



South African Womens Powerlifting Record

Anika Maree

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 Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

150kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

105kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

160kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

415kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Antoinette Kriel

Master I

in the 57kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

105kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Antoinette Kriel

Master I

in the 57kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

415kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Antoinette Kriel

Open

in the 57kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

105kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Antoinette Kriel

Open

in the 57kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

415kg Total

Hannie Smith

President





South African Womens Bench Press Record

Antoinette Kriel

Open

in the 57kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

105kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Antoinette Kriel

Master I

in the 57kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

105kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Antoinette Kriel

Master II

in the 57kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

105kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Carol Anthony

Master II

in the 57kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

123kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Carol Anthony

Master II

in the 57kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

305,5kg Total

Hannie Smith

President



Affiliated to



South African Womens Powerlifting Record

Chantelle du Toit

Open

in the 76kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

107,5kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Chantelle du Toit

Open

in the 76kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

107,5kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Christi Rees

Open

in the 84+kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

205kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Christi Rees

Open

in the 84+kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

165kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Christi Rees

Open

in the 84+kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

550kg Total

Hannie Smith

President



Affiliated to



South African Womens Bench Press Record

Christi Rees

Open

in the 84+kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

165kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Christi Rees

Open

in the 84+kg Division

competed on 13 November 2021 in the

World Open Equipped Powerlifting Championships 2021

170kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Christi Rees

Open

in the 84+kg Division

competed on 13 November 2021 in the

World Open Equipped Powerlifting Championships 2021

170kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master I

in the 105kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

285kg Squat

Hannie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

285kg Squat

Hannie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

275kg Deadlift

Hannie Smith

President



Affiliated to



South African Mens Powerlifting Record

Christo Schoonraad

Master I

in the 105kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

287,5kg Squat

Hannie Smith

President



Affiliated to



South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

287,5kg Squat

Hannie Smith

President



Affiliated to



South African Mens Powerlifting Record

Christo Schoonraad

Master I

in the 105kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

278kg Deadlift

Hannie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

278kg Deadlift

Hannie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master I

in the 105kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

750,5kg Total

Hannie Smith

President



Affiliated to



South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

750,5kg Total

Hannie Smith

President





South African Mens Powerlifting Record

Eugene Sadie

Open

in the 83kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

283kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Heike Groenwald

Sub-Junior

in the 69kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

130kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Heike Groenwald

Sub-Junior

in the 69kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

65kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Heike Groenwald

Sub-Junior

in the 69kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

330kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Heike Groenwald

Sub-Junior

in the 69kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

135kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Heike Groenwald

Sub-Junior

in the 69kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

137,5kg Deadlift

Hannie Smith

President



Affiliated to



South African Womens Powerlifting Record

Heike Groenwald

Sub-Junior

in the 69kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

337,5kg Total

Hannie Smith

President





South African Mens Powerlifting Record

Hermanus de Beer

Master II

in the 120kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

290kg Deadlift

Hannie Smith

President





South African Mens Powerlifting Record

Ian Furman

Master II

in the 120+kg Division

competed on 27 March 2021 in the

South African Equipped Powerlifting Championships 2020

255kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Ian Furman

Master II

in the 120+kg Division

competed on 27 March 2021 in the

South African Equipped Powerlifting Championships 2020

255kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Jacobus Phalatsi

Master I

in the 83kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

160kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Open

in the 84kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

193kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

193kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

107,5kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

187,5kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

488kg Total

Hannie Smith

President



Affiliated to



South African Womens Bench Press Record

Jacqui Rees

Master I

in the 84kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

107,5kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84kg Division

competed on 13 November 2021 in the

World Open Equipped Powerlifting Championships 2021

190kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Open

in the 84kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

202,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

202,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

110kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

492,5kg Total

Hannie Smith

President





South African Womens Bench Press Record

Jacqui Rees

Master I

in the 84kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

110kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 27 March 2021 in the

South African Equipped Powerlifting Championships 2020

170,5kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Johnny Dam

Master II

in the 105kg Division

competed on 12 March 2022 in the

South African Bench Press Championships 2022

190,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

241kg Squat

Hannie Smith

President





South African Mens Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

175kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

270kg Deadlift

Hannie Smith

President





South African Mens Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

686kg Total

Hannie Smith

President





South African Mens Powerlifting Record

Marchelle Strydom

Sub-Junior

in the 93kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

235kg Squat

Hannie Smith

President



Affiliated to



South African Womens Powerlifting Record

Megan Leighton

Open

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

110kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Megan Leighton

Open

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

110kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Open

in the 69kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

112,5kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Megan Leighton

Open

in the 69kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

112,5kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

162,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

80kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

155kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

397,5kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

162,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

155kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

397,5kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Open

in the 63kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

162,5kg Squat

Hannie Smith

President





South African Womens Bench Press Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2021

80kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

172,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

162,5kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

415kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

172,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

162,5kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

415kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Open

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

172,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Open

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

172,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Open

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

172,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Open

in the 63kg Division

competed on 10 November 2021 in the

World Open Equipped Powerlifting Championships 2021

415kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

175kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

87,5kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

167,5kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

430kg Total

Hannie Smith

President





South African Womens Bench Press Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

87,5kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

175kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

167,5kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

430kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Open

in the 63kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

175kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Open

in the 63kg Division

competed on 01 December 2021 in the

African Powerlifting and Bench Press Championships 2021

430kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

177,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

177,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Open

in the 63kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

177,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

170kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

170kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

435kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

435kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Open

in the 63kg Division

competed on 04 September 2022 in the

World Subjunior and Junior Powerlifting Championships 2022

435kg Total

Hannie Smith

President





South African Mens Powerlifting Record

Steve Ogunfemi

Master I

in the 83kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

247,5kg Squat

Hannie Smith

President





South African Mens Powerlifting Record

Steve Ogunfemi

Master I

in the 83kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

265,5kg Deadlift

Hannie Smith

President





South African Mens Powerlifting Record

Steve Ogunfemi

Master I

in the 83kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

633kg Total

Hannie Smith

President





South African Mens Powerlifting Record

Steve Ogunfemi

Master II

in the 83kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

247,5kg Squat

Hannie Smith

President





South African Mens Powerlifting Record

Steve Ogunfemi

Master II

in the 83kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

265,5kg Deadlift

Hannie Smith

President





South African Mens Powerlifting Record

Steve Ogunfemi

Master II

in the 83kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

633kg Total

Hannie Smith

President





South African Mens Bench Press Record

Tommie de Nysschen

Master II

in the 83kg Division

competed on 30 November 2021 in the

African Powerlifting and Bench Press Championships 2021

152,5kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Tommie de Nysschen

Master II

in the 83kg Division

competed on 12 March 2022 in the

South African Bench Press Championships 2022

157,5kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Tommie de Nysschen

Master I

in the 83kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

165kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Powerlifting Record

Tommie de Nysschen

Master II

in the 83kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

165kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Tommie de Nysschen

Master II

in the 83kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

165kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Vanessa Lessing

Master I

in the 69kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

80kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Vanessa Lessing

Master I

in the 69kg Division

competed on 26 March 2021 in the

South African Equipped Powerlifting Championships 2020

152,5kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Vanessa Lessing

Master I

in the 69kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

140kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Vanessa Lessing

Master I

in the 69kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

87,5kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Vanessa Lessing

Master I

in the 69kg Division

competed on 06 August 2022 in the

South African Equipped Powerlifting Championships 2022

380kg Total

Hannie Smith

President

