



# *South African Womens Powerlifting Record*

**Laura de Wet**

Senior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**190kg Squat**

**Hamie Smith**

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President





## *South African Womens Powerlifting Record*

**Laura de Wet**

Senior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**187,5kg Deadlift**

**Hamie Smith**

---

President





## *South African Womens Powerlifting Record*

**Laura de Wet**

Senior

in the 69kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**468kg Total**

**Hamie Smith**

---

President



Affiliated to



# *South African Womens Powerlifting Record*

**Laura de Wet**

**Master I**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**190kg Squat**

**Hamie Smith**

---

President





# *South African Womens Powerlifting Record*

**Laura de Wet**

**Master I**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**90,5kg Bench Press**

**Hamie Smith**

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President



Affiliated to



## *South African Womens Powerlifting Record*

**Laura de Wet**

**Master I**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**187,5kg Deadlift**

**Hamie Smith**

---

President



Affiliated to



# *South African Womens Powerlifting Record*

**Laura de Wet**

**Master I**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**468kg Total**

**Hamie Smith**

---

President





# *South African Womens Powerlifting Record*

**Laura de Wet**

**Master I**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**468kg Total**

**Hamie Smith**

---

President







# *South African Womens Powerlifting Record*

**Laura de Wet**

**Master I**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**468kg Total**

**Hamie Smith**

---

President





# *South African Womens Powerlifting Record*

**Laura de Wet**

**Master II**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**190kg Squat**

**Hamie Smith**

---

President





## *South African Womens Powerlifting Record*

**Laura de Wet**

**Master II**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**90,5kg Bench Press**

**Hamie Smith**

---

President





## *South African Womens Powerlifting Record*

**Laura de Wet**

**Master II**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**187,5kg Deadlift**

**Hamie Smith**

---

President





## *South African Womens Powerlifting Record*

**Laura de Wet**

**Master II**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**468kg Total**

**Hamie Smith**

---

President





## *South African Womens Bench Press Record*

**Laura de Wet**

**Master I**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**90,5kg Bench Press**

**Hamie Smith**

---

President





## *South African Womens Bench Press Record*

**Laura de Wet**

**Master II**

**in the 69kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**90,5kg Bench Press**

**Hamie Smith**

---

President





# *South African Mens Powerlifting Record*

**Marcel Vorster**

Senior

in the 74kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**260kg Squat**

**Hamie Smith**

---

President



Affiliated to





# *South African Womens Powerlifting Record*

**Marieke van Linge**

**Master II**

**in the 63kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**120,5kg Squat**

**Harrie Smith**

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President





# *South African Womens Powerlifting Record*

**Marieke van Linge**

**Master II**

**in the 63kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**138kg Deadlift**

**Harrie Smith**

---

President



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# *South African Womens Powerlifting Record*

**Marieke van Linge**

**Master II**

**in the 63kg Division**

**competed on 13 July 2024 in the**

**Asia Pacific Africa Powerlifting and Bench Press Championships 2024**

**125kg Squat**

**Harrie Smith**

---

President





# *South African Womens Powerlifting Record*

**Marieke van Linge**

**Master II**

**in the 63kg Division**

**competed on 13 July 2024 in the**

**Asia Pacific Africa Powerlifting and Bench Press Championships 2024**

**140kg Deadlift**

**Harrie Smith**

---

President



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# *South African Womens Powerlifting Record*

**Mijuane de Wet**

**Sub-Junior**

**in the 63kg Division**

**competed on 22 July 2023 in the**

**SA Equipped Powerlifting Championships 2023**

**178kg Squat**

**Hamie Smith**

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President





## *South African Womens Powerlifting Record*

**Mijuane de Wet**

**Sub-Junior**

**in the 63kg Division**

**competed on 22 July 2023 in the**

**SA Equipped Powerlifting Championships 2023**

**94,5kg Bench Press**

**Hamie Smith**

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President



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## *South African Womens Powerlifting Record*

