



South African Mens Unequipped Bench Press Record

Ado Krige

Master III

in the 105kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

125kg Bench Press





South African Womens Unequipped Powerlifting Record

Alushka September

Junior

in the 52kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

120kg Deadlift





South African Womens Unequipped Powerlifting Record

Anneke Jordaan

Sub-Junior

in the 63kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

102.5kg Squat





South African Womens Unequipped Powerlifting Record

Anneke Jordaan

Sub-Junior

in the 63kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

45kg Bench Press





South African Womens Unequipped Powerlifting Record

Anneke Jordaan

Sub-Junior

in the 63kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

110kg Deadlift





South African Womens Unequipped Powerlifting Record

Anneke Jordaan

Sub-Junior

in the 63kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

257.5kg Total





South African Womens Unequipped Powerlifting Record

Anneke Jordaan

Junior

in the 63kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

102.5kg Squat





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Senior

in the 52kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

65kg Bench Press





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Senior

in the 52kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

120kg Deadlift





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Senior

in the 52kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

272.5kg Total





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 52kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

87.5kg Squat





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 52kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

65kg Bench Press





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 52kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

120kg Deadlift





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 52kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

272.5kg Total





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Senior

in the 52kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

100kg Squat





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Senior

in the 52kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

72.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Senior

in the 52kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

130kg Deadlift





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Senior

in the 52kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

302.5kg Total





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 52kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

100kg Squat





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 52kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

72.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 52kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

130kg Deadlift





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 52kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

302.5kg Total





South African Womens Unequipped Bench Press Record

Antoinette Kriel

Senior

in the 52kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

72.5kg Bench Press





South African Womens Unequipped Bench Press Record

Antoinette Kriel

Master I

in the 52kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

72.5kg Bench Press





South African Womens Unequipped Bench Press Record

Antoinette Kriel

Senior

in the 57kg Division

**competed on 15 February 2014 in the
SA Raw Bench Press Championships**

80kg Bench Press





South African Womens Unequipped Bench Press Record

Antoinette Kriel

Master I

in the 57kg Division

competed on 15 February 2014 in the

SA Raw Bench Press Championships

80kg Bench Press





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Senior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

122.5kg Squat





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Senior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

80kg Bench Press





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Senior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

145kg Deadlift





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Senior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

