AWPC / WPC / MILITARY AFRICAN RECORDS

AWPC – RAW FULL POWER

WOMEN – Teenage Raw – 3, AWPC (Tested) [F_TR_3_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
60 KG / S	62.5	Tiffany Baxter	18	RSA	Durban, SA	—
60 KG / B	25	Tiffany Baxter	18	RSA	Durban, SA	—
60 KG / D	75	Tiffany Baxter	18	RSA	Durban, SA	—
60 KG / T	162.5	Tiffany Baxter	18	RSA	Durban, SA	62.5-25-75

AWPC – CLASSIC RAW FULL POWER

WOMEN – Teenage Classic Raw – 2, AWPC (Tested) [F_TCR_2_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
52 KG / S	55	Kayla Lynn Kelly	17	RSA	Durban, SA	—
52 KG / B	30	Kayla Lynn Kelly	17	RSA	Durban, SA	—
52 KG / D	75	Kayla Lynn Kelly	17	RSA	Durban, SA	—
52 KG / T	160	Kayla Lynn Kelly	17	RSA	Durban, SA	55-30-75

WOMEN – Teenage Classic Raw – 3, AWPC (Tested) [F_TCR_3_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
110 KG / S	125	Miela Smit	18	RSA	Durban, SA	—
110 KG / B	62.5	Miela Smit	18	RSA	Durban, SA	—
110 KG / D	145	Miela Smit	18	RSA	Durban, SA	—
110 KG / T	332.5	Miela Smit	18	RSA	Durban, SA	125-62.5-145

WOMEN – Junior Classic Raw – AWPC (Tested) [F_JCR_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
90 KG / S	155	Nishwariya Sharma	23	RSA	Durban, SA	—
90 KG / B	102.5	Nishwariya Sharma	23	RSA	Durban, SA	—
90 KG / D	210	Nishwariya Sharma	23	RSA	Durban, SA	—
90 KG / T	467.5	Nishwariya Sharma	23	RSA	Durban, SA	155-102.5-210

WOMEN – Open Classic Raw – AWPC (Tested) [F_OCR_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
52 KG / S	80	Brenda Mollentze	52	RSA	Durban, SA	—
52 KG / B	42.5	Brenda Mollentze	52	RSA	Durban, SA	—
52 KG / D	102.5	Brenda Mollentze	52	RSA	Durban, SA	—
52 KG / T	225	Brenda Mollentze	52	RSA	Durban, SA	80-42.5-102.5
56 KG / S	105	Nolanda Lawrie	39	RSA	Durban, SA	—
56 KG / B	55	Nolanda Lawrie	39	RSA	Durban, SA	—
56 KG / D	122.5	Nolanda Lawrie	39	RSA	Durban, SA	—
56 KG / T	282.5	Nolanda Lawrie	39	RSA	Durban, SA	105-55-122.5
82.5 KG / S	130	Andrea Bohmer	29	RSA	Durban, SA	—
82.5 KG / B	72.5	Andrea Bohmer	29	RSA	Durban, SA	—
82.5 KG / D	162.5	Karen Wahl	50	RSA	Durban, SA	—
82.5 KG / T	362.5	Andrea Bohmer	29	RSA	Durban, SA	130-72.5-160
90 KG / S	155	Sian Scott	27	RSA	Durban, SA	—
90 KG / B	72.5	Sian Scott	27	RSA	Durban, SA	—
90 KG / D	170	Sian Scott	27	RSA	Durban, SA	—
90 KG / T	397.5	Sian Scott	27	RSA	Durban, SA	155-72.5-170

WOMEN – Masters Classic Raw – 1, AWPC (Tested) [F_MCR_1_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
67.5 KG / S	90	Kerry Douthwaite	42	RSA	Durban, SA	—
67.5 KG / B	40	Kerry Douthwaite	42	RSA	Durban, SA	—
67.5 KG / D	132.5	Kerry Douthwaite	42	RSA	Durban, SA	—
67.5 KG / T	262.5	Kerry Douthwaite	42	RSA	Durban, SA	90-40-132.5

