



South African Powerlifting Federation

5 Waterberg Crescent
Stonehurst Mountain Estate
Tokai
7945

Reg No 287-294 NPO
www.powerliftingsa.co.za

2025 Asia / Pacific / Africa Powerlifting and Bench Press Championships – Manager's Report

South Africa sent 9 lifters and 1 coach to the Asia Pacific Africa Powerlifting and Bench Press Championships which was held in Himehi, Japan, from 6-13 July 2025.

Overall Results

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

Detailed Results

Below are the detailed results for Team SA from the Asia/Pacific/Africa Classic Bench Press Championships:

Name	Gender	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Medal /Place
Stephene Loubser	Female	SJ	69		62.5		62.5	SILVER
Szethyn Fulop	Male	SJ	93		140		140	GOLD

Below are the detailed results for Team SA from the Asia/Pacific/Africa Classic Powerlifting Championships:

Name	Gender	Age Cat	Weight Cat	Squat	Bench	Deadlift	Total	Medal /Place
Thabang Seloma	Male	Open	59	185	110	187.5	482.5	6 th
Robert Raw	Male	Open	120+	280	185	290	755	4 th
Szethyn Fulop	Male	SJ	93	225	140	240	605	GOLD
Willem Bruwer	Male	SJ	105	212.5	137.5	250	600	4 th
Conrad Nicolay	Male	SJ	105	220	125	267.5	612.5	SILVER
David Nicolay	Male	Junior	105	205	137.5	260	602.5	8 th
Kobie Mellet	Female	SJ	76	90	47.5	90	227.5	SILVER
Karlia Snyman	Female	Junior	63	107.5	55	130	292.5	6 th



President : Johan Smith
Vice President (I) : Heather Leighton
Vice President (N) : Andre Ludik
Treasurer : Tarryn Valle (interim)
Secretary General : Cliff Hayim

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Referees and Officials

Head Coach Ilze-Mari Maritz also officiated as a referee during the championship

Heather Leighton (August 2025)



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