



South African Powerlifting Federation

5 Waterberg Crescent
Stonehurst Mountain Estate
Tokai
7945

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

2025 World Subjunior and Junior Powerlifting Championships – Manager's Report

The 2025 World Subjunior and Junior Classic and Equipped Powerlifting Championships was held from 29 August to 7 September 2025 in Costa Rica. In the South African team we had 4 lifters, 1 female and 3 male, 2 of them Subjuniors and 2 Junior lifters.

Team South Africa won 2 Bronze medals, and set 13 South African National records, 2 Commonwealth records, and 24 African records.

Overall Results

The full results can be found here:

<https://www.powerlifting.sport/championships/results/2025/world-sub-junior-and-junior-classic-equipped-powerlifting-championships-2025>

Detailed Results

Below are the detailed results for Team SA :

CLASSIC POWERLIFTING	Gender	Age Cat	Weight Cat	Squat	Bench	Dead lift	Total	Medal /Place
Rachel Boys	Female	Sub junior	52kg	67,5	37,5	87,5	192,5	7 th
William Hewlett	Male	Sub junior	83kg	200	125	240	565	25 th
Shrihan Ragoo	Male	Junior	93kg	235	140	220	595	29 th
Adam Barnard	Male	Junior	120kg	267,5	170	247,5	685	14 th



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

eMail : hannie.smith@powerlifting.sport
eMail : heather.leighton@powerlifting.sport
eMail : andreiceludik@gmail.com
eMail : tarryn.valle@gmail.com
eMail : admin@powerliftingsa.co.za

Referees and Officials

Referees and Jury: The following SA referees officiated as Referees and on the Jury during the championship.

Hannie Smith

Heather Leighton (September 2024)