



South African Womens Unequipped Powerlifting Record

Aimee Grefen

Sub-Junior

in the 52kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

47,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Womens Unequipped Powerlifting Record

Aimee Grefen

Sub-Junior

in the 52kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

127,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Aimee Grefen

Sub-Junior

in the 52kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

275kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Aimee Grefen

Sub-Junior

in the 52kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

47,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Alexandra Mundell

Junior

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

71kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Alexandra Mundell

Junior

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

158kg Deadlift

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Alexandra Mundell

Junior

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

71kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Alexandra Mundell

Junior

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

78kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Alexandra Mundell

Junior

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

160kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Alexandra Mundell

Junior

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

355,5kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Alexandra Mundell

Junior

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

78kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Amanda Meyer

Open

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

140kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Amanda Meyer

Open

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

80kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Amanda Meyer

Open

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

370kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Amanda Meyer

Master I

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

140kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Amanda Meyer

Master I

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

80kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Amanda Meyer

Master I

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

370kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Amanda Meyer

Open

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

80kg Bench Press

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Amanda Meyer

Master I

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

80kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

114kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

80,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

161kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

355,5kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

80,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

87,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

163kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

373,5kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

123kg Squat

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

87,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

130kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

167,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

375kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Arno Nieuwenhuizen

Junior

in the 83kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

293kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Arno Nieuwenhuizen

Open

in the 83kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

293kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Arno Nieuwenhuizen

Junior

in the 83kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

660,5kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Bianca Oosthuizen

Open

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

175kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Bianca Oosthuizen

Open

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

385kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Junior

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

120kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Junior

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

68kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Junior

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

150kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Junior

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

338kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Caitlin Poxon

Junior

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

68kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Junior

in the 69kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

125kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Junior

in the 69kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

342,5kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Junior

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

150,5kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Caneous Mdluli

Junior

in the 74kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

142,5kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Caneous Mdluli

Junior

in the 74kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

142,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Charnleigh Kotzé

Sub-Junior

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

142,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Charnleigh Kotzé

Junior

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

142,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Charnleigh Kotzé

Open

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

142,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Charnleigh Kotzé

Sub-Junior

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

72,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Charnleigh Kotzé

Sub-Junior

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

147,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Charnleigh Kotzé

Sub-Junior

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

362,5kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Charnleigh Kotzé

Junior

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

362,5kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Charnleigh Kotzé

Sub-Junior

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

72,5kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Chris Forget

Master I

in the 83kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

620kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

247,5kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

250kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

270kg Deadlift

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

647,5kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Corien Potgieter

Open

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

83kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Corien Potgieter

Master I

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

137,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Corien Potgieter

Master I

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

83kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Corien Potgieter

Master I

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

381kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Corien Potgieter

Master II

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

137,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Corien Potgieter

Master II

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

83kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Corien Potgieter

Master II

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

160,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Corien Potgieter

Master II

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

381kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Corien Potgieter

Open

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

83kg Bench Press

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Corien Potgieter

Master I

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

83kg Bench Press

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Corien Potgieter

Master II

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

83kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Dan Oppenheim

Master IV

in the 74kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

133,5kg Squat

Hannie Smith

President



Affiliated to



South African Womens Unequipped Powerlifting Record

Daniella da Silva

Open

in the 63kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

170kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Denis Bensch

Master II

in the 120kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

216kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

35kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

92,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

197,5kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

70kg Squat

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

35kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Edward Monaheng

Junior

in the 53kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

92,5kg Bench Press

Hannie Smith

President





South African Mens Unequipped Bench Press Record

Edward Monaheng

Junior

in the 53kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

92,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Erin Collins

Junior

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

161,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Farzana Botha

Open

in the 52kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

153kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Farzana Botha

Open

in the 52kg Division

competed on 03 June 2022 in the

Arnold Rogue Classic Powerlifting Grand Prix 2022

155kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Francois Maritz

Open

in the 120kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

335kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Francois Maritz

Open

in the 120kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

225,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Francois Maritz

Open

in the 120kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

340kg Squat

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Francois Spamer

Sub-Junior

in the 120+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