347.5kg Total





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

122.5kg Squat





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

80kg Bench Press





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

145kg Deadlift





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master I

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

347.5kg Total





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Junior

in the 120kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

255kg Squat





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Junior

in the 120kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

187.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Junior

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

290kg Deadlift





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Junior

in the 120kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

732.5kg Total





South African Mens Unequipped Bench Press Record

Benedict Buccarizza

Junior

in the 120kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

187.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Senior

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

290kg Deadlift





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Senior

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

732.5kg Total





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Junior

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

202.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Junior

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

765kg Total





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Senior

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

202.5kg Bench Press





South African Mens Unequipped Bench Press Record

Benedict Buccarizza

Junior

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

202.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Junior

in the 120kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

310kg Deadlift





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Senior

in the 120kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

310kg Deadlift





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Junior

in the 120kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

802.5kg Total





South African Mens Unequipped Powerlifting Record

Benedict Buccarizza

Senior

in the 120kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

802.5kg Total





South African Mens Unequipped Bench Press Record

Berto Smith

Sub-Junior

in the 105kg Division

competed on 15 February 2014 in the

SA Raw Bench Press Championships

140kg Bench Press





South African Mens Unequipped Bench Press Record

Bill Kempen

Master IV

in the 83kg Division

competed on 07 February 2015 in the

SA Raw Powerlifting Championships

100kg Bench Press





South African Womens Unequipped Powerlifting Record

Bonita Hein

Master I

in the 84kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

115kg Squat





South African Womens Unequipped Powerlifting Record

Bonita Hein

Master I

in the 84kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

67.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Bonita Hein

Master I

in the 84kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

155kg Deadlift





South African Womens Unequipped Powerlifting Record

Bonita Hein

Master I

in the 84kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

337.5kg Total





South African Womens Unequipped Bench Press Record

Bonita Hein

Master I

in the 84kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

67.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Bonolo Lizwe

Sub-Junior

in the 59kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

155kg Deadlift





South African Womens Unequipped Powerlifting Record

Candice Coetzer

Senior

in the 72kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

155kg Deadlift





South African Mens Unequipped Bench Press Record

Cedric Saffy

Master II

in the 93kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

130kg Bench Press





South African Mens Unequipped Powerlifting Record

Clifford Hayim

Master I

in the 74kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

117.5kg Bench Press





South African Mens Unequipped Bench Press Record

Clifford Hayim

Master I

in the 74kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

117.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Clint Williams

Junior

in the 59kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

155kg Squat





South African Mens Unequipped Powerlifting Record

Clint Williams

Junior

in the 59kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

200kg Deadlift





South African Mens Unequipped Powerlifting Record

Clint Williams

Senior

in the 59kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

200kg Deadlift





South African Mens Unequipped Powerlifting Record

Clint Williams

Junior

in the 59kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

447.5kg Total





South African Mens Unequipped Powerlifting Record

Colin Young

Master II

in the 105kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

145kg Bench Press





South African Mens Unequipped Powerlifting Record

Colin Young

Master II

in the 105kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

210kg Deadlift





South African Mens Unequipped Powerlifting Record

Colin Young

Master II

in the 105kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

525kg Total





South African Mens Unequipped Bench Press Record

Colin Young

Master II

in the 105kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

145kg Bench Press





South African Mens Unequipped Powerlifting Record

Colin Young

Master II

in the 105kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

212.5kg Deadlift





South African Mens Unequipped Powerlifting Record

Colin Young

Master II

in the 105kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

527.5kg Total





South African Mens Unequipped Powerlifting Record

Cornel Welgemoed

Master I

in the 105kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

150kg Bench Press





South African Mens Unequipped Bench Press Record

Cornel Welgemoed

Master I

in the 105kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

150kg Bench Press





South African Mens Unequipped Powerlifting Record

Dan Oppenheim

Master I

in the 74kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

185kg Deadlift





South African Mens Unequipped Powerlifting Record

Dan Oppenheim

Master II

in the 74kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

185kg Deadlift





South African Mens Unequipped Powerlifting Record

Dan Oppenheim

Master III

in the 74kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

185kg Deadlift





South African Mens Unequipped Powerlifting Record

Dan Oppenheim

Master III

in the 74kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

100kg Bench Press





South African Mens Unequipped Bench Press Record

Dan Oppenheim

Master III

in the 74kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

100kg Bench Press





South African Mens Unequipped Powerlifting Record

Dan Oppenheim

Master III

in the 74kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

415kg Total





South African Mens Unequipped Powerlifting Record

Darryn Anthony

Senior

in the 93kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

265kg Deadlift





South African Mens Unequipped Powerlifting Record

Dave Edwards

Senior

in the 120kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

192.5kg Bench Press





South African Mens Unequipped Powerlifting Record

David Edwards

Senior

in the 120kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

205kg Bench Press





South African Mens Unequipped Bench Press Record

David Edwards

Senior

in the 120kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

205kg Bench Press





South African Mens Unequipped Bench Press Record

David Edwards

Senior

in the 120kg Division

**competed on 07 February 2015 in the
SA Raw Bench Press Championships**

212.5kg Bench Press





South African Mens Unequipped Powerlifting Record

David Quatse

Master I

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

210kg Deadlift





South African Mens Unequipped Powerlifting Record

David Quatse

Master I

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

465kg Total





South African Mens Unequipped Powerlifting Record

David Quatse

Master II

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

160kg Squat





South African Mens Unequipped Powerlifting Record

David Quatse

Master II

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

210kg Deadlift





South African Mens Unequipped Powerlifting Record

David Quatse

Master II

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

465kg Total





South African Mens Unequipped Powerlifting Record

Dean Van Wyk

Senior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

287.5kg Deadlift





South African Mens Unequipped Powerlifting Record

Dean Van Wyk

Senior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

635kg Total





South African Mens Unequipped Powerlifting Record

Douglas A'Bear

Junior

in the 120kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

270kg Deadlift





South African Mens Unequipped Powerlifting Record

Dylon Bakos

Sub-Junior

in the 105kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

192.5kg Deadlift





South African Mens Unequipped Powerlifting Record

Ebrahim Pregnolato

Junior

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

205kg Deadlift





South African Mens Unequipped Powerlifting Record

Ebrahim Pregnolato

Sub-Junior

in the 66kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

145kg Squat



Affiliated to



South African Mens Unequipped Powerlifting Record

Ebrahim Pregnolato

Sub-Junior

in the 66kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

100kg Bench Press





South African Mens Unequipped Powerlifting Record

Ebrahim Pregnolato

Sub-Junior

in the 66kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

447.5kg Total





South African Mens Unequipped Bench Press Record

Ebrahim Pregnolato

Sub-Junior

in the 66kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

100kg Bench Press





South African Womens Unequipped Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

75kg Squat





South African Womens Unequipped Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

40kg Bench Press





South African Womens Unequipped Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

125kg Deadlift





South African Womens Unequipped Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

