



South African Womens Powerlifting Record

Alushka September

Sub-Junior (14-18)

in the 52kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

110kg Deadlift





South African Womens Powerlifting Record

Alushka September

Sub-Junior

in the 52kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

117.5kg Deadlift





South African Womens Powerlifting Record

Alushka September

Sub-Junior

in the 52kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

60kg Bench Press





South African Womens Powerlifting Record

Alushka September

Sub-Junior

in the 52kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

120kg Deadlift





South African Womens Bench Press Record

Alushka September

Sub-Junior

in the 52kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

60kg Bench Press





South African Womens Powerlifting Record

Alushka September

Junior

in the 52kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

60kg Bench Press





South African Womens Powerlifting Record

Alushka September

Junior

in the 52kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

120kg Deadlift





South African Mens Bench Press Record

Andre Cloete

Senior

in the 120kg Division

competed on 20 October 2012 in the

SA Bench Press Championships

255kg Bench Press





South African Mens Powerlifting Record

Andre Kloppers

Sub-Junior

in the 105kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

240kg Squat





South African Mens Powerlifting Record

Andre Kloppers

Sub-Junior

in the 105kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

245kg Squat





South African Mens Powerlifting Record

Andre Kloppers

Sub-Junior

in the 105kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

620kg Total





South African Mens Bench Press Record

Andre Ludik

Master II (50-59)

in the 120kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

175kg Bench Press





South African Mens Powerlifting Record

Arno Lambrechts

Master I (40-49)

in the 120+kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

305kg Squat





South African Mens Powerlifting Record

Arno Lambrechts

Master I (40-49)

in the 120+kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

215kg Bench Press





South African Mens Powerlifting Record

Arno Lambrechts

Master I (40-49)

in the 120+kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

317.5kg Deadlift





South African Mens Powerlifting Record

Arno Lambrechts

Master I (40-49)

in the 120+kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

847.5kg Total





South African Mens Bench Press Record

Arno Lambrechts

Master I (40-49)

in the 120+kg Division

**competed on 13 August 2011 in the
SA Inter Provincial Championships**

215kg Bench Press





South African Mens Powerlifting Record

Arno Lambrechts

Senior

in the 120+kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

350kg Squat





South African Mens Powerlifting Record

Arno Lambrechts

Senior

in the 120+kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

900kg Total





South African Mens Powerlifting Record

Arno Lambrechts

Master I (40-49)

in the 120+kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

350kg Squat





South African Mens Powerlifting Record

Arno Lambrechts

Master I (40-49)

in the 120+kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

240kg Bench Press



Affiliated to



South African Mens Powerlifting Record

Arno Lambrechts

Master I (40-49)

in the 120+kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

900kg Total





South African Mens Bench Press Record

Arno Lambrechts

Master I (40-49)

in the 120+kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

240kg Bench Press





South African Mens Powerlifting Record

Benedict Bucarizza

Junior (19-23)

in the 120kg Division

competed on 18 August 2012 in the

SA Inter Provincial Championships

297.5kg Deadlift





South African Mens Powerlifting Record

Benedict Bucarizza

Junior (19-23)

in the 120kg Division

competed on 18 August 2012 in the

SA Inter Provincial Championships

827.5kg Total





South African Mens Powerlifting Record

Benedict Bucarizza

Junior

in the 120kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

870kg Total



Affiliated to



South African Mens Powerlifting Record

Benedict Bucarizza

Junior

in the 120kg Division

**competed on 06 September 2014 in the
World Junior Powerlifting Championships**

230kg Bench Press





South African Mens Powerlifting Record

Benedict Bucarizza

Junior

in the 120kg Division

**competed on 06 September 2014 in the
World Junior Powerlifting Championships**

325kg Deadlift





South African Mens Powerlifting Record

Benedict Bucarizza

Junior

in the 120kg Division

**competed on 06 September 2014 in the
World Junior Powerlifting Championships**

885kg Total





South African Mens Powerlifting Record

Benedict Bucarizza

Senior

in the 120kg Division

**competed on 06 September 2014 in the
World Junior Powerlifting Championships**

885kg Total





South African Mens Powerlifting Record

Benjamin Coetsee

Junior (19-23)

in the 93kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

260kg Squat





South African Mens Bench Press Record

Berto Smith

Sub-Junior

in the 105kg Division

competed on 15 February 2014 in the

SA Bench Press Championships

160kg Bench Press





South African Womens Powerlifting Record

Bonita Hein

Master I (40-49)

in the 72kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

140kg Squat





South African Womens Powerlifting Record

Bonita Hein

Master I (40-49)

in the 72kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

160kg Deadlift





South African Womens Powerlifting Record

Bonita Hein

Master I (40-49)

in the 72kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

355kg Total





South African Mens Powerlifting Record

Bryan Silkstone

Sub-Junior (14-18)

in the 83kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

220kg Squat





South African Mens Bench Press Record

Christo Gerber

Sub-Junior (14-18)

in the 74kg Division

**competed on 25 May 2011 in the
World Bench Press Championships**

132.5kg Bench Press





South African Mens Bench Press Record

Christo Gerber

Sub-Junior (14-18)

