



South African Mens Powerlifting Record

Adrian Smith

Junior

in the 93kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

267,5kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Adrian Smith

Junior

in the 93kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

185kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Adrian Smith

Junior

in the 93kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

270kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Adrian Smith

Junior

in the 93kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

187,5kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Adrian Smith

Junior

in the 93kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

707,5kg Total

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Andrew Denoon

Master I

in the 120kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

190kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Andrew Denoon

Master II

in the 120kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

190kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Antoinette Kriel

Senior

in the 57kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

98kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Antoinette Kriel

Master I

in the 57kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

98kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Antoinette Kriel

Master I

in the 57kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

98kg Bench Press

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Carol Anthony

Master II

in the 57kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

112,5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Carol Anthony

Master II

in the 57kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

295kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Carol Anthony

Master II

in the 57kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

122,5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Chantelle du Toit

Senior

in the 84kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

109kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Charnleigh Kotze

Sub-Junior

in the 63kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

127,5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Christi de Jager

Senior

in the 84+kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

125kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Christi de Jager

Senior

in the 84+kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

135kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Christi De Jager

Senior

in the 84+kg Division

competed on 23 February 2019 in the

South African Equipped Bench Press Championships

147,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Christi de Jager

Senior

in the 84+kg Division

competed on 19 May 2019 in the

Arnold Classic Africa 2019

150kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Christi De Jager

Senior

in the 84+kg Division

competed on 19 May 2019 in the

Arnold Classic Africa 2019

150kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Christi de Jager

Senior

in the 84+kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

155kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Christi de Jager

Senior

in the 84+kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

155kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Christi de Jager

Senior

in the 84+kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

157,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Christi de Jager

Senior

in the 84+kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

157,5kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 19 May 2019 in the

Arnold Classic Africa 2019

250kg Squat

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 19 May 2019 in the

Arnold Classic Africa 2019

187,5kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 19 May 2019 in the

Arnold Classic Africa 2019

267,5kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 19 May 2019 in the

Arnold Classic Africa 2019

705kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master I

in the 105kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

715kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

265kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

270kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

715kg Total

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Christo Schoonraad

Master I

in the 105kg Division

competed on 11 October 2019 in the

World Masters Powerlifting Championships 2019

282,5kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 11 October 2019 in the

World Masters Powerlifting Championships 2019

282,5kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 11 October 2019 in the

World Masters Powerlifting Championships 2019

272,5kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master I

in the 105kg Division

competed on 11 October 2019 in the

World Masters Powerlifting Championships 2019

740kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 11 October 2019 in the

World Masters Powerlifting Championships 2019

740kg Total

Harrie Smith

President





South African Mens Bench Press Record

Colin Young

Master III

in the 105kg Division

competed on 28 April 2018 in the

World Equipped Bench Press Championships 2018

170kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Colin Young

Master III

in the 105kg Division

**competed on 20 October 2018 in the
African Powerlifting Championships 2018**

175kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Colin Young

Master III

in the 105kg Division

competed on 23 February 2019 in the

South African Equipped Bench Press Championships

185kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master IV

in the 66kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

160kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

95kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

40kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

105kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

240kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 09 October 2019 in the

World Masters Powerlifting Championships 2019

100kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 09 October 2019 in the

World Masters Powerlifting Championships 2019

42,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 09 October 2019 in the

World Masters Powerlifting Championships 2019

107,5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 09 October 2019 in the

World Masters Powerlifting Championships 2019

250kg Total

Harrie Smith

President





South African Womens Bench Press Record

Dulcie Duguid

Master IV

in the 57kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

45kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Eben Booyens

Senior

in the 93kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

216kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 52kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

