



# THE MASTERS VOICE

OFFICIAL NEWSLETTER – SAMS

APRIL 2018

Hope everyone had a good break over the Easter Holidays and are looking forward to a successful rest of the year. With the Commonwealth Games in April all our sporting Codes will be busy and several Masters will be competing. We wish everyone all the very best and hope many medals will be brought back to South Africa.

## **POWERLIFTING**

SA Classic Powerlifting Championships, Potchefstroom

Start: 16 Mar 2018

End: 18 Mar 2018



## SA Classic Powerlifting Championships 2018 – Masters results

The South African Classic Powerlifting Championships were held from 16 – 18 March in Potchefstroom. A total of 167 lifters competed across all age categories, with 26 of the 72 women lifters competing in Masters categories, and 25 of the 95 men competing in Masters categories.

The master's lifters excelled in the Open events as well, with Master 1 lifter Vicki Botha taking the award for not only the best Master Woman Lifter, but also the Best Open Woman Lifter. Master 1 lifter Mathys Herbst was the best Master Men Lifter, and was the runner up in the Open class.

Our master lifters set a total of 54 new National Powerlifting and Bench Press records, including 8 in the Open class.

### Best Lifters

| Age Category | Best Female Lifter | Best Male Lifter   |
|--------------|--------------------|--------------------|
| Master 1     | Vicki Botha        | Mathys Herbst      |
| Master 2     | Carol Anthony      | Christo Schoonraad |
| Master 3     | Susan Farrell      | Colin Young        |
| Master 4     |                    | Dan Oppenheim      |

### **SAMSA OFFICE**

4 Freylinia Street

Brackendown, Alberton

President: 084 585 9832

Secretary: 082 920 2387

Email: [info@samaster.co.za](mailto:info@samaster.co.za)



#### SA Masters Sports Association medals

As the SAPF is a member of the SA Masters Sports Association, we are entitled to award SAMSA medals to masters lifters for our National Championships, as long as there are 7 or more competitors in each event. For this reason, we award a Gold, Silver and Bronze SAMSA medal to the Best Master 1 lifters, and to the Best Masters2/3/4 lifters combined, by Wilks points.

| Category                  | Gold               | Silver          | Bronze         |
|---------------------------|--------------------|-----------------|----------------|
| <b>Master 1 Men</b>       | Mathys Herbst      | Marlon Daniels  | Malone Horn    |
| <b>Master 1 Women</b>     | Vicki Botha        | Mariska Casey   | Ilona Wilson   |
| <b>Master 2/3/4 Men</b>   | Christo Schoonraad | Ebrahim Mobarra | David Quatse   |
| <b>Master 2/3/4 Women</b> | Carol Anthony      | Susan Farrell   | Lana Kleynhans |

### **SAMSA MASTERS WRESTLING**

The SA Masters Wrestling Championships will take place on  
 Date: 7 April 2018  
 Venue: North Gauteng Wrestling Hall,  
 Menlo Park, Pretoria.



**SOUTH AFRICAN**  
 WRESTLING FEDERATION

All the Masters Wrestlers that won medals at the 2017 World Wrestling Championships will take part in the SA Wrestling Championships.

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## **SA MASTERS ATHLETICS**

### **South African Masters Championship**

- 26, 27 & 28 April 2018
- Mangaung Stadium, Bloemfontein



## **GAUTENG SHOOTING ASSOCIATION**

### **SA NATIONAL CHAMPIONSHIPS**

#### **NPA & PPC NATIONALS**

**Venue:** Eeufees military range, Pretoria

**Date:** 26<sup>th</sup> April to 1<sup>st</sup> May 2018



**PLEASE FORWARD DETAILS OF ALL EVENTS AND RESULTS SO THAT THEY CAN BE PUBLISHED IN THE MASTERS VOICE**

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## **OFFICIAL NOTIFICATIONS**

### **ANNUAL GENERAL MEETING 09 JUNE 2018**

Date: Saturday 9 June 2018

Time: 11:00 – 16:00

Venue: Olympic House (SASCOC Offices)



**sport & recreation**

Department:  
Sport and Recreation South Africa  
REPUBLIC OF SOUTH AFRICA

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