WOMEN – Masters Classic Raw – 2, AWPC (Tested) [F_MCR_2_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
67.5 KG / S	115	Sarah Rowan	48	RSA	Durban, SA	—
67.5 KG / B	65	Sarah Rowan	48	RSA	Durban, SA	—
67.5 KG / D	135	Sarah Rowan	48	RSA	Durban, SA	—
67.5 KG / T	315	Sarah Rowan	48	RSA	Durban, SA	115-65-135
82.5 KG / S	130	Taneal Mitchell	49	RSA	Durban, SA	—
82.5 KG / B	55	Taneal Mitchell	49	RSA	Durban, SA	—
82.5 KG / D	145	Taneal Mitchell	49	RSA	Durban, SA	—
82.5 KG / T	330	Taneal Mitchell	49	RSA	Durban, SA	130-55-145
90 KG / S	155	Nicole Berriman	46	RSA	Durban, SA	—
90 KG / B	75.5	Nicole Berriman	46	RSA	Durban, SA	—
90 KG / D	147.5	Nicole Berriman	46	RSA	Durban, SA	—
90 KG / T	378	Nicole Berriman	46	RSA	Durban, SA	155-75.5-147.5

WOMEN – Masters Classic Raw – 3, AWPC (Tested) [F_MCR_3_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
52 KG / S	80	Brenda Mollentze	52	RSA	Durban, SA	—
52 KG / B	42.5	Brenda Mollentze	52	RSA	Durban, SA	—
52 KG / D	102.5	Brenda Mollentze	52	RSA	Durban, SA	—
52 KG / T	225	Brenda Mollentze	52	RSA	Durban, SA	80-42.5-102.5
75 KG / S	110	Zuzette Waters	51	RSA	Durban, SA	—
75 KG / B	60	Zuzette Waters	51	RSA	Durban, SA	—
75 KG / D	120	Zuzette Waters	51	RSA	Durban, SA	—
75 KG / T	290	Zuzette Waters	51	RSA	Durban, SA	110-60-120
82.5 KG / S	125	Karen Wahl	50	RSA	Durban, SA	—
82.5 KG / B	55	Karen Wahl	50	RSA	Durban, SA	—
82.5 KG / D	162.5	Karen Wahl	50	RSA	Durban, SA	—
82.5 KG / T	342.5	Karen Wahl	50	RSA	Durban, SA	125-55-162.5

WOMEN – Masters Classic Raw – 4, AWPC (Tested) [F_MCR_4_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
67.5 KG / S	95	Monique Ric-Hansen	55	RSA	Durban, SA	—
67.5 KG / B	52.5	Monique Ric-Hansen	55	RSA	Durban, SA	—
67.5 KG / D	132.5	Monique Ric-Hansen	55	RSA	Durban, SA	—
67.5 KG / T	280	Monique Ric-Hansen	55	RSA	Durban, SA	95-52.5-132.5

WOMEN – Masters Classic Raw – 5, AWPC (Tested) [F_MCR_5_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
67.5 KG / S	70	Susan Holmes	62	RSA	Durban, SA	—
67.5 KG / B	50	Susan Holmes	62	RSA	Durban, SA	—
67.5 KG / D	110	Susan Holmes	62	RSA	Durban, SA	—
67.5 KG / T	230	Susan Holmes	62	RSA	Durban, SA	70-50-110
100 KG / S	132.5	Wendy Chatterton	62	RSA	Durban, SA	—
100 KG / B	60	Wendy Chatterton	62	RSA	Durban, SA	—
100 KG / D	150	Wendy Chatterton	62	RSA	Durban, SA	—
100 KG / T	342.5	Wendy Chatterton	62	RSA	Durban, SA	132.5-60-150