in the 74kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

145kg Bench Press





South African Mens Powerlifting Record

Dan Oppenheim

Master II (50-59)

in the 74kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

202.5kg Deadlift





South African Mens Powerlifting Record

Dan Oppenheim

Master III (60+)

in the 74kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

122.5kg Bench Press





South African Mens Powerlifting Record

Dan Oppenheim

Master III (60+)

in the 74kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

202.5kg Deadlift





South African Mens Powerlifting Record

Dan Oppenheim

Master III (60+)

in the 74kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

495kg Total





South African Mens Powerlifting Record

Dan Oppenheim

Master III

in the 83kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

207.5kg Deadlift





South African Mens Powerlifting Record

Dave Edwards

Senior

in the 105kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

217.5kg Bench Press





South African Mens Powerlifting Record

David Diakowski

Junior

in the 93kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

182.5kg Bench Press





South African Mens Powerlifting Record

David Diakowski

Junior

in the 93kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

300kg Deadlift





South African Mens Powerlifting Record

David Diakowski

Junior

in the 93kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

737.5kg Total





South African Mens Bench Press Record

David Diakowski

Junior

in the 93kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

182.5kg Bench Press





South African Mens Powerlifting Record

David Diakowski

Senior

in the 93kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

300kg Deadlift





South African Mens Powerlifting Record

David Quatse

Master I (40-49)

in the 74kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

220kg Deadlift





South African Mens Powerlifting Record

David Quatse

Master II (50-59)

in the 74kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

200kg Squat





South African Mens Powerlifting Record

David Quatse

Master II (50-59)

in the 74kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

220kg Deadlift





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 27 September 2013 in the
World Master Powerlifting Championships**

100kg Squat





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 27 September 2013 in the
World Master Powerlifting Championships**

50kg Bench Press





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 27 September 2013 in the
World Master Powerlifting Championships**

122.5kg Deadlift





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 27 September 2013 in the
World Master Powerlifting Championships**

272.5kg Total





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

102.5kg Squat





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

125kg Deadlift





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

277.5kg Total





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 24 September 2014 in the
World Master Powerlifting Championships**

112.5kg Squat





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 24 September 2014 in the
World Master Powerlifting Championships**

127.5kg Deadlift





South African Womens Powerlifting Record

Elisabeth Barry

Master I

in the 47kg Division

**competed on 24 September 2014 in the
World Master Powerlifting Championships**

287.5kg Total





South African Womens Powerlifting Record

Esmay Smith

Junior (19-23)

in the 84+kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

200kg Squat





South African Womens Powerlifting Record

Esmay Smith

Junior (19-23)

in the 84+kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

460kg Total





South African Womens Powerlifting Record

Esmay Smith

Senior

in the 84+kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

200kg Squat





South African Mens Bench Press Record

Etienne Potgieter

Senior

in the 93kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

215kg Bench Press





South African Mens Powerlifting Record

Etienne Potgieter

Senior

in the 93kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

212.5kg Bench Press





South African Mens Powerlifting Record

Etienne Potgieter

Senior

in the 93kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

215kg Bench Press





South African Mens Bench Press Record

Etienne Potgieter

Senior

in the 93kg Division

competed on 15 February 2014 in the

SA Bench Press Championships

225kg Bench Press





South African Mens Powerlifting Record

Eugene Nolan

Junior (19-23)

in the 120+kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

210kg Bench Press





South African Mens Bench Press Record

Eugene Nolan

Junior (19-23)

in the 120+kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

210kg Bench Press





South African Mens Powerlifting Record

Eugene Nolan

Junior (19-23)

in the 120+kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

220kg Bench Press





South African Mens Bench Press Record

Eugene Nolan

Junior (19-23)

in the 120+kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

220kg Bench Press





South African Mens Bench Press Record

Eugene Nolan

Junior (19-23)

in the 120+kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

232.5kg Bench Press





South African Mens Bench Press Record

Eugene Nolan

Junior (19-23)

in the 120+kg Division

**competed on 15 December 2011 in the
Commonwealth Powerlifting Championships**

235kg Bench Press





South African Mens Powerlifting Record

Eugene Nolan

Junior (19-23)

in the 120+kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

232.5kg Bench Press



Affiliated to



South African Mens Powerlifting Record

Eugene Nolan

Junior (19-23)

in the 120+kg Division

competed on 10 August 2012 in the

SA Inter Provincial Championships

237.5kg Bench Press



Affiliated to



South African Mens Bench Press Record

Eugene Nolan

Junior (19-23)

in the 120+kg Division

competed on 10 August 2012 in the

SA Inter Provincial Championships

237.5kg Bench Press





South African Mens Powerlifting Record

Eugene Nolan

Senior

in the 120+kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

270kg Bench Press





South African Mens Bench Press Record

Eugene Nolan

Senior

in the 120+kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

270kg Bench Press





South African Womens Powerlifting Record

Havannah Hunt

Sub-Junior (14-18)

in the 72kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

67.5kg Bench Press





South African Womens Powerlifting Record

Havannah Hunt

Sub-Junior (14-18)

in the 72kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

67.5kg Bench Press





South African Womens Powerlifting Record

Havannah Hunt

Sub-Junior (14-18)

