



South African Mens Powerlifting Record

Adrian Smith

Junior

in the 93kg Division

competed on 29 May 2016 in the

1st Arnold Classic Africa Equipped Powerlifting Championships

177.5kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Adrian Smith

Junior

in the 93kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

263kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Adrian Smith

Junior

in the 93kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

178kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Adrian Smith

Junior

in the 93kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

178kg Bench Press

Harrie Smith

President



Affiliated to



South African Mens Bench Press Record

Adrian Smith

Junior

in the 93kg Division

competed on 27 November 2016 in the

SA Benchpress Championships

200kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Adrian Smith

Junior

in the 93kg Division

competed on 27 November 2016 in the

SA Benchpress Championships

200kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Adrian Smith

Junior

in the 93kg Division

competed on 07 May 2017 in the

2nd Arnold Classic Equipped Powerlifting Championships

265kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Adrian Smith

Junior

in the 93kg Division

competed on 07 May 2017 in the

2nd Arnold Classic Equipped Powerlifting Championships

180kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Benedict Bucarizza

Junior

in the 120kg Division

**competed on 06 September 2014 in the
World Junior Powerlifting Championships**

230kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Benedict Bucarizza

Junior

in the 120kg Division

**competed on 06 September 2014 in the
World Junior Powerlifting Championships**

325kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Benedict Bucarizza

Junior

in the 120kg Division

**competed on 06 September 2014 in the
World Junior Powerlifting Championships**

885kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Benedict Bucarizza

Senior

in the 120kg Division

**competed on 06 September 2014 in the
World Junior Powerlifting Championships**

885kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Chantelle Du Toit

Senior

in the 72kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

95.5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Chantelle Du Toit

Senior

in the 72kg Division

**competed on 15 November 2016 in the
IPF World Open Powerlifting Championships**

107.5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Chantelle Du Toit

Senior

in the 72kg Division

**completed on 15 November 2016 in the
IPF World Open Powerlifting Championships**

107.5kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Chantelle Du Toit

Senior

in the 72kg Division

competed on 07 May 2017 in the

2nd Arnold Classic Equipped Powerlifting Championships

112.5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Chantelle Du Toit

Senior

in the 72kg Division

competed on 25 July 2017 in the

The World Games, Wroclaw 2017

110kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Chantelle Du Toit

Senior

in the 72kg Division

competed on 25 July 2017 in the

The World Games, Wroclaw 2017

432.5kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Chantelle Du Toit

Senior

in the 72kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

172.5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Chantelle Du Toit

Senior

in the 72kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

442.5kg Total

Harrie Smith

President





South African Womens Bench Press Record

Christi De Jager

Senior

in the 84kg Division

**competed on 08 July 2017 in the
SA Equipped Powerlifting Championships**

120kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Christi De Jager

Senior

in the 84kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

122.5kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Christi De Jager

Senior

in the 84+kg Division

**competed on 17 February 2018 in the
SA Equipped Benchpress Championships**

135kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Clint Williams

Junior

in the 59kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

190kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Clint Williams

Junior

in the 59kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

200kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Clint Williams

Junior

in the 59kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

190kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Clint Williams

Junior

in the 59kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

200kg Deadlift

Harrie Smith

President



Affiliated to



South African Mens Bench Press Record

Craig Van Wyk

Master I

in the 120kg Division

**competed on 17 February 2018 in the
SA Equipped Benchpress Championships**

200kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Craig Van Wyk

Master II

in the 120kg Division

**competed on 17 February 2018 in the
SA Equipped Benchpress Championships**

200kg Bench Press

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Damon Langeveld

Sub-Junior

in the 53kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

160kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Damon Langeveld

Sub-Junior

in the 53kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

165kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Damon Langeveld

Sub-Junior

in the 53kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

405kg Total

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Damon Langeveld

Sub-Junior

in the 53kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

160kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Damon Langeveld

Sub-Junior

in the 53kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

165kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Damon Langeveld

Sub-Junior

in the 53kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

405kg Total

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Dan Oppenheim

Master III

in the 74kg Division

competed on 03 October 2016 in the

IPF World Master Equipped Championships

216kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master IV

in the 74kg Division

competed on 03 October 2016 in the

IPF World Master Equipped Championships

170kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master IV

in the 74kg Division

competed on 03 October 2016 in the

IPF World Master Equipped Championships

115kg Bench Press

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Dan Oppenheim

Master IV

in the 74kg Division

competed on 03 October 2016 in the

IPF World Master Equipped Championships

216kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master IV

in the 74kg Division

competed on 03 October 2016 in the

IPF World Master Equipped Championships

501kg Total

Harrie Smith

President





South African Mens Bench Press Record

Dan Oppenheim

Master IV

in the 74kg Division

competed on 03 October 2016 in the

IPF World Master Equipped Championships

115kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master IV

in the 83kg Division

competed on 27 June 2015 in the

SA Powerlifting Championships

195kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master IV

in the 83kg Division

competed on 27 June 2015 in the

SA Powerlifting Championships

195kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master IV

in the 83kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

177.5kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master IV

in the 83kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

203kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master IV

in the 83kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

503kg Total

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 24 September 2014 in the
World Master Powerlifting Championships**

