



South African Womens Classic Bench Press Record

Linda Rubin

Master III

in the 76kg Division

competed on 02 March 2024 in the

South African Classic Bench Press Championships 2024

40kg Bench Press

Harrie Smith

President





South African Womens Classic Powerlifting Record

Lisa Stander

Sub-Junior

in the 76kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

180,5kg Deadlift

Hamie Smith

President





South African Womens Classic Powerlifting Record

Lisa Stander

Junior

in the 76kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

180,5kg Deadlift

Hamie Smith

President





South African Womens Classic Powerlifting Record

Marina van der Linde

Master I

in the 84+kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

97,5kg Bench Press

Hamie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Marina van der Linde

Master I

in the 84+kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

180kg Squat

Harrie Smith

President





South African Womens Classic Powerlifting Record

Marina van der Linde

Master I

in the 84+kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

100kg Bench Press

Harrie Smith

President





South African Womens Classic Powerlifting Record

Marina van der Linde

Master I

in the 84+kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

205kg Deadlift

Harrie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Marina van der Linde

Master I

in the 84+kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

485kg Total

Hamie Smith

President





South African Womens Classic Bench Press Record

Marina van der Linde

Master I

in the 84+kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

100kg Bench Press

Harrie Smith

President





South African Mens Classic Powerlifting Record

Marlon Daniels

Senior

in the 83kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

255,5kg Squat

Hamie Smith

President



Affiliated to



South African Mens Classic Powerlifting Record

Marlon Daniels

Master I

in the 83kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

255,5kg Squat

Hamie Smith

President





South African Mens Classic Powerlifting Record

Marlon Daniels

Master I

in the 83kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

660,5kg Total

Hamie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Megan Faul

Senior

in the 84kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

198kg Squat

Harrie Smith

President





South African Womens Classic Powerlifting Record

Megan Faul

Senior

in the 84kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

110,5kg Bench Press

Harrie Smith

President





South African Womens Classic Powerlifting Record

Megan Faul

Senior

in the 84kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

508,5kg Total

Harrie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

156kg Squat

Hamie Smith

President



Affiliated to



South African Womens Classic Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

156kg Squat

Harrie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Senior

in the 63kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

156kg Squat

Harrie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

71,5kg Bench Press

Hamie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

71,5kg Bench Press

Hamie Smith

President





South African Womens Classic Bench Press Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

71,5kg Bench Press

Hamie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

72,5kg Bench Press

Hamie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

172,5kg Deadlift

Hamie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

72,5kg Bench Press

Hamie Smith

President





South African Womens Classic Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