127,5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Senior

in the 47kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

120kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

120kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

50,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

293kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

competed on 11 October 2019 in the

World Masters Powerlifting Championships 2019

295kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Graham Green

Master I

in the 105kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

195kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Graham Green

Master I

in the 105kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

275,5kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Graham Green

Master I

in the 105kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

740,5kg Total

Harrie Smith

President





South African Mens Bench Press Record

Ian Furman

Master II

in the 120+kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

250kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

110kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

185kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

110kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

185kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

480kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Joan Swart

Master II

in the 57kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

60kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Joan Swart

Master II

in the 57kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

125kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Joan Swart

Master II

in the 57kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

275kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Joan Swart

Master II

in the 57kg Division

**competed on 20 October 2018 in the
African Powerlifting Championships 2018**

135kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Joan Swart

Master II

in the 57kg Division

**competed on 20 October 2018 in the
African Powerlifting Championships 2018**

290kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Joan Swart

Master II

in the 63kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

67,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Joan Swart

Master II

in the 63kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

135kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Joan Swart

Master II

in the 63kg Division

competed on 10 October 2019 in the

World Masters Powerlifting Championships 2019

70kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Joan Swart

Master II

in the 63kg Division

competed on 10 October 2019 in the

World Masters Powerlifting Championships 2019

137,5kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Jorncy Page

Master I

in the 93kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

265kg Deadlift

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Jorncy Page

Master I

in the 93kg Division

competed on 11 October 2019 in the

World Masters Powerlifting Championships 2019

275kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Kayla Ott

Sub-Junior

in the 72kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

140kg Squat

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Kayla Ott

Sub-Junior

in the 72kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

137,5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Kayla Ott

Sub-Junior

in the 72kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

327,5kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Kgotso Thekiso

Junior

in the 93kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

280kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Kgotso Thekiso

Junior

in the 93kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

280kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Kgotso Thekiso

Junior

in the 93kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

280kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Kyle Noonan

Senior

in the 120+kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

340kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Senior

in the 72kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

185kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

185kg Squat

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

90kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Senior

in the 72kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

181kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

181kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Senior

in the 72kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

456kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

456kg Total

Harrie Smith

President





South African Womens Bench Press Record

Laura de Wet

Master I

in the 72kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

90kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Senior

in the 72kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

205kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Senior

in the 72kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

197,5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Senior

in the 72kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

492,5kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

205kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

197,5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

492,5kg Total

Harrie Smith

President





South African Womens Bench Press Record

Laura de Wet

Master I

in the 72kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

97kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

97kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Lezaan Jordaan

Junior

in the 84kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

192,5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Lezaan Jordaan

Junior

in the 84kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

115kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Lezaan Jordaan

Junior

in the 84kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

192,5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Lezaan Jordaan

Junior

in the 84kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

500kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Lezaan Jordaan

Senior

in the 84kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

192,5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Lezaan Jordaan

Senior

in the 84kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

115kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Lezaan Jordaan

Senior

in the 84kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

500kg Total

Harrie Smith

President





South African Womens Bench Press Record

Lezaan Jordaan

Junior

in the 84kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

115kg Bench Press

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Lisa Basson

Senior

in the 63kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

94,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Lisa Basson

Senior

in the 63kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

404,5kg Total

Harrie Smith

President





South African Mens Bench Press Record

Louis Moorcroft

Sub-Junior

in the 66kg Division

competed on 28 April 2018 in the

World Equipped Bench Press Championships 2018

125kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Marcel Vorster

Senior

in the 74kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

251kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Marion Tanzer

Master II

in the 72kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

135kg Deadlift

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Marion Tanzer

Master II

in the 72kg Division

competed on 10 October 2019 in the

World Masters Powerlifting Championships 2019

135kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Marion Tanzer

Master II

in the 72kg Division

competed on 10 October 2019 in the

World Masters Powerlifting Championships 2019

65kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Mark Phillips

Master II

in the 105kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

245kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Mark Phillips

Master II

in the 105kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

255kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Mark Phillips

Master II

in the 105kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

660kg Total

Harrie Smith

President





South African Mens Bench Press Record

Mark Phillips

Master II

in the 93kg Division

competed on 23 February 2019 in the

South African Equipped Bench Press Championships

180kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Mark Phillips

Master II

in the 93kg Division

competed on 25 May 2019 in the

World Classic and Equipped Bench Press Championships 2019

190kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Marlon Daniels

Senior

in the 83kg Division

competed on 28 April 2018 in the

World Equipped Bench Press Championships 2018

202,5kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Marlon Daniels

Master I

in the 83kg Division

competed on 28 April 2018 in the

World Equipped Bench Press Championships 2018

202,5kg Bench Press

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

242,5kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

200,5kg Bench Press

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

220,5kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

663,5kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Marlon Daniels

Senior

in the 74kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

200,5kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Marlon Daniels

Senior

in the 74kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

200,5kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Marlon Daniels

Master I

in the 74kg Division

**competed on 06 July 2019 in the
SA Equipped Powerlifting Championships 2019**

200,5kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 11 October 2019 in the