240kg Total





South African Womens Unequipped Powerlifting Record

Elisabeth Barry

Senior

in the 47kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

125kg Deadlift





South African Womens Unequipped Powerlifting Record

Farana van Heerden

Senior

in the 52kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

105kg Squat





South African Mens Unequipped Powerlifting Record

Franco Holder

Junior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

165kg Bench Press





South African Mens Unequipped Bench Press Record

Franco Holder

Junior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

165kg Bench Press





South African Mens Unequipped Powerlifting Record

Garth Homan

Sub-Junior

in the 93kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

182.5kg Squat





South African Mens Unequipped Powerlifting Record

Garth Homan

Sub-Junior

in the 93kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

220kg Deadlift





South African Mens Unequipped Powerlifting Record

Garth Homan

Sub-Junior

in the 93kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

507.5kg Total





South African Mens Unequipped Powerlifting Record

Garth Homan

Sub-Junior

in the 93kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

190kg Squat





South African Mens Unequipped Powerlifting Record

Garth Homan

Sub-Junior

in the 93kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

230kg Deadlift





South African Mens Unequipped Powerlifting Record

Garth Homan

Sub-Junior

in the 93kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

530kg Total





South African Mens Unequipped Bench Press Record

Gary Katzen

Master II

in the 105kg Division

**competed on 25 February 2012 in the
SA Raw Powerlifting Championships**

137.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Geraldine Roelofse

Sub-Junior

in the 72kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

55kg Bench Press





South African Womens Unequipped Bench Press Record

Geraldine Roelofse

Sub-Junior

in the 72kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

55kg Bench Press





South African Mens Unequipped Bench Press Record

Gerhardus Oosthuizen

Master II

in the 120kg Division

competed on 07 February 2015 in the

SA Raw Powerlifting Championships

190kg Bench Press





South African Mens Unequipped Powerlifting Record

Gian Smit

Junior

in the 93kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

245kg Deadlift





South African Mens Unequipped Powerlifting Record

Gian Smit

Junior

in the 93kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

575kg Total





South African Mens Unequipped Powerlifting Record

Gian Smit

Junior

in the 93kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

210kg Squat





South African Mens Unequipped Powerlifting Record

Gian Smit

Junior

in the 93kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

145kg Bench Press





South African Mens Unequipped Powerlifting Record

Gian Smit

Junior

in the 93kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

250kg Deadlift



Affiliated to



South African Mens Unequipped Powerlifting Record

Gian Smit

Junior

in the 93kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

605kg Total





South African Mens Unequipped Powerlifting Record

Harry Shomalistos

Senior

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

215kg Squat





South African Mens Unequipped Powerlifting Record

Harry Shomalistos

Senior

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

292.5kg Deadlift





South African Mens Unequipped Powerlifting Record

Harry Shomalistos

Senior

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

647.5kg Total





South African Mens Unequipped Powerlifting Record

Harry Shomalistos

Senior

in the 74kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

220kg Squat





South African Mens Unequipped Powerlifting Record

Harry Shomalistos

Senior

in the 74kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

150kg Bench Press





South African Mens Unequipped Powerlifting Record

Harry Shomalistos

Senior

in the 74kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

305kg Deadlift





South African Mens Unequipped Powerlifting Record

Harry Shomalistos

Senior

in the 74kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

675kg Total





South African Mens Unequipped Bench Press Record

Harry Shomalistos

Senior

in the 74kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

150kg Bench Press





South African Mens Unequipped Powerlifting Record

Henk de Wet

Master I

in the 93kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

592.5kg Total





South African Mens Unequipped Powerlifting Record

Henk de Wet

Master I

in the 93kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

145kg Bench Press





South African Mens Unequipped Powerlifting Record

Henk de Wet

Master I

in the 93kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

262.5kg Deadlift



Affiliated to



South African Mens Unequipped Powerlifting Record

Henk de Wet

Master I

in the 93kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

617.5kg Total





South African Mens Unequipped Bench Press Record

Ian Furman

Senior

in the 120kg Division

**competed on 25 February 2012 in the
SA Raw Powerlifting Championships**

200kg Bench Press





South African Mens Unequipped Bench Press Record

Ian Furman

Master I

in the 120kg Division

**competed on 25 February 2012 in the
SA Raw Powerlifting Championships**

200kg Bench Press





South African Mens Unequipped Bench Press Record

Ian Furman

Senior

in the 120+kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

195kg Bench Press





South African Mens Unequipped Bench Press Record

Ian Furman

Master I

in the 120+kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

195kg Bench Press





South African Womens Unequipped Powerlifting Record

Ilona Wilson

Senior

in the 57kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

147.5kg Deadlift





South African Mens Unequipped Powerlifting Record

Ismael Aasif Ahmed

Sub-Junior

in the 74kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

110kg Bench Press





South African Mens Unequipped Powerlifting Record

Ismael Aasif Ahmed

Sub-Junior

in the 74kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

200kg Deadlift





South African Mens Unequipped Powerlifting Record

Ismael Aasif Ahmed

Sub-Junior

in the 74kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

435kg Total





South African Mens Unequipped Powerlifting Record

Ismael Aasif Ahmed

Sub-Junior

in the 74kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

125kg Bench Press





South African Mens Unequipped Powerlifting Record

Ismael Aasif Ahmed

Sub-Junior

in the 74kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

215kg Deadlift





South African Mens Unequipped Powerlifting Record

Ismael Aasif Ahmed

Sub-Junior

in the 74kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

480kg Total





South African Mens Unequipped Bench Press Record

Ismail Aadil Ahmed

Sub-Junior

in the 74kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

100kg Bench Press





South African Mens Unequipped Powerlifting Record

Ivan Vers

Junior

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

125kg Bench Press





South African Mens Unequipped Powerlifting Record

Ivan Vers

Junior

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

477.5kg Total





South African Mens Unequipped Bench Press Record

Ivan Vers

Junior

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

125kg Bench Press





South African Mens Unequipped Powerlifting Record

Jabulani Phantle

Junior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

585kg Total





South African Mens Unequipped Powerlifting Record

Jabulani Phantle

Junior

in the 83kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

222.5kg Squat





South African Mens Unequipped Powerlifting Record

Jabulani Phantle

Junior

in the 83kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

610kg Total





South African Mens Unequipped Bench Press Record

Jaco Strydom

Junior

in the 66kg Division

**competed on 07 February 2015 in the
SA Raw Bench Press Championships**

127.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Jacobus Philatsi

Senior

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

132.5kg Bench Press





South African Mens Unequipped Bench Press Record

Jacobus Philatsi

Senior

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

132.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Jacobus Philatsi

Senior

in the 66kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

535kg Total





South African Womens Unequipped Powerlifting Record

Janita Kruger

Master I

in the 84kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

60kg Bench Press





South African Womens Unequipped Powerlifting Record

Janita Kruger

Master I

in the 84kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

62.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Janita Kruger

Master I

in the 84kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

125kg Deadlift





