

SOUTH AFRICAN MENS POWERLIFTING RECORDS

07/06/2011	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+
53 Div.						
Squat	137.5	170.0	187.5	160.0	150.0	137.5
Bench	92.5	115.0	127.5	107.5	100.0	92.5
Deadlift	142.5	175.0	192.5	162.5	152.5	142.5
Total	372.5	460.0	510.0	430.0	402.5	372.5
59 Div.						
Squat	152.5	187.5	210.0	175.0	165.0	152.5
Bench	102.5	127.5	140.0	120.0	110.0	102.5
Deadlift	160.0	192.5	215.0	182.5	170.0	160.0
Total	415.0	507.5	565.0	477.5	445.0	415.0
66 Div.						
Squat	170.0	207.5	230.0	195.0	182.5	170.0
Bench	115.0	140.0	157.5	132.5	122.5	115.0
Deadlift	175.0	212.5	237.5	200.0	187.5	175.0
Total	460.0	560.0	625.0	527.5	492.5	460.0
74 Div.						
Squat	182.5	225.0	250.0	212.5	197.5	182.5
Bench	122.5	152.5	170.0	142.5	132.5	122.5
Deadlift	190.0	230.0	260.0	217.5	202.5	190.0
Total	495.0	607.5	680.0	572.5	532.5	495.0
83 Div.						
Squat	200.0	245.0	275.0	230.0	215.0	195.0
Bench	135.0	165.0	185.0	155.0	145.0	200.0
Deadlift	207.5	252.5	280.0	237.5	222.5	135.0
Total	542.5	662.5	740.0	622.5	582.5	207.5
						542.5

SOUTH AFRICAN MENS POWERLIFTING RECORDS

06/06/2011	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+
93 Div.						
Squat	212.5	260.0	290.0	245.0	227.5	212.5
Bench	142.5	177.5	197.5	165.0	155.0	142.5
Deadlift	220.0	267.5	300.0	250.0	235.0	220.0
Total	575.0	705.0	787.5	660.0	617.5	575.0
105 Div.						
Squat	225.0	275.0	307.5	260.0	242.5	225.0
Bench	152.5	187.5	210.0	175.0	162.5	152.5
Deadlift	232.5	282.5	317.5	267.5	250.0	232.5
Total	610.0	745.0	835.0	702.5	655.0	610.0
120 Div.						
Squat	235.0	287.5	322.5	272.5	252.5	235.0
Bench	160.0	195.0	220.0	182.5	172.5	160.0
Deadlift	242.5	297.5	330.0	277.5	260.0	242.5
Total	637.5	780.0	872.5	732.5	685.0	637.5
120+ Div.						
Squat	242.5	295.0	330.0	280.0	260.0	242.5
Bench	165.0	200.0	225.0	187.5	177.5	162.5
Deadlift	247.5	305.0	337.5	285.0	267.5	250.0
Total	655.0	800.0	892.5	752.5	705.0	655.0

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS

06/06/2011	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I	Master II
43 Div.					
Squat	80.0	95.0	110.0	87.5	80.0
Bench	42.5	50.0	57.5	45.0	42.5
Deadlift	90.0	102.5	120.0	97.5	90.0
Total	212.5	247.5	287.5	230.0	210.0
47 Div.					
Squat	87.5	100.0	115.0	92.5	87.5
Bench	45.0	50.0	60.0	50.0	45.0
Deadlift	95.0	105.0	130.0	102.5	95.0
Total	227.5	250.0	305.0	245.0	227.5
52 Div.					
Squat	92.5	110.0	125.0	100.0	92.5
Bench	47.5	57.5	67.5	52.5	50.0
Deadlift	102.5	120.0	137.5	112.5	100.0
Total	242.5	287.5	330.0	265.0	242.5
57 Div.					
Squat	102.5	117.5	137.5	110.0	100.0
Bench	52.5	62.5	72.5	57.5	55.0
Deadlift	112.5	132.5	152.5	122.5	112.5
Total	267.5	312.5	362.5	290.0	267.5
63 Div.					
Squat	110.0	130.0	150.0	120.0	120.0
Bench	57.5	67.5	77.5	62.5	65.0
Deadlift	122.5	142.5	165.0	132.5	135.0
Total	290.0	340.0	392.5	315.0	320.0

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS

06/06/2011	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I	Master II
72 Div.					
Squat	120.0	142.5	165.0	132.5	120.0
Bench	65.0	75.0	87.5	70.0	65.0
Deadlift	135.0	157.5	180.0	145.0	135.0
Total	320.0	375.0	432.5	347.5	320.0
84 Div.					
Squat	135.0	160.0	185.0	147.5	135.0
Bench	72.5	85.0	97.5	77.5	72.5
Deadlift	152.5	177.5	205.0	165.0	152.5
Total	360.0	422.5	487.5	390.0	360.0
84+ Div.					
Squat	145.0	170.0	195.0	157.5	145.0
Bench	77.5	90.0	105.0	82.5	77.5
Deadlift	157.5	187.5	215.0	172.5	157.5
Total	380.0	447.5	515.0	412.5	380.0

SOUTH AFRICAN BENCH PRESS RECORDS MENS

06/06/2011	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50+	Master III 60+
53 Div.	92.5	112.5	125.0	105.0	100.0	92.5
59 Div.	102.5	122.5	137.5	115.0	110.0	102.5
66 Div.	112.5	137.5	150.0	127.5	120.0	112.5
74 Div.	125.0	150.0	170.0	142.5	135.0	125.0
83 Div.	137.5	167.5	187.5	157.5	147.5	137.5
93 Div.	147.5	177.5	197.5	167.5	160.0	147.5
105 Div.	157.5	190.0	210.0	180.0	170.0	157.5
120 Div.	165.0	197.5	220.0	187.5	175.0	165.0
120+ Div.	170.0	202.5	225.0	192.5	180.0	170.0

WOMENS

06/06/2011	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50+
43 Div.	50.0	60.0	67.5	55.0	50.0
47 Div.	55.0	65.0	75.0	60.0	55.0
52 Div.	60.0	70.0	80.0	65.0	60.0
57 Div.	67.5	77.5	87.5	72.5	67.5
63 Div.	72.5	82.5	95.0	77.5	72.5
72 Div.	82.5	92.5	105.0	87.5	82.5
84 Div.	90.0	105.0	102.5	97.5	90.0
84+ Div.	95.0	112.5	127.5	102.5	95.0