

# Commonwealth Powerlifting and Bench Press Championships 2017

## Manager's Report

The 2017 Commonwealth Powerlifting and Bench Press Championships were held from 10-17 September in Potchefstroom, South Africa, hosted by the SAPF and organized by meet director Hannie Smith. A total of 14 Commonwealth nations were represented, namely India, Sri Lanka, Canada, Pakistan, England, Wales, Scotland, Northern Ireland, Australia, New Zealand, Sri Lanka, Namibia, Trinidad and Tobago, and host nation South Africa.

Numerous Commonwealth and national records were broken during the 9 events, as well as a spectacular deadlift World Record of 200kg for England's Joy Nnamani in the 57kg Classic Women's Powerlifting event.

The full results can be found here: <http://www.powerliftingsa.co.za/node/1248>

### Team SA medals

#### Classic Powerlifting:

|              | Bronze    | Silver    | Gold       |            |
|--------------|-----------|-----------|------------|------------|
| Squat        | 9         | 16        | 33         | <b>58</b>  |
| Benchpress   | 5         | 16        | 37         | <b>58</b>  |
| Deadlift     | 13        | 14        | 33         | <b>60</b>  |
| Total        | 6         | 16        | 35         | <b>57</b>  |
| <i>Count</i> | <b>33</b> | <b>62</b> | <b>138</b> | <b>233</b> |

#### Equipped Powerlifting:

|              | Bronze   | Silver    | Gold      |           |
|--------------|----------|-----------|-----------|-----------|
| Squat        | 1        | 1         | 8         | <b>10</b> |
| Benchpress   |          | 2         | 8         | <b>10</b> |
| Deadlift     |          | 5         | 5         | <b>10</b> |
| Total        |          | 2         | 8         | <b>10</b> |
| <i>Count</i> | <b>1</b> | <b>10</b> | <b>29</b> | <b>40</b> |

#### Classic Bench Press:

|              | Bronze | Silver | Gold |           |
|--------------|--------|--------|------|-----------|
| <i>Count</i> | 1      | 4      | 19   | <b>24</b> |

Equipped Bench Press:

|              | Bronze | Silver | Gold |          |
|--------------|--------|--------|------|----------|
| <i>Count</i> |        | 1      | 6    | <b>7</b> |

## Team SA Commonwealth Records

Team South Africa broke 17 Commonwealth records during the Championships:

### Classic Powerlifting records:

Antoinette Kriel – Master 1 57kg Bench press – 91kg

Antoinette Kriel – Master 1 57kg Total – 383.5kg

Colin Young – Master 3 105kg Bench Press – 160.5kg

Marlon Daniels – Master 1 83kg Squat – 235.5kg

Marlon Daniels – Master 1 83kg Bench Press – 155kg

Marlon Daniels – Master 1 83kg Bench Press – 163kg

### Classic Single Lift Bench Press records:

Antoinette Kriel – Master 1 57kg Single lift Bench Press – 91kg

Colin Young – Master 3 105kg Single lift Bench Press – 160.5kg

Ian Furman – Master 2 120+kg Single Lift Bench Press – 200kg

Lizelle Cruz – Master 1 84kg Single Lift Bench Press – 115kg

Lizelle Cruz – Open 84kg Single Lift Bench Press – 115kg

Marlon Daniels – Master 1 83kg Single Lift Bench Press – 155kg

Marlon Daniels – Master 1 83kg Single Lift Bench Press – 163kg

### Equipped Powerlifting records:

Rouxchelle Roux – Junior 52kg Squat – 135kg

Rouxchelle Roux – Junior 52kg Squat – 142.5kg

Marcel Vorster – Junior 66kg Bench Press – 173kg

### Equipped Single Lift Bench Press records:

Marcel Vorster – Junior 66kg Single Lift Bench Press – 173kg

## Team SA South African Records

The team set 138 new South African National records, and this is not counting records that were broken more than once during the championships.

