



South African Womens Unequipped Powerlifting Record

Alexa Pentopoulos

Open

in the 52kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

135kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Allistair Begg

Master I

in the 74kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

240kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Avishai Eilim

Junior

in the 83kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

173kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Avishai Eilim

Open

in the 83kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

173kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Avishai Eilim

Junior

in the 83kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

173kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Avishai Eilim

Open

in the 83kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

173kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Buyisile Ngubane

Master II

in the 84+kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

155kg Deadlift

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Chad Govington

Master I

in the 83kg Division

competed on 08 March 2025 in the

SA Classic Bench Press Championships 2025

165,5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Chad Govington

Master I

in the 83kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

165kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 08 March 2025 in the

SA Classic Bench Press Championships 2025

85kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Dan Oppenheim

Master IV

in the 83kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

183kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

125kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

90kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

183kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

398kg Total

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

90kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Daniel Duke

Open

in the 105kg Division

competed on 08 March 2025 in the

SA Classic Bench Press Championships 2025

206kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Daniel Duke

Open

in the 105kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

206kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Dean Coleman

Master I

in the 93kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

275kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Denis Bensch

Master III

in the 120kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

190kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Denis Bensch

Master III

in the 120kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

217,5kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Denis Bensch

Master III

in the 120kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

545kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Eduard Retief

Sub-Junior

in the 93kg Division

competed on 13 July 2024 in the

SA Classic Powerlifting Championships 2025

265kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Enrico Johnson

Master I

in the 66kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

230kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Enrico Johnson

Master I

in the 66kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

540kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Farzana Botha

Master I

in the 52kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

155kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master III

in the 84kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

115kg Squat

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master III

in the 84kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

60kg Bench Press

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master III

in the 84kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

140kg Deadlift

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Fiona Hickman

Master III

in the 84kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

315kg Total

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Fiona Hickman

Master III

in the 84kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

60kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Gabriel Chiremba

Sub-Junior

in the 53kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

81kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Gabriel Chiremba

Sub-Junior

in the 53kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

180kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Gabriel Chiremba

Sub-Junior

in the 53kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

381kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Gabriel Chiremba

Junior

in the 53kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

180kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Gabriel Chiremba

Junior

in the 53kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

381kg Total

Harrie Smith

President





South African Womens Unequipped Powerlifting Record

Gila Smith

Sub-Junior

in the 69kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

80kg Bench Press

Harrie Smith

President





South African Womens Unequipped Bench Press Record

Gila Smith

Sub-Junior

in the 69kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

80kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Hermanus de Beer

Master II

in the 120kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

667,5kg Total

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Jaco Jacobsz

Open

in the 105kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

350kg Deadlift

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

John Crain

Master II

in the 120+kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

243kg Squat

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

John Crain

Master II

in the 120+kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

650,5kg Total

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Johnny Dam

Master II

in the 93kg Division

competed on 08 March 2025 in the

SA Classic Bench Press Championships 2025

157,5kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Johnny Dam

Master I

in the 93kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

158kg Bench Press

Harrie Smith

President





South African Mens Unequipped Powerlifting Record

Johnny Dam

Master I

in the 93kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

158kg Bench Press

Harrie Smith

President





South African Mens Unequipped Bench Press Record

Johnny Dam

Master II

in the 93kg Division

competed on 30 March 2025 in the

SA Classic Powerlifting Championships 2025

158kg Bench Press

Harrie Smith

President

