



South African Womens Unequipped Powerlifting Record

Antoinette Abrahams

Master II

in the 57kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

105kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Abrahams

Master II

in the 57kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

270kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Antoinette Abrahams

Master II

in the 57kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

128kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Boitumelo Monaheng

Junior

in the 53kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

145kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Brandon Samuels

Junior

in the 66kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

250kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Brandon Samuels

Senior

in the 66kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

250kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Brandon Samuels

Junior

in the 66kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

252,5kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Brandon Samuels

Junior

in the 66kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

252,5kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Brandon Samuels

Senior

in the 66kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

550kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Brandon Samuels

Senior

in the 66kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

550kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Brandon Samuels

Junior

in the 74kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

260kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Brandon Samuels

Junior

in the 74kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

570kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Sub-Junior

in the 57kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

112,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Sub-Junior

in the 57kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

60kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Sub-Junior

in the 57kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

290kg Total

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Caitlin Poxon

Sub-Junior

in the 57kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

60kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Junior

in the 63kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

132,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Caitlin Poxon

Junior

in the 63kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

70,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Carol Anthony

Master II

in the 52kg Division

competed on 17 June 2018 in the

2018 World Classic Powerlifting Championships

82,5kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Chris Forget

Master I

in the 83kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

247,5kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

247kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

261,5kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Christo Schoonraad

Master II

in the 105kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

638,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Ciara Morley

Sub-Junior

in the 72kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

137,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Ciara Morley

Sub-Junior

in the 72kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

335kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Cliff Mudge

Master II

in the 120kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

203kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Colin Young

Master II

in the 105kg Division

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

162kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Colin Young

Master III

in the 105kg Division

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

166kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Colin Young

Master III

in the 105kg Division

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

220kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Colin Young

Master III

in the 105kg Division

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

546kg Total

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Colin Young

Master II

in the 105kg Division

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

166kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Colin Young

Master III

in the 105kg Division

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

166kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Colin Young

Master I

in the 105kg Division

competed on 23 February 2019 in the

2019 South African Classic Bench Press Championships

180kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Colin Young

Master II

in the 105kg Division

competed on 23 February 2019 in the

2019 South African Classic Bench Press Championships

180kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Colin Young

Master III

in the 105kg Division

competed on 23 February 2019 in the

2019 South African Classic Bench Press Championships

180kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Colin Young

Master II

in the 105kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

167kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Colin Young

Master III

in the 105kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

167kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Corien Potgieter

Master II

in the 72kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

135kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Corien Potgieter

Master II

in the 72kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

83,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Corien Potgieter

Master II

in the 72kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

373,5kg Total

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Corien Potgieter

Master II

in the 72kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

83,5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Denis Bensch

Master II

in the 120kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

210kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Denis Bensch

Master II

in the 120kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

215kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Donald Julius

Master II

in the 93kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

130kg Bench Press

Harrie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Ebrahim Mobara

Master II

in the 93kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

202kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Ebrahim Mobara

Master II

in the 93kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

232.5kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Ebrahim Mobara

Master II

in the 93kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

549.5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Erin Collins

Sub-Junior

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

65,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Erin Collins

Sub-Junior

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

156kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Erin Collins

Sub-Junior

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

346,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Erin Collins

Junior

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

346,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Erin Collins

Sub-Junior

in the 72kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

67,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Erin Collins

Sub-Junior

in the 72kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

165kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Erin Collins

Sub-Junior

in the 72kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

365kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Erin Collins

Junior

in the 72kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

165kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Erin Collins

Junior

in the 72kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

365kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Erin Collins

Junior

in the 72kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

68kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master II

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

105,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master II

in the 84kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

115kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master II

in the 84kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

65kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master II

in the 84kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

140kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master II

in the 84kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

320kg Total

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Fiona Hickman

Master II

in the 84kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

65kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master II

in the 84kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

120,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master II

in the 84kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

68kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master II

in the 84kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

150kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master II

in the 84kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

338,5kg Total

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Fiona Hickman

Master II

in the 84kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

68kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Francois Maritz

Senior

in the 120kg Division

competed on 22 September 2019 in the

Arnold Classic Europe Classic Powerlifting Grand Prix 2019

330kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Gerhardus Oosthuizen

Master II

in the 120kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

198,5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Gerhardus Oosthuizen

Master II

in the 120kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

253kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Henk de Wet

Master I

in the 93kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

228kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Henk de Wet

Master I

in the 93kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

630,5kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

235kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

155kg Bench Press

Hamie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

245,5kg Deadlift

Harrie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

635,5kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

240kg Squat

Harrie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

180kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

270kg Deadlift

Hamie Smith

President





South African Mens Unequipped Powerlifting Record

Hercules van der Berg

Master II

in the 120+kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

690kg Total

Harrie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Ian Hacker

Master II