MEN – Teenage Classic Raw – 1, AWPC (Tested) [M_TCR_1_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
52 KG / S	92.5	Isaiah Govender	15	RSA	Durban, SA	—
52 KG / B	55	Isaiah Govender	15	RSA	Durban, SA	—
52 KG / D	145	Isaiah Govender	15	RSA	Durban, SA	—
52 KG / T	292.5	Isaiah Govender	15	RSA	Durban, SA	92.5-55-145

MEN – Teenage Classic Raw – 2, AWPC (Tested) [M_TCR_2_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / S	150	Sean Rowan	17	RSA	Durban, SA	—
82.5 KG / B	85	Sean Rowan	17	RSA	Durban, SA	—
82.5 KG / D	165	Sean Rowan	17	RSA	Durban, SA	—
82.5 KG / T	400	Sean Rowan	17	RSA	Durban, SA	150-85-165
100 KG / S	200	Aiden Weideman	16	RSA	Durban, SA	—
100 KG / B	85	Aiden Weideman	16	RSA	Durban, SA	—
100 KG / D	210	Aiden Weideman	16	RSA	Durban, SA	—
100 KG / T	495	Aiden Weideman	16	RSA	Durban, SA	200-85-210

MEN – Teenage Classic Raw – 3, AWPC (Tested) [M_TCR_3_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
140 KG / S	240.5	Conrad van der Zwaard	18	RSA	Durban, SA	—
140 KG / B	140	Conrad van der Zwaard	18	RSA	Durban, SA	—
140 KG / D	250	Conrad van der Zwaard	18	RSA	Durban, SA	—
140 KG / T	630.5	Conrad van der Zwaard	18	RSA	Durban, SA	240.5-140-250

MEN – Junior Classic Raw – AWPC (Tested) [M_JCR_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
100 KG / S	195	Thomas Wileman	23	RSA	Durban, SA	—
100 KG / B	117.5	Thomas Wileman	23	RSA	Durban, SA	—
100 KG / D	222.5	Thomas Wileman	23	RSA	Durban, SA	—
100 KG / T	535	Thomas Wileman	23	RSA	Durban, SA	195-117.5-222.5

MEN – Open Classic Raw – AWPC (Tested) [M_OCR_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
100 KG / S	225	Kaveer Ramsaru	39	RSA	Durban, SA	—
100 KG / B	172.5	Kaveer Ramsaru	39	RSA	Durban, SA	—
100 KG / D	285	Kaveer Ramsaru	39	RSA	Durban, SA	—
100 KG / T	682.5	Kaveer Ramsaru	39	RSA	Durban, SA	225-172.5-285

MEN – Masters Classic Raw – 5, AWPC (Tested) [M_MCR_5_A]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
75 KG / S	162.5	Peter Buys	62	RSA	Durban, SA	—
75 KG / B	120	Peter Buys	62	RSA	Durban, SA	—
75 KG / D	175	Peter Buys	62	RSA	Durban, SA	—
75 KG / T	457.5	Peter Buys	62	RSA	Durban, SA	162.5-120-175

WPC – RAW FULL POWER

WOMEN – Teenage Raw – 1 [F_TR_1]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
75 KG / S	95	Skylar Ison	13	RSA	Durban, SA	—
75 KG / B	35	Skylar Ison	13	RSA	Durban, SA	—
75 KG / D	100	Skylar Ison	13	RSA	Durban, SA	—
75 KG / T	230	Skylar Ison	13	RSA	Durban, SA	95-35-100

WPC – CLASSIC RAW FULL POWER

WOMEN – Teenage Classic Raw – 1 [F_TCR_1]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
75 KG / S	92.5	Amber Fisher	13	RSA	Durban, SA	—
75 KG / B	45	Amber Fisher	13	RSA	Durban, SA	—
75 KG / D	100	Amber Fisher	13	RSA	Durban, SA	—
75 KG / T	237.5	Amber Fisher	13	RSA	Durban, SA	92.5-45-100