World Masters Powerlifting Championships 2019

227,5kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Marlon Daniels

Master I

in the 83kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

230kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Senior

in the 120+kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

375kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

375kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

262,5kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

325kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Senior

in the 120+kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

962,5kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

962,5kg Total

Harrie Smith

President





South African Mens Bench Press Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

262,5kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Senior

in the 120+kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

400kg Squat

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Mathys Herbst

Senior

in the 120+kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

280kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Senior

in the 120+kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

1005kg Total

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

400kg Squat

Harrie Smith

President



Affiliated to



South African Mens Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

280kg Bench Press

Harrie Smith

President





South African Mens Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

1005kg Total

Harrie Smith

President



Affiliated to



South African Mens Bench Press Record

Mathys Herbst

Senior

in the 120+kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

280kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 12 October 2019 in the

World Masters Powerlifting Championships 2019

280kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Junior

in the 57kg Division

competed on 28 April 2018 in the

World Equipped Bench Press Championships 2018

102,5kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Senior

in the 57kg Division

competed on 28 April 2018 in the

World Equipped Bench Press Championships 2018

102,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 63kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

130kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 63kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

94kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 63kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

143kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 63kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

367kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Senior

in the 63kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

94kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

140kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

157,5kg Deadlift

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Junior

in the 63kg Division

competed on 19 May 2019 in the

Arnold Classic Africa 2019

100,5kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Senior

in the 63kg Division

competed on 19 May 2019 in the

Arnold Classic Africa 2019

100,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Junior

in the 63kg Division

competed on 06 July 2019 in the

SA Equipped Powerlifting Championships 2019

152,5kg Deadlift

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Junior

in the 63kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

105kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Senior

in the 63kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

105kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Megan Leighton

Senior

in the 63kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

107,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Senior

in the 63kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

107,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Senior

in the 63kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

405kg Total

Harrie Smith

President





South African Mens Powerlifting Record

Mpho Hlanyane

Sub-Junior

in the 74kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

200kg Deadlift

Harrie Smith

President





South African Mens Powerlifting Record

Mpho Hlanyane

Sub-Junior

in the 74kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

212,5kg Deadlift

Harrie Smith

President



Affiliated to



South African Womens Bench Press Record

Nicola Green

Senior

in the 84kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

125kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Nicola Green

Senior

in the 84kg Division

competed on 22 February 2020 in the

South African Equipped Powerlifting Championships 2020

117,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Patricia Harding

Sub-Junior

in the 47kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

230kg Total

Harrie Smith

President





South African Mens Bench Press Record

Pieter Erasmus

Master I

in the 93kg Division

competed on 28 April 2018 in the

World Equipped Bench Press Championships 2018

215kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

150kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Senior

in the 52kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

150kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

75kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Senior

in the 52kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

75kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

135kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

360kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Senior

in the 52kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

360kg Total

Harrie Smith

President





South African Womens Bench Press Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

75kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Rouxchelle Roux

Junior

in the 52kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

137,5kg Deadlift

Harrie Smith

President





South African Mens Bench Press Record

Ruben Snyman

Sub-Junior

in the 105kg Division

competed on 28 April 2018 in the

World Equipped Bench Press Championships 2018

165kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Sasha Payne

Junior

in the 63kg Division

competed on 08 September 2018 in the

World SubJunior and Junior Equipped Powerlifting Championships 2018

145kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Vicki Botha

Senior

in the 57kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

165kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Vicki Botha

Master I

in the 57kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

165kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Vicki Botha

Senior

in the 57kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

175kg Deadlift

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Vicki Botha

Master I

in the 57kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

175kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Vicki Botha

Senior

in the 57kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

410kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Vicki Botha

Master I

in the 57kg Division

competed on 30 June 2018 in the

South African Equipped Powerlifting Championships 2018

410kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Vicki Botha

Master I

in the 57kg Division

**competed on 20 October 2018 in the
African Powerlifting Championships 2018**

80kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Vicki Botha

Master I

in the 57kg Division

**competed on 20 October 2018 in the
African Powerlifting Championships 2018**

80kg Bench Press

Harrie Smith

President