in the 72kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

67.5kg Bench Press





South African Mens Powerlifting Record

Heinrich Van Tonder

Sub-Junior

in the 83kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

215kg Deadlift





South African Mens Powerlifting Record

Helgard Coertze

Master I (40-49)

in the 120kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

290kg Deadlift





South African Womens Powerlifting Record

Hesterki Range

Master I (40-49)

in the 57kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

125kg Squat





South African Womens Powerlifting Record

Hesterki Range

Master I (40-49)

in the 57kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

60kg Bench Press





South African Womens Powerlifting Record

Hesterki Range

Master I (40-49)

in the 57kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

152.5kg Deadlift





South African Womens Powerlifting Record

Hesterki Range

Master I (40-49)

in the 57kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

337.5kg Total





South African Womens Powerlifting Record

Hesterki Range

Master I (40-49)

in the 57kg Division

**competed on 15 December 2011 in the
Commonwealth Powerlifting Championships**

65kg Bench Press





South African Womens Powerlifting Record

Hesterki Range

Master I (40-49)

in the 57kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

72.5kg Bench Press





South African Womens Powerlifting Record

Hesterki Range

Master I (40-49)

in the 57kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

345kg Total





South African Mens Bench Press Record

Ian Buckle

Master II (50-59)

in the 105kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

187.5kg Bench Press





South African Mens Bench Press Record

Ian Buckle

Master II (50-59)

in the 105kg Division

competed on 20 October 2012 in the

SA Bench Press Championships

190kg Bench Press





South African Mens Bench Press Record

Ian Furman

Senior

in the 120+kg Division

competed on 18 August 2012 in the

SA Inter Provincial Championships

252.5kg Bench Press





South African Mens Bench Press Record

Ian Furman

Master I (40-49)

in the 120+kg Division

competed on 18 August 2012 in the

SA Inter Provincial Championships

252.5kg Bench Press





South African Womens Powerlifting Record

Ilze-Mari Maritz

Junior (19-23)

in the 57kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

62.5kg Bench Press





South African Womens Powerlifting Record

Ilze-Mari Maritz

Junior (19-23)

in the 57kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

72.5kg Bench Press





South African Womens Powerlifting Record

Ilze-Mari Maritz

Senior

in the 57kg Division

**competed on 13 August 2011 in the
SA Inter Provincial Championships**

72.5kg Bench Press





South African Womens Bench Press Record

Ilze-Mari Maritz

Junior (19-23)

in the 57kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

77.5kg Bench Press





South African Womens Powerlifting Record

Ilze-Mari Maritz

Senior

in the 63kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

92.5kg Bench Press





South African Womens Powerlifting Record

Ilze-Mari Maritz

Senior

in the 72kg Division

**competed on 22 June 2013 in the
SA Powerlifting Championships**

95kg Bench Press





South African Mens Powerlifting Record

Jaco Claasens

Senior

in the 120+kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

240kg Bench Press





South African Mens Bench Press Record

Jaco Claasens

Senior

in the 120+kg Division

**competed on 13 August 2011 in the
SA Inter Provincial Championships**

240kg Bench Press





South African Mens Powerlifting Record

Jacobus Philatsi

Senior

in the 66kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

240kg Squat





South African Mens Powerlifting Record

Jacobus Philatsi

Senior

in the 66kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

162.5kg Bench Press





South African Mens Bench Press Record

Jacobus Philatsi

Senior

in the 66kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

162.5kg Bench Press





South African Mens Powerlifting Record

Jacques Fourie

Sub-Junior (14-18)

in the 66kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

190kg Deadlift





South African Mens Powerlifting Record

Jacques Fourie

Sub-Junior (14-18)

in the 66kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

200kg Deadlift





South African Mens Bench Press Record

Jacques Fourie

Junior (19-23)

in the 59kg Division

competed on 20 October 2012 in the

SA Bench Press Championships

122.5kg Bench Press





South African Mens Bench Press Record

Jacques Knoesen

Master I (40-49)

in the 83kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

165kg Bench Press





South African Mens Powerlifting Record

Jan Kruger

Master I

in the 120kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

292.5kg Deadlift





South African Mens Powerlifting Record

Japhta Khalapa

Junior (19-23)

in the 74kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

240kg Deadlift





South African Mens Bench Press Record

Jason Meyer

Junior (19-23)

in the 74kg Division

**competed on 15 December 2011 in the
Commonwealth Powerlifting Championships**

185kg Bench Press





South African Womens Powerlifting Record

Jerain Hunt

Sub-Junior (14-18)

in the 63kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

110kg Squat





South African Womens Powerlifting Record

Jerain Hunt

Sub-Junior (14-18)

in the 63kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

60kg Bench Press





South African Womens Powerlifting Record

Jerain Hunt

Sub-Junior (14-18)

in the 63kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

125kg Deadlift





South African Womens Powerlifting Record

Jerain Hunt

Sub-Junior (14-18)

in the 63kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

295kg Total





South African Mens Powerlifting Record

Johan Duvenhage

Master I (40-49)

in the 105kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

190kg Bench Press





South African Mens Powerlifting Record

Johan Duvenhage

Master I (40-49)

