



# *South African Womens Classic Powerlifting Record*

**Antoinette Kriel**

Senior

in the 57kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**180kg Deadlift**

**Hamie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Antoinette Kriel**

**Master I**

**in the 57kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**180kg Deadlift**

**Hamie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Antoinette Kriel**

**Master II**

**in the 57kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**180kg Deadlift**

**Hamie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Antoinette Kriel**

Senior

in the 57kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**387,5kg Total**

**Harrie Smith**

President



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# *South African Womens Classic Powerlifting Record*

**Antoinette Kriel**

**Master I**

**in the 57kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**387,5kg Total**

**Hamie Smith**

---

President





# *South African Womens Classic Powerlifting Record*

**Antoinette Kriel**

**Master II**

**in the 57kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**387,5kg Total**

**Harrie Smith**

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President





## *South African Mens Classic Bench Press Record*

**Arne Botes**

**Sub-Junior**

**in the 105kg Division**

**competed on 02 March 2024 in the**

**South African Classic Bench Press Championships 2024**

**140,5kg Bench Press**

**Harrie Smith**

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President



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# *South African Womens Classic Powerlifting Record*

**Astrid Schwarz**

**Master I**

**in the 69kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**150kg Squat**

**Hamie Smith**

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President







# *South African Womens Classic Powerlifting Record*

**Buyisile Ngubane**

Master II

in the 84+kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**108kg Squat**

**Harrie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Buyisile Ngubane**  
Master II

in the 84+kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**140kg Deadlift**

**Harrie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Buyisile Ngubane**

Master II

in the 84+kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**300,5kg Total**

**Hamie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Buyisile Ngubane**

Master II

in the 84+kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

**115kg Squat**

**Harrie Smith**

---

President





# *South African Womens Classic Powerlifting Record*

**Buyisile Ngubane**

**Master II**

**in the 84+kg Division**

**competed on 13 July 2024 in the**

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

**150kg Deadlift**

**Harrie Smith**

---

President





# *South African Womens Classic Powerlifting Record*

**Buyisile Ngubane**

Master II

in the 84+kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

**320kg Total**

**Harrie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Charnleigh Kotzé**  
Junior

in the 69kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**150,5kg Squat**

**Harrie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Charnleigh Kotzé**

Senior

in the 69kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**150,5kg Squat**

**Harrie Smith**

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President







# *South African Womens Classic Powerlifting Record*

**Charnleigh Kotzé**  
Junior

in the 69kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**80kg Bench Press**

**Harrie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Charnleigh Kotzé**

Junior

in the 69kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**175kg Deadlift**

**Harrie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Charnleigh Kotzé**

Junior

in the 69kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**405,5kg Total**

**Harrie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Chevonne Roos**

Senior

in the 57kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**141kg Squat**

**Harrie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**Dan Oppenheim**

Master IV

in the 74kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**136kg Squat**

**Hamie Smith**

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President



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# *South African Womens Classic Powerlifting Record*

**Danielle Waldeck**

Senior

in the 84+kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**202,5kg Squat**

**Harrie Smith**

---

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# *South African Mens Classic Powerlifting Record*

**Denis Bensch**

**Master II**

**in the 120+kg Division**

**competed on 02 April 2023 in the**

**South African Classic Powerlifting Championships 2023**

**242,5kg Squat**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**Denis Bensch**

**Master II**

**in the 120+kg Division**

**competed on 02 April 2023 in the**

**South African Classic Powerlifting Championships 2023**

**617,5kg Total**

**Hamie Smith**

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President







# *South African Mens Classic Powerlifting Record*

**Denis Bensch**

**Master II**

**in the 120kg Division**

**competed on 13 July 2024 in the**

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

**242,5kg Squat**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**Deon Smedley**

**Master I**

**in the 93kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**255,5kg Squat**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**Deon Smedley**

**Master I**

**in the 93kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**668kg Total**

**Hamie Smith**

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President



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# *South African Mens Classic Powerlifting Record*

**Ebrahim Mobarra**

**Master III**

**in the 93kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**175kg Squat**

**Hamie Smith**

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President



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## *South African Mens Classic Powerlifting Record*

**Ebrahim Mobarra**

**Master III**

**in the 93kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**215kg Deadlift**

**Hamie Smith**

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# *South African Mens Classic Powerlifting Record*

**Ebrahim Mobarra**

**Master III**

**in the 93kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**490kg Total**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**Eduard Retief**

**Sub-Junior**

**in the 93kg Division**

**competed on 13 July 2024 in the**

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

**155kg Bench Press**

**Hamie Smith**

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# *South African Mens Classic Powerlifting Record*

