

NEWSLETTER



ISSUE # 1



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NEWSLETTER

South African Armwrestling Federation

THE HISTORY OF ORGANIZED ARMWRESTLING SOUTH AFRICA

South Africa's first national armwrestling body was established in 2002. That organization was called the South African Armwrestling Federation (**SAAWF**), and it was affiliated to the World Armwrestling Federation (**WAF**), an international federation of national and regional armwrestling associations.

Just before Covid-19 hit and the entire world went into lockdown, Armwrestling Association of South Africa (**AASA**) was born and affiliated with the International Federation of Armwrestling (**IFA**). The thinking was that armwrestlers could pull where they want, on their terms, however, no-one was aware that this split would lead to members not having the option to pull under **WAF** or any of their affiliated or endorsed events. To rectify this situation a new national body called the South African Armwrestling Federation (**SAAF**) was created.



Founded in 2023, **SAAF** is affiliated with **WAF**, as well as the Armwrestling Federation of Africa (**AFA**). In its first six months, **SAAF** achieved something truly momentous: our organization sent six armwrestlers and two team managers to the 13th Africa Games, held in Accra, Ghana, between 8–23 March 2024. Never before have South African armwrestlers been able to officially represent the country, but it finally happened!

[Read More](#)



The breakthrough became possible when **SAAF** affiliated with Body Building South Africa (**BBSA**), which is an official member of the South African Sports Confederation and Olympic Committee (**SASCOC**). In this way, **SAAF** became a sub-member of **SASCOC**, and as such our athletes were able to test their mettle against the continent's best, wearing national colours. The link between **SAAF** and **BBSA** was forged by Francois Stip, **SAAF** president from May 2023 to February 2024, and **BBSA** President Wayne Price – we must give kudos to these pioneers!

For much of 2024, **SAAF**'s interim Executive Committee has been drafting the Federation's first Constitution, as well as its Code of Conduct, in preparation for the first **SAAF** Annual General Meeting (AGM) on 28 June.

These are our sport's guiding documents, and Members are encouraged to read through them (see links in the body of this Newsletter) and comment. In this way you can help to shape the development of the sport we all love! At our first AGM, **SAAF** Members will have an opportunity to elect their first official Executive Committee. In this newsletter you will find a description of the Committee portfolios, and a link to a Nomination form.

Again, we encourage Members to participate in the growth of our sport by nominating Members in good standing, who have the right skills and experience to lead **SAAF** for the next four years.

The Committee's other great focus has been the organization of the **SAAF** National Championships, which is scheduled to take place 28 -29 June in Paarl, in the Western Cape. 75 athletes and counting have registered to participate in the country's premier Armwrestling event - more than any previous event. We believe that this year's Nationals will mark the beginning of a new era for armwrestling in South Africa, one in which our competitions meet the highest international standards. If you haven't already entered for this milestone event, we urge you to do so without delay, as the registration closing date is 31 May, 2024.

Since its foundation in 2023, nearly 200 armwrestlers have affiliated with **SAAF**, proof that the sport is enjoying a major growth period in South Africa, which echoes developments on the international stage. Thank you for your ongoing support, and we look forward to continued growth in our sport in all categories, including juniors, youth, women and disabled athletes.





Western Cape Classic 2023 – Mossel Bay

NEWS

“This was a first in the Garden Route”

The Western Cape Classic was held on 25 November 2023 at Oubaai Hotel & Spa.

“This event was a great success.” says Monique Maritz, a member of WellneZone Mossel Bay’s very own Armwrestling Club.

Athletes from all over the Western Cape came to support and compete in the Western Cape Classic. A group of 43 armwrestlers gathered, eagerly waiting to test their strength on the armwrestling table. The event had great support from the local communities as many came to watch on the day.

Amongst all the spectators were Annie Janse Van Rensburg and Anton Dellemijn, Counsellors / Chairpersons of the Mossel Bay Municipality.