**Mijuane de Wet**

**Sub-Junior**

**in the 63kg Division**

**competed on 22 July 2023 in the**

**SA Equipped Powerlifting Championships 2023**

**175,5kg Deadlift**

**Hamie Smith**

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President





## *South African Womens Powerlifting Record*

**Mijuane de Wet**

**Sub-Junior**

**in the 63kg Division**

**competed on 22 July 2023 in the**

**SA Equipped Powerlifting Championships 2023**

**448kg Total**

**Hamie Smith**

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President







# *South African Womens Powerlifting Record*

**Mijuane de Wet**

Junior

in the 63kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

**178kg Squat**

**Hamie Smith**

---

President





# *South African Womens Powerlifting Record*

**Mijuane de Wet**

Junior

in the 63kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

**94,5kg Bench Press**

**Hamie Smith**

---

President





# *South African Womens Powerlifting Record*

**Mijuane de Wet**

Junior

in the 63kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

**175,5kg Deadlift**

**Hamie Smith**

---

President



Affiliated to



# *South African Womens Powerlifting Record*

**Mijuane de Wet**

Junior

in the 63kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

**448kg Total**

**Hamie Smith**

---

President





# *South African Womens Powerlifting Record*

**Mijuane de Wet**

Senior

in the 63kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

**178kg Squat**

**Hamie Smith**

---

President





## *South African Womens Powerlifting Record*

**Mijuane de Wet**

Senior

in the 63kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

**175,5kg Deadlift**

**Hamie Smith**

---

President





# *South African Womens Powerlifting Record*

**Mijuane de Wet**

Senior

in the 63kg Division

competed on 22 July 2023 in the

SA Equipped Powerlifting Championships 2023

**448kg Total**

**Harrie Smith**

---

President





## *South African Womens Bench Press Record*

**Mijuane de Wet**

**Sub-Junior**

**in the 63kg Division**

**competed on 22 July 2023 in the**

**SA Equipped Powerlifting Championships 2023**

**94,5kg Bench Press**

**Hamie Smith**

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President







# *South African Womens Powerlifting Record*

**Mijuane de Wet**

**Sub-Junior**

**in the 63kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**200kg Squat**

**Harrie Smith**

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President





# *South African Womens Powerlifting Record*

**Mijuane de Wet**

**Sub-Junior**

**in the 63kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**100kg Bench Press**

**Hamie Smith**

---

President



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# *South African Womens Powerlifting Record*

**Mijuane de Wet**

**Sub-Junior**

**in the 63kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**470kg Total**

**Hamie Smith**

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President





# *South African Womens Powerlifting Record*

**Mijuane de Wet**

Junior

in the 63kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**200kg Squat**

**Hamie Smith**

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President





# *South African Womens Powerlifting Record*

**Mijuane de Wet**

Junior

in the 63kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**100kg Bench Press**

**Hamie Smith**

---

President



Affiliated to



# *South African Womens Powerlifting Record*

**Mijuane de Wet**

Junior

in the 63kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**470kg Total**

**Harrie Smith**

---

President



Affiliated to



# *South African Womens Powerlifting Record*

**Mijuane de Wet**

Senior

in the 63kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**200kg Squat**

**Hamie Smith**

---

President





# *South African Womens Powerlifting Record*

**Mijuane de Wet**

Senior

in the 63kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**470kg Total**

**Hamie Smith**

---

President



Affiliated to





# *South African Womens Bench Press Record*

**Mijuane de Wet**

**Sub-Junior**

**in the 63kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**100kg Bench Press**

**Harrie Smith**

---

President





## *South African Womens Powerlifting Record*

**Nicole Hassell**

Junior

in the 57kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**147,5kg Squat**

**Harrie Smith**

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President





# *South African Womens Powerlifting Record*

**Nicole Hassell**

Junior

in the 57kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**158kg Deadlift**