South African Womens Unequipped Powerlifting Record

Janita Kruger

Master I

in the 84kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

132.5kg Squat





South African Mens Unequipped Powerlifting Record

Japhta Khalapa

Junior

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

200kg Squat





South African Mens Unequipped Powerlifting Record

Japhta Khalapa

Junior

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

240kg Deadlift





South African Mens Unequipped Powerlifting Record

Japhta Khalapa

Junior

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

565kg Total





South African Mens Unequipped Powerlifting Record

Jean Arthur Pretorius

Junior

in the 83kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

235kg Deadlift





South African Mens Unequipped Powerlifting Record

Jean Arthur Pretorius

Junior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

265kg Deadlift





South African Mens Unequipped Bench Press Record

Jeffrey Cook

Junior

in the 105kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

165kg Bench Press





South African Mens Unequipped Bench Press Record

Jeffrey Cook

Junior

in the 93kg Division

**competed on 08 December 2013 in the
Commonwealth Bench Press Championships**

160kg Bench Press





South African Mens Unequipped Powerlifting Record

Jerome Korf

Sub-Junior

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

210kg Squat





South African Mens Unequipped Powerlifting Record

Jerome Korf

Sub-Junior

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

155kg Bench Press





South African Mens Unequipped Powerlifting Record

Jerome Korf

Sub-Junior

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

250kg Deadlift





South African Mens Unequipped Powerlifting Record

Jerome Korf

Sub-Junior

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

615kg Total





South African Mens Unequipped Bench Press Record

Jerome Korf

Sub-Junior

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

155kg Bench Press





South African Mens Unequipped Bench Press Record

Johan Smith

Junior

in the 105kg Division

**competed on 15 February 2014 in the
SA Raw Bench Press Championships**

200kg Bench Press





South African Mens Unequipped Bench Press Record

Johan Smith

Senior

in the 105kg Division

competed on 15 February 2014 in the

SA Raw Bench Press Championships

200kg Bench Press





South African Mens Unequipped Powerlifting Record

Johan Smith

Senior

in the 105kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

255kg Squat





South African Mens Unequipped Powerlifting Record

Johan Smith

Senior

in the 105kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

200kg Bench Press





South African Mens Unequipped Powerlifting Record

Johan Smith

Junior

in the 105kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

255kg Squat





South African Mens Unequipped Powerlifting Record

Johan Smith

Junior

in the 105kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

200kg Bench Press





South African Mens Unequipped Powerlifting Record

Johan Smith

Junior

in the 105kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

700kg Total



Affiliated to



South African Mens Unequipped Powerlifting Record

Johan Smith

Junior

in the 105kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

205kg Bench Press





South African Mens Unequipped Powerlifting Record

Johan Smith

Senior

in the 105kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

205kg Bench Press





South African Mens Unequipped Powerlifting Record

Johan Smith

Junior

in the 105kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

755kg Total





South African Mens Unequipped Powerlifting Record

Johan Smith

Senior

in the 105kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

755kg Total





South African Mens Unequipped Bench Press Record

Johan Smith

Junior

in the 105kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

205kg Bench Press





South African Mens Unequipped Bench Press Record

Johan Smith

Senior

in the 105kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

205kg Bench Press





South African Mens Unequipped Bench Press Record

Johan Vorster

Master II

in the 105kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

142.5kg Bench Press





South African Mens Unequipped Bench Press Record

Johan Vorster

Master II

in the 120kg Division

**competed on 15 February 2014 in the
SA Raw Bench Press Championships**

151kg Bench Press





South African Mens Unequipped Powerlifting Record

Jonathan Mentz

Sub-Junior

in the 120kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

212.5kg Deadlift





South African Mens Unequipped Powerlifting Record

Jonathan Mentz

Sub-Junior

in the 120kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

190kg Squat





South African Mens Unequipped Powerlifting Record

Jonathan Mentz

Sub-Junior

in the 120kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

505kg Total





South African Mens Unequipped Powerlifting Record

Jorncy Page

Master I

in the 105kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

230kg Squat





South African Mens Unequipped Powerlifting Record

Jorncy Page

Master I

in the 105kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

165kg Bench Press





South African Mens Unequipped Powerlifting Record

Jorncy Page

Master I

in the 105kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

255kg Deadlift





South African Mens Unequipped Powerlifting Record

Jorncy Page

Master I

in the 105kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

650kg Total





South African Mens Unequipped Bench Press Record

Jorncy Page

Master I

in the 105kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

165kg Bench Press





South African Mens Unequipped Powerlifting Record

Juan Booyse

Junior

in the 120kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

230kg Squat





South African Mens Unequipped Powerlifting Record

Juan Booyse

Junior

in the 120kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

160kg Bench Press





South African Mens Unequipped Powerlifting Record

Juan Booyse

Junior

in the 120+kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

255kg Squat





South African Mens Unequipped Powerlifting Record

Juan Booyse

Junior

in the 120+kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

185kg Bench Press





South African Mens Unequipped Powerlifting Record

Juan Booyse

Junior

in the 120+kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

690kg Total





South African Mens Unequipped Bench Press Record

Juan Booyse

Junior

in the 120+kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

185kg Bench Press





South African Mens Unequipped Powerlifting Record

Juan Booyse

Senior

in the 120+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

285kg Squat





South African Mens Unequipped Powerlifting Record

Juan Booyse

Senior

in the 120+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

190kg Bench Press





South African Mens Unequipped Powerlifting Record

Juan Booyse

Senior

in the 120+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

287.5kg Squat





South African Mens Unequipped Powerlifting Record

Juan Booyse

Senior

in the 120+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

200kg Bench Press





South African Mens Unequipped Powerlifting Record

Juan Booyse

Senior

in the 120+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

752.5kg Total





South African Mens Unequipped Bench Press Record

Juan Booyse

Senior

in the 120+kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

200kg Bench Press





South African Womens Unequipped Powerlifting Record

Juanita Visser

Junior

in the 84+kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

150kg Deadlift





South African Womens Unequipped Powerlifting Record

Juanita Visser

Junior

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

132.5kg Squat





South African Womens Unequipped Powerlifting Record

Juanita Visser

Junior

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

70kg Bench Press





South African Womens Unequipped Powerlifting Record

Juanita Visser

Junior

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

182.5kg Deadlift





South African Womens Unequipped Powerlifting Record

Juanita Visser

Junior

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

385kg Total





South African Womens Unequipped Powerlifting Record

Juanita Visser

Junior

in the 84+kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

150kg Squat





South African Womens Unequipped Powerlifting Record

Juanita Visser

Junior

in the 84+kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

80kg Bench Press





South African Womens Unequipped Powerlifting Record

Juanita Visser

Junior

in the 84+kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

190kg Deadlift





South African Womens Unequipped Powerlifting Record

Juanita Visser

Junior

in the 84+kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

420kg Total





South African Womens Unequipped Bench Press Record

Juanita Visser

Junior