227,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Gaia Mottalini

Sub-Junior

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

105kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Gaia Mottalini

Sub-Junior

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

57,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Gaia Mottalini

Sub-Junior

in the 69kg Division

competed on 03 December 2021 in the

African Powerlifting and Bench Press Championships 2021

65kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Gaia Mottalini

Sub-Junior

in the 69kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

112,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Gaia Mottalini

Sub-Junior

in the 69kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

65kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Gaia Mottalini

Sub-Junior

in the 69kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

307,5kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Geordie Goliath

Open

in the 59kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

175,5kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Geordie Goliath

Open

in the 59kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

481,5kg Total

Hannie Smith

President





South African Mens Unequipped Bench Press Record

Glen Thomas

Master III

in the 93kg Division

competed on 13 March 2021 in the

SA Classic Bench Press Championships 2021

130kg Bench Press

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Heike Groenewald

Sub-Junior

in the 69kg Division

competed on 13 March 2021 in the

SA Classic Bench Press Championships 2021

57,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Heike Groenewald

Sub-Junior

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

127,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Heike Groenewald

Sub-Junior

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

280kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Heike Groenewald

Sub-Junior

in the 69kg Division

competed on 03 October 2021 in the

World Classic Powerlifting Championships 2021

130kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Heike Groenewald

Sub-Junior

in the 69kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

135kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

270kg Squat

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

192,5kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

300kg Deadlift

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

762,5kg Total

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Hermanus de Beer

Master II

in the 120kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

275kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Hermanus de Beer

Master II

in the 120kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

220kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Hermanus de Beer

Master II

in the 120kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

290kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Hermanus de Beer

Master II

in the 120kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

655kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Hermanus de Beer

Master II

in the 120kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

662,5kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Ian Furman

Master II

in the 120+kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

200kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Ian Hacker

Master II

in the 74kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

190kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Ian Hacker

Master II

in the 74kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

512,5kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Imdadullah Adam

Open

in the 59kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

201,5kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Jacobus Phalatsi

Master I

in the 74kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

212,5kg Squat

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Jacobus Phalatsi

Master I

in the 74kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

154kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Jacobus Phalatsi

Master I

in the 74kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

222,5kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Jacobus Phalatsi

Master I

in the 74kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

589kg Total

Hannie Smith

President





South African Mens Unequipped Bench Press Record

Jacobus Phalatsi

Master I

in the 74kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

154kg Bench Press

Hannie Smith

President





South African Mens Unequipped Bench Press Record

Jacques Fourie

Open

in the 59kg Division

competed on 13 March 2021 in the

SA Classic Bench Press Championships 2021

115kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Jade Blake

Open

in the 93kg Division

competed on 03 June 2022 in the

Arnold Rogue Classic Powerlifting Grand Prix 2022

275kg Squat

Hannie Smith

President





South African Mens Unequipped Bench Press Record

Jared Leask

Open

in the 120+kg Division

competed on 13 March 2021 in the

SA Classic Bench Press Championships 2021

217,5kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Jean-Arthur Pretorius

Open

in the 93kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

311kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Jean-Arthur Pretorius

Open

in the 93kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

731kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Jessica Hill

Open

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

167,5kg Deadlift

Hannie Smith

President





South African Mens Unequipped Bench Press Record

Johnny Dam

Master II

in the 93kg Division

competed on 13 March 2021 in the

SA Classic Bench Press Championships 2021

145kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

145kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

202,5kg Squat

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

152,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

233kg Deadlift

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

588kg Total

Hannie Smith

President





South African Mens Unequipped Bench Press Record

Johnny Dam

Master II

in the 93kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

152,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Karin du Plessis

Junior

in the 84+kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

155,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Kay-Lee Steyn

Open

in the 84+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

190,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Kimberley Beyl

Open

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

172,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Kimberley Beyl

Open

in the 69kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

175kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Kimberley Beyl

Open

in the 69kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

392,5kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Kyle Noonan

Open

in the 120+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

215kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Kyle Noonan

Open

in the 120+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

340,5kg Deadlift

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Kyle Noonan

Open

in the 120+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

860,6kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Kyle Noonan

Open

in the 120+kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

350kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Kyle Noonan

Open

in the 120+kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

870kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Kyle Noonan

Open

in the 120+kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

351kg Deadlift

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Kyle Noonan

Open

in the 120+kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

320kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master I

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

163kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

110kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

75kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

163kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

348kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Lana Kleynhans

Master II

in the 69kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

75kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Laura de Wet

Open

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

380kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Laura de Wet

Master I

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

170kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Laura de Wet

Master I

in the 69kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

380kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Madikane Faku

Master I

in the 120kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

255kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Madikane Faku

Master I

in the 120kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

305kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Marcel Vorster

Open

in the 66kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

202,5kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Marcel Vorster

Open

in the 66kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

207,5kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Marcel Vorster

Open

in the 66kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

215kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Marcel Vorster

Open

in the 66kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

552,5kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Open

in the 83kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

245kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 83kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

245kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 83kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

645kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Open

in the 83kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

247,5kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 83kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

247,5kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 83kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

