
Farhanna Farid



Farhanna Farid is a Singaporean powerlifter who is a member of Powerlifting Singapore (National Federation). In her competitive career of 4 years (52kg Open category), she has claimed the title of National Champion 4 times, Southeast Asian Champion once and Asian Champion twice. She has broken 5 Asian Records, 3 World Records and is also the first Singaporean to be awarded a Gold medal in an international competition for the Open age category.

Farhanna made her international debut in her first year of competing back in 2018. At the Asian Classic Powerlifting Championships held in Mongolia, she broke the Deadlift and Total Asian Records for her category and was awarded the title of Best Female Lifter. She returned the following year at the Asian Classic Powerlifting Championships, this time held in Kazakhstan, to retain her title as Asian Champion and broke her own Deadlift and Total Asian Records.

In June 2022, Farhanna competed at the World Open Classic Powerlifting Championships held in South Africa where she broke 2 Deadlift World Records. This was closely followed by the Southeast Asian Cup which was held 3 months later, in Malaysia, where she broke her own Deadlift World Record of 200kg. At that championship, Singapore was awarded Best Nation based on the overall medal tally and Farhanna was titled Best Female Lifter.

On top of being an athlete, Farhanna is a coach of the local powerlifting team, CoachbyMarc and currently has a team of 15 highly competitive powerlifters under her care. She is also a National Referee and part of the executive committee of Powerlifting Singapore, as head of marketing and sponsorship.