172,5kg Deadlift

Hamie Smith

President





South African Womens Classic Bench Press Record

Mijuane de Wet

Sub-Junior

in the 63kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

72,5kg Bench Press

Hamie Smith

President





South African Womens Classic Powerlifting Record

Miriam Sinclair

Master III

in the 57kg Division

competed on 25 April 2021 in the

South African Classic Powerlifting Championships 2024

85kg Squat

Hamie Smith

President





South African Mens Classic Powerlifting Record

Mogamat Kader

Master II

in the 120kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

240kg Squat

Hamie Smith

President





South African Womens Classic Powerlifting Record

Naiema Mohammed

Master I

in the 84kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

176kg Squat

Harrie Smith

President





South African Womens Classic Powerlifting Record

Naiema Mohammed

Master I

in the 84kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

98kg Bench Press

Hamie Smith

President





South African Womens Classic Powerlifting Record

Naiema Mohammed

Master I

in the 84kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

449kg Total

Harrie Smith

President





South African Womens Classic Powerlifting Record

Nicole Cooposamy
Senior

in the 76kg Division

competed on 17 June 2023 in the

World Classic Open Powerlifting Championships 2023

92,5kg Bench Press

Hamie Smith

President





South African Womens Classic Bench Press Record

Nicole Cooposamy

Senior

in the 76kg Division

competed on 17 June 2023 in the

World Classic Open Powerlifting Championships 2023

92,5kg Bench Press

Hamie Smith

President





South African Womens Classic Powerlifting Record

Nicole Coopoosamy
Senior

in the 84kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

215kg Deadlift

Hamie Smith

President





South African Womens Classic Powerlifting Record

Nicole Hasell

Junior

in the 57kg Division

competed on 03 September 2023 in the

World Classic Subjunior and Junior Powerlifting Championships 2023

125kg Squat

Hamie Smith

President





South African Womens Classic Powerlifting Record

Pia Marangoni

Master I

in the 76kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

150kg Squat

Harrie Smith

President





South African Womens Classic Powerlifting Record

Pia Marangoni

Master I

in the 76kg Division

completed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

174,5kg Deadlift

Hamie Smith

President





South African Womens Classic Powerlifting Record

Pia Marangoni

Master I

in the 76kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

399,5kg Total

Hamie Smith

President





South African Mens Classic Powerlifting Record

Richard Steenekamp

Sub-Junior

in the 105kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

148kg Bench Press

Hamie Smith

President





South African Mens Classic Bench Press Record

Richard Steenekamp

Sub-Junior

in the 105kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

148kg Bench Press

Hamie Smith

President





South African Womens Classic Powerlifting Record

Roechelle van der Merwe

Sub-Junior

in the 76kg Division

competed on 03 September 2023 in the

World Classic Subjunior and Junior Powerlifting Championships 2023

135kg Squat

Hamie Smith

President





South African Womens Classic Powerlifting Record

Roechelle van der Merwe

Sub-Junior

in the 76kg Division

competed on 03 September 2023 in the

World Classic Subjunior and Junior Powerlifting Championships 2023

72,5kg Bench Press

Hamie Smith

President





South African Womens Classic Powerlifting Record

Roechelle van der Merwe

Sub-Junior

in the 76kg Division

competed on 03 September 2023 in the

World Classic Subjunior and Junior Powerlifting Championships 2023

377,5kg Total

Hamie Smith

President





South African Womens Classic Bench Press Record

Roechelle van der Merwe

Sub-Junior

in the 76kg Division

competed on 03 September 2023 in the

World Classic Subjunior and Junior Powerlifting Championships 2023

72,5kg Bench Press

Hamie Smith

President





South African Womens Classic Powerlifting Record

Roechelle van der Merwe

Sub-Junior

in the 76kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

140kg Squat

Hamie Smith

President



Affiliated to



South African Mens Classic Powerlifting Record

Samuel Teeger

Sub-Junior

in the 66kg Division

competed on 03 September 2023 in the

World Classic Subjunior and Junior Powerlifting Championships 2023

220kg Deadlift

Hamie Smith

President





South African Mens Classic Powerlifting Record

Samuel Teeger

Sub-Junior

in the 66kg Division

competed on 03 September 2023 in the

World Classic Subjunior and Junior Powerlifting Championships 2023

490kg Total

Hamie Smith

President





South African Mens Classic Powerlifting Record

Samuel Teeger

Sub-Junior

in the 74kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

520kg Total

Hamie Smith

President





South African Womens Classic Powerlifting Record

Sasha Gadney

Senior

in the 69kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

100kg Bench Press

Harrie Smith

President





South African Womens Classic Powerlifting Record

Sasha Gadney

Senior

in the 69kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

420kg Total

Harrie Smith

President





South African Womens Classic Bench Press Record

Sasha Gadney

Senior

in the 69kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

100kg Bench Press

Harrie Smith

President





South African Mens Classic Powerlifting Record

Scott Pornss

Junior

in the 74kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

148kg Bench Press

Hamie Smith

President





South African Mens Classic Powerlifting Record

Scott Pornss

Junior

in the 74kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

290kg Deadlift

Hamie Smith

President





South African Mens Classic Powerlifting Record

Scott Pornss

Junior

in the 74kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

660,5kg Total

Hamie Smith

President





South African Mens Classic Powerlifting Record

Scott Pornss

Junior

in the 74kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

160kg Bench Press

Hamie Smith

President





South African Mens Classic Powerlifting Record

Scott Pornss

Junior

in the 74kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

665kg Total

Hamie Smith

President



Affiliated to



South African Mens Classic Powerlifting Record

Simbayi Bvumburai

Senior

in the 105kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

300,5kg Squat

Hamie Smith

President



Affiliated to



South African Mens Classic Powerlifting Record

Stefan Schroder

Senior

in the 120+kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

230,5kg Bench Press

Hamie Smith

President



Affiliated to



South African Mens Classic Bench Press Record

Stefan Schroder

Senior

in the 120+kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

230,5kg Bench Press

Hamie Smith

President



Affiliated to



South African Mens Classic Bench Press Record

Steven Coleman

Master I

in the 66kg Division

competed on 02 March 2024 in the

South African Classic Bench Press Championships 2024

123kg Bench Press

Hamie Smith

President





South African Mens Classic Powerlifting Record

Steven Coleman

Master I

in the 66kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

123,5kg Bench Press

Hamie Smith

President



Affiliated to



South African Mens Classic Bench Press Record

Steven Coleman

Master I

in the 66kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

123,5kg Bench Press

Hamie Smith

President



Affiliated to



South African Mens Classic Bench Press Record

Steven Coleman

Master I

in the 66kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

125kg Bench Press

Hamie Smith

President





South African Mens Classic Powerlifting Record

Suvar Maharaj

Senior

in the 74kg Division

competed on 02 April 2023 in the

SA Classic Powerlifting Championships 2023

242kg Squat

Hamie Smith

President





South African Womens Classic Powerlifting Record

Tarryn Valle

Master I

in the 52kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

143kg Deadlift

Harrie Smith

President





South African Mens Classic Powerlifting Record

Tommie de Nysschen

Master III

in the 93kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

147,5kg Bench Press

Hamie Smith

President





South African Mens Classic Bench Press Record

Tommie de Nysschen

Master III

in the 93kg Division

competed on 13 July 2024 in the

Asia Pacific Africa Powerlifting and Bench Press Championships 2024

147,5kg Bench Press

Hamie Smith

President





South African Mens Classic Powerlifting Record

Tommy de Nysschen
Master II

in the 83kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

145,5kg Bench Press

Hamie Smith

President





South African Mens Classic Powerlifting Record

Tommy de Nysschen

Master III

in the 83kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

145,5kg Bench Press

Hamie Smith

President





South African Mens Classic Bench Press Record

Tommy de Nysschen

Master II

in the 83kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

145,5kg Bench Press

Hamie Smith

President





South African Mens Classic Bench Press Record

Tommy de Nysschen

Master III

in the 83kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

145,5kg Bench Press

Hamie Smith

President





South African Womens Classic Powerlifting Record

Vanessa Schlebusch

Master II

in the 52kg Division

competed on 07 April 2024 in the

South African Classic Powerlifting Championships 2024

47,5kg Bench Press

Hamie Smith

President

