



South African Mens Powerlifting Record

Alan de Beer

Sub-Junior

in the 66kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

137,5kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Alan de Beer

Sub-Junior

in the 66kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

137,5kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Carol Anthony

Master III

in the 63kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

120kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Carol Anthony

Master III

in the 63kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

58kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Carol Anthony

Master III

in the 63kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

120kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Carol Anthony

Master III

in the 63kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

298kg Total

Hannie Smith

President



Affiliated to



South African Womens Bench Press Record

Carol Anthony

Master III

in the 63kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

58kg Bench Press

Hannie Smith

President





South African Womens Bench Press Record

Christi Rees

Master I

in the 84+kg Division

**competed on 21 February 2026 in the
SA Equipped Bench Press Championships 2026**

140kg Bench Press

Hannie Smith

President



Affiliated to



South African Womens Powerlifting Record

Christi Rees

Master I

in the 84+kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

207,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Christi Rees

Master I

in the 84+kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

165kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Christi Rees

Master I

in the 84+kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

522,5kg Total

Hannie Smith

President





South African Womens Bench Press Record

Christi Rees

Master I

in the 84+kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

165kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

150kg Squat

Hannie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

90kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

155kg Deadlift

Hannie Smith

President





South African Mens Powerlifting Record

Dan Oppenheim

Master V

in the 83kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

395kg Total

Hannie Smith

President





South African Mens Powerlifting Record

Haroun Pietersen

Open

in the 105kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

338kg Squat

Hannie Smith

President



Affiliated to



South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

96kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

70kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

111kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Heather Leighton

Master III

in the 69kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

277kg Total

Hannie Smith

President





South African Mens Powerlifting Record

Hermanus de Beer

Master II

in the 120+kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

290,5kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

Lauren Jones

Master I

in the 84+kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

186kg Deadlift

Hannie Smith

President





South African Mens Bench Press Record

Marcel Vorster

Open

in the 74kg Division

**competed on 21 February 2026 in the
SA Equipped Bench Press Championships 2026**

201kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Junior

in the 63kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

205kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Mijuane de Wet

Open

in the 63kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

205kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

Olivia Perotti

Open

in the 84+kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

210,5kg Squat

Hannie Smith

President





South African Mens Bench Press Record

Simon Breetzke

Open

in the 120+kg Division

**competed on 21 February 2026 in the
SA Equipped Bench Press Championships 2026**

290kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Simon Breetzke

Master I

in the 120+kg Division

**competed on 21 February 2026 in the
SA Equipped Bench Press Championships 2026**

290kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Steven Coleman

Master I

in the 66kg Division

**competed on 21 February 2026 in the
SA Equipped Bench Press Championships 2026**

132,5kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Tommie de Nysschen

Master II

in the 74kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

150,5kg Bench Press

Hannie Smith

President





South African Mens Powerlifting Record

Tommie de Nysschen

Master III

in the 74kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

150,5kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Tommie de Nysschen

Master II

in the 74kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

150,5kg Bench Press

Hannie Smith

President





South African Mens Bench Press Record

Tommie de Nysschen

Master III

in the 74kg Division

competed on 18 April 2026 in the

SA Equipped Powerlifting Championships 2026

150,5kg Bench Press

Hannie Smith

President





South African Womens Powerlifting Record

V'Leen Serge

Master I

in the 76kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

150,5kg Squat

Hannie Smith

President





South African Womens Powerlifting Record

V'Leen Serge

Master I

in the 76kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

170,5kg Deadlift

Hannie Smith

President





South African Womens Powerlifting Record

V'Leen Serge

Master I

in the 76kg Division

**competed on 18 April 2026 in the
SA Equipped Powerlifting Championships 2026**

398,5kg Total

Hannie Smith

President