in the 84+kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

80kg Bench Press





South African Mens Unequipped Powerlifting Record

Karl Christians

Master I

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

155kg Squat





South African Mens Unequipped Powerlifting Record

Karl Christians

Master I

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

190kg Deadlift





South African Mens Unequipped Powerlifting Record

Karl Christians

Master I

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

435kg Total





South African Mens Unequipped Powerlifting Record

Karl Christians

Master II

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

155kg Squat





South African Mens Unequipped Powerlifting Record

Karl Christians

Master II

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

190kg Deadlift





South African Mens Unequipped Powerlifting Record

Karl Christians

Master II

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

435kg Total





South African Mens Unequipped Powerlifting Record

Kennedy Sekome

Junior

in the 74kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

220kg Deadlift





South African Mens Unequipped Powerlifting Record

Kgalisho Tladi

Sub-Junior

in the 59kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

127.5kg Deadlift





South African Womens Unequipped Powerlifting Record

Larisse du Preez

Junior

in the 47kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

95kg Deadlift





South African Womens Unequipped Bench Press Record

Laura de Wet

Master I

in the 72kg Division

**competed on 15 February 2014 in the
SA Raw Bench Press Championships**

60kg Bench Press





South African Womens Unequipped Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

125kg Squat





South African Womens Unequipped Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

62.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

120kg Deadlift





South African Womens Unequipped Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

307.5kg Total





South African Womens Unequipped Bench Press Record

Laura de Wet

Master I

in the 72kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

62.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

130kg Squat





South African Womens Unequipped Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

65kg Bench Press





South African Womens Unequipped Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

150kg Deadlift





South African Womens Unequipped Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

345kg Total





South African Womens Unequipped Bench Press Record

Laura de Wet

Master I

in the 72kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

65kg Bench Press





South African Womens Unequipped Bench Press Record

Liliana Coleman

Master II

in the 52kg Division

competed on 15 February 2014 in the

SA Raw Bench Press Championships

60kg Bench Press





South African Womens Unequipped Bench Press Record

Liliana Coleman

Master II

in the 52kg Division

**competed on 07 February 2015 in the
SA Raw Bench Press Championships**

62.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Lisa Basson

Senior

in the 63kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

75kg Bench Press





South African Womens Unequipped Powerlifting Record

Lisa Basson

Senior

in the 63kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

160kg Deadlift





South African Womens Unequipped Powerlifting Record

Lisa Basson

Senior

in the 63kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

342.5kg Total





South African Womens Unequipped Bench Press Record

Lisa Basson

Senior

in the 52kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

75kg Bench Press





South African Womens Unequipped Powerlifting Record

Lisa Basson

Senior

in the 63kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

162.5kg Deadlift





South African Womens Unequipped Powerlifting Record

Lisa Basson

Senior

in the 63kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

347.5kg Total





South African Mens Unequipped Powerlifting Record

Luke Routier

Sub-Junior

in the 74kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

150kg Deadlift





South African Mens Unequipped Powerlifting Record

Luke Routier

Sub-Junior

in the 74kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

147.5kg Squat





South African Mens Unequipped Powerlifting Record

Luke Routier

Sub-Junior

in the 74kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

162.5kg Squat





South African Mens Unequipped Powerlifting Record

Marcel Vorster

Junior

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

165kg Squat





South African Mens Unequipped Powerlifting Record

Marco Jacobs

Sub-Junior

in the 59kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

127.5kg Squat





South African Mens Unequipped Powerlifting Record

Marco Jacobs

Sub-Junior

in the 59kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

87.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Marco Jacobs

Sub-Junior

in the 59kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

375kg Total





South African Mens Unequipped Powerlifting Record

Marco Jacobs

Sub-Junior

in the 59kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

130kg Squat



Affiliated to



South African Mens Unequipped Powerlifting Record

Marco Jacobs

Sub-Junior

in the 59kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

90kg Bench Press





South African Mens Unequipped Powerlifting Record

Mark Phillips

Master I

in the 93kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

250kg Deadlift





South African Mens Unequipped Powerlifting Record

Mark Phillips

Master I

in the 93kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

575kg Total





South African Mens Unequipped Powerlifting Record

Mathew Coppenhall

Senior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

225kg Squat





South African Mens Unequipped Powerlifting Record

Mathew Coppenhall

Senior

in the 83kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

240kg Squat





South African Mens Unequipped Powerlifting Record

Mathew Coppenhall

Senior

in the 83kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

655kg Total





South African Mens Unequipped Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

235kg Squat





South African Mens Unequipped Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

175kg Bench Press





South African Mens Unequipped Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

260kg Deadlift





South African Mens Unequipped Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

670kg Total





South African Mens Unequipped Powerlifting Record

Mathew Cosmo

Senior

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

300kg Squat





South African Mens Unequipped Powerlifting Record

Mathew Cosmo

Senior

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

767.5kg Total





South African Mens Unequipped Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

300kg Squat





South African Mens Unequipped Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

185kg Bench Press





South African Mens Unequipped Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

305kg Squat





South African Mens Unequipped Powerlifting Record

Mathew Cosmo

Senior

in the 120kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

305kg Squat





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

77.5kg Squat





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

40kg Bench Press





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

102.5kg Deadlift





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

220kg Total





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

85kg Squat





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

50kg Bench Press





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

112.5kg Deadlift





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

247.5kg Total





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

120kg Deadlift





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

255kg Total





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

90kg Squat





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

52.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

132.5kg Deadlift





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

275kg Total





South African Womens Unequipped Bench Press Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

52.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

97.5kg Squat





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

55kg Bench Press





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

282.5kg Total





South African Womens Unequipped Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

97.5kg Squat





South African Womens Unequipped Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

55kg Bench Press





South African Womens Unequipped Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

282.5kg Total





South African Womens Unequipped Bench Press Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

