



South African Womens Powerlifting Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

147,5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Chante Mulder

Junior

in the 69kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

147,5kg Squat

Harrie Smith

President



Affiliated to



South African Womens Bench Press Record

Chante Mulder

Sub-Junior

in the 69kg Division

competed on 08 September 2024 in the

World Subjunior and Junior Equipped Powerlifting Championships 2024

95kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Chante Mulder

Junior

in the 69kg Division

competed on 08 September 2024 in the

World Subjunior and Junior Equipped Powerlifting Championships 2024

95kg Bench Press

Harrie Smith

President





South African Mens Bench Press Record

Craig Masson

Master I

in the 120kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Bench Press Championships 2024

230kg Bench Press

Harrie Smith

President



Affiliated to



South African Womens Bench Press Record

Heather Leighton

Master III

in the 69kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Bench Press Championships 2024

72,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 13 October 2024 in the

World Masters Equipped Powerlifting Championships 2024

67,5kg Bench Press

Hamie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 13 October 2024 in the

World Masters Equipped Powerlifting Championships 2024

107,5kg Deadlift

Hamie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 13 October 2024 in the

World Masters Equipped Powerlifting Championships 2024

267,5kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 13 October 2024 in the

World Masters Equipped Powerlifting Championships 2024

125kg Bench Press

Hamie Smith

President





South African Womens Bench Press Record

Jacqui Rees

Master I

in the 84+kg Division

competed on 13 October 2024 in the

World Masters Equipped Powerlifting Championships 2024

125kg Bench Press

Hamie Smith

President





South African Mens Powerlifting Record

Justin Furman

Junior

in the 120kg Division

competed on 08 September 2024 in the

World Subjunior and Junior Equipped Powerlifting Championships 2024

342,5kg Squat

Harrie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Senior

in the 69kg Division

competed on 13 October 2024 in the

World Masters Equipped Powerlifting Championships 2024

190kg Deadlift

Hamie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master I

in the 69kg Division

competed on 13 October 2024 in the

World Masters Equipped Powerlifting Championships 2024

190kg Deadlift

Hamie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master II

in the 69kg Division

competed on 13 October 2024 in the

World Masters Equipped Powerlifting Championships 2024

190kg Deadlift

Hamie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

108kg Bench Press

Hamie Smith

President



Affiliated to



South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

190kg Deadlift

Harrie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

488kg Total

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

108kg Bench Press

Hamie Smith

President



Affiliated to



South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

190kg Deadlift

Hamie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

488kg Total

Harrie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Senior

in the 63kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

190kg Deadlift

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Mijuane de Wet

Senior

in the 63kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

488kg Total

Harrie Smith

President



Affiliated to



South African Womens Bench Press Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

108kg Bench Press

Harrie Smith

President





South African Womens Bench Press Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Powerlifting Championships 2024

108kg Bench Press

Harrie Smith

President





South African Womens Powerlifting Record

Nicole Hasell

Junior

in the 57kg Division

competed on 08 September 2024 in the

World Subjunior and Junior Equipped Powerlifting Championships 2024

150kg Squat

Harrie Smith

President



Affiliated to



South African Womens Powerlifting Record

Nicole Hasell

Junior

in the 57kg Division

competed on 08 September 2024 in the

World Subjunior and Junior Equipped Powerlifting Championships 2024

150kg Deadlift

Hamie Smith

President





South African Womens Powerlifting Record

Nicole Hasell

Junior

in the 57kg Division

competed on 08 September 2024 in the

World Subjunior and Junior Equipped Powerlifting Championships 2024

400kg Total

Hamie Smith

President





South African Mens Bench Press Record

Simon Breetzke

Senior

in the 120+kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Bench Press Championships 2024

285kg Bench Press

Harrie Smith

President



Affiliated to



South African Mens Bench Press Record

Simon Breetzke

Master I

in the 120+kg Division

competed on 13 October 2024 in the

Commonwealth Equipped Bench Press Championships 2024

285kg Bench Press

Harrie Smith

President