Classic Powerlifting - Men:

| Age Category | Weight division | Name                  | Discipline  | Record  |
|--------------|-----------------|-----------------------|-------------|---------|
| Sub-Junior   | 59kg Division   | Dalvie Chaka          | Squat       | 140kg   |
| Sub-Junior   | 59kg Division   | Dalvie Chaka          | Total       | 375kg   |
| Sub-Junior   | 66kg Division   | Mpho Hlanyane         | Total       | 450kg   |
| Sub-Junior   | 83kg Division   | Joaquim de Jenga      | Squat       | 217.5kg |
| Sub-Junior   | 93kg Division   | Joshua Kiggen         | Squat       | 247.5kg |
| Sub-Junior   | 93kg Division   | Joshua Kiggen         | Bench Press | 152.5kg |
| Sub-Junior   | 93kg Division   | Joshua Kiggen         | Total       | 660kg   |
| Junior       | 93kg Division   | Jade Blake            | Squat       | 270kg   |
| Junior       | 93kg Division   | Jade Blake            | Total       | 700kg   |
| Senior       | 93kg Division   | Jade Blake            | Squat       | 270kg   |
| Senior       | 93kg Division   | Elfranco Holder       | Bench Press | 187.5kg |
| Senior       | 93kg Division   | Jean-Arthur Pretorius | Deadlift    | 300kg   |
| Senior       | 93kg Division   | Jade Blake            | Total       | 700kg   |
| Master I     | 66kg Division   | Karl Christians       | Squat       | 157.5kg |
| Master I     | 83kg Division   | Marlon Daniels        | Squat       | 235.5kg |
| Master I     | 83kg Division   | Marlon Daniels        | Bench Press | 163kg   |
| Master I     | 83kg Division   | Allistair Begg        | Deadlift    | 235kg   |
| Master I     | 83kg Division   | Marlon Daniels        | Total       | 616kg   |
| Master II    | 66kg Division   | Karl Christians       | Squat       | 157.5kg |
| Master II    | 66kg Division   | Karl Christians       | Deadlift    | 195kg   |
| Master II    | 83kg Division   | Ian Hacker            | Squat       | 187.5kg |
| Master II    | 83kg Division   | Ian Hacker            | Bench Press | 115kg   |
| Master II    | 83kg Division   | Ian Hacker            | Deadlift    | 212.5kg |
| Master II    | 83kg Division   | Ian Hacker            | Total       | 515kg   |
| Master II    | 93kg Division   | Ebrahim Mobara        | Squat       | 197.5kg |
| Master II    | 93kg Division   | Ebrahim Mobara        | Deadlift    | 225kg   |
| Master II    | 93kg Division   | Ebrahim Mobara        | Total       | 537.5kg |
| Master II    | 105kg Division  | Christo Schoonraad    | Squat       | 237.5kg |
| Master II    | 105kg Division  | Colin Young           | Bench Press | 160.5kg |
| Master II    | 105kg Division  | Christo Schoonraad    | Deadlift    | 252.5kg |
| Master II    | 105kg Division  | Christo Schoonraad    | Total       | 625kg   |
| Master II    | 120+kg Division | Burton Haupt          | Bench Press | 150kg   |
| Master II    | 120+kg Division | Burton Haupt          | Deadlift    | 245kg   |
| Master III   | 105kg Division  | Colin Young           | Bench Press | 160.5kg |

|            |                |             |          |         |
|------------|----------------|-------------|----------|---------|
| Master III | 105kg Division | Colin Young | Deadlift | 217.5kg |
| Master III | 105kg Division | Colin Young | Total    | 538kg   |
| Master III | 120kg Division | Andre Ludik | Deadlift | 212.5kg |