55kg Bench Press





South African Womens Unequipped Bench Press Record

Megan Leighton

Junior

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

55kg Bench Press





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

100kg Squat





South African Womens Unequipped Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

100kg Squat





South African Womens Unequipped Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

57.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

57.5kg Bench Press





South African Womens Unequipped Bench Press Record

Megan Leighton

Sub-Junior

in the 57kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

57.5kg Bench Press





South African Womens Unequipped Bench Press Record

Megan Leighton

Junior

in the 57kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

57.5kg Bench Press





South African Womens Unequipped Bench Press Record

Megan Leighton

Junior

in the 57kg Division

**competed on 07 February 2015 in the
SA Raw Bench Press Championships**

58.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Minal Raniga

Junior

in the 120+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

257.5kg Squat





South African Mens Unequipped Powerlifting Record

Minal Raniga

Junior

in the 120+kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

270kg Squat





South African Mens Unequipped Powerlifting Record

Minal Raniga

Junior

in the 120+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

692.5kg Total





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master II

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

75kg Squat





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master II

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

50kg Bench Press





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master II

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

120kg Deadlift





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master II

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

245kg Total





South African Womens Unequipped Bench Press Record

Miriam Sinclair

Master II

in the 57kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

50kg Bench Press



Affiliated to



South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master II

in the 57kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

90kg Squat





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master II

in the 57kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

52.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master II

in the 57kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

125kg Deadlift





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master II

in the 57kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

267.5kg Total





South African Womens Unequipped Bench Press Record

Miriam Sinclair

Master II

in the 57kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

52.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Mobara Ebrahim

Master II

in the 93kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

205kg Deadlift





South African Mens Unequipped Powerlifting Record

Mobara Ebrahim

Master II

in the 93kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

180kg Squat





South African Mens Unequipped Powerlifting Record

Mobara Ebrahim

Master II

in the 93kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

210kg Deadlift





South African Mens Unequipped Powerlifting Record

Mohammed Raees Dangor

Senior

in the 105kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

300kg Deadlift





South African Mens Unequipped Bench Press Record

Neal Coleman

Master III

in the 93kg Division

**competed on 15 February 2014 in the
SA Raw Bench Press Championships**

125kg Bench Press





South African Mens Unequipped Powerlifting Record

Nelson Sitsili

Junior

in the 93kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

212.5kg Squat





South African Mens Unequipped Powerlifting Record

Nelson Sitsili

Junior

in the 93kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

280kg Deadlift





South African Mens Unequipped Powerlifting Record

Nelson Sitsili

Junior

in the 93kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

627.5kg Total





South African Mens Unequipped Powerlifting Record

Nelson Sitsili

Senior

in the 93kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

280kg Deadlift





South African Mens Unequipped Powerlifting Record

Nelson Sitsili

Junior

in the 93kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

232.5kg Squat





South African Mens Unequipped Powerlifting Record

Nelson Sitsili

Junior

in the 93kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

290kg Deadlift





South African Mens Unequipped Powerlifting Record

Nelson Sitsili

Junior

in the 93kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

655kg Total





South African Mens Unequipped Powerlifting Record

Nelson Sitsili

Senior

in the 93kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

290kg Deadlift





South African Mens Unequipped Bench Press Record

Nigel Moss

Master I

in the 120+kg Division

**competed on 25 February 2012 in the
SA Raw Powerlifting Championships**

182.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Patrick Banda

Master I

in the 83kg Division

**competed on 00 January 1900 in the
SA Raw Powerlifting Championships**

207.5kg Deadlift





South African Mens Unequipped Powerlifting Record

Patrick Banda

Master II

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

207.5kg Deadlift



Affiliated to



South African Mens Unequipped Powerlifting Record

Paul Beresford

Sub-Junior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

155kg Squat





South African Mens Unequipped Powerlifting Record

Paul Beresford

Sub-Junior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

215kg Deadlift





South African Mens Unequipped Powerlifting Record

Paul Beresford

Sub-Junior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

465kg Total





South African Mens Unequipped Powerlifting Record

Paul Beresford

Sub-Junior

in the 83kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

180kg Squat



Affiliated to



South African Mens Unequipped Powerlifting Record

Paul Beresford

Sub-Junior

in the 83kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

217.5kg Deadlift





South African Mens Unequipped Powerlifting Record

Paul Beresford

Sub-Junior

in the 83kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

502.5kg Total





South African Mens Unequipped Bench Press Record

Peter Vermaak

Master I

in the 83kg Division

**competed on 07 February 2015 in the
SA Raw Powerlifting Championships**

133.5kg Bench Press





South African Mens Unequipped Bench Press Record

Peter Vermaak

Master II

in the 83kg Division

**competed on 07 February 2015 in the
SA Raw Powerlifting Championships**

133.5kg Bench Press





South African Mens Unequipped Bench Press Record

Peter Vermaak

Master III

in the 83kg Division

**competed on 07 February 2015 in the
SA Raw Powerlifting Championships**

133.5kg Bench Press





South African Mens Unequipped Bench Press Record

Pieter Erasmus

Senior

in the 93kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

175kg Bench Press





South African Mens Unequipped Bench Press Record

Pieter Erasmus

Master I

in the 93kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

175kg Bench Press





South African Mens Unequipped Powerlifting Record

Quentin Kannemeyer

Master I

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

290kg Deadlift





South African Mens Unequipped Powerlifting Record

Remi Fredericks

Senior

in the 66kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

240kg Deadlift





South African Mens Unequipped Powerlifting Record

Revaldo Matras

Sub-Junior

in the 53kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

120kg Squat





South African Mens Unequipped Powerlifting Record

Revaldo Matras

Sub-Junior

in the 53kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

165kg Deadlift





South African Mens Unequipped Powerlifting Record