647,5kg Total

Hannie Smith

President



Affiliated to



South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

135kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

60kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

145kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

340kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

135kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 03 October 2021 in the

World Classic Powerlifting Championships 2021

140kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 03 October 2021 in the

World Classic Powerlifting Championships 2021

65kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 03 October 2021 in the

World Classic Powerlifting Championships 2021

345kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 03 October 2021 in the

World Classic Powerlifting Championships 2021

140kg Squat

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 03 October 2021 in the

World Classic Powerlifting Championships 2021

65kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

66kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

160,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

160,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

366,5kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

366,5kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

66kg Bench Press

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Miriam Sinclair

Master II

in the 57kg Division

competed on 13 March 2021 in the

SA Classic Bench Press Championships 2021

55kg Bench Press

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 13 March 2021 in the

SA Classic Bench Press Championships 2021

55kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

82,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

82,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

82,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

82,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

82,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

82,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

55kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

120kg Deadlift

Hannie Smith

President



Affiliated to



South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

257,5kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 30 November 2021 in the

African Powerlifting and Bench Press Championships 2021

57,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

57,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

122,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

260kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Monica Longhurst

Open

in the 69kg Division

competed on 03 December 2021 in the

African Powerlifting and Bench Press Championships 2021

82,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Monica Longhurst

Master I

in the 69kg Division

competed on 03 December 2021 in the

African Powerlifting and Bench Press Championships 2021

82,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Monica Longhurst

Open

in the 69kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

82,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Monica Longhurst

Master I

in the 69kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

82,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Monica Longhurst

Master I

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

85kg Bench Press

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Monica Longhurst

Master I

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

85kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Nicole Coopoosamy

Open

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

87,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Nicole Cooposamy

Open

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

196kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Nicole Coopoosamy

Open

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

439,5kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Nicole Cooposamy

Open

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

87,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Womens Unequipped Powerlifting Record

