



South African Powerlifting Federation

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2025 IPF World Masters Classic and Equipped Powerlifting Championships – Manager’s Report

South African and the South African Powerlifting Federation proudly hosted the IPF World Masters Classic and Equipped Powerlifting Championships, from 10-19 October 2025 in Cape Town. 474 Powerlifters from 33 countries competed for 10 days in the Protea Fire and Ice Marriott Hotel. There were 286 male competitors and 188 female competitors, with 351 competing in the Classic Powerlifting events and 123 competing in the Equipped Powerlifting events.

The events were

- IPF World Masters Classic Powerlifting Championships (Men and Women)
- IPF World Masters Equipped Powerlifting Championships (Men and Women)

In the South African team we had 43 lifters, 23 male and 20 female, across all the Masters age categories (Master 1, Master 2, Master 3, Master 4). Team South Africa results were exceptional – we have **4 new World Champions** – Antionette Kriel, Marlon Daniels, Laura de Wet and Carol Anthony, the team won a total of **73 medals**.



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Vice President (I) : Leighton
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Treasurer : Tarryn Valle (interim)
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Overall Results

The full results of the World Masters Championships can be found here: <https://www.powerlifting.sport/championships/results/2025/world-masters-powerlifting-championships-2025>

Medal tables

WORLD MASTERS CLASSIC POWERLIFTING		MEN			WOMEN		<i>Total count</i>
	Bronze	Silver	Gold	Bronze	Silver	Gold	
Squat	4	5	1			2	12
Bench Press	3	1	2	2	1	1	10
Deadlift	3	2	3	2		2	12
Total	5	2	1	1	1	1	11
TOTAL COUNT	15	10	7	5	2	6	45

WORLD MASTERS EQUIPPED POWERLIFTING		MEN			WOMEN		<i>Total Count</i>
	Bronze	Silver	Gold	Bronze	Silver	Gold	
Squat			1	1	1	3	6
Bench Press	1	1	1	1	2	2	8
Deadlift	1		1	2	1	2	7
Total	2			2	1	2	7
TOTAL COUNT	4	1	3	6	5	9	28

Detailed Results

Below are the detailed results for Team SA, showing medals, World records, SA records, Commonwealth and African records, as well as Best Lifter awards and Team awards :

CLASSIC POWERLIFTING:

First Name	Surname	Gender	Age Cat	Weight Div	SQ	BP	DL	TOT	Medals / Records	Team awards
Greg	Flugel	Male	M 4	83	107,5	65	140	312,5	4th overall Bronze SQ medal	6th Best M4 team
Dan	Oppenheim	Male	M 4	83	135	82,5	170	387,5	SILVER overall, Silver SQ, Bronze BP, Bronze DL medals SA M5 SQ record African M5 SQ,BP,DL, BP1 and Tot records Commonwealth M5 SQ,BP,DL, BP1 and Tot records	
Karl	Christians	Male	M 3	66	145	70	200	415	BRONZE overall Bronze SQ, Gold DL medals SA M3 SQ, DL, Tot records SA M2 DL record African M3 SQ,BP,DL and Tot records	2nd Best M3 team - 5 Silver Team medals
Ian	Hacker	Male	M 3	74	207,5	117,5	215	540	BRONZE overall Silver SQ, Bronze DL medals SA M3 SQ, Tot records SA M2 SQ, Tot records African M3 SQ,BP,DL and Tot records African M2 SQ record Commonwealth M3 SQ, BP and Tot records	
Stanley	Lameyer	Male	M 3	74	190	100	200	490	4th overall Bronze SQ medal	

Ebrahim	Mobara	Male	M 3	83	187,5	95	220	515	BRONZE overall Silver SQ, Silver DL medals African M3 SQ, DL and Tot records African M2 SQ, DL and Tot records	
Tommie	de Nysschen	Male	M 3	83	160	147,5	155	462,5	4th overall Gold BP medal	
Denis	Bensch	Male	M 3	120+	235	145	235	615	SILVER overall, Silver SQ, Silver BP, Silver DL medals SA M3 SQ, BP, DL, Tot and BP1 records African M3 SQ, BP, DL, Tot and BP1 records African M2 SQ record	
Fiona	Hickman	Female	M 3	84	120	65	142,5	327,5	BRONZE overall Gold SQ, Bronze DL medals SA M3 SQ, BP, DL, Tot and BP1 records African M3 SQ, BP, DL, Tot and BP1 records African M2 SQ, BP, DL, Tot and BP1 records	10th best M3 team