Revaldo Matras

Junior

in the 53kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

165kg Deadlift





South African Mens Unequipped Powerlifting Record

Revaldo Matras

Sub-Junior

in the 53kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

172.5kg Deadlift





South African Mens Unequipped Powerlifting Record

Revaldo Matras

Junior

in the 53kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

172.5kg Deadlift





South African Mens Unequipped Powerlifting Record

Revaldo Matras

Senior

in the 53kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

172.5kg Deadlift





South African Mens Unequipped Powerlifting Record

Revaldo Matras

Sub-Junior

in the 53kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

360kg Total



Affiliated to



South African Mens Unequipped Powerlifting Record

Ricardo Baretto

Junior

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

295kg Squat





South African Mens Unequipped Powerlifting Record

Ricardo Baretto

Junior

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

295kg Deadlift





South African Mens Unequipped Powerlifting Record

Ricardo Baretto

Senior

in the 120kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

295kg Deadlift





South African Mens Unequipped Powerlifting Record

Robert Huff

Master III

in the 93kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

160kg Squat





South African Mens Unequipped Powerlifting Record

Robert Huff

Master III

in the 93kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

112.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Robert Huff

Master III

in the 93kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

185kg Deadlift





South African Mens Unequipped Powerlifting Record

Robert Huff

Master III

in the 93kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

457.5kg Total





South African Mens Unequipped Powerlifting Record

Robert Kennedy

Sub-Junior

in the 105kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

195kg Squat





South African Mens Unequipped Powerlifting Record

Robert Kennedy

Sub-Junior

in the 105kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

240kg Deadlift





South African Mens Unequipped Powerlifting Record

Robert Kennedy

Sub-Junior

in the 105kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

545kg Total





South African Mens Unequipped Powerlifting Record

Robert Kennedy

Sub-Junior

in the 105kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

210kg Squat





South African Mens Unequipped Powerlifting Record

Robert Kennedy

Sub-Junior

in the 105kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

127.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Robert Kennedy

Sub-Junior

in the 105kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

255kg Deadlift





South African Mens Unequipped Powerlifting Record

Robert Kennedy

Sub-Junior

in the 105kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

592.5kg Total





South African Mens Unequipped Bench Press Record

Robert Kennedy

Sub-Junior

in the 105kg Division

competed on 11 June 2013 in the

World Classic Powerlifting Championships

127.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Robert Kennedy

Sub-Junior

in the 105kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

220kg Squat





South African Mens Unequipped Powerlifting Record

Robert Kennedy

Sub-Junior

in the 105kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

132.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Robert Kennedy

Sub-Junior

in the 105kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

280kg Deadlift





South African Mens Unequipped Powerlifting Record

Robert Kennedy

Sub-Junior

in the 105kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

632.5kg Total





South African Mens Unequipped Bench Press Record

Robert Kennedy

Sub-Junior

in the 105kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

132.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Rochell de Beer

Sub-Junior

in the 47kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

37.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Rochell de Beer

Sub-Junior

in the 47kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

90kg Deadlift





South African Womens Unequipped Powerlifting Record

Rochell de Beer

Sub-Junior

in the 47kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

187.5kg Total





South African Womens Unequipped Bench Press Record

Rochell de Beer

Sub-Junior

in the 47kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

37.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Rochell de Beer

Sub-Junior

in the 52kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

40kg Bench Press





South African Womens Unequipped Powerlifting Record

Rochell de Beer

Sub-Junior

in the 52kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

97.5kg Deadlift





South African Womens Unequipped Powerlifting Record

Rochell de Beer

Sub-Junior

in the 52kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

205kg Total





South African Womens Unequipped Bench Press Record

Rochell de Beer

Sub-Junior

in the 52kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

40kg Bench Press





South African Womens Unequipped Powerlifting Record

Ronel Reyneke

Master I

in the 63kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

105kg Deadlift





South African Mens Unequipped Bench Press Record

Ryan Miller

Senior

in the 83kg Division

**competed on 25 February 2012 in the
SA Raw Powerlifting Championships**

162.5kg Bench Press





South African Mens Unequipped Powerlifting Record

Ryan Miller

Senior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

172.5kg Bench Press





South African Mens Unequipped Bench Press Record

Ryan Miller

Senior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

172.5kg Bench Press





South African Mens Unequipped Bench Press Record

Shange Lehohonolo

Sub-Junior

in the 66kg Division

competed on 15 February 2014 in the

SA Raw Bench Press Championships

90kg Bench Press



Affiliated to



South African Womens Unequipped Powerlifting Record

Stacey Bryant

Junior

in the 52kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

85kg Squat





South African Womens Unequipped Powerlifting Record

Stacey Bryant

Junior

in the 52kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

50kg Bench Press





South African Womens Unequipped Powerlifting Record

Stacey Bryant

Junior

in the 52kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

252.5kg Total





South African Womens Unequipped Powerlifting Record

Stacey Bryant

Junior

in the 52kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

52.5kg Bench Press





South African Womens Unequipped Bench Press Record

Stacey Bryant

Junior

in the 52kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

52.5kg Bench Press





South African Womens Unequipped Bench Press Record

Stacey Bryant

Junior

in the 52kg Division

**competed on 15 February 2015 in the
SA Raw Bench Press Championships**

50kg Bench Press





South African Womens Unequipped Powerlifting Record

Storm Benjamin

Junior

in the 57kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

52.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Storm Benjamin

Junior

in the 57kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

140kg Deadlift





South African Womens Unequipped Powerlifting Record

Storm Benjamin

Junior

in the 57kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

280kg Total





South African Womens Unequipped Bench Press Record

Storm Benjamin

Junior

in the 57kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

52.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Storm Benjamin

Senior

in the 57kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

140kg Deadlift





South African Womens Unequipped Powerlifting Record

Storm Benjamin

Senior

in the 57kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

280kg Total





South African Mens Unequipped Powerlifting Record

Stuart Hughes

Sub-Junior

in the 66kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

