



# *South African Womens Unequipped Powerlifting Record*

**Antoinette Kriel**

**Master II**

**in the 57kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**132,5kg Squat**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Antoinette Kriel**

**Master II**

**in the 57kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**182,5kg Deadlift**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Antoinette Kriel**

**Master II**

**in the 57kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**400kg Total**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Antoinette Kriel**

**Master I**

**in the 57kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**182,5kg Deadlift**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Antoinette Kriel**

**Master I**

**in the 57kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**400kg Total**

**Hannie Smith**

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President





# *South African Womens Unequipped Powerlifting Record*

Antoinette Kriel

Open

in the 57kg Division

competed on 19 October 2025 in the

World Masters Classic Powerlifting Championships 2025

182,5kg Deadlift

Hannie Smith

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President





# *South African Womens Unequipped Powerlifting Record*

Antoinette Kriel

Open

in the 57kg Division

competed on 19 October 2025 in the

World Masters Classic Powerlifting Championships 2025

400kg Total

Hannie Smith

President





# *South African Womens Unequipped Powerlifting Record*

**Buyisile Ngubane**

**Master II**

**in the 84+kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**117,5kg Squat**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Buyisile Ngubane**

**Master II**

**in the 84+kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**57,5kg Bench Press**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Buyisile Ngubane**

**Master II**

**in the 84+kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**157,5kg Deadlift**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Buyisile Ngubane**

**Master II**

**in the 84+kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**332,5kg Total**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Chad Govington**

**Master I**

**in the 83kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**170kg Bench Press**

**Hannie Smith**

**President**





# *South African Mens Unequipped Bench Press Record*

**Chad Govington**

**Master I**

**in the 83kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**170kg Bench Press**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Dan Oppenheim**

**Master V**

**in the 83kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**135kg Squat**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Daniel Duke**

**Open**

**in the 105kg Division**

**competed on 15 June 2025 in the**

**World Classic Open Powerlifting Championships 2025**

**212,5kg Bench Press**

**Hannie Smith**

**President**





# *South African Mens Unequipped Bench Press Record*

**Daniel Duke**

**Open**

**in the 105kg Division**

**competed on 15 June 2025 in the**

**World Classic Open Powerlifting Championships 2025**

**212,5kg Bench Press**

**Hannie Smith**

**President**



**Affiliated to**



# *South African Mens Unequipped Bench Press Record*

**Denis Bensch**

**Master III**

**in the 120+kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**145kg Bench Press**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Denis Bensch**

**Master III**

**in the 120+kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**235kg Squat**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Denis Bensch**

**Master III**

**in the 120+kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**145kg Bench Press**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Denis Bensch**

**Master III**

**in the 120+kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**235kg Deadlift**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Denis Bensch**

**Master III**

**in the 120+kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**615kg Total**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

Enrico Johnson

Master I

in the 66kg Division

competed on 19 October 2025 in the

World Masters Classic Powerlifting Championships 2025

232,5kg Deadlift

Hannie Smith

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President





# *South African Mens Unequipped Powerlifting Record*

**Enrico Johnson**

**Master I**

**in the 66kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**552,5kg Total**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Farzana Botha**

**Master I**

**in the 52kg Division**

**competed on 15 June 2025 in the**

**World Classic Open Powerlifting Championships 2025**

**157,5kg Deadlift**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Farzana Botha**

**Master I**

**in the 52kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**160kg Deadlift**

**Hannie Smith**

**President**



**Affiliated to**



# *South African Womens Unequipped Bench Press Record*

**Fiona Hickman**

**Master III**

**in the 84kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**65kg Bench Press**

**Hannie Smith**

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President





# *South African Womens Unequipped Powerlifting Record*

**Fiona Hickman**

**Master III**

**in the 84kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**120kg Squat**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Fiona Hickman**

**Master III**

**in the 84kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**65kg Bench Press**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Fiona Hickman**

**Master III**

**in the 84kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**142,5kg Deadlift**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Fiona Hickman**

**Master III**

**in the 84kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**327,5kg Total**

**Hannie Smith**

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President





# *South African Mens Unequipped Powerlifting Record*

**Ian Hacker**

**Master III**

**in the 74kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**207,5kg Squat**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Ian Hacker**

**Master III**

**in the 74kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**540kg Total**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**John Crain**

**Master II**

**in the 120+kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**245kg Squat**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

Karl Christians

Master III

in the 66kg Division

competed on 19 October 2025 in the

World Masters Classic Powerlifting Championships 2025

145kg Squat

Hannie Smith

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President





# *South African Mens Unequipped Powerlifting Record*

Karl Christians

Master III

in the 66kg Division

competed on 19 October 2025 in the

World Masters Classic Powerlifting Championships 2025

200kg Deadlift

Hannie Smith

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President





# *South African Mens Unequipped Powerlifting Record*

Karl Christians

Master III

in the 66kg Division

competed on 19 October 2025 in the

World Masters Classic Powerlifting Championships 2025

415kg Total

Hannie Smith

President





# *South African Mens Unequipped Powerlifting Record*

Karl Christians

Master II

in the 66kg Division

competed on 19 October 2025 in the

World Masters Classic Powerlifting Championships 2025

200kg Deadlift

Hannie Smith

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President





# *South African Womens Unequipped Powerlifting Record*

**Kristl-Joy Kannemeyer**

**Master I**

**in the 69kg Division**

**competed on 15 June 2025 in the**

**World Classic Open Powerlifting Championships 2025**

**90kg Bench Press**

**Hannie Smith**

**President**





# *South African Womens Unequipped Bench Press Record*

**Kristl-Joy Kannemeyer**

**Master I**

**in the 69kg Division**

**competed on 15 June 2025 in the**

**World Classic Open Powerlifting Championships 2025**

**90kg Bench Press**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Kristl-Joy Kannemeyer**

**Master I**

**in the 69kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**92,5kg Bench Press**

**Hannie Smith**

**President**





# *South African Womens Unequipped Bench Press Record*

**Kristl-Joy Kannemeyer**

**Master I**

**in the 69kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**92,5kg Bench Press**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Lindiwe Mchunu**

