



South African Powerlifting Federation

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2023 World SubJunior and Junior Classic and Equipped Powerlifting Championships – Manager’s Report

South Africa sent a team of 14 powerlifters to the World Subjunior and Junior Classic and Equipped Powerlifting Championships, which was held in Cluj-Napoca, Romania from 23 August – 3 September 2023. There were participants from 54 nations, and the South African team consisted of 10 Female lifters and 4 Male lifters, 12 of whom were Subjuniors and 2 Juniors.

Team South Africa came away with 1 podium finish, plus 6 medals for individual lifts. There were 68 African, 18 Commonwealth and 12 SA National records set by SA lifters over the 11 days of lifting.

Medals

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

	Bronze	Silver	Gold	Count
Squat	1			1
Bench	1			1
Deadlift	3	1		4
Total	1			1
Count	6	1		7

Detailed Results

The full results can be found on the IPF website here:

<https://www.powerlifting.sport/championships/results/2023/world-sub-junior-and-junior-powerlifting-championships-2023>

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Team results

The SA Subjunior Women's Equipped Powerlifting Team came 5th overall (out of 11 nations)

Team South Africa's individual results are as follows:

Equipped Powerlifting Championships:

Male lifters	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Result
Justin Furman	Jun	120kg	315	167,5	305	787,5	7 th place Bronze in Deadlift African Jun SQ, BP, DL, Total and single-lift BP records African Open SQ, BP, DL and Total records
Female lifters	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Result
Mijuane de Wet	SJ	63kg	170	85	160	415	4 th place Silver in Deadlift African SJ BP and single-lift BP records African Jun SQ, BP, DL, Total and single-lift BP records African Open SQ, BP, DL, Total and single-lift BP records
Catinka Fourie	SJ	63kg	110	62,5	120	292,5	5 th place
Chante Mulder	SJ	69kg	130	85	135	350	5 th place Bronze in deadlift SA National SJ BP, Total and single lift BP records SA National Jun BP record African SJ SQ, BP, DL, Tot and single-lift BP records African Jun SQ, BP, DL, Tot and single-lift BP records African Open SQ, BP, DL, Tot records Commonwealth SJ BP, Tot and single-lift BP records Commonwealth Jun BP, Total and single-lift BP records Commonwealth Open BP and Total records
Stephene Loubser	SJ	69kg	107,5	57,5	120	285	6 th place
Anika Maree	SJ	76kg	145	72,5	135	352,5	Bronze medals for SQ, BP, DL and Total SA National SJ SQ and Total records African SJ SQ, BP, DL, Total and single-lift BP records African Jun SQ, BP, DL, Total and single-lift BP records Commonwealth SJ SQ, BP, DL, Total and single-lift BP records Commonwealth Jun SQ, BP, DL, Total and single-lift BP records

Classic Powerlifting Championships:

Male lifters	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Result
Samuel Teeger	SJ	66kg	162,5	107,5	220	490	11 th place SA National SJ DL and Total records
Cameron Bezuidenhout	SJ	83kg	182,5	85	195	462,5	18 th place
Ethan Nel	SJ	83kg	135	117,5	190	442,5	19 th place African SJ BP and single-lift BP records
Female lifters	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Result
Nicole Hasell	Jun	57kg	125	67,5	140	332,5	16 th place SA National Jun SQ record African Jun SQ, BP, DL, Total and single-lift BP records African Open SQ, BP, DL, Total and single-lift BP records
Grace Roberts	SJ	57kg	90	50	112,5	252,5	11 th place African SJ SQ, BP, DL and Total records
Talitha de Wet	SJ	63kg	100	50	120	270	9 th place
Catinka Fourie	SJ	63kg	92,5	50	122,5	265	10 th place African SJ BP record
Francis Viljoen	SJ	69kg	120	57,5	140	317,5	10 th place
Chante Mulder	SJ	69kg	100	60	135	295	11 th place
Roechelle van der Merwe	SJ	76kg	135	72,5	170	377,5	6 th place SA National SJ SQ, BP and Total records African SJ SQ, BP, DL, Total and single-lift BP records African Jun DL record

Referees

SAPF President Johan Smith, in his capacity as Technical Chairman of the IPF, oversaw the running of the championships, as well as officiating on the jury.

Andre Ludik (Team SA Head Coach) officiated as referee, jury or TC in various sessions:

Ian Furman passed his International Cat II referee exam

2024 Subjunior and Junior Powerlifting Championships

The 2024 World Classic and Equipped Subjunior and Junior Powerlifting Championships will be held in Malta.

Heather Leighton (03/09/2023)