Classic Powerlifting - Women:

| Age Category | Weight division | Name                 | Discipline  | Record  |
|--------------|-----------------|----------------------|-------------|---------|
| Sub-Junior   | 47kg Division   | Patricia Harding     | Deadlift    | 97.5kg  |
| Junior       | 47kg Division   | Patricia Harding     | Deadlift    | 97.5kg  |
| Sub-Junior   | 63kg Division   | Caitlin Poxon        | Squat       | 120kg   |
| Sub-Junior   | 63kg Division   | Caitlin Poxon        | Bench Press | 57.5kg  |
| Sub-Junior   | 63kg Division   | Caitlin Poxon        | Total       | 297.5kg |
| Sub-Junior   | 72kg Division   | Ciara Morley         | Squat       | 115kg   |
| Sub-Junior   | 84kg Division   | Jelhandri Rautenbach | Squat       | 142.5kg |
| Sub-Junior   | 84kg Division   | Jelhandri Rautenbach | Bench Press | 77.5kg  |
| Sub-Junior   | 84kg Division   | Jelhandri Rautenbach | Deadlift    | 160kg   |
| Sub-Junior   | 84kg Division   | Jelhandri Rautenbach | Total       | 380kg   |
| Sub-Junior   | 84+kg Division  | Megan Rogers         | Squat       | 127.5kg |
| Sub-Junior   | 84+kg Division  | Megan Rogers         | Bench Press | 62.5kg  |
| Sub-Junior   | 84+kg Division  | Megan Rogers         | Deadlift    | 132.5kg |
| Sub-Junior   | 84+kg Division  | Megan Rogers         | Total       | 322.5kg |
| Junior       | 72kg Division   | Dina Power           | Squat       | 122.5kg |
| Junior       | 72kg Division   | Dina Power           | Deadlift    | 160kg   |
| Junior       | 72kg Division   | Dina Power           | Total       | 342.5kg |
| Junior       | 84kg Division   | Lezaan Jordaan       | Squat       | 157.5kg |
| Junior       | 84kg Division   | Lezaan Jordaan       | Deadlift    | 192.5kg |
| Junior       | 84kg Division   | Lezaan Jordaan       | Total       | 425kg   |
| Junior       | 84+kg Division  | Kay-Lee Steyn        | Squat       | 155kg   |
| Senior       | 47kg Division   | Giulia Muto          | Squat       | 115kg   |
| Senior       | 47kg Division   | Giulia Muto          | Bench Press | 67.5kg  |
| Senior       | 47kg Division   | Giulia Muto          | Total       | 292.5kg |
| Senior       | 52kg Division   | Nicole Warburg       | Total       | 350kg   |
| Senior       | 57kg Division   | Jeanri Bezuidenhout  | Squat       | 135kg   |
| Senior       | 57kg Division   | Antoinette Kriel     | Deadlift    | 170kg   |
| Senior       | 72kg Division   | Laura de Wet         | Deadlift    | 187.5kg |
| Senior       | 72kg Division   | Laura de Wet         | Total       | 410kg   |
| Senior       | 84kg Division   | Caileigh Dade        | Squat       | 170kg   |
| Senior       | 84kg Division   | Sandri van Staden    | Bench Press | 90kg    |
| Senior       | 84kg Division   | Caileigh Dade        | Deadlift    | 192.5kg |
| Senior       | 84kg Division   | Caileigh Dade        | Total       | 442.5kg |
| Senior       | 84+kg Division  | Lauren Norton        | Bench Press | 105kg   |