WOMEN – Open Classic Raw [F_OCR]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
52 KG / S	105	Bianca Botes	35	RSA	Durban, SA	—
52 KG / B	40	Bianca Botes	35	RSA	Durban, SA	—
52 KG / D	120	Bianca Botes	35	RSA	Durban, SA	—
52 KG / T	265	Bianca Botes	35	RSA	Durban, SA	105-40-120
67.5 KG / S	150	Nicole Weideman	24	RSA	Durban, SA	—
67.5 KG / B	75	Nicole Weideman	24	RSA	Durban, SA	—
67.5 KG / D	157.5	Nicole Weideman	24	RSA	Durban, SA	—
67.5 KG / T	382.5	Nicole Weideman	24	RSA	Durban, SA	150-75-157.5
110+ KG / S	120	Rebekah de Wit	30	RSA	Durban, SA	—
110+ KG / B	65	Rebekah de Wit	30	RSA	Durban, SA	—
110+ KG / D	150	Rebekah de Wit	30	RSA	Durban, SA	—
110+ KG / T	335	Rebekah de Wit	30	RSA	Durban, SA	120-65-150

WOMEN – Masters Classic Raw – 2 [F_MCR_2]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
56 KG / S	125	Amy Froneman	46	RSA	Durban, SA	—
56 KG / B	60	Amy Froneman	46	RSA	Durban, SA	—
56 KG / D	162.5	Amy Froneman	46	RSA	Durban, SA	—
56 KG / T	347.5	Amy Froneman	46	RSA	Durban, SA	125-60-162.5
82.5 KG / S	217.5	Monica Cox	46	RSA	Durban, SA	—
82.5 KG / B	127.5	Monica Cox	46	RSA	Durban, SA	—
82.5 KG / D	222.5	Monica Cox	46	RSA	Durban, SA	—
82.5 KG / T	567.5	Monica Cox	46	RSA	Durban, SA	217.5-127.5-222.5

WOMEN – Masters Classic Raw – 3 [F_MCR_3]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
52 KG / S	130	Sherril Knickelbein	51	RSA	Durban, SA	—
52 KG / B	62.5	Sherril Knickelbein	51	RSA	Durban, SA	—
52 KG / D	120	Sherril Knickelbein	51	RSA	Durban, SA	—

52 KG / T	312.5	Sherril Knickelbein	51	RSA	Durban, SA	130-62.5-120
75 KG / S	195.5	Tarynne Cass	50	RSA	Durban, SA	—
75 KG / B	105	Tarynne Cass	50	RSA	Durban, SA	—
75 KG / D	210	Tarynne Cass	50	RSA	Durban, SA	—
75 KG / T	510.5	Tarynne Cass	50	RSA	Durban, SA	195.5-105-210
90 KG / S	110	Linda Mabaso	50	RSA	Durban, SA	—
90 KG / B	50	Linda Mabaso	50	RSA	Durban, SA	—
90 KG / D	140	Linda Mabaso	50	RSA	Durban, SA	—
90 KG / T	300	Linda Mabaso	50	RSA	Durban, SA	110-50-140

WOMEN – Masters Classic Raw – 4 [F_MCR_4]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / S	145	Michelle Lotz	55	RSA	Durban, SA	—
82.5 KG / B	90	Michelle Lotz	55	RSA	Durban, SA	—
82.5 KG / D	185	Michelle Lotz	55	RSA	Durban, SA	—
82.5 KG / T	420	Michelle Lotz	55	RSA	Durban, SA	145-90-185

WOMEN – Masters Classic Raw – 5 [F_MCR_5]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / S	85	Julie Goldman	60	RSA	Durban, SA	—
82.5 KG / B	42.5	Julie Goldman	60	RSA	Durban, SA	—
82.5 KG / D	105	Julie Goldman	60	RSA	Durban, SA	—
82.5 KG / T	232.5	Julie Goldman	60	RSA	Durban, SA	85-42.5-105