in the 105kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

705kg Total





South African Mens Powerlifting Record

Johan Smith

Junior (19-23)

in the 105kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

320kg Squat





South African Mens Powerlifting Record

Johan Smith

Junior (19-23)

in the 105kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

210kg Bench Press





South African Mens Powerlifting Record

Johan Smith

Junior (19-23)

in the 105kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

300kg Deadlift



Affiliated to



South African Mens Powerlifting Record

Johan Smith

Junior (19-23)

in the 105kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

830kg Total





South African Mens Powerlifting Record

Johan Smith

Senior

in the 105kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

320kg Squat





South African Mens Powerlifting Record

Johan Smith

Junior (19-23)

in the 105kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

330kg Squat





South African Mens Powerlifting Record

Johan Smith

Junior (19-23)

in the 105kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

212.5kg Bench Press



Affiliated to



South African Mens Powerlifting Record

Johan Smith

Senior

in the 105kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

330kg Squat





South African Mens Powerlifting Record

Johan Smith

Junior (19-23)

in the 105kg Division

competed on 03 November 2012 in the

World Powerlifting Championships

337.5kg Squat





South African Mens Powerlifting Record

Johan Smith

Junior (19-23)

in the 105kg Division

competed on 03 November 2012 in the

World Powerlifting Championships

225kg Bench Press





South African Mens Powerlifting Record

Johan Smith

Junior (19-23)

in the 105kg Division

competed on 03 November 2012 in the

World Powerlifting Championships

862.5kg Total





South African Mens Powerlifting Record

Johan Smith

Senior

in the 105kg Division

competed on 03 November 2012 in the

World Powerlifting Championships

337.5kg Squat





South African Mens Powerlifting Record

Johan Smith

Senior

in the 105kg Division

competed on 03 November 2012 in the

World Powerlifting Championships

225kg Bench Press





South African Mens Powerlifting Record

Johan Smith

Senior

in the 105kg Division

competed on 03 November 2012 in the

World Powerlifting Championships

862.5kg Total





South African Mens Bench Press Record

Johan Smith

Junior

in the 105kg Division

competed on 15 February 2014 in the

SA Bench Press Championships

245kg Bench Press





South African Mens Bench Press Record

Johan Smith

Senior

in the 105kg Division

competed on 15 February 2014 in the

SA Bench Press Championships

245kg Bench Press





South African Mens Powerlifting Record

Johan Smith

Junior

in the 105kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

240kg Bench Press





South African Mens Powerlifting Record

Johan Smith

Senior

in the 105kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

240kg Bench Press





South African Mens Powerlifting Record

Johny Hall

Master I (40-49)

in the 93kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

260kg Deadlift





South African Mens Bench Press Record

Johny Hall

Master I (40-49)

in the 93kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

170kg Bench Press





South African Mens Powerlifting Record

Jorncy Page

Master I (40-49)

in the 105kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

260kg Squat





South African Mens Powerlifting Record

Jorncy Page

Master I (40-49)

in the 105kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

270kg Deadlift





South African Mens Powerlifting Record

Jorncy Page

Master I (40-49)

in the 105kg Division

competed on 18 August 2012 in the

SA Inter Provincial Championships

262.5kg Squat





South African Mens Powerlifting Record

Jorncy Page

Master I (40-49)

in the 105kg Division

competed on 18 August 2012 in the

SA Inter Provincial Championships

272.5kg Deadlift





South African Mens Powerlifting Record

Jorncy Page

Master I (40-49)

in the 105kg Division

competed on 18 August 2012 in the

SA Inter Provincial Championships

715kg Total





South African Mens Powerlifting Record

Jorncy Page

Master I

in the 105kg Division

**competed on 27 September 2013 in the
World Master Powerlifting Championships**

280kg Squat





South African Mens Powerlifting Record

Jorncy Page

Master I

in the 105kg Division

**competed on 27 September 2013 in the
World Master Powerlifting Championships**

197.5kg Bench Press





South African Mens Powerlifting Record

Jorncy Page

Master I

in the 105kg Division

**competed on 27 September 2013 in the
World Master Powerlifting Championships**

282.5kg Deadlift





South African Mens Powerlifting Record

Jorncy Page

Master I

in the 105kg Division

**competed on 27 September 2013 in the
World Master Powerlifting Championships**

760kg Total





South African Mens Powerlifting Record

Juan Booyse

Junior (19-23)

in the 120kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

200kg Bench Press





South African Mens Powerlifting Record

Juan Booyse

Junior (19-23)

in the 120kg Division

competed on 18 August 2012 in the

SA Inter Provincial Championships

225kg Bench Press





South African Mens Bench Press Record

Juan Booyse

Junior (19-23)

in the 120kg Division

competed on 20 October 2012 in the

SA Bench Press Championships

235kg Bench Press



Affiliated to



South African Mens Powerlifting Record

Juan Booyse

Junior

in the 120+kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

257.5kg Bench Press





South African Mens Bench Press Record

Juan Booyse

Junior

in the 120+kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

257.5kg Bench Press





South African Mens Powerlifting Record

Juan Booyse

Senior

in the 120+kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

257.5kg Bench Press





South African Mens Bench Press Record

Juan Booyse

Senior

in the 120+kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

257.5kg Bench Press





South African Mens Powerlifting Record

Juan Fourie

Junior (19-23)