112.5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 24 September 2014 in the
World Master Powerlifting Championships**

127.5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 24 September 2014 in the
World Master Powerlifting Championships**

287.5kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Senior

in the 47kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

115kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Senior

in the 47kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

130kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

115kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

130kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

292.5kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Eugene Nolan

Senior

in the 120+kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

270kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Eugene Nolan

Senior

in the 120+kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

270kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Francois Maritz

Senior

in the 120kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

380kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Francois Maritz

Senior

in the 120kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

900kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Ivan Kotze

Junior

in the 53kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

170kg Squat

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Ivan Kotze

Junior

in the 53kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

180kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Ivan Kotze

Junior

in the 53kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

170kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Ivan Kotze

Junior

in the 53kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

180kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Ivan Kotze

Junior

in the 53kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

185kg Squat

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Ivan Kotze

Junior

in the 53kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

120kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Ivan Kotze

Junior

in the 53kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

485kg Total

Harrie Smith

President





South African Mens Bench Press Record

Ivan Kotze

Junior

in the 53kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

120kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Jacobus Philatsi

Senior

in the 66kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

240kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Jacobus Philatsi

Senior

in the 66kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

162.5kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Jacobus Philatsi

Senior

in the 66kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

162.5kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Johan Smith

Junior

in the 105kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

240kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Johan Smith

Senior

in the 105kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

240kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Johan Smith

Senior

in the 120kg Division

**competed on 08 July 2017 in the
SA Equipped Powerlifting Championships**

220kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Lawrence Arendse

Master III

in the 83kg Division

competed on 27 June 2015 in the

SA Powerlifting Championships

210kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Lawrence Arendse

Master III

in the 83kg Division

competed on 27 June 2015 in the

SA Powerlifting Championships

210kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Lisa Basson

Senior

in the 63kg Division

**competed on 08 July 2017 in the
SA Equipped Powerlifting Championships**

400.5kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Madikane Faku

Master I

in the 120kg Division

competed on 27 June 2015 in the

SA Powerlifting Championships

297.5kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Madikane Faku

Master I

in the 120kg Division

competed on 27 June 2015 in the

SA Powerlifting Championships

297.5kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Marcel Vorster

Junior

in the 66kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

242.5kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Marcel Vorster

Senior

in the 66kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

242.5kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Marcel Vorster

Junior

in the 66kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

173kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Marcel Vorster

Senior

in the 66kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

173kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Marcel Vorster

Junior

in the 66kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

605.5kg Total

Harrie Smith

President





South African Mens Bench Press Record

Marcel Vorster

Junior

in the 66kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

173kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Marcel Vorster

Senior

in the 66kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

173kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Marlon Daniels

Master I

in the 83kg Division

competed on 22 November 2015 in the

SA Bench Press Championships

180kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Marlon Daniels

Master I

in the 83kg Division

competed on 22 November 2015 in the

SA Bench Press Championships

180kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Marlon Daniels

Master I

in the 74kg Division

**competed on 22 October 2016 in the
African Equipped Benchpress Championships**

175kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Marlon Daniels

Master I

in the 83kg Division

competed on 27 November 2016 in the

SA Benchpress Championships

185kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Marlon Daniels

Master I

in the 83kg Division

**competed on 17 February 2018 in the
SA Equipped Benchpress Championships**

195kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Senior

in the 120+kg Division

**competed on 08 July 2017 in the
SA Equipped Powerlifting Championships**

351kg Squat

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 08 July 2017 in the

SA Equipped Powerlifting Championships

351kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 08 July 2017 in the

SA Equipped Powerlifting Championships

318kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Senior

in the 120+kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

355kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Senior

in the 120+kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

905kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

355kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

905kg Total

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Junior

in the 57kg Division

competed on 22 November 2015 in the

SA Bench Press Championships

82.5kg Bench Press

Harrie Smith

President



Affiliated to



South African Womens Bench Press Record

Megan Leighton

Junior

in the 57kg Division

competed on 22 November 2015 in the