**Open**

**in the 63kg Division**

**competed on 15 June 2025 in the**

**World Classic Open Powerlifting Championships 2025**

**182,5kg Deadlift**

**Hannie Smith**

**President**





# *South African Womens Unequipped Bench Press Record*

**Lisa Stander**

**Sub-Junior**

**in the 76kg Division**

**competed on 28 November 2025 in the  
African Classic Powerlifting Championships 2025**

**82,5kg Bench Press**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Lisa Stander**

**Sub-Junior**

**in the 76kg Division**

**competed on 28 November 2025 in the  
African Classic Powerlifting Championships 2025**

**152,5kg Squat**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Lisa Stander**

**Sub-Junior**

**in the 76kg Division**

**competed on 28 November 2025 in the  
African Classic Powerlifting Championships 2025**

**82,5kg Bench Press**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Lisa Stander**

**Sub-Junior**

**in the 76kg Division**

**competed on 28 November 2025 in the  
African Classic Powerlifting Championships 2025**

**210kg Deadlift**

**Hannie Smith**

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President





# *South African Womens Unequipped Powerlifting Record*

**Lisa Stander**

**Sub-Junior**

**in the 76kg Division**

**competed on 28 November 2025 in the  
African Classic Powerlifting Championships 2025**

**445kg Total**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Lisa Stander**

**Junior**

**in the 76kg Division**

**competed on 28 November 2025 in the  
African Classic Powerlifting Championships 2025**

**210kg Deadlift**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Lisa Stander**

**Junior**

**in the 76kg Division**

**competed on 28 November 2025 in the  
African Classic Powerlifting Championships 2025**

**445kg Total**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Marlon Daniels**

**Master II**

**in the 74kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**228kg Squat**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Marlon Daniels**

**Master II**

**in the 74kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**608kg Total**

**Hannie Smith**

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President



Affiliated to



# *South African Mens Unequipped Powerlifting Record*

**Marlon Daniels**

**Master II**

**in the 74kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**140kg Bench Press**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Marlon Daniels**

**Master II**

**in the 74kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**240kg Deadlift**

**Hannie Smith**

**President**





# *South African Mens Unequipped Bench Press Record*

**Marlon Daniels**

**Master II**

**in the 74kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**140kg Bench Press**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Marlon Daniels**

**Master I**

**in the 74kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**228kg Squat**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Marlon Daniels**

**Master I**

**in the 74kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**608kg Total**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Megan Faul**

**Open**

**in the 84+kg Division**

**competed on 17 August 2025 in the**

**World Games 2025**

**122.5kg Bench Press**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Megan Faul**

**Open**

**in the 84+kg Division**

**competed on 17 August 2025 in the**

**World Games 2025**

**217.5kg Deadlift**

**Hannie Smith**

**President**





# *South African Womens Unequipped Powerlifting Record*

**Megan Faul**

**Open**

**in the 84+kg Division**

**competed on 17 August 2025 in the**

**World Games 2025**

**545kg Total**

**Hannie Smith**

**President**





# *South African Womens Unequipped Bench Press Record*

**Megan Faul**

**Open**

**in the 84+kg Division**

**competed on 17 August 2025 in the**

**World Games 2025**

**122.5kg Bench Press**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Mogamat Kader**

**Master II**

**in the 120kg Division**

**competed on 19 October 2025 in the**

**World Masters Classic Powerlifting Championships 2025**

**677,5kg Total**

**Hannie Smith**

**President**





# *South African Mens Unequipped Powerlifting Record*

**Riyaad Mahomed**

**Sub-Junior**

**in the 53kg Division**

**competed on 28 November 2025 in the  
African Classic Powerlifting Championships 2025**

**125,5kg Squat**

**Hannie Smith**

**President**





# *South African Mens Unequipped Bench Press Record*

**Stanford Thompson**

**Junior**

**in the 120+kg Division**

**competed on 24 May 2025 in the**

**World Classic Bench Press Championships 2025**

**195kg Bench Press**

**Hannie Smith**

**President**





# *South African Mens Unequipped Bench Press Record*

**Stanford Thompson**

**Junior**

**in the 120+kg Division**

**competed on 24 November 2025 in the**

**African Classic Bench Press Championships 2025**

**195,5kg Bench Press**

**Hannie Smith**

**President**





# *South African Mens Unequipped Bench Press Record*

**Steven Coleman**

**Master I**

**in the 59kg Division**

**competed on 24 May 2025 in the**

**World Classic Bench Press Championships 2025**

**112,5kg Bench Press**

**Hannie Smith**

**President**