Antoinette	Kriel	Female	M 2	57	132,5	85	182,5	400	Second Best M2 Lifter Trophy WORLD CHAMPION - GOLD overall Gold SQ, Gold BP, Gold DL medals World M2 DL and Tot records SA M2 SQ, DL and Tot records SA M1 DL and Tot records SA Open DL and Tot records African M2 SQ, BP, DL, Tot and BP1 records African M1 SQ, BP, DL, Tot and BP1 records African Open BP, DL, Tot and BP1 records Commonwealth M2 SQ, BP, DL, Tot and BP1 records Commonwealth M1 Tot record	4th Best M2 team
Madeline	Posthumus	Female	M 2	63	95	52,5	115	262,5	10th overall	
Natalie	Crofton	Female	M 2	76	97,5	55	122,5	275	7th overall	
Bonita	Bloem	Female	M 2	76	125	62,5	130	317,5	6th overall	
Jodi	Poxon	Female	M 2	84	107,5	67,5	130	315	5th overall African M2 SQ, BP, DL, Tot and BP1 records	
Buyisile	Ngubane	Female	M 2	84+	117,5	57,5	157,5	332,5	5th overall SA M2 SQ, BP, DL and Tot records	

Marlon	Daniels	Male	M 2	74	228	140	240	608	WORLD CHAMPION - GOLD overall Third Best M2 Lifter Trophy Gold SQ, Gold BP, Gold DL medals World M2 SQ record SA M2 SQ, BP, DL, Tot and BP1 records SA M1 SQ and Tot records African M2 SQ, BP, DL, Tot and BP1 records African M1 BP and BP1 records Commonwealth M2 SQ and Tot records	6th Best M2 team
Nils	Tania	Male	M 2	74	170	90	170	430	9th overall	
Yaniv	Lacob	Male	M 2	83	150	115	175	440	8th overall African M2 Tot record	
Hermanus	de Beer	Male	M 2	120	202,5	150	285	637,5	9th overall Gold DL medal African M2 DL record	
Mogamat	Kader	Male	M 2	120	255	162,5	260	677,5	5th overall SA M2 Total record African M2 SQ, BP and Tot records	
John	Crain	Male	M 2	120+	245	125	100	470	8th overall SA M2 SQ record	4th Best M1 team
Nathan	Michael-Steyn	Male	M 1	66	205	115	227,5	547,5	4th overall Silver SQ medal African M1 SQ record	
Enrico	Johnson	Male	M 1	66	200	120	232,5	552,5	BRONZE overall Bronze BP, Bronze DL medals SA M1 DL and Tot records African M1 BP, DL and Tot records	
Allistair	Begg	Male	M 1	74	195	125	230	550	8th overall	

Chadwyn	Govington	Male	M 1	83	240	170	250	660	BRONZE overall Bronze SQ, Bronze BP medals SA M1 BP and BP1 records	7th Best Master 1 team
Chad Liam	Polley-Green	Male	M 1	93	215	112,5	245	572,5	13th overall	
Deon	Smedley	Male	M 1	93	242,5	147,5	260	650	7th overall	
Edlyn	Serge	Male	M 1	120	225	157,5	285	667,5	8th overall	
Newton	Mudau	Male	M 1	120	265	172,4	235	672,5	6th overall	
Farzana	Botha	Female	M 1	52	105	67,5	160	332,5	SILVER overall Bronze BP, Gold DL medals SA M1 DL record African M1 SQ, BP, DL, Tot and BP1 records African Open DL record	
Sandhya	Carragher	Female	M 1	57	102,5	55	130	287,5	11th overall	
Astrid	Schwarz	Female	M 1	69	137,5	77,5	160	375	7th overall	7th Best Master 1 team
Kristl-Joy	Kannemeyer	Female	M 1	69	140	92,5	165	397,5	5th overall Silver BP medal SA M1 BP and BP2 records African M1 BP, DL, Tot and BP1 records	
Pia	Marangoni	Female	M 1	76	152,5	80	170	402,5	7th overall	
Phokwane	Moloele	Female	M 1	84	142,5	82,5	165	390	6th overall African M1 BP and BP1 records	
Lauren	Jones	Female	M 1	84+	155	80	177,5	412,5	4th overall Bronze BP, Bronze DL	

EQUIPPED POWERLIFTING:

First Name	Surname	Gender	Age Cat	Weight Div	SQ	BP	DL	TOT	Medals / Records	Team awards
Tommie	de Nysschen	Male	M 3	83	175	170	160	505	4th overall Gold BP medal SA M3 BP and BP1 records SA M2 BP and BP1 records SA M1 BP record African M3 SQ, BP, Tot and BP1 records African M2 SQ, BP, Tot and BP1 records African M1 SQ, BP, Tot and BP1 records African Open SQ, BP, Tot and BP1 records Commonwealth M3 BP and BP1 records	9th best Master 3 team
Heather	Leighton	Female	M 3	69	92,5	67,5	105	265	SILVER overall Silver SQ, Silver BP, Silver DL	5th best Master 3 team
Elisabeth	Barry	Female	M 2	52	100	47,5	105	252,5	BRONZE overall Bronze SQ, BP and DL medals	Best M2 Team -
Carol	Anthony	Female	M 2	63	105	57,5	120	282,5	WORLD CHAMPION - GOLD overall Gold SQ, Gold BP, Gold DL	

