



South African Womens Classic Powerlifting Record

Alexandra Mundell

Open

in the 57kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

170,5kg Deadlift

Hannie Smith

President





South African Mens Classic Powerlifting Record

Caneous Mdluli

Junior

in the 66kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

135kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Classic Powerlifting Record

Caneous Mdluli

Junior

in the 66kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

135kg Bench Press

Hannie Smith

President





South African Womens Classic Powerlifting Record

Christina Kyriocos

Junior

in the 47kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

85kg Squat

Hannie Smith

President





South African Womens Classic Powerlifting Record

Christina Kyriocos

Junior

in the 47kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

42,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Christina Kyriocos

Junior

in the 47kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

113kg Deadlift

Hannie Smith

President





South African Womens Classic Powerlifting Record

Christina Kyriocos

Junior

in the 47kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

240,5kg Total

Hannie Smith

President





South African Womens Classic Powerlifting Record

Christina Kyriocos

Junior

in the 47kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

42,5kg Bench Press

Hannie Smith

President





South African Mens Classic Powerlifting Record

Christo Schoonraad

Master III

in the 105kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

245kg Squat

Hannie Smith

President





South African Mens Classic Powerlifting Record

Christo Schoonraad

Master III

in the 105kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

250kg Deadlift

Hannie Smith

President





South African Mens Classic Powerlifting Record

Christo Schoonraad

Master III

in the 105kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

610kg Total

Hannie Smith

President





South African Mens Classic Powerlifting Record

Daniel Sowray

Sub-Junior

in the 59kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

200kg Deadlift

Hannie Smith

President





South African Mens Classic Powerlifting Record

Daniel Sowray

Sub-Junior

in the 59kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

420kg Total

Hannie Smith

President





South African Womens Classic Powerlifting Record

Daniella da Silva

Open

in the 63kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

180kg Deadlift

Hannie Smith

President





South African Womens Classic Powerlifting Record

Danielle Waldeck

Open

in the 84+kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

191kg Squat

Hannie Smith

President





South African Womens Classic Powerlifting Record

Elisabeth Barry

Master II

in the 47kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

80kg Squat

Hannie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Elisabeth Barry

Master II

in the 47kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

35kg Bench Press

Hannie Smith

President





South African Womens Classic Powerlifting Record

Elisabeth Barry

Master II

in the 47kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

115kg Deadlift

Hannie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Elisabeth Barry

Master II

in the 47kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

230kg Total

Hannie Smith

President





South African Womens Classic Powerlifting Record

Farzana Botha

Open

in the 52kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

160,5kg Deadlift

Hannie Smith

President



Affiliated to



South African Mens Classic Powerlifting Record

Geordie Goliath

Open

in the 59kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

215kg Deadlift

Hannie Smith

President





South African Mens Classic Powerlifting Record

Geordie Goliath

Open

in the 59kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

490kg Total

Hannie Smith

President



Affiliated to



South African Mens Classic Powerlifting Record

Ian Hacker

Master II

in the 74kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

210,5kg Deadlift

Hannie Smith

President





South African Mens Classic Powerlifting Record

Justin Furman

Junior

in the 120+kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

270,5kg Squat

Hannie Smith

President





South African Mens Classic Powerlifting Record

Justin Furman

Junior

in the 120+kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

693kg Total

Hannie Smith

President





South African Womens Classic Powerlifting Record

Karin du Plessis

Junior

in the 84+kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

156kg Squat

Hannie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Laura de Wet

Open

in the 69kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

147,5kg Squat

Hannie Smith

President





South African Womens Classic Powerlifting Record

Laura de Wet

Open

in the 69kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

182,5kg Deadlift

Hannie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Laura de Wet

Open

in the 69kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

400kg Total

Hannie Smith

President





South African Womens Classic Powerlifting Record

Laura de Wet

Master I

in the 69kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

147,5kg Squat

Hannie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Laura de Wet

Master I

in the 69kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

182,5kg Deadlift

Hannie Smith

President





South African Womens Classic Powerlifting Record

Laura de Wet

Master I

in the 69kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

400kg Total

Hannie Smith

President





South African Womens Classic Powerlifting Record

Marina van der Linde

Master I

in the 84kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

147,5kg Squat

Hannie Smith

President





South African Womens Classic Powerlifting Record

Marina van der Linde

Master I

in the 84kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

90kg Bench Press

Hannie Smith

President





South African Womens Classic Powerlifting Record

Marina van der Linde

Master I

in the 84kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

185kg Deadlift

Hannie Smith

President





South African Womens Classic Powerlifting Record

Marina van der Linde

Master I

in the 84kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

422,5kg Total

Hannie Smith

President





South African Womens Classic Powerlifting Record

Megan Stringer

Sub-Junior

in the 57kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

115kg Squat

Hannie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

155kg Squat

Hannie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

70kg Bench Press

Hannie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

170kg Deadlift

Hannie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

395kg Total

Hannie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

155kg Squat

Hannie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

170kg Deadlift

Hannie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

395kg Total

Hannie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Mijuane de Wet

Open

in the 63kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

155kg Squat

Hannie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

70kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Classic Powerlifting Record