MEN – Teenage Classic Raw – 2 [M_TCR_2]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
56 KG / S	205	Daniel Knickelbein	17	RSA	Durban, SA	—
56 KG / B	112.5	Daniel Knickelbein	17	RSA	Durban, SA	—
56 KG / D	195	Daniel Knickelbein	17	RSA	Durban, SA	—
56 KG / T	512.5	Daniel Knickelbein	17	RSA	Durban, SA	205-112.5-195
82.5 KG / S	152.5	Sylviano Songisa	17	RSA	Durban, SA	—
82.5 KG / B	75	Sylviano Songisa	17	RSA	Durban, SA	—
82.5 KG / D	180	Sylviano Songisa	17	RSA	Durban, SA	—
82.5 KG / T	407.5	Sylviano Songisa	17	RSA	Durban, SA	152.5-75-180
90 KG / S	220	Ethan Jordaan	17	RSA	Durban, SA	—
90 KG / B	150	Ethan Jordaan	17	RSA	Durban, SA	—
90 KG / D	240	Ethan Jordaan	17	RSA	Durban, SA	—
90 KG / T	610	Ethan Jordaan	17	RSA	Durban, SA	220-150-240

MEN – Teenage Classic Raw – 3 [M_TCR_3]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / S	157.5	Nazandro Straus	19	NAM	Durban, SA	—
82.5 KG / B	102.5	Nazandro Straus	19	NAM	Durban, SA	—
82.5 KG / D	195	Nazandro Straus	19	NAM	Durban, SA	—
82.5 KG / T	455	Nazandro Straus	19	NAM	Durban, SA	157.5-102.5-195

MEN – Junior Classic Raw [M_JCR]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
90 KG / S	235	Leo van der Westhuizen	23	RSA	Durban, SA	—
90 KG / B	160	Leo van der Westhuizen	23	RSA	Durban, SA	—
90 KG / D	250	Leo van der Westhuizen	23	RSA	Durban, SA	—
90 KG / T	645	Leo van der Westhuizen	23	RSA	Durban, SA	235-160-250

MEN – Open Classic Raw [M_OCR]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / S	270	Sbu Mthembu	35	RSA	Durban, SA	—
82.5 KG / B	150	Aphiwe Danisa	27	RSA	Durban, SA	—
82.5 KG / D	292.5	Aphiwe Danisa	27	RSA	Durban, SA	—
82.5 KG / T	700	Sbu Mthembu	35	RSA	Durban, SA	270-147.5-282.5
100 KG / S	305	Samuel Zeelie	37	RSA	Durban, SA	—
100 KG / B	200	Samuel Zeelie	37	RSA	Durban, SA	—
100 KG / D	255	Brendon Marsh	39	RSA	Durban, SA	—
100 KG / T	755	Samuel Zeelie	37	RSA	Durban, SA	305-200-250
110 KG / S	245	Gauta Olifant	28	RSA	Durban, SA	—
110 KG / B	140	Gauta Olifant	34	RSA	Durban, SA	—
110 KG / D	245	Gauta Olifant	28	RSA	Durban, SA	—
110 KG / T	630	Gauta Olifant	34	RSA	Durban, SA	245-140-245
125 KG / S	302.5	Abdulla Ahmeed Mohamed	38	LBA	Durban, SA	—
125 KG / B	192.5	Abdulla Ahmeed Mohamed	38	LBA	Durban, SA	—
125 KG / D	320	Abdulla Ahmeed Mohamed	38	LBA	Durban, SA	—
125 KG / T	815	Abdulla Ahmeed Mohamed	38	LBA	Durban, SA	302.5-192.5-320