|            |                |                  |             |         |
|------------|----------------|------------------|-------------|---------|
| Senior     | 84+kg Division | Lauren Norton    | Deadlift    | 205kg   |
| Senior     | 84+kg Division | Lauren Norton    | Total       | 485kg   |
| Master I   | 47kg Division  | Elisabeth Barry  | Deadlift    | 127.5kg |
| Master I   | 47kg Division  | Elisabeth Barry  | Total       | 250kg   |
| Master I   | 57kg Division  | Antoinette Kriel | Deadlift    | 170kg   |
| Master I   | 72kg Division  | Laura de Wet     | Deadlift    | 187.5kg |
| Master I   | 72kg Division  | Laura de Wet     | Total       | 410kg   |
| Master II  | 52kg Division  | Carol Anthony    | Squat       | 75kg    |
| Master II  | 52kg Division  | Carol Anthony    | Bench Press | 45kg    |
| Master II  | 52kg Division  | Carol Anthony    | Deadlift    | 122.5kg |
| Master II  | 52kg Division  | Carol Anthony    | Total       | 242.5kg |
| Master II  | 63kg Division  | Candice Firmani  | Squat       | 87.5kg  |
| Master II  | 63kg Division  | Candice Firmani  | Bench Press | 57.5kg  |
| Master II  | 63kg Division  | Susan Farrell    | Total       | 260kg   |
| Master III | 63kg Division  | Susan Farrell    | Bench Press | 47.5kg  |
| Master III | 63kg Division  | Susan Farrell    | Deadlift    | 127.5kg |
| Master III | 63kg Division  | Susan Farrell    | Total       | 260kg   |

#### Classic Bench Press - Men:

| Age Category | Weight division | Name                | Discipline  | Record  |
|--------------|-----------------|---------------------|-------------|---------|
| Sub-Junior   | 93kg Division   | Joshua Kiggen       | Bench Press | 152.5kg |
| Senior       | 93kg Division   | Elfranco Holder     | Bench Press | 187.5kg |
| Senior       | 120kg Division  | Benedict Buccarizza | Bench Press | 232.5kg |
| Master I     | 83kg Division   | Marlon Daniels      | Bench Press | 163kg   |
| Master II    | 105kg Division  | Colin Young         | Bench Press | 160.5kg |
| Master III   | 105kg Division  | Colin Young         | Bench Press | 160.5kg |
| Master II    | 120+kg Division | Ian Furman          | Bench Press | 200kg   |

#### Classic Bench Press - Women:

| Age Category | Weight division | Name                 | Discipline  | Record |
|--------------|-----------------|----------------------|-------------|--------|
| Sub-Junior   | 63kg Division   | Caitlin Poxon        | Bench Press | 60kg   |
| Sub-Junior   | 84kg Division   | Jelhandri Rautenbach | Bench Press | 75kg   |
| Senior       | 47kg Division   | Giulia Muto          | Bench Press | 67.5kg |
| Senior       | 84kg Division   | Lizelle Cruz         | Bench Press | 115kg  |
| Senior       | 84+kg Division  | Lauren Norton        | Bench Press | 105kg  |
| Master I     | 84kg Division   | Lizelle Cruz         | Bench Press | 115kg  |
| Master II    | 63kg Division   | Candice Firmani      | Bench Press | 57.5kg |
| Master III   | 63kg Division   | Susan Farrell        | Bench Press | 47.5kg |

Equipped Powerlifting - Men:

| Age Category | Weight division | Name            | Discipline  | Record  |
|--------------|-----------------|-----------------|-------------|---------|
| Junior       | 66kg Division   | Marcel Vorster  | Squat       | 242.5kg |
| Senior       | 66kg Division   | Marcel Vorster  | Squat       | 242.5kg |
| Junior       | 66kg Division   | Marcel Vorster  | Bench Press | 173kg   |
| Senior       | 66kg Division   | Marcel Vorster  | Bench Press | 173kg   |
| Junior       | 66kg Division   | Marcel Vorster  | Total       | 605.5kg |
| Senior       | 120kg Division  | Francois Maritz | Squat       | 380kg   |
| Senior       | 120kg Division  | Francois Maritz | Total       | 900kg   |
| Senior       | 120+kg Division | Mathys Herbst   | Squat       | 355kg   |
| Senior       | 120+kg Division | Mathys Herbst   | Total       | 905kg   |
| Master I     | 120+kg Division | Mathys Herbst   | Squat       | 355kg   |
| Master I     | 120+kg Division | Mathys Herbst   | Total       | 905kg   |

