Records
Nishalin Govender	Male	73	195	117,5	280	592,5	20 th	
Sibusiso Sishi	Male	93	260	160	295	715	33 rd	
Tom Wewege	Male	105	275	190	295	760	24 th	
Pieter-Francois van Zyl	Male	120+	290	160	310	760	19 th	
Farzana Botha	Female	52	102,5	70	152,5	325	22 nd	African BP and single-lift BP records
Alexa Pentopoulos	Female	52	127,5	57,5	145	330	21 st	African SQ and Total records
Megan Leighton	Female	63	135	67,5	160	362,5	16 th	African Total record
Nicole Cooposamy	Female	76	157,5	92,5	207,5	457,5	23 rd	SA Open BP and single-lift BP records;

President : Johan Smith
 Vice President (I) : Heather Leighton
 Vice President (N) : Andre Ludik
 Treasurer : Gail McKenzie-Kerr
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								African SQ, BP, single-lift BP and Total records
Olivia Perotti	Female	84	175	82,5	175	432,5	17 th	African BP, single-lift BP and Total records

Referees and Officials

Referees and Jury: Hannie Smith, Megan Leighton, Jacqui Rees and Heather Leighton officiated as Referees, on the Jury and as MC during the championship.

Designated Safeguarding Officer: Heather Leighton

General Assembly

The 2023 IPF General Assembly was held during the championships, on 14 June 2023. The minutes of the GA can be found here: <https://www.powerlifting.sport/federation/general-assembly>

Notable points:

- Hannie Smith was re-elected as Chairman of the IPF Technical Committee
- Heather Leighton was re-elected as IPF EC Board representative for Africa

Heather Leighton (July 2023)