



# ***South African Womens Classic Powerlifting Record***

**Roechelle van der Merwe**

**Sub-Junior**

**in the 76kg Division**

**competed on 03 December 2022 in the  
Commonwealth Powerlifting Championships 2022**

**132,5kg Squat**

**Hannie Smith**

**President**





# ***South African Womens Classic Powerlifting Record***

**Roechelle van der Merwe**

**Sub-Junior**

**in the 76kg Division**

**competed on 03 December 2022 in the  
Commonwealth Powerlifting Championships 2022**

**65kg Bench Press**

**Hannie Smith**

**President**





# ***South African Womens Classic Powerlifting Record***

**Roechelle van der Merwe**

**Sub-Junior**

**in the 76kg Division**

**competed on 03 December 2022 in the  
Commonwealth Powerlifting Championships 2022**

**155,5kg Deadlift**

Hannie Smith

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President





# ***South African Womens Classic Powerlifting Record***

**Roechelle van der Merwe**

**Sub-Junior**

**in the 76kg Division**

**competed on 03 December 2022 in the  
Commonwealth Powerlifting Championships 2022**

**353kg Total**

Hannie Smith

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President



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# ***South African Womens Classic Bench Press Record***

**Roechelle van der Merwe**

**Sub-Junior**

**in the 76kg Division**

**competed on 03 December 2022 in the  
Commonwealth Powerlifting Championships 2022**

**353kg Bench Press**

Hannie Smith

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President







# ***South African Womens Classic Powerlifting Record***

**Olivia White**

Junior

in the 76kg Division

competed on 03 December 2022 in the  
Commonwealth Powerlifting Championships 2022

**155kg Squat**

Hannie Smith

President





# ***South African Womens Classic Powerlifting Record***

**Olivia White**

**Junior**

**in the 76kg Division**

**competed on 03 December 2022 in the  
Commonwealth Powerlifting Championships 2022**

**90kg Bench Press**

**Hannie Smith**

**President**





# ***South African Womens Classic Powerlifting Record***

**Olivia White**

Junior

in the 76kg Division

competed on 03 December 2022 in the  
Commonwealth Powerlifting Championships 2022

**162,5kg Deadlift**

Hannie Smith

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President







# ***South African Womens Classic Powerlifting Record***

**Olivia White**

Junior

in the 76kg Division

competed on 03 December 2022 in the  
Commonwealth Powerlifting Championships 2022

**407,5kg Total**

Hannie Smith

President





# ***South African Womens Classic Bench Press Record***

**Olivia White**

**Junior**

**in the 76kg Division**

**competed on 03 December 2022 in the  
Commonwealth Powerlifting Championships 2022**

**90kg Bench Press**

*Hannie Smith*

**President**





# ***South African Mens Classic Powerlifting Record***

**Denis Bensch**

**Master II**

**in the 120kg Division**

**competed on 03 December 2022 in the  
Commonwealth Powerlifting Championships 2022**

**232,5kg Squat**

Hannie Smith

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President



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# ***South African Womens Classic Bench Press Record***

**Charnleigh Kotzé**

**Junior**

**in the 69kg Division**

**competed on 07 January 2023 in the  
SA Bench Press Championships 2023**

**85kg Bench Press**

*Hannie Smith*

**President**





# ***South African Womens Classic Bench Press Record***

**Charnleigh Kotzé**

**Open**

**in the 69kg Division**

**competed on 07 January 2023 in the  
SA Bench Press Championships 2023**

**85kg Bench Press**

*Hannie Smith*

President







# ***South African Mens Classic Bench Press Record***

**Faraz Hamayun**

**Sub-Junior**

**in the 66kg Division**

**competed on 07 January 2023 in the  
SA Bench Press Championships 2023**

**107,5kg Bench Press**

Hannie Smith

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President





# ***South African Mens Classic Bench Press Record***

**Stefan Schroder**

**Open**

**in the 120+kg Division**

**competed on 07 January 2023 in the  
SA Bench Press Championships 2023**

**223kg Bench Press**

*Hannie Smith*

**President**





# ***South African Mens Classic Bench Press Record***

**Steven Coleman**

**Master I**

**in the 66kg Division**

**competed on 07 January 2023 in the  
SA Bench Press Championships 2023**

**117,5kg Bench Press**

*Hannie Smith*

**President**





## ***South African Mens Classic Bench Press Record***

**Tommy de Nysschen**

**Master II**

**in the 74kg Division**

**competed on 07 January 2023 in the  
SA Bench Press Championships 2023**

**132,5kg Bench Press**

*Hannie Smith*

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President



Affiliated to



## ***South African Mens Classic Bench Press Record***

**Tommy de Nysschen**

**Master III**

**in the 74kg Division**

**competed on 07 January 2023 in the  
SA Bench Press Championships 2023**

**132,5kg Bench Press**

*Hannie Smith*

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President

