



South African Womens Powerlifting Record

Alexa Pentopolous

Senior

in the 52kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

160kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Alexa Pentopoulos

Senior

in the 52kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

75,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Alexa Pentopoulos

Senior

in the 52kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

145,5kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Alexa Pentopoulos

Senior

in the 52kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

361kg Total

Harrie Smith

President



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South African Womens Powerlifting Record

Alexa Pentopoulos

Senior

in the 52kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

85kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Alexa Pentopoulos

Senior

in the 52kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

150kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Alexa Pentopoulos

Senior

in the 52kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

395kg Total

Harrie Smith

President



Affiliated to



South African Womens Bench Press Record

Alexa Pentopoulos

Senior

in the 52kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

85kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Anika Maree

Sub-Junior

in the 76kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

140kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Anika Maree

Sub-Junior

in the 76kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

72,5kg Bench Press

Hamie Smith

President



Affiliated to



South African Womens Powerlifting Record

Anika Maree

Sub-Junior

in the 76kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

347,5kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Anika Maree

Sub-Junior

in the 76kg Division

competed on 03 September 2023 in the

World Subjunior and Junior Equipped Powerlifting Championships 2023

145kg Squat

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Anika Maree

Sub-Junior

in the 76kg Division

competed on 03 September 2023 in the

World Subjunior and Junior Equipped Powerlifting Championships 2023

352,5kg Total

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Anika Maree

Sub-Junior

in the 76kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

77,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Anika Maree

Junior

in the 76kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

77,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

80kg Bench Press

Hamie Smith

President



Affiliated to



South African Womens Powerlifting Record

Chante Mulder

Junior

in the 69kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

80kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

80kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 03 September 2023 in the

World Subjunior and Junior Equipped Powerlifting Championships 2023

85kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 03 September 2023 in the

World Subjunior and Junior Equipped Powerlifting Championships 2023

85kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 03 September 2023 in the

World Subjunior and Junior Equipped Powerlifting Championships 2023

350kg Total

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Chante Mulder

Junior

in the 69kg Division

competed on 03 September 2023 in the

World Subjunior and Junior Equipped Powerlifting Championships 2023

85kg Bench Press

Harrie Smith

President



Affiliated to



South African Womens Bench Press Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 02 March 2024 in the

South African Equipped Bench Press Championships 2024

87,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

140kg Squat

Hamie Smith

President



Affiliated to



South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

90kg Bench Press

Hamie Smith

President



Affiliated to



South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

140kg Deadlift

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

370kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Junior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

140kg Squat

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Junior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

90kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Junior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

370kg Total

Harrie Smith

President





South African Womens Bench Press Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

90kg Bench Press

Harrie Smith

President



Affiliated to



South African Womens Bench Press Record

Chante Mulder

Junior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

90kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

145kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

92,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

92,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

92,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

92,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

92,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

142,5kg Deadlift

Hamie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

380kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

145kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

92,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

380kg Total

Harrie Smith

President





South African Womens Bench Press Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

92,5kg Bench Press

Hamie Smith

President





South African Womens Bench Press Record

Chante Mulder

Junior

in the 69kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

92,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chantelle du Toit

Senior

in the 76kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

176kg Squat

Hamie Smith

President





South African Womens Powerlifting Record

Chantelle du Toit

Senior

in the 76kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

111,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Chantelle du Toit

Senior

in the 76kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

455kg Total

Hamie Smith

President





South African Womens Bench Press Record

Chantelle du Toit

Senior

in the 76kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

111,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Christi Rees

Senior

in the 84+kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

210kg Squat

Harrie Smith

President



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South African Womens Powerlifting Record

Christi Rees

Senior

in the 84+kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

180kg Bench Press

Hamie Smith

President



Affiliated to



South African Womens Powerlifting Record

Christi Rees

Senior

in the 84+kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

555kg Total

Hamie Smith

President



Affiliated to



South African Mens Bench Press Record

Craig Masson

Master I

in the 120kg Division

competed on 02 March 2024 in the

South African Equipped Bench Press Championships 2024

226kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master II

in the 47kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

100kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master II

in the 47kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

45,5kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master II

in the 47kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

110kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Elisabeth Barry

Master II

in the 47kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

255,5kg Total

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Heather Leighton

Master II

in the 69kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

66kg Bench Press

Hamie Smith

President





South African Womens Bench Press Record

Heather Leighton

Master III

in the 69kg Division

competed on 02 March 2024 in the

South African Equipped Bench Press Championships 2024

69kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

95kg Squat

Hamie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

65kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

105,5kg Deadlift

Hamie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

265,5kg Total

Hamie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

190kg Squat

Hamie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

122,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

185,5kg Deadlift

Hamie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

498kg Total

Hamie Smith

President



Affiliated to



South African Womens Bench Press Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

122,5kg Bench Press

Hamie Smith

President





South African Mens Powerlifting Record

Jean-Pierre Blom

Sub-Junior

in the 93kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

235,5kg Squat

Harrie Smith

President





South African Mens Powerlifting Record

Jean-Pierre Blom

Sub-Junior

in the 93kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

575,5kg Total

Hamie Smith

President



Affiliated to



South African Mens Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

245kg Squat

Hamie Smith

President





South African Mens Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

272,5kg Deadlift

Hamie Smith

President



Affiliated to



South African Mens Powerlifting Record

Johnny Dam

Master II

in the 93kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

687,5kg Total

Hamie Smith

President



Affiliated to