Karma Bulldogs, Table Vikings and Stellenbosch armwrestling clubs all travelled to participate in the event, and SAAF President Ms Rosemary Bötha flew down from Gauteng to officiate.



WellneZone Armwrestling Club



Louis de Klerk(WellneZone Club Founder),
Anton Dellemijn & Annie Janse Van Rensburg(Iconic Mosselbay)



Table Vikings



Karma Bulldogs

Ms Rosemary Bötha with Archille Elizabeth from WellneZone(he organized the venue, Oubaai)





South African Armwrestlers Compete At Africa Games – Ghana

NEWS

During the month of March 2023, Six of South Africa's local armwrestlers had the honor of competing in the 13th Africa Games in Accra, Ghana. Arriving on 9 March, the team competed in various classes over the course of a few days, and finally returned back to South Africa on the 20th March 2024.

The South African armwrestlers performed tremendously well during the Africa Games.

Ruan Bronkhorst showcased an exceptional display of strength by taking silver in both the Right and Left Arm in the men's +100kg categories. While our upcoming star Meri Prinsloo (14 years) took Bronze on the left arm in the Women's 80kg+.



Team South Africa (in order from left to right) Gary Katzen, Alec Juan Durant, Lee Smith, Graham Verwey, Meri Prinsloo, Ruan Bronkhorst, Rosemary Botha & James Kruger



TEAM
SOUTH AFRICA

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Meri Prinsloo (14 years) showing off her Bronze Medal for taking 3rd place in the Senior Women 80kg+ (left arm) category.



Ruan Bronkhorst showing off his 2 Silver Medals he won for taking 2nd place in the Senior Men +100kg (both arms) categories.



June 2024

SunFest - Pretoria, Gauteng

NEWS

Sunfest is a Multi-Sport Festival Series that is hosted by Gentle Giant Promotions in venues across the country. It provides an opportunity to network with organizers of other sporting bodies, and showcases armwrestling to competitors in other strength sports, thereby growing participation in armwrestling.

There were 50 participants in the Sunfest armwrestling competition, including several athletes from the Strict Curl community.

Two Armwrestlers broke South African Records

Robi Roos set a new strict curl record of 85kg's! Kobus Young (better known as Armwrestling Beast on TikTok) also set a new record for strict curl of 56kg's. Congratulations gentlemen!



Ruan Nel , Niekie Fourie & Kennith Theratti

[Click Photo for YouTube](#)



Kobus Young Holding His Certificate



Robi Roos doing a strict curl

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- All you need to know!

WADA

What is doping?

By Definition: "the unlawful use of drugs to enhance or inhibit the performance of an athlete." While there are many different types, some of the most common ones include **human growth hormones (hGH)**, **beta blockers**, **anabolic steroids** and **erythropoietin (EPO)**.

What is the purpose of the anti-doping code?

The Code is a core document that provides the framework for anti-doping policies, rules, and regulations within sport organizations and among public authorities. It is designed to harmonize anti-doping policies and ensure the standards are the same for all athletes.

Why is clean sport important?

Clean Sport is about Fairness and Integrity

Clean sport essentially means that athletes compete without the advantage of performance-enhancing drugs, but even more importantly, it's about bringing integrity and fairness to sport.

Who is responsible for anti-doping?

The World Anti-doping Agency (**WADA**) has developed the **WADA** Code to regulate Anti-doping and aims to provide consistency for sport organizations.



Does SAAF perform anti-doping?

The short answer is **NO**. **SAAF** facilitates the process to allow the **SAIDS / WADA** to perform this task. Many athletes believe that we will not test, but note that as an affiliate of **SASCOC** there is a probability that they will be present at Nationals 2024.

Self-educate and know your rights. A doctors' note is not sufficient if you are using a prohibited medication - apply for a **TUE** through the correct channels.



Interested in competing at world level?

[CLICK HERE](#)

Coaches, here is all you need to know for safeguarding!