in the 93kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

267.5kg Deadlift





South African Womens Powerlifting Record

Juanita Visser

Junior

in the 84+kg Division

**competed on 22 June 2013 in the
SA Powerlifting Championships**

95kg Bench Press





South African Mens Powerlifting Record

Karl Christians

Master I (40-49)

in the 66kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

205kg Deadlift





South African Mens Powerlifting Record

Karl Christians

Master II

in the 66kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

190kg Squat





South African Mens Powerlifting Record

Karl Christians

Master II

in the 66kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

200kg Deadlift





South African Mens Powerlifting Record

Keke Makuta

Junior

in the 74kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

245kg Squat





South African Mens Powerlifting Record

Kennedy Sekome

Junior (19-23)

in the 66kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

240kg Deadlift





South African Mens Powerlifting Record

Kennedy Sekome

Junior (19-23)

in the 66kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

252.5kg Deadlift





South African Womens Bench Press Record

Liliana Coleman

Master I (40-49)

in the 47kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

70kg Bench Press





South African Womens Powerlifting Record

Lizette Steyn

Master I (40-49)

in the 57kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

135kg Squat





South African Mens Powerlifting Record

Louis Jacobs

Master II (50-59)

in the 83kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

215kg Squat





South African Mens Powerlifting Record

Marcel Vorster

Sub-Junior (14-18)

in the 59kg Division

competed on 28 August 2012 in the

World Junior and Sub Junior Powerlifting Championships

170kg Squat





South African Mens Powerlifting Record

Marcel Vorster

Sub-Junior (14-18)

in the 59kg Division

competed on 28 August 2012 in the

World Junior and Sub Junior Powerlifting Championships

105kg Bench Press





South African Mens Powerlifting Record

Marcel Vorster

Sub-Junior (14-18)

in the 59kg Division

competed on 28 August 2012 in the

World Junior and Sub Junior Powerlifting Championships

425kg Total





South African Mens Bench Press Record

Marcel Vorster

Sub-Junior (14-18)

in the 59kg Division

competed on 28 August 2012 in the

World Junior and Sub Junior Powerlifting Championships

105kg Bench Press





South African Mens Bench Press Record

Marcel Vorster

Sub-Junior (14-18)

in the 66kg Division

competed on 20 October 2012 in the

SA Bench Press Championships

117.5kg Bench Press





South African Womens Powerlifting Record

Marelize Swart

Sub-Junior

in the 43kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

97.5kg Deadlift





South African Womens Powerlifting Record

Marelize Swart

Sub-Junior

in the 43kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

102.5kg Deadlift





South African Womens Powerlifting Record

Marelize Swart

Junior

in the 43kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

102.5kg Deadlift





South African Mens Powerlifting Record

Mark Phillips

Master I (40-49)

in the 93kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

262.5kg Deadlift





South African Mens Powerlifting Record

Mark Phillips

Master I

in the 105kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

270kg Squat





South African Mens Powerlifting Record

Mark Phillips

Master I

in the 105kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

275kg Deadlift





South African Mens Powerlifting Record

Marlon Daniels

Senior

in the 74kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

250kg Squat





South African Mens Powerlifting Record

Marlon Daniels

Senior

in the 74kg Division

**competed on 13 August 2011 in the
SA Inter Provincial Championships**

195kg Bench Press





South African Mens Bench Press Record

Marlon Daniels

Senior

in the 74kg Division

**competed on 13 August 2011 in the
SA Inter Provincial Championships**

195kg Bench Press





South African Mens Powerlifting Record

Mathew Coppenhall

Senior

in the 83kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

280kg Squat





South African Mens Powerlifting Record

Mathew Coppenhall

Senior

in the 83kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

200kg Bench Press





South African Mens Bench Press Record

Mathew Coppenhall

Senior

in the 83kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

200kg Bench Press





South African Mens Powerlifting Record

Mathew Coppenhall

Senior

in the 83kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

745kg Total





South African Mens Powerlifting Record

Mathew Cosmo

Senior

in the 120kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

230kg Bench Press





South African Mens Powerlifting Record

Mathew Cosmo

Master I (40-49)

in the 120kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

300kg Squat





South African Mens Powerlifting Record

Mathew Cosmo

Master I (40-49)

in the 120kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

230kg Bench Press





South African Mens Powerlifting Record

Mathew Cosmo

Master I (40-49)

in the 120kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

277.5kg Deadlift





South African Mens Powerlifting Record

Mathew Cosmo

Master I (40-49)

in the 120kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

807.5kg Total





South African Mens Bench Press Record

Mathew Cosmo

Master I (40-49)

