



South African Womens Powerlifting Record

Chantelle du Toit

Master I

in the 84kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

112,5kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Chantelle du Toit

Master I

in the 84kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

112,5kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master II

in the 69kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

200kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master II

in the 69kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

475kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master I

in the 69kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

200kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Master I

in the 69kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

475kg Total

Hannie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Open

in the 69kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

200kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Laura de Wet

Open

in the 69kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

475kg Total

Hannie Smith

President





South African Mens Powerlifting Record

Simon Breetzke

Master I

in the 120+kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

282,5kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Simon Breetzke

Open

in the 120+kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

282,5kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Tommie de Nysschen

Master III

in the 83kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

170kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Tommie de Nysschen

Master II

in the 83kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

170kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Tommie de Nysschen

Master I

in the 83kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

170kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Tommie de Nysschen

Master III

in the 83kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

170kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Tommie de Nysschen

Master II

in the 83kg Division

competed on 19 October 2025 in the

World Masters Equipped Powerlifting Championships 2025

170kg Bench Press

Hannie Smith

President