97.5kg Bench Press





South African Mens Unequipped Bench Press Record

Stuart Hughes

Sub-Junior

in the 66kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

97.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Tammy Goosen

Junior

in the 72kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

127.5kg Deadlift





South African Womens Unequipped Powerlifting Record

Tarryn-Leigh Merifield

Senior

in the 72kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

160kg Deadlift





South African Womens Unequipped Powerlifting Record

Tarryn-Leigh Merifield

Senior

in the 72kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

347.5kg Total





South African Mens Unequipped Bench Press Record

Tashriq Hendriks

Sub-Junior

in the 59kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

102.5kg Bench Press





South African Mens Unequipped Bench Press Record

Tashriq Hendriks

Junior

in the 59kg Division

**competed on 23 February 2013 in the
SA Raw Powerlifting Championships**

102.5kg Bench Press





South African Mens Unequipped Bench Press Record

Terence De Laney

Master II

in the 120+kg Division

**competed on 15 February 2014 in the
SA Raw Bench Press Championships**

162.5kg Bench Press





South African Mens Unequipped Bench Press Record

Terence Delaney

Master II

in the 120kg Division

competed on 23 February 2013 in the

SA Raw Powerlifting Championships

150kg Bench Press





South African Mens Unequipped Powerlifting Record

Thabang Mpe

Junior

in the 74kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

130kg Bench Press





South African Mens Unequipped Bench Press Record

Thabang Mpe

Junior

in the 74kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

130kg Bench Press





South African Mens Unequipped Powerlifting Record

Thembanani Makubalo

Sub-Junior

in the 66kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

175kg Deadlift





South African Mens Unequipped Powerlifting Record

Theuns Naude

Master III

in the 105kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

210kg Deadlift





South African Mens Unequipped Powerlifting Record

Theuns Naude

Master III

in the 105kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

215kg Deadlift





South African Mens Unequipped Powerlifting Record

Theuns Naude

Master III

in the 105kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

215kg Deadlift





South African Mens Unequipped Powerlifting Record

Thladi Kgahliso

Sub-Junior

in the 59kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

160kg Deadlift





South African Womens Unequipped Bench Press Record

Tracy Ludwig

Master I

in the 84+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

82.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Senior

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

165kg Squat





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Senior

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

190kg Deadlift





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Senior

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

432.5kg Total





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Master I

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

165kg Squat





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Master I

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

77.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Master I

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

190kg Deadlift





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Master I

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

432.5kg Total





South African Womens Unequipped Bench Press Record

Tracy Ludwig

Master I

in the 84+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

77.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Senior

in the 84+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

175kg Squat



Affiliated to



South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Master I

in the 84+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

175kg Squat





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Senior

in the 84+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

82.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Master I

in the 84+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

82.5kg Bench Press





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Senior

in the 84+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

200kg Deadlift





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Master I

in the 84+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

200kg Deadlift





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Senior

in the 84+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

457.5kg Total





South African Womens Unequipped Powerlifting Record

Tracy Ludwig

Master I

in the 84+kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

457.5kg Total





South African Mens Unequipped Powerlifting Record

Tshepo Rapoo

Junior

in the 83kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

220kg Squat





South African Mens Unequipped Powerlifting Record

Tyrone Seaton-Smith

Junior

in the 93kg Division

competed on 25 February 2012 in the

SA Raw Powerlifting Championships

225kg Deadlift





South African Mens Unequipped Powerlifting Record

Umar Pregnolato

Junior

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

132.5kg Bench Press





South African Mens Unequipped Bench Press Record

Umar Pregnolato

Junior

in the 74kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

132.5kg Bench Press





South African Womens Unequipped Bench Press Record

Vicky Botha

Master I

in the 63kg Division

**competed on 15 February 2014 in the
SA Raw Bench Press Championships**

65kg Bench Press





South African Womens Unequipped Powerlifting Record

Vicky Botha

Master I

in the 63kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

112.5kg Squat





South African Womens Unequipped Powerlifting Record

Vicky Botha

Master I

in the 63kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

65kg Bench Press





South African Womens Unequipped Powerlifting Record

Vicky Botha

Master I

in the 63kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

140kg Deadlift





South African Womens Unequipped Powerlifting Record

Vicky Botha

Master I

in the 63kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

317.5kg Total





South African Womens Unequipped Powerlifting Record

Vicky Botha

Master I

in the 63kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

115kg Squat





South African Womens Unequipped Powerlifting Record

Vicky Botha

Master I

in the 63kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

70kg Bench Press





South African Womens Unequipped Powerlifting Record

Vicky Botha

Master I

in the 63kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

152.5kg Deadlift





South African Womens Unequipped Powerlifting Record

Vicky Botha

Master I

in the 63kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

337.5kg Total





South African Womens Unequipped Bench Press Record

Vicky Botha

Master I

in the 63kg Division

competed on 01 June 2014 in the

World Raw Powerlifting Championships

70kg Bench Press





South African Mens Unequipped Powerlifting Record

Victor Mapoo

Master I

in the 93kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

215kg Squat





South African Mens Unequipped Powerlifting Record

Victor Mapoo

Master I

in the 93kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

140kg Bench Press





South African Mens Unequipped Powerlifting Record

Victor Mapoo

Master I

in the 93kg Division

**competed on 01 June 2014 in the
World Raw Powerlifting Championships**

227.5kg Squat





South African Mens Unequipped Powerlifting Record

William Shaw

Junior

in the 120+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

300kg Deadlift





South African Mens Unequipped Powerlifting Record

William Shaw

Senior

in the 120+kg Division

**competed on 15 March 2014 in the
SA Raw Powerlifting Championships**

300kg Deadlift