Nicole Coopoosamy

Open

in the 76kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

160kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Nicole Cooposamy

Open

in the 76kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

90kg Bench Press

Hannie Smith

President



Affiliated to



South African Womens Unequipped Powerlifting Record

Nicole Cooposamy

Open

in the 76kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

197,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Nicole Cooposamy

Open

in the 76kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

447,5kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Nicole Cooposamy

Open

in the 76kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

90kg Bench Press

Hannie Smith

President



Affiliated to



South African Womens Unequipped Powerlifting Record

Olivia Perotti

Open

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

148kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Open

in the 76kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

150kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Open

in the 76kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

387,5kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Open

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

156,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia White

Junior

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

150kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia White

Junior

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

85kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia White

Junior

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

396kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Olivia White

Junior

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

85kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Patty Pretorius

Master I

in the 84kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

80kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Patty Pretorius

Master I

in the 84kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

377,5kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Patty Pretorius

Master I

in the 84kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

82,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Patty Pretorius

Master I

in the 84kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

167,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Patty Pretorius

Master I

in the 84kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

380kg Total

Hannie Smith

President



Affiliated to



South African Womens Unequipped Powerlifting Record

Pia Marangoni

Master I

in the 76kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

162,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Pia Marangoni

Master I

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

163kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Rafi Saacks

Sub-Junior

in the 59kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

182,5kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Rafi Saacks

Sub-Junior

in the 59kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

377,5kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Rafi Saacks

Sub-Junior

in the 59kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

380kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Roechelle van der Merwe

Sub-Junior

in the 76kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

130kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Roechelle van der Merwe

Sub-Junior

in the 76kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

60kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Roechelle van der Merwe

Sub-Junior

in the 76kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

340kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Roechelle van der Merwe

Sub-Junior

in the 76kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

60kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Ruben van der Linde

Junior

in the 74kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

215kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Samali Bosa

Master III

in the 84+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

70kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Samali Bosa

Master III

in the 84+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

45kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Samali Bosa

Master III

in the 84+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

105kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Samali Bosa

Master III

in the 84+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

220kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Samali Bosa

Master III

in the 84+kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

45kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Samali Bosa

Master III

in the 84+kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

80kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Samali Bosa

Master III

in the 84+kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

52,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Samali Bosa

Master III

in the 84+kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

115kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Samali Bosa

Master III

in the 84+kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

247,5kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Samali Bosa

Master III

in the 84+kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

52,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sasha Payne

Open

in the 57kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

140kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Sechaba Mashinini

Sub-Junior

in the 74kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

165.5kg Squat

Hannie Smith

President



Affiliated to



South African Womens Unequipped Powerlifting Record

Sonam Singh

Sub-Junior

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

95kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sonam Singh

Sub-Junior

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

50kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sonam Singh

Sub-Junior

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

145kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sonam Singh

Sub-Junior

in the 76kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

290kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sonam Singh

Sub-Junior

in the 76kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

155kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Sonu Singh

Sub-Junior

in the 74kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

220kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Sonu Singh

Sub-Junior

in the 74kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

490kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sorah Garber

Open

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

87,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sorah Garber

Master I

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

133,5kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sorah Garber

Master I

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

87,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sorah Garber

Master I

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

381kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sorah Garber

Open

in the 63kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

90kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sorah Garber

Master I

in the 63kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

90kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sorah Garber

Open

in the 63kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

90,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sorah Garber

Master I

in the 63kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

90,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sorah Garber

Master I

in the 63kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

385,5kg Total

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Sorah Garber

Master I

in the 63kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

140kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Stefan Schroder

Open

in the 120+kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

215,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Bench Press Record

Stefan Schroder

Open

in the 120+kg Division

competed on 03 June 2022 in the

Arnold Rogue Classic Powerlifting Grand Prix 2022

220kg Bench Press

Hannie Smith

President





South African Mens Unequipped Bench Press Record

Steve Labson

Master III

in the 83kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

135kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Steve Ogunfemi

Master I

in the 83kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

266kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Steve Ogunfemi

Master II

in the 83kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

215kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Steve Ogunfemi

Master II

in the 83kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

266kg Deadlift

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Steve Ogunfemi

Master II

in the 83kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

581kg Total

Hannie Smith

President



Affiliated to



South African Womens Unequipped Powerlifting Record

Susan Farrell

Master IV

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

70kg Squat

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Susan Farrell

Master IV

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

45kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Susan Farrell

Master IV

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

105kg Deadlift

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Susan Farrell

Master IV

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

220kg Total

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Susan Farrell

Master IV

in the 63kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

45kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Suvar Maharaj

Junior

in the 74kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

135,5kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Suvar Maharaj

Junior

in the 74kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

576,5kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Suvar Maharaj

Junior

in the 74kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

230kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Suvar Maharaj

Junior

in the 74kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

137,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Suvar Maharaj

Junior

in the 74kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

607,5kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Suvar Maharaj

Open

in the 74kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

230kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Taariq Osman

Sub-Junior

in the 120kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

245,5kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Taariq Osman

Sub-Junior

in the 120kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

618kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Tom Wewege

Open

in the 105kg Division

competed on 11 June 2022 in the

World Classic Open Powerlifting Championships 2022

787,5kg Total

Hannie Smith

President





South African Mens Unequipped Bench Press Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 13 March 2021 in the

SA Classic Bench Press Championships 2021

137,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

137,5kg Bench Press

Hannie Smith

President





South African Mens Unequipped Bench Press Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

140kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

140kg Bench Press

Hannie Smith

President





South African Mens Unequipped Bench Press Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 12 March 2022 in the

South African Bench Press Championships 2022

140,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

145kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Unequipped Bench Press Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

145kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Tshepo Mulaudzi

Junior

in the 53kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

155,5kg Deadlift

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Tyla Coetsee

Junior

in the 69kg Division

competed on 13 March 2021 in the

SA Classic Bench Press Championships 2021

65kg Bench Press

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Tyla Coetsee

Junior

in the 69kg Division

competed on 03 December 2021 in the

African Powerlifting and Bench Press Championships 2021

77,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Tyla Coetsee

Junior

in the 69kg Division

competed on 04 December 2021 in the

African Powerlifting and Bench Press Championships 2021

77,5kg Bench Press

Hannie Smith

President





South African Womens Unequipped Bench Press Record

Vanessa Lessing

Master I

in the 69kg Division

competed on 13 March 2021 in the

SA Classic Bench Press Championships 2021

68kg Bench Press

Hannie Smith

President





South African Womens Unequipped Powerlifting Record

Vicki Botha

Master I

in the 57kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

135kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Wynand Kuhn

Junior

in the 74kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

270kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Xander Nel

Sub-Junior

in the 74kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

172,5kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Xander Nel

Sub-Junior

in the 74kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

185kg Squat

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Zandre van der Berg

Junior

in the 93kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

290,5kg Deadlift

Hannie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Zandre van der Berg

Junior

in the 93kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

300,5kg Deadlift

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Zandre van der Berg

Junior

in the 93kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

700,5kg Total

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Ziyaad Samodien

Open

in the 74kg Division

competed on 25 April 2021 in the

SA Classic Powerlifting Championships 2021

167,5kg Bench Press

Hannie Smith

President





South African Mens Unequipped Powerlifting Record

Ziyaad Samodien

Open

in the 74kg Division

competed on 27 March 2022 in the

South African Classic Powerlifting Championships 2022

168kg Bench Press

Hannie Smith

President

