



South African Powerlifting Federation

P O Box 1617
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African Powerlifting and Bench Press Championships 2021 – Manager's Report

The African Powerlifting and Bench Press Championships for 2021 was held from 29 November to 4 December in Potchefstroom, South Africa, after the same event had to be cancelled in 2020 due to the ongoing COVID-19 pandemic. The event incorporated the Arnold Classic Africa Powerlifting events, as well as the APF University Powerlifting Cup.

Unfortunately, several airlines cancelled flights to South Africa in the days just before the championships were due to start, which resulted in most of the northern African teams being unable to travel to South Africa for the event. These nations had entered the championships or intended to send official delegations to the General Assembly, but were affected by the flight cancellations and/or visa problems:

- Algeria, Benin, Cameroon, Egypt, Ghana, Ivory Coast, Libya, Morocco

This left only South Africa, Namibia and Zimbabwe as attendees and competitors in the event – a total of 87 lifters competed over the 5 days (this was a total of 127 entries into the various events, instead of the nominated 222 entries).

Opening Ceremony

The Opening ceremony was held on 29 November, and graciously attended by the following dignitaries from the local government structures:

- Cllr Patricia Mtshali, MMC Sport, Arts and Culture
- Ms Angie Senwamere, Sports Liaison Officer

Heather Leighton, IPF EC board member for Africa, welcomed the visiting dignitaries, representatives from member nations, lifters, referees, and coaches to the event.

It was explained that due to the shortage of International Cat II and I referees from different countries, no international records (World, African or Commonwealth) could be claimed at the Championships. All referees and jury members would hold International referee certification, but would all be from the host country, South Africa.

Representative athletes from Namibia, Zimbabwe and South Africa took part in the opening ceremony. Special mention was made of the representatives from the Northern African countries who were unfortunately not able to travel to the event.

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

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Detailed Results

The detailed results of the African Powerlifting and Bench Press Championships, incorporating the Arnold Classic Africa Powerlifting events and the APF University Cup, can be found on the APF website here:

<https://www.powerlifting-africa.com/results>

Special mention should be made of the overall Best Lifters in each of the African Championships events, who were

<i>Event</i>	<i>Overall Best Male Lifter</i>	<i>GLpts</i>	<i>Overall Best Female Lifter</i>	<i>GLpts</i>
<i>APF Classic Powerlifting</i>	Kyle Noonan (RSA)	93,23	Maude Mashonganyika (ZIM)	84,98
<i>APF Equipped Powerlifting</i>	Christo Schoonraad (RSA)	75,97	Christi de Jager (RSA)	80,79
<i>APF Classic Bench Press</i>	Brandon Bezuidenhout (RSA)	87,15	Sorah Garber (RSA)	78,52
<i>APF Equipped Bench Press</i>	Craig Masson (RSA)	62,23	Vanessa Lessing (RSA)	45,41
<i>APF University Cup</i>	Jason Knowles	86,57	Caitlin Poxon	72,67

SA lifters broke 26 SA National Equipped Powerlifting and Bench Press records, and 42 Classic Powerlifting and Bench Press records during the events.

Referees

South African National referee Chantelle du Toit wrote and passed her IPF International Cat II referee exam during the championships. Special mention must be made to the international referees from South Africa who stepped in to replace the northern African referees who were not able to travel.

The following international referees from South Africa officiated during the competition:

Hannie Smith

Vicki Botha

Anita Barnard

Andre Ludik

Rodney Anthony

Dan Oppenheim

Megan Leighton

Quinton Kannemeyer

Heather Leighton

Chantelle du Toit



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Live Streaming

For the first time, the African Powerlifting and Bench Press Championships were live-streamed by EMET Media, with the session recordings available on the SAPF YouTube channel here:

<https://youtube.com/channel/UCLY04PI49tRLcf5yfhA4XZg>

General Assembly

The 2021 APF General Assembly will be postponed until a later date, to be determined according to member nations' ability to attend a virtual meeting.

Submitted by H Leighton
11/12/2021



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