Equipped Powerlifting - Women:

| Age Category | Weight division | Name              | Discipline  | Record  |
|--------------|-----------------|-------------------|-------------|---------|
| Senior       | 47kg Division   | Elisabeth Barry   | Squat       | 115kg   |
| Senior       | 47kg Division   | Elisabeth Barry   | Deadlift    | 130kg   |
| Master I     | 47kg Division   | Elisabeth Barry   | Squat       | 115kg   |
| Master I     | 47kg Division   | Elisabeth Barry   | Deadlift    | 130kg   |
| Master I     | 47kg Division   | Elisabeth Barry   | Total       | 292.5kg |
| Junior       | 52kg Division   | Rouxchelle Roux   | Squat       | 142.5kg |
| Junior       | 52kg Division   | Rouxchelle Roux   | Bench Press | 67.5kg  |
| Junior       | 52kg Division   | Rouxchelle Roux   | Deadlift    | 127.5kg |
| Junior       | 52kg Division   | Rouxchelle Roux   | Total       | 337.5kg |
| Senior       | 52kg Division   | Rouxchelle Roux   | Squat       | 142.5kg |
| Junior       | 57kg Division   | Megan Leighton    | Squat       | 137.5kg |
| Junior       | 57kg Division   | Megan Leighton    | Bench Press | 95kg    |
| Junior       | 57kg Division   | Megan Leighton    | Deadlift    | 155kg   |
| Junior       | 57kg Division   | Megan Leighton    | Total       | 387.5kg |
| Senior       | 57kg Division   | Megan Leighton    | Squat       | 137.5kg |
| Senior       | 57kg Division   | Megan Leighton    | Bench Press | 95kg    |
| Senior       | 57kg Division   | Megan Leighton    | Deadlift    | 155kg   |
| Senior       | 57kg Division   | Megan Leighton    | Total       | 387.5kg |
| Senior       | 72kg Division   | Chantelle Du Toit | Squat       | 172.5kg |
| Senior       | 72kg Division   | Chantelle Du Toit | Total       | 442.5kg |

#### Equipped Bench Press - Men:

| Age Category | Weight division | Name           | Discipline  | Record |
|--------------|-----------------|----------------|-------------|--------|
| Junior       | 66kg Division   | Marcel Vorster | Bench Press | 173kg  |
| Senior       | 66kg Division   | Marcel Vorster | Bench Press | 173kg  |

#### Equipped Bench Press - Women:

| Age Category | Weight division | Name             | Discipline  | Record  |
|--------------|-----------------|------------------|-------------|---------|
| Junior       | 57kg Division   | Megan Leighton   | Bench Press | 95kg    |
| Senior       | 57kg Division   | Megan Leighton   | Bench Press | 95kg    |
| Senior       | 84kg Division   | Christi De Jager | Bench Press | 122.5kg |

## Best Lifter Awards

Best Lifters per age category are selected based on their Wilks total, using a formula which enables lifters of different body weights to be compared based on a function of their bodyweight and total weight lifted. These Team SA lifters were awarded Best Lifter awards:

