



South African Womens Bench Press Record

Chantelle du Toit

Master I

in the 76kg Division

competed on 08 March 2025 in the

SA Equipped Bench Press Championships 2025

104kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Chantelle du Toit

Master I

in the 76kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

150kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Chantelle du Toit

Master I

in the 76kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

100kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 08 March 2025 in the

SA Equipped Bench Press Championships 2025

100kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

147,5kg Squat

Hannie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

80kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

80kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

130kg Deadlift

Hannie Smith

President



Affiliated to



South African Mens Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

357,5kg Total

Hannie Smith

President



Affiliated to



South African Mens Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

357,5kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 02 November 2024 in the

African Equipped Powerlifting Championships 2024

69,5kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 02 November 2024 in the

African Equipped Powerlifting Championships 2024

108kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 02 November 2024 in the

African Equipped Powerlifting Championships 2024

270,5kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

95,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

110,5kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

271kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

271kg Total

Hannie Smith

President





South African Mens Powerlifting Record

Hermanus de Beer

Master II

in the 120kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

290,5kg Deadlift

Hannie Smith

President





South African Mens Powerlifting Record

Hermanus de Beer

Master II

in the 120kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

690,5kg Total

Hannie Smith

President





South African Mens Powerlifting Record

John Crain

Master II

in the 120+kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

720kg Total

Hannie Smith

President





South African Mens Bench Press Record

Johnny Dam

Master II

in the 93kg Division

competed on 08 March 2025 in the

SA Equipped Bench Press Championships 2025

192kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Marcel Vorster

Open

in the 74kg Division

competed on 02 November 2024 in the

African Equipped Powerlifting Championships 2024

280kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Megan Leighton

Open

in the 63kg Division

competed on 02 November 2024 in the

African Equipped Powerlifting Championships 2024

110,5kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Megan Leighton

Open

in the 63kg Division

competed on 02 November 2024 in the

African Equipped Powerlifting Championships 2024

110,5kg Bench Press

Hannie Smith

President



Affiliated to



South African Womens Powerlifting Record

Megan Leighton

Open

in the 63kg Division

competed on 13 November 2024 in the

World Equipped Open Powerlifting Championships 2024

112,5kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Megan Leighton

Open

in the 63kg Division

competed on 13 November 2024 in the

World Equipped Open Powerlifting Championships 2024

112,5kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Megan Leighton

Open

in the 63kg Division

competed on 08 March 2025 in the

SA Equipped Bench Press Championships 2025

115,5kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Tommie de Nysschen

Master II

in the 83kg Division

competed on 08 March 2025 in the

SA Equipped Bench Press Championships 2025

168kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Tommie de Nysschen

Master III

in the 83kg Division

competed on 08 March 2025 in the

SA Equipped Bench Press Championships 2025

168kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Tommie de Nysschen

Master I

in the 83kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

168,5kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Tommie de Nysschen

Master II

in the 83kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

168,5kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Tommie de Nysschen

Master III

in the 83kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

168,5kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Tommie de Nysschen

Master II

in the 83kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

168,5kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Tommie de Nysschen

Master III

in the 83kg Division

competed on 12 April 2025 in the

SA Equipped Powerlifting Championships 2025

168,5kg Bench Press

Hannie Smith

President