in the 120kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

250kg Bench Press





South African Mens Bench Press Record

Mathew Cosmo

Senior

in the 120kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

250kg Bench Press





South African Mens Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

302.5kg Squat





South African Mens Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

232.5kg Bench Press





South African Mens Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

815kg Total





South African Mens Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

305kg Squat





South African Mens Powerlifting Record

Mathew Cosmo

Master I

in the 120kg Division

**competed on 08 December 2013 in the
Commonwealth Powerlifting Championships**

235kg Bench Press





South African Mens Powerlifting Record

Matthew Coppenhall

Senior

in the 74kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

260kg Deadlift





South African Mens Powerlifting Record

Matthew Coppenhall

Senior

in the 74kg Division

competed on 10 August 2012 in the

SA Inter Provincial Championships

680kg Total



Affiliated to



South African Womens Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

115kg Deadlift





South African Womens Powerlifting Record

Megan Leighton

Sub-Junior

in the 57kg Division

competed on 10 August 2013 in the

SA Inter Provincial Championships

120kg Deadlift





South African Womens Powerlifting Record

Michelle de Souza

Senior

in the 63kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

150kg Squat





South African Womens Powerlifting Record

Michelle de Souza

Senior

in the 63kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

165kg Deadlift





South African Womens Powerlifting Record

Michelle de Souza

Senior

in the 63kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

152.5kg Squat





South African Womens Powerlifting Record

Michelle de Souza

Senior

in the 63kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

392.5kg Total





South African Womens Powerlifting Record

Michelle de Souza

Master I (40-49)

in the 63kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

152.5kg Squat





South African Womens Powerlifting Record

Michelle de Souza

Master I (40-49)

in the 63kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

392.5kg Total





South African Womens Powerlifting Record

Michelle de Souza

Senior

in the 72kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

170kg Squat





South African Womens Powerlifting Record

Michelle de Souza

Master I

in the 72kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

170kg Squat





South African Womens Powerlifting Record

Michelle de Souza

Master I

in the 72kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

77.5kg Bench Press





South African Womens Powerlifting Record

Michelle de Souza

Master I

in the 72kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

175kg Deadlift





South African Womens Powerlifting Record

Michelle de Souza

Master I

in the 72kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

422.5kg Total





South African Womens Powerlifting Record

Michelle de Souza

Master I

in the 72kg Division

**competed on 27 September 2013 in the
World Master Powerlifting Championships**

80kg Bench Press





South African Womens Powerlifting Record

Miriam Sinclair

Senior

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

125kg Squat





South African Womens Powerlifting Record

Miriam Sinclair

Senior

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

72.5kg Bench Press





South African Womens Powerlifting Record

Miriam Sinclair

Senior

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

145kg Deadlift





South African Womens Powerlifting Record

Miriam Sinclair

Senior

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

342.5kg Total





South African Womens Powerlifting Record

Miriam Sinclair

Master I (40-49)

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

125kg Squat





South African Womens Powerlifting Record

Miriam Sinclair

Master I (40-49)

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

72.5kg Bench Press





South African Womens Powerlifting Record

Miriam Sinclair

Master I (40-49)

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

145kg Deadlift





South African Womens Powerlifting Record

Miriam Sinclair

Master I (40-49)

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

342.5kg Total





South African Womens Powerlifting Record

Miriam Sinclair

Master II (50-59)

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

125kg Squat





South African Womens Powerlifting Record

Miriam Sinclair

Master II (50-59)

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

72.5kg Bench Press





South African Womens Powerlifting Record

Miriam Sinclair

Master II (50-59)

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

145kg Deadlift





South African Womens Powerlifting Record

Miriam Sinclair

Master II (50-59)

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

342.5kg Total





South African Womens Bench Press Record

Miriam Sinclair

Master II (50-59)

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

72.5kg Bench Press





South African Womens Bench Press Record

Miriam Sinclair

Master I (40-49)

in the 52kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

72.5kg Bench Press





South African Womens Bench Press Record

Natalie Mohr

Junior (19-23)

in the 63kg Division

competed on 28 August 2012 in the

World Junior and Sub Junior Powerlifting Championships

82.5kg Bench Press





South African Womens Powerlifting Record

Natalie Mohr

Junior (19-23)

in the 72kg Division

competed on 28 August 2012 in the

World Junior and Sub Junior Powerlifting Championships

150kg Squat





South African Womens Powerlifting Record

Natalie Mohr

Junior (19-23)

in the 72kg Division

competed on 28 August 2012 in the

World Junior and Sub Junior Powerlifting Championships

82.5kg Bench Press





South African Womens Powerlifting Record

Natalie Mohr

Junior (19-23)

in the 72kg Division

competed on 28 August 2012 in the

World Junior and Sub Junior Powerlifting Championships

180kg Deadlift





South African Womens Powerlifting Record

Natalie Mohr

Junior (19-23)

in the 72kg Division

competed on 28 August 2012 in the

World Junior and Sub Junior Powerlifting Championships

412.5kg Total





South African Womens Powerlifting Record

Natalie Mohr

Senior

in the 72kg Division

competed on 28 August 2012 in the

World Junior and Sub Junior Powerlifting Championships

180kg Deadlift





South African Mens Powerlifting Record

Nathan Valentine

Junior (19-23)

in the 83kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

260kg Squat





South African Mens Powerlifting Record

Nathan Valentine

Junior (19-23)

in the 83kg Division

**competed on 15 December 2011 in the
Commonwealth Powerlifting Championships**

270kg Squat





South African Mens Powerlifting Record

Nathan Valentine

Junior (19-23)

