



South African Powerlifting Federation

P O Box 1617
Lonehill 2062

Tel: (011) 465 3379
Fax: (011) 465 7938

2021 World Open Equipped Powerlifting Championships – Manager’s Report

South Africa sent a team of 4 powerlifters to Stavanger, Norway to compete for South Africa in the IPF World Open Equipped Powerlifting Championships from 8 – 13 November 2021. The team consisted of 4 female lifters, the only female lifters from the African Continent to compete in the championships, which was the qualifying event for the 2022 World Games. All four ladies achieved great results for South Africa. Team South Africa set 5 Commonwealth records, and 14 South African National records.

Detailed Results

The full results can be found here: <https://www.powerlifting.sport/championships/results/2019-1/world-open-powerlifting-championships-2021>

Our Equipped Powerlifting Women’s team of 4 lifters ended 17th in the team points.

President : Johan Smith
Vice President (I) : Heather Leighton
Vice President (N) : Andre Ludik (interim)
Treasurer : Gail McKenzie-Kerr
Secretary General : Cliff Hayim

eMail : hannie@lagayim.co.za
eMail : Heather.Leighton@powerlifting.sport
eMail : andreiceludik@gmail.com
eMail : gail@cgmkadmin.co.za
eMail : admin@powerliftingsa.co.za



Team South Africa's individual results are as follows:

Team South Africa					Results				Medals/placing				Records
First Name	Surname	Gender	Age	Weight Cat	SQ	BP	DL	Total	SQ	BP	DL	Total	
Mijuane	De Wet	Female	Open	63kg	172.5	80.0	162.5	415.0	9 th	9 th	8 th	7 th	SA Subjunior SQ, DL and Total, SA Junior SQ, DL and Total, SA Open SQ and Total, Commonwealth SJ SQ, BP, DL and Total, Commonwealth Junior SQ
Megan	Leighton	Female	Open	63kg	140.0	110.0	160.0	410.0	10 th	7 th	9 th	8 th	SA Open BP and single-lift BP, Equalled the Commonwealth Open BP record
Jacqui	Rees	Female	Open	84kg	190.0	100.0	190.0	480.0	13 th	14 th	11 th	13 th	SA M1 SQ and DL
Christi	Rees	Female	Open	+84kg	195.0	170.0	180.0	545.0	9 th	5 th	9 th	9 th	SA Open BP and single-lift BP, Equalled the Commonwealth Open BP record

Referees

Megan Leighton sat and passed her IPF International Cat I referee exam, and officiated on the jury. 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. IPF International Cat II referees Jacqui Rees and Heather Leighton contributed as a referees and scorer.

The 2022 IPF World Equipped Open Powerlifting Championships will be held in Viborg, Denmark, in November 2022.

Heather Leighton (15/11/2021)