



South African Powerlifting Federation

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Stonehurst Mountain Estate
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Reg No 287-294 NPO
www.powerliftingsa.co.za

2025 African Powerlifting and Bench Press Championships – Manager’s Report

South Africa sent 6 lifters and 2 officials to the African Powerlifting and Bench Press Championships in Tunis, Tunisia from 23-29 October 2025. There were 230 participants from 9 countries. South Africa’s team was made up of 1 Subjunior Female and 5 Male lifters (3 Subjunior and 2 Junior), all having qualified at the 2025 SA Championships for a place in the team.

Highlight of the Team SA results was a wonderful World Subjunior Deadlift record set by Lisa Stander in the under 76kg Subjunior division.

Our lifters set 1 World record, 1 Commonwealth record, 9 new SA National records, and 8 African records. We had 2 Best Lifters, and came away with 2 Gold medals and 2 Bronze medals.

Overall Results

The full results can be found here: <https://www.powerlifting-africa.com/results>

Detailed Results

Below are the detailed results for Team SA from the African Powerlifting and Bench Press Championships:

Name	Gender/ Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Medals/ Records
Stanford Thompson	M Jun	120+		195,5			Best Junior Bench Press Lifter GOLD - African Champion African Jun BP1 record SA Jun BP1 record
Lisa Stander	F SJ	76	152,5	82,5	210	445	Best Subjunior Lifter GOLD - African Champion World SJ Deadlift record African SJ SQ, BP, DL, Total, BP1 records African Jun DL, Tot records Commonwealth SJ DL record

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							SA SJ SQ, BP, DL, Tot and BP1 records SA Jun DL and Tot records
Riyaad Mahomed	M SJ	53	125,5	80	150	355,5	Bronze Medal SA SJ Squat record
Rehaan Mahomed	M SJ	59	135	80	155	370	4 th place
Alrich Becker	M SJ	74	170	130	190	490	Bronze Medal
Kai van den Berg	M Jun	83	237,5	140	275	652,5	5 th place

Referees and Officials

Referees and Jury: IPF TC Chair Hannie Smith and Heather Leighton officiated as referees and on the jury during the championship.

General Assembly

The Annual General Assembly of the APF was held during this championship.

Hannie Smith retains his position as Chair of the Technical Commission.

Heather Leighton retains her position as Secretary General and EC Board Member for the African Region

The next African Powerlifting Championships will be held in South Africa in 2026.

Heather Leighton (November 2025)



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