in the 74kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

187,5kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Ian Hacker

Master II

in the 74kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

492,5kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Jade Blake

Senior

in the 93kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

710kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Jade Blake

Senior

in the 93kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

270,5kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Jade Blake

Senior

in the 93kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

730,5kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Jean-Arthur Pretorius

Senior

in the 83kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

288kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Jean-Arthur Pretorius

Senior

in the 83kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

665,5kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Jean-Arthur Pretorius

Senior

in the 83kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

290kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Jean-Arthur Pretorius

Senior

in the 83kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

677,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Jelhandri Rautenbach

Sub-Junior

in the 84+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

135kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Jelhandri Rautenbach

Sub-Junior

in the 84+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

90kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Jelhandri Rautenbach

Sub-Junior

in the 84+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

165kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Jelhandri Rautenbach

Sub-Junior

in the 84+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

390kg Total

Harrie Smith

President



Affiliated to



South African Womens Unequipped Powerlifting Record

Jelhandri Rautenbach

Junior

in the 84+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

90kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Jelhandri Rautenbach

Sub-Junior

in the 84+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

90kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Jelhandri Rautenbach

Junior

in the 84+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

90kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Joan Swart

Master II

in the 57kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

53kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Joan Swart

Master II

in the 57kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

53kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Kyle Noonan

Senior

in the 120+kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

340kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Kyle Noonan

Senior

in the 120+kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

825,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

62,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

143kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

305,5kg Total

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Lana Kleynhans

Master II

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

62,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 72kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

145kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 72kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

72,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 72kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

156kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 72kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

331kg Total

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Lana Kleynhans

Master II

in the 72kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

72,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lana Kleynhans

Master II

in the 72kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

165kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Laura de Wet

Master I

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

148,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lauren Norton

Senior

in the 84+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

1 10,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Lauren Norton

Senior

in the 84+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

1 10,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lauren Norton

Senior

in the 84+kg Division

competed on 17 May 2019 in the

Arnold Classic Africa 2019

115kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Lauren Norton

Senior

in the 84+kg Division

competed on 17 May 2019 in the

Arnold Classic Africa 2019

115kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lezaan Jordaan

Junior

in the 84kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

165kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lezaan Jordaan

Junior

in the 84kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

202,5kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lezaan Jordaan

Senior

in the 84kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

202,5kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lezaan Jordaan

Junior

in the 84kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

442,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lezaan Jordaan

Senior

in the 84kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

447,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lianka Wurth

Sub-Junior

in the 63kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

127kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Lianka Wurth

Sub-Junior

in the 63kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

130kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Mariaan Conry

Senior

in the 84kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

100kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Marion Tanzer

Master II

in the 72kg Division

competed on 17 June 2018 in the

2018 World Classic Powerlifting Championships

282,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Mariska Casey

Senior

in the 47kg Division

competed on 17 June 2018 in the

2018 World Classic Powerlifting Championships

142,5kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Mariska Casey

Master I

in the 47kg Division

competed on 17 June 2018 in the

2018 World Classic Powerlifting Championships

142,5kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

200kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

145kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

213kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

558kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

207,5kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

152,5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

215kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

575kg Total

Harrie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Marlon Daniels

Senior

in the 74kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

152,5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Marlon Daniels

Master I

in the 74kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

152,5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Senior

in the 74kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

153kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

210kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

153kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

220kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Marlon Daniels

Master I

in the 74kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

583kg Total

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Marlon Daniels

Master I

in the 74kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

153kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Martin van der Merwe

Sub-Junior

in the 120+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

170kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Martin van der Merwe

Sub-Junior

in the 120+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

615kg Total

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Martin van der Merwe

Sub-Junior

in the 120+kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

170kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Martin van der Merwe

Sub-Junior

in the 120+kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

225kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Mathys Herbst

Senior

in the 120+kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

318kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Mathys Herbst

Senior

in the 120+kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

836kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

318kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

318kg Deadlift

Harrie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Mathys Herbst

Master I

in the 120+kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

836kg Total

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Mbasa Qilingele

Sub-Junior

in the 72kg Division

competed on 19 May 2018 in the

World Classic Bench Press Championships 2018

70kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Mbasa Qilingele

Sub-Junior

in the 72kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

72,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Megan Leighton

Junior

in the 63kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

69kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Megan Leighton

Junior

in the 63kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

160kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Megan Leighton

Junior

in the 63kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

355,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Megan Leighton

Junior

in the 57kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

152,5kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Michelle Tromp

Senior

in the 63kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

150kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Michelle Tromp

Senior

in the 63kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

85kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Michelle Tromp

Senior

in the 63kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

168kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Michelle Tromp

Senior

in the 63kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

403kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 52kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

108kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 52kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

42kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 52kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

118kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 52kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

268kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Junior

in the 52kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

108kg Squat

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Mijuane de Wet

Sub-Junior

in the 52kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

42kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 57kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