#### Classic Powerlifting:

Best Subjunior Male Lifter – Joaquim de Jenga

2<sup>nd</sup> Best Subjunior Male Lifter – Joshua Kiggen

2<sup>nd</sup> Best Master 1 Male Lifter – Marlon Daniels

3<sup>rd</sup> Best Master 1 Male Lifter – Henk de Wet

Best Master 2 Male Lifter – Christo Schoonraad

2<sup>nd</sup> Best Master 2 Male Lifter – Ian Hacker

3<sup>rd</sup> Best Master 2 Male Lifter – Karl Christians

Best Master 3 Male Lifter – Colin Young

2<sup>nd</sup> Best Master 3 Male Lifter – Andre Ludik

Best Master 4 Male Lifter – Dan Oppenheim

3<sup>rd</sup> Best Open Female Lifter – Nicole Warburg

Best Subjunior Female Lifter – Jelhandri Rautenbach

2<sup>nd</sup> Best Subjunior Female Lifter – Caitlin Poxon

3<sup>rd</sup> Best Junior Female Lifter – Lezaan Jordaan

Best Master 1 Female Lifter – Antoinette Kriel

2<sup>nd</sup> Best Master 1 Female Lifter – Laura de Wet

3<sup>rd</sup> Best Master 2 Female Lifter – Carol Anthony

2<sup>nd</sup> Best Master 3 Female Lifter – Susan Farrell

### Classic Bench Press:

Best Open Male Lifter – Benedict Bucarizza  
2<sup>nd</sup> Best Open Male Lifter – Peter Bester  
3<sup>rd</sup> Best Open Male Lifter – Ricardo Fitzpatrick  
2<sup>nd</sup> Best Subjunior Male Lifter – Wynand Kuhn  
Best Master 1 Male Lifter – Malone Horn  
Best Master 2 Male Lifter – Ian Furman  
2<sup>nd</sup> Best Master 2 Male Lifter – Craig van Wyk  
3<sup>rd</sup> Best Master 2 Male Lifter – Tommie de Nysschen

Best Subjunior Female Lifter – Jelhandri Rautenbach  
2<sup>nd</sup> Best Subjunior Female Lifter – Caitlin Poxon  
3<sup>rd</sup> Best Subjunior Female Lifter – Patricia Harding  
Best Master 1 Female Lifter – Lizelle Cruz  
3<sup>rd</sup> Best Master 1 Female Lifter – Susan Parker  
2<sup>nd</sup> Best Master 2 Female Lifter – Claire Petersen

### Equipped Powerlifting:

Best Open Male Lifter – Francois Maritz  
2<sup>nd</sup> Best Open Male Lifter – Mathys Herbst  
Best Junior Male Lifter – Marcel Vorster  
2<sup>nd</sup> Best Junior Male Lifter – Adrian Smith  
  
Best Open Female Lifter – Chantelle du Toit  
Best Junior Female Lifter – Megan Leighton  
2<sup>nd</sup> Best Junior Female Lifter – Rouxchelle Roux  
3<sup>rd</sup> Best Junior Female Lifter – Genevieve Vrettas

### Equipped Bench Press:

Best Subjunior Male Lifter – Daniel Lotter  
2<sup>nd</sup> Best Junior Male Lifter – Runeb van der Linde  
3<sup>rd</sup> Best Master 3 Male Lifter – Andre Ludik  
  
2<sup>nd</sup> Best Open Female Lifter – Christi de Jager  
3<sup>rd</sup> Best Open Female Lifter – Sandri van Staden

## Special Olympics

South African junior lifters Keaton Anthony and Charles-Lee Fourie competed against lifters from England in the Special Olympics event, and each won Gold medals in their respective weight divisions, with Charles-Lee taking overall Gold, and Keaton taking overall Bronze.

## Referees and other officials

SAPF President, Hannie Smith, in his capacity as Technical Chairman of the IPF, oversaw the running of the championships, as well as officiating on the jury. IPF Cat I referees Andre Ludik, Dan Oppenheim, Cliff Hayim and Vicki Botha, as well as Cat II referees Ephraim Khandanise, Megan Leighton and Esmay Smith did duty on the platform as referees, in the weigh-in room or on the scoring table.

## Commonwealth Powerlifting Federation Congress meeting

At the CPF Congress meeting held before the championships, the bid to host the 2019 event was won by Canada, with the event due to be hosted in St John's Newfoundland. The meeting welcomed the newest IPF member Namibia to the CPF, and expressed the hope that Zimbabwe would soon complete the necessary requirements to also become a member of the IPF. CPF President Richard Parker was unanimously inducted into the CPF Hall of Fame. South Africa's Andre Ludik was re-elected to the CPF executive.

Heather Leighton – Team Manager

19/09/2017