[CLICK HERE](#)

Athletes are encouraged to enroll for this online course.

[CLICK HERE](#)



Community Spotlight

– Ruan Bronkhorst

Q & A

Ruan – “Ru” – Bronkhorst is an experienced heavyweight armwrestler from Polokwane, training with Lynx club in Limpopo Province. In March, he did his country proud by winning two silver medals at the Africa Games in Accra, Ghana.

Q: What year were you born in, and where did you grow up?

A: I was born in Kempton Park on 19 May, 1987, and grew up in Standerton. I matriculated in 2005 from Standerton High.

Q: What sports did you play as a youngster?

A: I started playing rugby in 1996 and enjoyed it. In 2005, I captained both our first team, and the U/19 Mpumalanga provincial team.

Unfortunately, my rugby career was cut short by an accident. On 19 September, 2008, I was involved in a very serious accident, which left me in a coma for 11 weeks, and kept me in hospital for four and a half months. It is only by the grace of God that I have had a second chance at life.

Q: How did you get into armwrestling?

A: In 2012 I was attending a biker's rally in Louis Trichardt and for fun I entered an armwrestling competition that was being held there. I won the competition, and met Danie Fourie, formerly South Africa's top arm-wrestler, and we started training together and learning the rules and techniques of the sport. I have competed regularly for the last 12 years. I love the competitiveness of the sport, and its physicality.

Q: What are your strengths?

A: I am an “inside puller” so for me it's all about the hook. To go further in the sport, however, you need to work on other techniques as well.

Q: Tell us about Ghana?

A: It was an incredible experience to have been part of the SASCOC Africa Games team. The people of Ghana were very friendly and welcoming. The armwrestling event itself was well organized, and nine countries competed. My biggest matches were the 100+ kilograms left and right arm finals, where I took on Egypt's S. M. HASSANIN Mohamed. Unfortunately, he had a bit too much for me on both arms, and in general Egypt is on another level when it comes to armwrestling. They took 14 gold medals, 3 silver and 1 bronze in the armwrestling alone!





June 2024

South African National Armrestling Championships 2024 – Paarl , Western Cape

NATIONALS

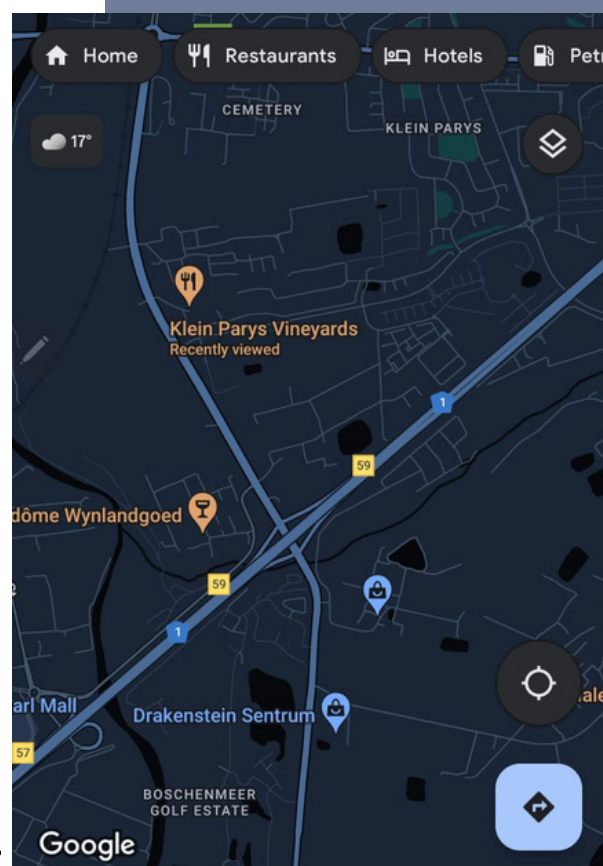
The 2024 **SAAF** National Armrestling Championship will take place on 28 & 29 June at the lovely [Klein Parys Vineyards](#), outside Paarl. This is the first time that Nationals will be held in the Western Cape, and is a nod to the phenomenal growth of armwrestling in the province, with the number of clubs increasing from two to eight in that last two years, with coverage from Bonteheuwel to Mossel Bay.