in the 83kg Division

**competed on 15 December 2011 in the
Commonwealth Powerlifting Championships**

270kg Deadlift





South African Mens Powerlifting Record

Nathan Valentine

Junior (19-23)

in the 83kg Division

competed on 10 August 2012 in the

SA Inter Provincial Championships

282.5kg Deadlift





South African Mens Powerlifting Record

Nathan Valentine

Junior (19-23)

in the 83kg Division

competed on 10 August 2012 in the

SA Inter Provincial Championships

715kg Total





South African Mens Powerlifting Record

Nathan Valentine

Senior

in the 83kg Division

competed on 10 August 2012 in the

SA Inter Provincial Championships

282.5kg Deadlift





South African Mens Powerlifting Record

Nathan Valentine

Junior (19-23)

in the 83kg Division

competed on 10 August 2012 in the

SA Inter Provincial Championships

272.5kg Squat





South African Mens Powerlifting Record

Neal Coleman

Master III

in the 93kg Division

**competed on 10 August 2013 in the
SA Inter Provincial Championships**

150kg Bench Press





South African Mens Bench Press Record

Neal Coleman

Master III

in the 93kg Division

**competed on 10 August 2013 in the
SA Inter Provincial Championships**

150kg Bench Press





South African Mens Bench Press Record

Neal Coleman

Master III

in the 93kg Division

competed on 15 February 2014 in the

SA Bench Press Championships

153kg Bench Press





South African Mens Powerlifting Record

Nick Stephanou

Junior

in the 74kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

250kg Deadlift





South African Mens Powerlifting Record

Nick Stephanou

Junior

in the 74kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

637.5kg Total





South African Mens Bench Press Record

Peter Vermaak

Master III (60+)

in the 83kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

140kg Bench Press



Affiliated to



South African Mens Bench Press Record

Peter Vermaak

Master II

in the 83kg Division

competed on 07 February 2015 in the

SA Bench Press Championships

150kg Bench Press





South African Mens Bench Press Record

Peter Vermaak

Master III

in the 83kg Division

competed on 07 February 2015 in the

SA Bench Press Championships

150kg Bench Press





South African Mens Powerlifting Record

Pieter Erasmus

Master I (40-49)

in the 93kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

275kg Squat





South African Mens Powerlifting Record

Pieter Erasmus

Master I (40-49)

in the 93kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

210kg Bench Press





South African Mens Powerlifting Record

Pieter Erasmus

Master I (40-49)

in the 93kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

250kg Deadlift



Affiliated to



South African Mens Powerlifting Record

Pieter Erasmus

Master I (40-49)

in the 93kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

735kg Total





South African Mens Powerlifting Record

Pieter Fourie

Junior (19-23)

in the 83kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

187.5kg Bench Press





South African Mens Powerlifting Record

Pieter Fourie

Junior (19-23)

in the 83kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

262.5kg Deadlift





South African Mens Powerlifting Record

Pieter Fourie

Junior (19-23)

in the 83kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

710kg Total





South African Mens Bench Press Record

Pieter Fourie

Junior (19-23)

in the 83kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

187.5kg Bench Press





South African Mens Powerlifting Record

Pieter Fourie

Senior

in the 83kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

187.5kg Bench Press





South African Mens Bench Press Record

Pieter Fourie

Senior

in the 83kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

187.5kg Bench Press





South African Mens Powerlifting Record

Pieter Fourie

Junior (19-23)

in the 83kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

267.5kg Squat





South African Mens Powerlifting Record

Pieter Fourie

Junior (19-23)

in the 83kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

265kg Deadlift



Affiliated to



South African Mens Powerlifting Record

Pieter Fourie

Junior (19-23)

in the 83kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

712.5kg Total





South African Mens Powerlifting Record

Pieter Fourie

Senior

in the 93kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

315kg Squat



Affiliated to



South African Mens Powerlifting Record

Pieter Fourie

Senior

in the 93kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

795kg Total



Affiliated to



South African Mens Powerlifting Record

Revaldo Matras

Sub-Junior

in the 53kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

150kg Deadlift



Affiliated to



South African Mens Powerlifting Record

Revaldo Matras

Sub-Junior

in the 53kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

150kg Squat





South African Mens Powerlifting Record

Revaldo Matras

Sub-Junior

in the 53kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

160kg Deadlift





South African Mens Powerlifting Record

Revaldo Matras

Sub-Junior

in the 53kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

375kg Total





South African Mens Powerlifting Record

Ricardo Barreto

Junior (19-23)

in the 120kg Division

competed on 23 June 2012 in the

SA Powerlifting Championships

320kg Squat





South African Mens Powerlifting Record

Ricardo Barreto

Junior

in the 120kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

340kg Squat





South African Mens Powerlifting Record

Ricardo Barreto

Junior

in the 120kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

310kg Deadlift





South African Mens Powerlifting Record

Ricardo Barreto

Senior

in the 120kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

340kg Squat





South African Mens Bench Press Record

Ricardo Fitzpatrick

Senior

in the 83kg Division

**competed on 20 May 2013 in the
World Bench Press Championships**

190kg Bench Press





South African Womens Bench Press Record

Sanet Momberg

Senior

in the 72kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

140kg Bench Press





South African Mens Bench Press Record

Sean Stander

Sub-Junior

in the 93kg Division

competed on 15 February 2014 in the

SA Bench Press Championships

160kg Bench Press





South African Mens Powerlifting Record

Stuart Murchie

Junior (19-23)