Laura	de Wet	Female	M 2	69	185	90	200	475	Best Master 2 lifter trophy WORLD CHAMPION - GOLD overall Gold SQ, Silver BP, Gold DL SA M2 DL and Tot records SA M1 DL and Tot records SA Open DL and Tot records African M3 DL and Tot records African M2 DL and Tot records African Open DL and Tot records Commonwealth M2 DL and Tot records Commonwealth M1 DL and Tot records	3 Gold medals
Hermanus	de Beer	Male	M 2	120	220	175	285	680	6th overall Gold DL medal	8th Best M2 team
John	Crain	Male	M 2	120+	245	210	265	710	BRONZE overall Silver BP, Bronze DL medals	
Chantelle	Du Toit	Female	M 1	84	172,5	112,5	150	435	BRONZE overall Gold SQ, Gold BP, Bronze DL medals SA M1 BP and BP1 records African M1 SQ, BP, DL, Tot and BP1 records African Open SQ, BP, DL and Tot records	8th best M1 team
Simon	Breetzke	Male	M 1	120+	340	282,5	262,5	885	BRONZE overall Gold SQ, Bronze BP SA M1 BP record African M1 BP and DL records	10th best M1 team

Best Lifter and Best Team Awards

Equipped Powerlifting – Best M2 lifter – Laura de Wet
Classic Powerlifting – 2nd Best M2 lifter – Antoinette Kriel
Classic Powerlifting – 3rd Best M2 lifter – Marlon Daniels

Equipped Powerlifting – Best M2 Women's Team – South Africa
Classic Powerlifting – 2nd Best M3 Men's Team – South Africa

Referees and Officials

Congratulations to Chantelle du Toit, who passed her IPF Category I International Referee exam.

Referees and Jury: The following SA referees officiated as Referees, Scorers, Technical Controllers, Announcers and on the Jury during the championship:

Hannie Smith
Vicki Botha
Ian Furman
Megan Leighton
Chantelle du Toit
Andre Ludik
Rodney Anthony
Dan Oppenheim
Nic Ingel
Laura de Wet
Henk de Wet
Heather Leighton
Michael Poxon
Anita Barnard

Being an IPF-sanctioned international championship, this required international referees from different countries on the platform, as well as a three-person jury also made up of international referees from different countries. This is to ensure that any regional or world records set at the championships would be recognized.

Designated Safeguarding Officers: Heather Leighton and Andre Ludik

Economic Impact

The main reason for the SAPF hosting international championships is that it gives South African lifters the opportunity to compete at an international level – allowing them to obtain Protea colours and get an international ranking. This is also true for our SAPF spotters and loaders, and our referees, who also get an opportunity to participate on the world stage.

Due to Powerlifting being a smaller sporting code in South Africa, the majority of the work is done by the SAPF Executive (all volunteers). SAPF Referees and Coaches, as well as SAPF Spotters and Loaders, are involved. A team of local spotters and loaders was employed and accommodated for the duration of the event. Sponsorship is limited and we raise our own funds in order to host these events. We do not get funding from DSAC or Provincial structures.

The venue of the Protea Fire and Ice Marriott Hotel in Cape Town was selected as the venue for this event because of the hotel's ability to accommodate an event of this size, and also as a drawcard for participants to stay on to enjoy the tourist attractions of Cape Town and the surrounding area. South Africa was exposed to visitors from over 30 countries during the event. The event attracted 474 participants, and their coaches and families, plus about 100 officials and other attendees – which gives an idea of the hotel bed occupancy in the hotel and surrounding venues, attractions and restaurants resulting from the championships. Many attendees stayed on in South Africa after the championships to visit other tourist destinations.

The SAPF and Meet Director made use of various facilities of the hotel for the purposes of the event, including

- the lighting infrastructure for the competition platform
- communication infrastructure for livestreaming the event
- other electrical installation for the championships
- Cleaning personnel
- refreshment station in the venue

- transport of attendees between other hotels and the venue

Further external contractors were used for the following services:

- Transport of attendees between airport and venue
- Transport of equipment between Fochville and Cape Town
- Creation of Medals, Participation medals and Best Lifter Trophies
- Wozamoya (part of the Hillcrest AIDS Centre Trust) were contracted to provide wire Proteas which were awarded to each category winner.
- South African insurance companies to provide Professional Indemnity cover
- Appropriate concerns / personnel to meet safety requirements

The event was live-streamed on the EMET Media YouTube channel, gaining significant viewership during the event and on an ongoing basis.
<https://www.youtube.com/@emetmedia>

The SAPF Executive received high praise from attendees for the standard of the competition, and many expressed definite interest in coming back to South Africa for future events to be held in similar venues.

The next World Masters Powerlifting Championships will be held in Reno, USA in 2026.

Heather Leighton (October 2025)