The event, which has attracted several sponsors, will be professionally live-streamed.

SAAF Affiliation Registration:
<https://forms.gle/Xa4LkCzUhjL8V6r96>

Registration for Nationals:
<https://forms.gle/9seVi8sKAxx7LMnk8>

Don't wait until the last second ,
[REGISTER NOW!](#)



[Click For Google Maps](#)

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WADA
Code Compliant



INTERNATIONAL
PARALYMPIC
COMMITTEE



GAISF
Global Association
of International
Sports Federations



June 2024

Nationals 2024

SOUTH AFRICAN NATIONAL ARMWRESTLING

CHAMPIONSHIPS

28 & 29
JUNE
2024

VENUE:

**KLEIN PARYS VINEYARDS
PAARL, WESTERN CAPE**

REGISTRATION CLOSING DATE FOR NATIONALS IS 24 JUNE 2024

!!!REGISTER HERE!!!

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PARALYMPIC
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Nationals 2024



[Click Table](#)

CATEGORY	AGE	GEN	WEIGHT DIVISIONS (KG)								
SUB-JUNIOR	13 – 15	F	50	60	60+						
		M	60	70	70+						
JUNIOR	16 – 18	F	60	70	70+						
		M	70	80	90	90+					
YOUTH	19 – 23	F	70	70+							
		M	80	90	90+						
SENIOR	ALL	F	60	70	80	90	90+				
		M	60	70	75	80	85	90	100	110	110+
MASTER	40 – 49	F	80	80+							
		M	90	100	100+						
GRAND MASTER	50 – 59	F	OPEN								
		M	90	100	100+						
SENIOR GRAND MASTER	60 – 69	M	OPEN								
DISABLED (SEATED)		F	OPEN								
		M	OPEN								
DISABLED (STANDING)		F	OPEN								
		M	OPEN								

PROGRAMME OF EVENT FRIDAY, 28 JUNE 2024

08h00 – 08h30	Weigh-in
08h30 – 10h00	AGM – Agenda to be attached
10h00 – 10h30	Opening Ceremony
11h00 – 16h30	Left Arm competition starts - Running on two tables simultaneously - Each division will be run up to quarter finals. - Juniors and weight divisions with less than four athletes will pull right through to finals.
17h00	Semi-finals & Finals
18h00	Prizegiving Ceremony

SATURDAY, 29 JUNE 2024

08h00 – 08h30	Weigh-in
09h00 – 16h30	Right Arm competition starts (same as left arm)
17h00	Semi-finals & Finals
18h00	Prizegiving Ceremony



June 2024

Nationals Sponsor List

SPONSORS

SAAF Nationals 2024 is sponsored by Conqueror Off-Road Campers and First Energy. A big thank you to these fantastic brands.

(Click on the Social Media Tags for more information)

Western Cape Conqueror off-road campers



First Energy - Sustainable Energy Solutions





SAAF Committee

The **SAAF** National Executive Committee (**NEC**) is responsible for the coordination of all **SAAF** activities on a National and International level.

The Committee is comprised of the President; Vice President; Secretary; Treasurer; Referee-in-Chief; Marketing/Public Relations Officer and a Development Officer.