**Eduard Retief**

**Sub-Junior**

**in the 93kg Division**

**competed on 13 July 2024 in the**

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

**265kg Deadlift**

**Hamie Smith**

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President







## *South African Mens Classic Bench Press Record*

**Eduard Retief**

**Sub-Junior**

**in the 93kg Division**

**competed on 13 July 2024 in the**

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

**155kg Bench Press**

**Hamie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Elisabeth Barry**

**Master II**

**in the 52kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**83kg Squat**

**Harrie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Elisabeth Barry**

**Master II**

**in the 52kg Division**

**competed on 13 July 2024 in the**

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

**85kg Squat**

**Harrie Smith**

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# *South African Mens Classic Powerlifting Record*

**Enrico Johnson**

**Master I**

**in the 66kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**170kg Squat**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**Enrico Johnson**

**Master I**

**in the 66kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**225kg Deadlift**

**Hamie Smith**

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President





## *South African Mens Classic Powerlifting Record*

**Enrico Johnson**

**Master I**

**in the 66kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**507,5kg Total**

**Hamie Smith**

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President



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# *South African Mens Classic Powerlifting Record*

**Ewan Boschoff**

**Sub-Junior**

**in the 83kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**222,5kg Squat**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**Geordie Goliath**

Senior

in the 59kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**190kg Squat**

**Hamie Smith**

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President



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# *South African Mens Classic Powerlifting Record*

**Geordie Goliath**

Senior

in the 59kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**215,5kg Deadlift**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**Geordie Goliath**

**Senior**

**in the 59kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**510,5kg Total**

**Hamie Smith**

---

President



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# *South African Womens Classic Powerlifting Record*

**Gila Smith**

**Sub-Junior**

**in the 69kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**75kg Bench Press**

**Harrie Smith**

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President





## *South African Womens Classic Bench Press Record*

**Gila Smith**

**Sub-Junior**

**in the 69kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**75kg Bench Press**

**Harrie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Giulia Muto**

Senior

in the 52kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**134kg Squat**

**Harrie Smith**

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President





# *South African Womens Classic Powerlifting Record*

**Grace Roberts**

**Sub-Junior**

**in the 52kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**55kg Bench Press**

**Hamie Smith**

---

President





# *South African Womens Classic Powerlifting Record*

**Grace Roberts**

**Sub-Junior**

**in the 52kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**277,5kg Total**

**Hamie Smith**

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President





# *South African Womens Classic Bench Press Record*

**Grace Roberts**

**Sub-Junior**

**in the 52kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**55kg Bench Press**

**Hamie Smith**

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President







# *South African Mens Classic Powerlifting Record*

**Ian Hacker**

**Master III**

**in the 74kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**185kg Squat**

**Hamie Smith**

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President





## *South African Mens Classic Powerlifting Record*

**Ian Hacker**

Master III

in the 74kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**492,5kg Total**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**Jaden Madhav**

**Sub-Junior**

**in the 66kg Division**

**competed on 13 July 2024 in the**

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

**170kg Squat**

**Hamie Smith**

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President





## *South African Mens Classic Bench Press Record*

**Jared Leask**

Senior

in the 120+kg Division

competed on 02 March 2024 in the

South African Classic Bench Press Championships 2024

**229kg Bench Press**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**John Crain**

**Master II**

**in the 120+kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**250kg Deadlift**

**Hamie Smith**

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# *South African Mens Classic Powerlifting Record*

**John Crain**

**Master II**

**in the 120+kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**640kg Total**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**John Evens**

Sub-Junior

in the 74kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**187kg Squat**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**John Evens**

Sub-Junior

in the 74kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

**223kg Deadlift**

**Hamie Smith**

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President



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## *South African Mens Classic Powerlifting Record*

**Johnny Dam**

**Master II**

**in the 105kg Division**

**competed on 02 April 2023 in the**

**South African Classic Powerlifting Championships 2023**

**642,5kg Total**

**Hamie Smith**

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President





# *South African Mens Classic Powerlifting Record*

**Johnny Dam**

**Master II**

**in the 93kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**232,5kg Squat**

**Hamie Smith**

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President





## *South African Mens Classic Powerlifting Record*

**Johnny Dam**

**Master II**

**in the 93kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**155kg Bench Press**

**Hamie Smith**

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# *South African Mens Classic Powerlifting Record*

**Johnny Dam**

**Master II**

**in the 93kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**260kg Deadlift**

**Hamie Smith**

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## *South African Mens Classic Powerlifting Record*

**Johnny Dam**

**Master II**

**in the 93kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**647,5kg Total**

**Hamie Smith**

---

President



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## *South African Mens Classic Bench Press Record*

**Johnny Dam**

**Master II**

**in the 93kg Division**

**competed on 07 April 2024 in the**

**South African Classic Powerlifting Championships 2024**

**155kg Bench Press**

**Hamie Smith**

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President



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