113kg Squat

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Moses Tsimane

Master I

in the 66kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

105kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Naiema Noordien

Senior

in the 84kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

170,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Naiema Noordien

Senior

in the 84kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

90,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Naiema Noordien

Senior

in the 84kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

173kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Senior

in the 72kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

157,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Senior

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

160kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Senior

in the 72kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

86,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Senior

in the 72kg Division

competed on 17 May 2019 in the

Arnold Classic Africa 2019

162,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Senior

in the 72kg Division

competed on 17 May 2019 in the

Arnold Classic Africa 2019

87kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Senior

in the 72kg Division

competed on 17 May 2019 in the

Arnold Classic Africa 2019

419,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Senior

in the 72kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

165kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Senior

in the 72kg Division

competed on 22 September 2019 in the

Arnold Classic Europe Classic Powerlifting Grand Prix 2019

420kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Olivia Perotti

Senior

in the 72kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

167,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Patricia Harding

Junior

in the 47kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

108kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Patricia Harding

Junior

in the 47kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

215,5kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Patrick Banda

Master II

in the 83kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

226kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Patrick Banda

Master II

in the 83kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

226kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Patrick Banda

Master II

in the 83kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

226kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Patrick Banda

Master II

in the 83kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

226kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Patrick Banda

Master II

in the 83kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

226kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Patrick Banda

Master II

in the 83kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

226kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Penelope Rimmer

Master II

in the 84kg Division

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

105kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Penelope Rimmer

Master II

in the 84kg Division

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

125kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Penelope Rimmer

Master II

in the 84kg Division

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

277,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Pia Marangoni

Master I

in the 84kg Division

competed on 17 June 2018 in the

2018 World Classic Powerlifting Championships

142,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Pia Marangoni

Master I

in the 84kg Division

competed on 17 June 2018 in the

2018 World Classic Powerlifting Championships

347,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Pia Marangoni

Master I

in the 84kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

145kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Pia Marangoni

Master I

in the 84kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

160kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Pia Marangoni

Master I

in the 84kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

367,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Pia Marangoni

Master I

in the 84kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

162,5kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Pia Marangoni

Master I

in the 84kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

370kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Pia Marangoni

Master I

in the 84kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

165kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Ronel Reyneke

Master II

in the 63kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

110kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Ronel Reyneke

Master II

in the 63kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

62,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Ronel Reyneke

Master II

in the 63kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

292,5kg Total

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Ronel Reyneke

Master II

in the 63kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

62,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Ronel Reyneke

Master II

in the 63kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

65kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Ronel Reyneke

Master II

in the 63kg Division

competed on 06 October 2019 in the

African Powerlifting and Bench Press Championships 2019

65kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Ronel Reyneke

Master II

in the 63kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

65,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Ronel Reyneke

Master II

in the 63kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

65,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Sasha Payne

Junior

in the 63kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

127,5kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Sasha Payne

Junior

in the 63kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

68,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Sasha Payne

Junior

in the 63kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

150,5kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Sasha Payne

Junior

in the 63kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

346,5kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Sean Manders

Master I

in the 93kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

235kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Sean Manders

Master I

in the 93kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

255kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Sean Manders

Master I

in the 93kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

157,5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Sean Manders

Master I

in the 93kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

662,5kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Simon Breetzke

Master I

in the 120kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

237,5kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Stanley Lameyer

Master III

in the 83kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

195kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Stanley Lameyer

Master III

in the 83kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

200kg Deadlift

Harrie Smith

President



Affiliated to



South African Mens Unequipped Powerlifting Record

Stanley Lameyer

Master III

in the 83kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

495kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Stanley Lameyer

Master III

in the 83kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

210kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Stanley Lameyer

Master III

in the 83kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

230kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Stanley Lameyer

Master III

in the 83kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

540kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Susan Farrell

Master II

in the 63kg Division

competed on 17 June 2018 in the

2018 World Classic Powerlifting Championships

132,5kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Susan Farrell

Master III

in the 63kg Division

competed on 17 June 2018 in the

2018 World Classic Powerlifting Championships

132,5kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Susan Farrell

Master II

in the 63kg Division

competed on 17 June 2018 in the

2018 World Classic Powerlifting Championships

272,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Susan Farrell

Master III

in the 63kg Division

competed on 17 June 2018 in the

2018 World Classic Powerlifting Championships

272,5kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Susan Farrell

Master III

in the 63kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

50kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Susan Farrell

Master III

in the 63kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

50kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Susan Farrell

Master III

in the 63kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

100kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Susan Farrell

Master III

in the 63kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

52,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Susan Farrell

Master III

in the 63kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

277,5kg Total

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Susan Farrell

Master III

in the 63kg Division

competed on 15 June 2019 in the

World Classic Powerlifting Championships 2019

52,5kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Tanya van Lill

Master I

in the 63kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

132,5kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

120kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

120.5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 18 May 2019 in the

Arnold Classic Africa 2019

127,5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

130kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Yunus Hassen

Master III

in the 74kg Division

competed on 20 May 2018 in the

Arnold Classic Africa Powerlifting and Bench Press

205kgkg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Yunus Hassen

Master III

in the 74kg Division

competed on 30 March 2019 in the

2019 South African Classic Powerlifting Championships

210kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Zanele Ngwenya

Master I

in the 63kg Division

competed on 01 January 2020 in the

SA Classic Powerlifting Championships 2020

133kg Squat

Harrie Smith

President