in the 66kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

160kg Bench Press





South African Mens Bench Press Record

Stuart Murchie

Junior (19-23)

in the 66kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

160kg Bench Press





South African Mens Powerlifting Record

Stuart Murchie

Senior

in the 66kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

160kg Bench Press





South African Womens Bench Press Record

Sue Glazier

Senior

in the 84kg Division

competed on 22 October 2011 in the

SA Bench Press Championships

110kg Bench Press





South African Mens Powerlifting Record

Thabang Mpe

Junior (19-23)

in the 74kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

152.5kg Bench Press





South African Mens Bench Press Record

Thabang Mpe

Junior (19-23)

in the 74kg Division

competed on 13 August 2011 in the

SA Inter Provincial Championships

152.5kg Bench Press





South African Mens Powerlifting Record

Thando Makheta

Senior

in the 120+kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

340kg Squat





South African Mens Powerlifting Record

Thembanani Makubalo

Sub-Junior (14-18)

in the 59kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

185kg Deadlift





South African Womens Powerlifting Record

Tiffany Petrus

Sub-Junior (14-18)

in the 47kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

102.5kg Deadlift





South African Womens Powerlifting Record

Tiffany Petrus

Sub-Junior (14-18)

in the 47kg Division

competed on 10 August 2012 in the

SA Inter Provincial Championships

45kg Bench Press





South African Womens Powerlifting Record

Tiffany Petrus

Sub-Junior (14-18)

in the 47kg Division

competed on 10 August 2012 in the

SA Inter Provincial Championships

105kg Deadlift





South African Womens Powerlifting Record

Tiffany Petrus

Junior (19-23)

in the 47kg Division

competed on 10 August 2012 in the

SA Inter Provincial Championships

105kg Deadlift





South African Mens Powerlifting Record

Trent Williams

Sub-Junior (14-18)

in the 93kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

235kg Deadlift





South African Mens Powerlifting Record

Tshepo Rapoo

Sub-Junior (14-18)

in the 74kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

230kg Squat





South African Mens Powerlifting Record

Tshepo Rapoo

Sub-Junior (14-18)

in the 74kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

220kg Deadlift





South African Mens Powerlifting Record

Tshepo Rapoo

Sub-Junior (14-18)

in the 74kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

560kg Total





South African Mens Powerlifting Record

Tshepo Rapoo

Junior (19-23)

in the 74kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

230kg Squat



Affiliated to



South African Mens Powerlifting Record

Tshepo Rapoo

Junior

in the 83kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

290kg Squat





South African Mens Bench Press Record

Tyrone Delaney

Junior (19-23)

in the 105kg Division

**competed on 25 May 2011 in the
World Bench Press Championships**

230kg Bench Press





South African Mens Bench Press Record

Tyrone Delaney

Senior

in the 105kg Division

**competed on 25 May 2011 in the
World Bench Press Championships**

230kg Bench Press





South African Mens Powerlifting Record

Umar Pregnalato

Sub-Junior (14-18)

in the 74kg Division

competed on 22 June 2012 in the

SA Powerlifting Championships

122.5kg Bench Press





South African Mens Powerlifting Record

Umar Pregnalato

Sub-Junior (14-18)

in the 74kg Division

competed on 28 August 2012 in the

World Junior and Sub Junior Powerlifting Championships

125kg Bench Press





South African Womens Bench Press Record

Vicky Botha

Master I

in the 63kg Division

competed on 15 February 2014 in the

SA Bench Press Championships

80kg Bench Press





South African Mens Powerlifting Record

Vusi Poeng

Sub-Junior

in the 66kg Division

competed on 31 May 2014 in the

SA Powerlifting Championships

170kg Squat





South African Mens Bench Press Record

Willem Parker

Junior

in the 93kg Division

competed on 07 February 2015 in the

SA Bench Press Championships

177.5kg Bench Press





South African Mens Powerlifting Record

Willy Johnstone - Robertson

Master I (40-49)

in the 120+kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

210kg Bench Press





South African Mens Powerlifting Record

Willy Johnstone - Robertson

Master II (50-59)

in the 120+kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

210kg Bench Press





South African Mens Bench Press Record

Willy Johnstone - Robertson

Master II (50-59)

in the 120+kg Division

competed on 24 June 2011 in the

SA Powerlifting Championships

210kg Bench Press





South African Mens Bench Press Record

Willy Johnstone - Robertson

Master II (50-59)

in the 120+kg Division

competed on 20 October 2012 in the

SA Bench Press Championships

212.5kg Bench Press





South African Mens Powerlifting Record

Willy Johnstone - Robertson

Master II

in the 120+kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

215kg Bench Press





South African Mens Bench Press Record

Willy Johnstone - Robertson

Master II

in the 120+kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

215kg Bench Press





South African Mens Bench Press Record

Willy Johnstone - Robertson

Master II

in the 120+kg Division

competed on 22 June 2013 in the

SA Powerlifting Championships

215kg Bench Press