MEN – Masters Classic Raw – 1 [M_MCR_1]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / S	210	Martin Dlamini	41	RSA	Durban, SA	—
82.5 KG / B	117.5	Martin Dlamini	41	RSA	Durban, SA	—
82.5 KG / D	180	Martin Dlamini	41	RSA	Durban, SA	—
82.5 KG / T	507.5	Martin Dlamini	41	RSA	Durban, SA	210-117.5-180
140 KG / S	275	Juan Baird	40	RSA	Durban, SA	—
140 KG / B	192.5	Juan Baird	40	RSA	Durban, SA	—
140 KG / D	305	Juan Baird	40	RSA	Durban, SA	—
140 KG / T	772.5	Juan Baird	40	RSA	Durban, SA	275-192.5-305
140+ KG / S	337.5	Franco Seaman	43	RSA	Durban, SA	—
140+ KG / B	210	Franco Seaman	43	RSA	Durban, SA	—
140+ KG / D	325	Franco Seaman	43	RSA	Durban, SA	—
140+ KG / T	872.5	Franco Seaman	43	RSA	Durban, SA	337.5-210-325

MEN – Masters Classic Raw – 2 [M_MCR_2]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / S	220	Kagisho Segatlaka	46	RSA	Durban, SA	—
82.5 KG / B	112.5	Kagisho Segatlaka	46	RSA	Durban, SA	—
82.5 KG / D	220	Kagisho Segatlaka	46	RSA	Durban, SA	—
82.5 KG / T	552.5	Kagisho Segatlaka	46	RSA	Durban, SA	220-112.5-220
90 KG / S	200	Wayne Laubscher	45	RSA	Durban, SA	—
90 KG / B	117.5	Heath Sutton	47	RSA	Durban, SA	—
90 KG / D	245	Wayne Laubscher	45	RSA	Durban, SA	—
90 KG / T	555	Wayne Laubscher	45	RSA	Durban, SA	200-110-245

MEN – Masters Classic Raw – 3 [M_MCR_3]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
110 KG / S	230	Vaughan Wichmann	52	RSA	Durban, SA	—
110 KG / B	115	Vaughan Wichmann	52	RSA	Durban, SA	—
110 KG / D	255	Vaughan Wichmann	52	RSA	Durban, SA	—
110 KG / T	600	Vaughan Wichmann	52	RSA	Durban, SA	230-115-255
140 KG / S	265	Marius Johannes	52	NAM	Durban, SA	—
140 KG / B	207.5	Marius Johannes	52	NAM	Durban, SA	—
140 KG / D	290	Marius Johannes	52	NAM	Durban, SA	—
140 KG / T	762.5	Marius Johannes	52	NAM	Durban, SA	265-207.5-290

MEN – Masters Classic Raw – 4 [M_MCR_4]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
125 KG / S	240	Joe Loubser	55	RSA	Durban, SA	—
125 KG / B	150	Joe Loubser	55	RSA	Durban, SA	—
125 KG / D	265	Joe Loubser	55	RSA	Durban, SA	—
125 KG / T	655	Joe Loubser	55	RSA	Durban, SA	240-150-265

MEN – Masters Classic Raw – 5 [M_MCR_5]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
75 KG / S	170	Gavin Bazley	62	RSA	Durban, SA	—
75 KG / B	112.5	Gavin Bazley	62	RSA	Durban, SA	—
75 KG / D	205	Gavin Bazley	62	RSA	Durban, SA	—
75 KG / T	487.5	Gavin Bazley	62	RSA	Durban, SA	170-112.5-205

WPC – SINGLE-PLY EQUIPPED – FULL POWER

MEN – Masters Equipped Single-ply – 3 [M_MES_3]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
100 KG / S	230	Gary Lewis	54	RSA	Durban, SA	—
100 KG / B	135	Gary Lewis	54	RSA	Durban, SA	—
100 KG / D	261	Gary Lewis	54	RSA	Durban, SA	—
100 KG / T	626	Gary Lewis	54	RSA	Durban, SA	230-135-261

WPC – MULTI-PLY EQUIPPED – FULL POWER

MEN – Masters Equipped Multi-ply – 3 [M_MEM_3]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
140+ KG / S	222.5	Etienne Mostert	52	NAM	Durban, SA	—
140+ KG / B	187.5	Etienne Mostert	52	NAM	Durban, SA	—
140+ KG / D	220	Etienne Mostert	52	NAM	Durban, SA	—
140+ KG / T	630	Etienne Mostert	52	NAM	Durban, SA	222.5-187.5-220