The current NEC is an interim Committee, which means that the Members have not been elected. This is because **SAAF** is a new Federation and has yet to have an Annual General Meeting (AGM). Permanent NEC Members can only be elected at an AGM, and the interim NEC are currently laying the groundwork for the inaugural **SAAF** AGM, at which **SAAF**'s foundational documents will be approved, and permanent NEC Members will be voted in. Learn more about the Committee roles below, and the people who are currently serving in them (full descriptions of committee roles and responsibilities can be viewed [HERE](#))



National President



Ms Rosemary
Bötha



June 2024

SAAF COMMITTEE

NATIONAL EXECUTIVE POSITIONS

NATIONAL VICE
PRESIDENT



ADV JOHN
MACKECHNIE

NATIONAL MARKETING
& PR OFFICER



MR LOUIS DE KLERK

NATIONAL
DEVELOPMENT
OFFICER



MR LEE SMITH

NATIONAL SECRETARY



MRS ELIZMA BOTMA

NATIONAL TREASURER



MR SEAN CHRISTIE

NATIONAL REFEREE IN
CHIEF



(Vacant)

NATIONAL NON-EXECUTIVE POSITIONS

NATIONAL MEDICAL
ADVISOR



DR EDWARD ALDRICH

NATIONAL HEALTH &
SAFEGUARDING
OFFICER



MR KONRAD
CONRADIE

NATIONAL LEGAL
ADVISOR



ADV JOHN
MACKECHNIE



PROVINCIAL CHAIRPERSONS

Limpopo



Ruan Bronkhorst

Western Cape



Jaco Botma

Kwa-Zulu Natal



Willem Delpont

Gauteng



Niekie Fourie

North West



Reinhard Swanepoel

Mpumalanga



Ryno Oosthuizen

Eastern Cape



(Vacant)

Free State



(Vacant)

Nothern Cape



(Vacant)

If you want to Apply for any of the Vacant positions submit an email to : president@saaf-armwrestling.co.za

Annual General Meeting (AGM)

The importance of an Annual General Meeting (AGM)

An Annual General meeting (AGM) is a mandatory meeting which includes both a debrief from the Federation Committee as well as elections as stipulated in the SAAF constitution, which in this case will be every (4) four years.

Our first official Executive Committee will be voted in this year at the AGM, and they will then serve in these positions for a period of (4) years.

Discussion topics include the Federation's achievements, finances, constitution, or any other issues raised by members.

Every member within our sport has a voice, however, your voice can only be heard if you are actively involved in the process of selecting your Executive Committee, and Provincial bodies.

➤ SAAF Executive Committee Nomination Form: Click [HERE](#)

AGM Agenda as per Constitution: Click [HERE](#)

Code of Ethics : Click [HERE](#)

Safeguarding Policy : Click [HERE](#)

Constitution link: Click [HERE](#)



CALL FOR SUPPORT/SPONSORSHIP

Anyone interested in supporting or sponsoring our athletes to go to **World Championships**, please send an email to president@saaf-armwrestling.co.za or contact Rosemary Botha 082 928 8075



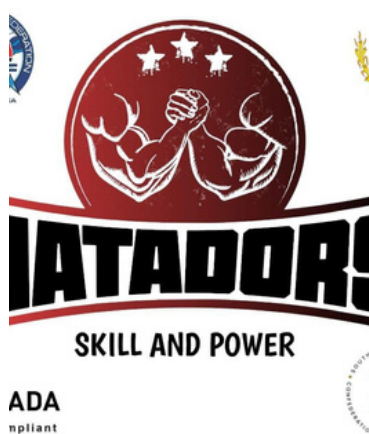
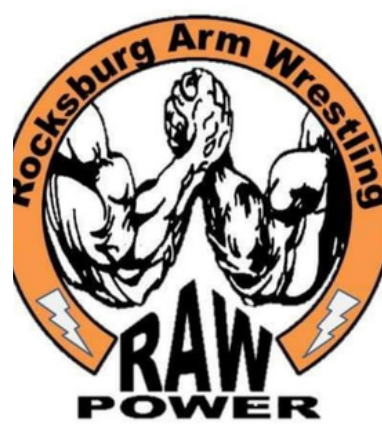


June 2024

Armrestling Clubs –South Africa



North-West Armrestling





June 2024

Armrestling Clubs –South Africa