Newton Mudau

Master I

in the 120kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

270,5kg Squat

Hannie Smith

President





South African Womens Classic Powerlifting Record

Nicole Coopoosamy

Open

in the 76kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

165kg Squat

Hannie Smith

President





South African Womens Classic Powerlifting Record

Nicole Cooposamy

Open

in the 76kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

210kg Deadlift

Hannie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Nicole Cooposamy

Open

in the 76kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

462,5kg Total

Hannie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Olivia Perotti

Open

in the 84kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

185kg Squat

Hannie Smith

President





South African Womens Classic Powerlifting Record

Olivia Perotti

Open

in the 84kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

452,5kg Total

Hannie Smith

President





South African Womens Classic Powerlifting Record

Olivia White

Junior

in the 76kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

92,5kg Bench Press

Hannie Smith

President





South African Womens Classic Powerlifting Record

Olivia White

Junior

in the 76kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

420kg Total

Hannie Smith

President





South African Womens Classic Powerlifting Record

Olivia White

Junior

in the 76kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

92,5kg Bench Press

Hannie Smith

President





South African Womens Classic Powerlifting Record

Pearl Bucwa

Sub-Junior

in the 47kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

207,5kg Total

Hannie Smith

President





South African Mens Classic Powerlifting Record

Richard Steenekamp

Sub-Junior

in the 105kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

133kg Bench Press

Hannie Smith

President





South African Womens Classic Powerlifting Record

Roechelle van der Merwe

Sub-Junior

in the 76kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

67,5kg Bench Press

Hannie Smith

President





South African Mens Classic Powerlifting Record

Scott Pornss

Junior

in the 74kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

270,5kg Deadlift

Hannie Smith

President





South African Womens Classic Powerlifting Record

Sonam Singh

Sub-Junior

in the 76kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

180kg Deadlift

Hannie Smith

President





South African Womens Classic Powerlifting Record

Sonam Singh

Sub-Junior

in the 76kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

362,5kg Total

Hannie Smith

President





South African Womens Classic Powerlifting Record

Sonam Singh

Junior

in the 76kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

180kg Deadlift

Hannie Smith

President





South African Mens Classic Powerlifting Record

Stefan Schroder

Open

in the 120+kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

225kg Bench Press

Hannie Smith

President





South African Mens Classic Powerlifting Record

Stefan Schroder

Open

in the 120+kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

225kg Bench Press

Hannie Smith

President





South African Mens Classic Powerlifting Record

Steve Ogunfemi

Master II

in the 83kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

230kg Squat

Hannie Smith

President





South African Mens Classic Powerlifting Record

Steve Ogunfemi

Master II

in the 83kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

270kg Deadlift

Hannie Smith

President



Affiliated to



South African Mens Classic Powerlifting Record

Steve Ogunfemi

Master II

in the 83kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

602,5kg Total

Hannie Smith

President





South African Mens Classic Powerlifting Record

Steve Ogunfemi

Master I

in the 83kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

270kg Deadlift

Hannie Smith

President





South African Mens Classic Powerlifting Record

Steven Coleman

Master I

in the 66kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

120,5kg Bench Press

Hannie Smith

President





South African Mens Classic Powerlifting Record

Steven Coleman

Master I

in the 66kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

120,5kg Bench Press

Hannie Smith

President





South African Mens Classic Powerlifting Record

Suvar Maharaj

Junior

in the 74kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

242kg Squat

Hannie Smith

President





South African Mens Classic Powerlifting Record

Suvar Maharaj

Junior

in the 74kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

147,5kg Bench Press

Hannie Smith

President





South African Mens Classic Powerlifting Record

Suvar Maharaj

Junior

in the 74kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

649kg Total

Hannie Smith

President





South African Mens Classic Powerlifting Record

Tom Wewege

Open

in the 105kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

205,5kg Bench Press

Hannie Smith

President





South African Mens Classic Powerlifting Record

Tom Wewege

Open

in the 105kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

788kg Total

Hannie Smith

President





South African Mens Classic Powerlifting Record

Tom Wewege

Open

in the 105kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

205,5kg Bench Press

Hannie Smith

President





South African Mens Classic Powerlifting Record

Tommie de Nysschen

Master III

in the 74kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

140kg Squat

Hannie Smith

President





South African Mens Classic Powerlifting Record

Tommie de Nysschen

Master III

in the 74kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

132,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Mens Classic Powerlifting Record

Tommie de Nysschen

Master III

in the 74kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

425kg Total

Hannie Smith

President





South African Mens Classic Powerlifting Record

Tommie de Nysschen

Master II

in the 74kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

132,5kg Bench Press

Hannie Smith

President