**Hamie Smith**

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President





# *South African Womens Powerlifting Record*

**Nicole Hassell**

Junior

in the 57kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**388kg Total**

**Hamie Smith**

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President





## *South African Mens Bench Press Record*

**Simon Breetzke**

Senior

in the 120+kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

**282,5kg Bench Press**

**Harrie Smith**

---

President





## ***South African Mens Bench Press Record***

**Simon Breetzke**

**Master I**

**in the 120+kg Division**

**competed on 13 July 2024 in the**

**Asia Pacific Africa Powerlifting and Bench Press Championships 2024**

**282,5kg Bench Press**

**Harrie Smith**

---

President





## *South African Mens Powerlifting Record*

**Tommie de Nysschen**

**Master II**

**in the 74kg Division**

**competed on 22 July 2023 in the**

**SA Equipped Powerlifting Championships 2023**

**150kg Bench Press**

**Hamie Smith**

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President





# *South African Mens Powerlifting Record*

**Tommie de Nysschen**

**Master III**

**in the 74kg Division**

**competed on 22 July 2023 in the**

**SA Equipped Powerlifting Championships 2023**

**150kg Bench Press**

**Hamie Smith**

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President







## *South African Mens Bench Press Record*

**Tommie de Nysschen**

**Master II**

**in the 74kg Division**

**competed on 22 July 2023 in the**

**SA Equipped Powerlifting Championships 2023**

**150kg Bench Press**

**Hamie Smith**

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President





## *South African Mens Bench Press Record*

**Tommie de Nysschen**

**Master III**

**in the 74kg Division**

**competed on 22 July 2023 in the**

**SA Equipped Powerlifting Championships 2023**

**150kg Bench Press**

**Hamie Smith**

---

President



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## *South African Mens Powerlifting Record*

**Tommie de Nysschen**

Master I

in the 83kg Division

competed on 27 April 2024 in the

South African Equipped Powerlifting Championships 2024

**165,5kg Bench Press**

**Hamie Smith**

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President





## *South African Mens Powerlifting Record*

**Tommie de Nysschen**

**Master II**

**in the 83kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**165,5kg Bench Press**

**Hamie Smith**

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President





## *South African Mens Powerlifting Record*

**Tommie de Nysschen**

**Master III**

**in the 83kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**165,5kg Bench Press**

**Hamie Smith**

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President





## *South African Mens Bench Press Record*

**Tommie de Nysschen**

**Master II**

**in the 83kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**165,5kg Bench Press**

**Hamie Smith**

---

President



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## *South African Mens Bench Press Record*

**Tommie de Nysschen**

**Master III**

**in the 83kg Division**

**competed on 27 April 2024 in the**

**South African Equipped Powerlifting Championships 2024**

**165,5kg Bench Press**

**Hamie Smith**

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President





## *South African Mens Powerlifting Record*

**Tommie de Nysschen**

**Master I**

**in the 83kg Division**

**competed on 13 July 2024 in the**

**Asia Pacific Africa Powerlifting and Bench Press Championships 2024**

**167,5kg Bench Press**

**Hamie Smith**

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President







## *South African Mens Powerlifting Record*

**Tommie de Nysschen**

Master II

in the 83kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

**167,5kg Bench Press**

**Hamie Smith**

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President





## *South African Mens Powerlifting Record*

**Tommie de Nysschen**

**Master III**

**in the 83kg Division**

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**Asia Pacific Africa Powerlifting and Bench Press Championships 2024**

**167,5kg Bench Press**

**Hamie Smith**

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President





## *South African Mens Bench Press Record*

**Tommie de Nysschen**

**Master II**

**in the 83kg Division**

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**Asia Pacific Africa Powerlifting and Bench Press Championships 2024**

**167,5kg Bench Press**

**Hamie Smith**

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President



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## *South African Mens Bench Press Record*

**Tommie de Nysschen**

**Master III**

**in the 83kg Division**

**competed on 13 July 2024 in the**

**Asia Pacific Africa Powerlifting and Bench Press Championships 2024**

**167,5kg Bench Press**

**Hamie Smith**

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President