SA Bench Press Championships

82.5kg Bench Press

Harrie Smith

President



Affiliated to



South African Womens Bench Press Record

Megan Leighton

Junior

in the 57kg Division

competed on 29 May 2016 in the

1st Arnold Classic Africa Equipped Powerlifting Championships

90kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Senior

in the 57kg Division

competed on 29 May 2016 in the

1st Arnold Classic Africa Equipped Powerlifting Championships

90kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Junior

in the 63kg Division

competed on 07 May 2017 in the

2nd Arnold Classic Equipped Powerlifting Championships

95kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Senior

in the 63kg Division

competed on 07 May 2017 in the

2nd Arnold Classic Equipped Powerlifting Championships

95kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 63kg Division

**competed on 08 July 2017 in the
SA Equipped Powerlifting Championships**

93.5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 63kg Division

**completed on 08 July 2017 in the
SA Equipped Powerlifting Championships**

142.5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 63kg Division

**competed on 08 July 2017 in the
SA Equipped Powerlifting Championships**

356kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Senior

in the 63kg Division

**competed on 08 July 2017 in the
SA Equipped Powerlifting Championships**

93.5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

137.5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

95kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

155kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

387.5kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Senior

in the 57kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

137.5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Senior

in the 57kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

95kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Senior

in the 57kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

155kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Senior

in the 57kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

387.5kg Total

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Junior

in the 57kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

95kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Senior

in the 57kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

95kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Junior

in the 63kg Division

**competed on 17 February 2018 in the
SA Equipped Benchpress Championships**

100kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Senior

in the 63kg Division

**competed on 17 February 2018 in the
SA Equipped Benchpress Championships**

100kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Peter Vermaak

Master II

in the 83kg Division

competed on 07 February 2015 in the

SA Bench Press Championships

150kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Peter Vermaak

Master III

in the 83kg Division

competed on 07 February 2015 in the

SA Bench Press Championships

150kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Pieter Erasmus

Master I

in the 93kg Division

**competed on 17 February 2018 in the
SA Equipped Benchpress Championships**

195kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Romeo Longo

Sub-Junior

in the 66kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

200kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Romeo Longo

Sub-Junior

in the 66kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

497.5kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Romeo Longo

Sub-Junior

in the 66kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

200kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Romeo Longo

Sub-Junior

in the 66kg Division

competed on 26 June 2015 in the

SA Powerlifting Championships

497.5kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Sub-Junior

in the 57kg Division

competed on 29 May 2016 in the

1st Arnold Classic Africa Equipped Powerlifting Championships

110kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Sub-Junior

in the 57kg Division

competed on 29 May 2016 in the

1st Arnold Classic Africa Equipped Powerlifting Championships

53kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Sub-Junior

in the 57kg Division

competed on 29 May 2016 in the

1st Arnold Classic Africa Equipped Powerlifting Championships

120.5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Sub-Junior

in the 57kg Division

competed on 29 May 2016 in the

1st Arnold Classic Africa Equipped Powerlifting Championships

283.5kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Sub-Junior

in the 57kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

120kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Sub-Junior

in the 57kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

60kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Sub-Junior

in the 57kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

295kg Total

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 57kg Division

**competed on 30 July 2016 in the
SA Equipped Powerlifting Championships**

120kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 07 May 2017 in the

2nd Arnold Classic Equipped Powerlifting Championships

135kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 07 May 2017 in the

2nd Arnold Classic Equipped Powerlifting Championships

60.5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 07 May 2017 in the

2nd Arnold Classic Equipped Powerlifting Championships

120.5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 07 May 2017 in the

2nd Arnold Classic Equipped Powerlifting Championships

316kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Senior

in the 52kg Division

competed on 07 May 2017 in the

2nd Arnold Classic Equipped Powerlifting Championships

135kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

142.5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

67.5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

127.5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

337.5kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Senior

in the 52kg Division

competed on 17 September 2017 in the

Commonwealth Powerlifting and Bench Press Championships 2017

142.5kg Squat

Harrie Smith

President





South African Womens Bench Press Record

Rouxchelle Roux

Junior

in the 52kg Division

**competed on 17 February 2018 in the
SA Equipped Benchpress Championships**

70kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Ruben Snyman

Sub-Junior

in the 105kg Division

**competed on 17 February 2018 in the
SA Equipped Benchpress Championships**

161kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Sandri van Staden

Senior

in the 84kg Division

competed on 07 May 2017 in the

2nd Arnold Classic Equipped Powerlifting Championships

110.5kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Vusi Poeng

Sub-Junior

in the 66kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

170kg Squat

Harrie Smith

President





South African Mens Bench Press Record

Willem Parker

Junior

in the 93kg Division

competed on 07 February 2015 in the

SA Bench Press Championships

177.5kg Bench Press

Harrie Smith

President