MILITARY – CLASSIC RAW FULL POWER

WOMEN – Open Classic Raw – Military [F_OCR_MIL]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
100 KG / S	160	Trish Armstrong	59	RSA	Durban, SA	—
100 KG / B	120	Trish Armstrong	59	RSA	Durban, SA	—
100 KG / D	215	Trish Armstrong	59	RSA	Durban, SA	—
100 KG / T	495	Trish Armstrong	59	RSA	Durban, SA	160-120-215

WOMEN – Masters Classic Raw – 4, Military [F_MCR_4_MIL]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
100 KG / S	160	Trish Armstrong	59	RSA	Durban, SA	—
100 KG / B	120	Trish Armstrong	59	RSA	Durban, SA	—
100 KG / D	215	Trish Armstrong	59	RSA	Durban, SA	—
100 KG / T	495	Trish Armstrong	59	RSA	Durban, SA	160-120-215

MEN – Masters Classic Raw – 1, Military [M_MCR_1_MIL]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
140 KG / S	275	Juan Baird	40	RSA	Durban, SA	—
140 KG / B	192.5	Juan Baird	40	RSA	Durban, SA	—
140 KG / D	305	Juan Baird	40	RSA	Durban, SA	—
140 KG / T	772.5	Juan Baird	40	RSA	Durban, SA	275-192.5-305

MEN – Masters Classic Raw – 4, Military [M_MCR_4_MIL]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
125 KG / S	240	Joe Loubser	55	RSA	Durban, SA	—
125 KG / B	150	Joe Loubser	55	RSA	Durban, SA	—
125 KG / D	265	Joe Loubser	55	RSA	Durban, SA	—
125 KG / T	655	Joe Loubser	55	RSA	Durban, SA	240-150-265

MEN – Masters Classic Raw – 5, Military [M_MCR_5_MIL]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
75 KG / S	170	Gavin Bazley	62	RSA	Durban, SA	—
75 KG / B	120	Peter Buys	62	RSA	Durban, SA	—
75 KG / D	205	Gavin Bazley	62	RSA	Durban, SA	—
75 KG / T	487.5	Gavin Bazley	62	RSA	Durban, SA	170-112.5-205

MILITARY – MULTI-PLY EQUIPPED FULL POWER

MEN – Masters Equipped Multi-ply – 3, Military [M_MEM_3_MIL]

Full Powerlifting (S/B/D/Total)

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
140+ KG / S	222.5	Etienne Mostert	52	NAM	Durban, SA	—
140+ KG / B	187.5	Etienne Mostert	52	NAM	Durban, SA	—
140+ KG / D	220	Etienne Mostert	52	NAM	Durban, SA	—
140+ KG / T	630	Etienne Mostert	52	NAM	Durban, SA	222.5-187.5-220

AWPC – RAW - BENCH ONLY

WOMEN – Bench Press Only – 2, AWPC (Tested) [F_TR_2_A]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
52 KG / B	30	Kayla Lynn Kelly	17	RSA	Durban, SA	—

WOMEN – Bench Press Only – 3, AWPC (Tested) [F_TR_3_A]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
110 KG / B	62.5	Miela Smit	18	RSA	Durban, SA	—

WOMEN – Bench Press Only – 2, AWPC (Tested) [F_MR_2_A]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
67.5 KG / B	65	Sarah Rowan	48	RSA	Durban, SA	—

MEN – Bench Press Only – 1, AWPC (Tested) [M_TR_1_A]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
60 KG / B	55	Michael Laubscher	14	RSA	Durban, SA	—
140+ KG / B	122.5	Andre Smit	14	RSA	Durban, SA	—

MEN – Bench Press Only – 2, AWPC (Tested) [M_TR_2_A]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / B	85	Sean Rowan	17	RSA	Durban, SA	—

MEN – Bench Press Only – 3, AWPC (Tested) [M_TR_3_A]

Bench Press Only

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / B	110	Isaiah Jones	19	RSA	Durban, SA	—

WPC – RAW - BENCH ONLY

WOMEN – Bench Press Only – 1 [F_TCR_1]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
75 KG / B	45	Amber Fisher	13	RSA	Durban, SA	—

WOMEN – Bench Press Only – 2 [F_MR_2]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / B	127.5	Monica Cox	46	RSA	Durban, SA	—

MEN – Bench Press Only – 2 [M_TR_2]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
90 KG / B	150	Ethan Jordaan	17	RSA	Durban, SA	—

MEN – Bench Press Only - [M_OR]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
100 KG / B	200	Samuel Zeelie	37	RSA	Durban, SA	—

MEN – Bench Press Only – 4 [M_MR_4]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
140 KG / B	145	Mark Esch	58	RSA	Durban, SA	—

WPC – SINGLE-PLY EQUIPPED – BENCH ONLY

MEN – Masters Equipped Single-ply Bench Press Only – 4 [M_MES_4]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
140 KG / B	170	Mark Esch	58	RSA	Durban, SA	—

WPC – MULTI-PLY EQUIPPED – BENCH ONLY

MEN – Masters Equipped Multi-ply Bench Press Only– 3 [M_MEM_3]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
140+ KG / B	187.5	Etienne Mostert	52	NAM	Durban, SA	—

AWPC – RAW - DEADLIFT ONLY

WOMEN – Deadlift Only – 2, AWPC (Tested) [F_TR_2_A]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
52 KG / D	75	Kayla Lynn Kelly	17	RSA	Durban, SA	—

WOMEN – Deadlift Only – 3, AWPC (Tested) [F_TR_3_A]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
110 KG / D	145	Miela Smit	18	RSA	Durban, SA	—

WOMEN – Deadlift Only – 2, AWPC (Tested) [F_MR_2_A]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
67.5 KG / D	135	Sarah Rowan	48	RSA	Durban, SA	—

WOMEN – Deadlift Only – 3, AWPC (Tested) [F_MR_3_A]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / D	162.5	Karen Wahl	50	RSA	Durban, SA	—

MEN – Deadlift Only – 1, AWPC (Tested) [M_TR_1_A]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
60 KG / D	112.5	Michael Laubscher	14	RSA	Durban, SA	—
67.5 KG / D	72.5	Aiden Baxter	13	RSA	Durban, SA	—

MEN – Deadlift Only – 2, AWPC (Tested) [M_TR_2_A]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / D	165	Sean Rowan	17	RSA	Durban, SA	—

WPC – RAW - DEADLIFT ONLY

WOMEN – Deadlift Only – 1 [F_TCR_1]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
75 KG / D	100	Amber Fisher	13	RSA	Durban, SA	—

WOMEN – Deadlift Only – 2 [F_MR_2]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
56 KG / D	162.5	Amy Froneman	46	RSA	Durban, SA	—
82.5 KG / D	222.5	Monica Cox	46	RSA	Durban, SA	—

WOMEN – Deadlift Only – 4 [F_MR_4]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
100 KG / D	215	Trish Armstrong	59	RSA	Durban, SA	—

MEN – Deadlift Only – 1 [M_TR_1]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
82.5 KG / D	210	Johannes Coenraad Pieterse	15	RSA	Durban, SA	—

MEN – Deadlift Only – 2 [M_TR_2]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
90 KG / D	240	Ethan Jordaan	17	RSA	Durban, SA	—

MEN – Deadlift Only – 1 [M_MR_1]

Wt. class / Lift	Best kg	Athlete	Age	NAT	Venue	Lifts to achieve total
140+ KG / D	325	Franco Seaman	43	—	Durban, SA	—

SANDILE