

SOUTH AFRICAN MENS EQUIPPED POWERLIFTING RECORDS AS AT 06/07/2019																					
06/07/2019	Sub-Junior			Junior			Senior			Master I			Master II			Master III			Master IV		
<b>53 Div.</b>																					
Squat	160.0	Damon Langeveld	26/06/2015	185.0	Ivan Kotze	30/07/2016															
Bench Press	92.5			120.0	Ivan Kotze	30/07/2016															
Deadlift	165.0	Damon Langeveld	26/06/2015	180.0	Ivan Kotze	26/06/2015															
Total	405.0	Damon Langeveld	26/06/2015	485.0	Ivan Kotze	30/07/2016															
<b>59 Div.</b>																					
Squat	170.0	Marcel Vorster	28/08/2012	190.0	Clint Williams	26/06/2015	210.0			175.0			165.0			152.5			140.0		
Bench Press	105.0	Marcel Vorster	28/08/2012	127.5			140.0			120.0			110.0			102.5			95.0		
Deadlift	185.0	Themba Makubalo	22/06/2012	200.0	Clint Williams	26/06/2015	215.0			182.5			170.0			160.0			150.0		
Total	425.0	Marcel Vorster	28/08/2012	507.5			565.0			477.5			445.0			415.0			375.0		
<b>66 Div.</b>																					
Squat	200.0	Romeo Longo	26/06/2015	242.5	Marcel Vorster	17/09/2017	242.5	Marcel Vorster	17/09/2017	195.0			190.0	Karl Christians	22/06/2013	170.0			150.0		
Bench Press	115.0			173.0	Marcel Vorster	17/09/2017	173.0	Marcel Vorster	17/09/2017	132.5			122.5			115.0			107.5		
Deadlift	200.0	Jaques Fourie	13/08/2011	252.5	Kennedy Sekome	13/08/2011	252.5	Kennedy Sekome	13/08/2011	205.0	Karl Christians	24/06/2011	200.0	Karl Christians	22/06/2013	175.0			160.0	Dan Oppenheim	30/06/2018
Total	497.5	Romeo Longo	26/06/2015	605.5	Marcel Vorster	17/09/2017	625.0			527.5			492.5			460.0			427.5		
<b>74 Div.</b>																					
Squat	182.5			245.0	Keke Makuta	22/06/2013	251.0	Marcel Vorster	30/06/2018	242.5	Marlon Daniels	06/07/2019	200.0	David Quatse	22/06/2012	182.5			170.0	Dan Oppenheim	03/10/2016
Bench Press	122.5			152.5	Thabang Mpe	13/08/2011	200.5	Marlon Daniels	06/07/2019	200.5	Marlon Daniels	06/07/2019	132.5			122.5	Dan Oppenheim	24/06/2011	115.0	Dan Oppenheim	03/10/2016
Deadlift	190.0			250.0	Nick Stephanou	22/06/2013	260.0	Matthew Coppenhall	24/06/2011	220.5	Marlon Daniels	06/07/2019	220.0	David Quatse	22/06/2012	216.0	Dan Oppenheim	03/10/2016	216.0	Dan Oppenheim	03/10/2016
Total	495.0			637.5	Nick Stephanou	22/06/2013	680.0	Matthew Coppenhall	10/08/2012	663.5	Marlon Daniels	06/07/2019	532.5			502.5	Dan Oppenheim	13/08/2011	501.0	Dan Oppenheim	03/10/2016
<b>83 Div.</b>																					
Squat	220.0	Bryan Silkstone	24/06/2011	272.5	Nathan Valentine	10/08/2012	280.0	Mathew Coppenhall	22/06/2013	230.0			215.0	Louis Jacobs	24/06/2011	195.0			177.5	Dan Oppenheim	30/07/2016
Bench Press	135.0			187.5	Pieter Fourie	24/06/2011	200.0	Mathew Coppenhall	22/06/2013	155.0			145.0			140.0			135.0		
Deadlift	215.0	Heinrich Van Tonder	22/06/2013	282.5	Nathan Valentine	10/08/2012	282.5	Nathan Valentine	10/08/2012	237.5			222.5			210.0	Lawrence Arendse	27/06/2015	203.0	Dan Oppenheim	30/07/2016
Total	542.5			715.0	Nathan Valentine	10/08/2012	745.0	Mathew Coppenhall	22/06/2013	622.5			582.5			542.5			503.0	Dan Oppenheim	30/07/2016
<b>93 Div.</b>																					
Squat	212.5			270.0	Adrian Smith	30/06/2018	315.0	Pieter Fourie	22/06/2013	275.0	Pieter Erasmus	24/06/2011	240.0	Johny Hall	13/08/2011	212.5			192.5		
Bench Press	142.5			187.5	Adrian Smith	30/06/2018	215.0	Etienne Potgieter	22/06/2013	210.0	Pieter Erasmus	24/06/2011	170.0	Johny Hall	13/08/2011	150.0	Neal Coleman	10/08/2013	142.5		
Deadlift	235.0	Trent Williams	24/06/2011	267.5	Juan Fourie	24/06/2011	300.0			265.0	Jorncy Page	06/07/2019	260.0	Johny Hall	13/08/2011	220.0			210.0		
Total	575.0			707.5	Adrian Smith	30/06/2018	795.0	Pieter Fourie	22/06/2013	735.0	Pieter Erasmus	24/06/2011	670.0	Johny Hall	13/08/2011	575.0			560.0		
<b>105 Div.</b>																					
Squat	245.0	Andre Kloppers	08/12/2013	337.5	Johan Smith	03/11/2012	337.5	Johan Smith	03/11/2012	270.0	Mark Phillips	10/08/2013	265.0	Christo Schoonraad	06/07/2019	225.0			215.0		
Bench Press	152.5			240.0	Johan Smith	31/05/2014	240.0	Johan Smith	31/05/2014	190.0	Johan Duvenage	24/06/2011	187.5	Christo Schoonraad	19/05/2019	152.5			150.0		
Deadlift	232.5			300.0	Johan Smith	24/06/2011	317.5			275.0	Mark Phillips	10/08/2013	270.0	Christo Schoonraad	06/07/2019	232.5			220.0		
Total	620.0	Andre Kloppers	08/12/2013	862.5	Johan Smith	03/11/2012	862.5	Johan Smith	03/11/2012	715.0	Christo Schoonraad	06/07/2019	715.0	Christo Schoonraad	06/07/2019	610.0			580.0		
<b>120 Div.</b>																					
Squat	235.0			340.0	Ricardo Barreto	22/06/2013	380.0	Francois Maritz	17/09/2017	272.5			252.5			235.0			225.0		
Bench Press	160.0			230.0	Benedict Bucarizza	06/09/2014	220.0	Johan Smith	08/07/2017	190.0	Andrew Denoon	06/07/2019	190.0	Andrew Denoon	06/07/2019	160.0			155.0		
Deadlift	242.5			325.0	Benedict Bucarizza	06/09/2014	330.0			297.5	Madikane Faku	27/06/2015	260.0			240.0			235.0		
Total	637.5			885.0	Benedict Bucarizza	06/09/2014	900.0	Francois Maritz	17/09/2017	732.5			685.0			637.5			600.0		
<b>120+ Div.</b>																					
Squat	242.5			295.0			375.0	Mathys Herbst	30/06/2018	375.0	Mathys Herbst	30/06/2018	260.0			242.5			230.0		
Bench Press	165.0			257.5	Juan Booysse	22/06/2013	270.0	Eugene Nolan	31/05/2014	262.5	Mathys Herbst	30/06/2018	215.0	Willy Johnstone - Robertson	22/06/2013	162.5			160.0		
Deadlift	247.5			305.0			340.0	Kyle Noonan	30/06/2018	325.0	Mathys Herbst	30/06/2018	267.5			250.0			240.0		
Total	655.0			800.0			962.5	Mathys Herbst	30/06/2018	962.5	Mathys Herbst	30/06/2018	705.0			655.0			625.0		

## SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 06/07/2019

06/07/2019	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69			Master IV 70-79		
<b>43 Div.</b>																					
Squat	80.0			95.0																	
Bench Press	42.5			50.0																	
Deadlift	102.5	Marelize Swart	10/08/2013	102.5	Marelize Swart	10/08/2013															
Total	212.5			247.5																	
<b>47 Div.</b>																					
Squat	87.5			100.0			120.0	Elisabeth Barry	06/07/2019	120.0	Elisabeth Barry	06/07/2019	87.5								
Bench Press	45.0	Tiffany Petrus	10/08/2012	50.0			60.0			50.5	Elisabeth Barry	06/07/2019	45.0								
Deadlift	105.0	Tiffany Petrus	10/08/2012	105.0	Tiffany Petrus	10/08/2012	130.0	Elisabeth Barry	17/09/2017	130.0	Elisabeth Barry	17/09/2017	95.0								
Total	230.0	Patricia Harding	30/06/2018	250.0			305.0			293.0	Elisabeth Barry	06/07/2019	227.5								
<b>52 Div.</b>																					
Squat	92.5			150.0	Rouxchelle Roux	30/06/2018	150.0	Rouxchelle Roux	30/06/2018	127.5	Elisabeth Barry	30/06/2018	125.0	Miriam Sinclair	24/06/2011						
Bench Press	60.0	Alushka September	10/08/2013	75.0	Rouxchelle Roux	30/06/2018	75.0	Rouxchelle Roux	30/06/2018	72.5	Miriam Sinclair	24/06/2011	72.5	Miriam Sinclair	24/06/2011						
Deadlift	120.0	Alushka September	10/08/2013	137.5	Rouxchelle Roux	08/09/2018	145.0	Miriam Sinclair	24/06/2011	145.0	Miriam Sinclair	24/06/2011	145.0	Miriam Sinclair	24/06/2011						
Total	242.5			360.0	Rouxchelle Roux	30/06/2018	360.0	Rouxchelle Roux	30/06/2018	342.5	Miriam Sinclair	24/06/2011	342.5	Miriam Sinclair	24/06/2011						
<b>57 Div.</b>																					
Squat	120	Rouxchelle Roux	30/07/2016	140	Megan Leighton	08/09/2018	165.0	Vicki Botha	30/06/2018	165.0	Vicki Botha	30/06/2018	100.0						95.0	Dulcie Duguid	06/07/2019
Bench Press	60.0	Rouxchelle Roux	30/07/2016	95.0	Megan Leighton	17/09/2017	98.0	Antoinette Kriel	06/07/2019	98.0	Antoinette Kriel	06/07/2019	60.0	Joan Swart	30/06/2018				40.0	Dulcie Duguid	06/07/2019
Deadlift	120.5	Rouxchelle Roux	29/05/2016	157.5	Megan Leighton	08/09/2018	175.0	Vicki Botha	30/06/2018	175.0	Vicki Botha	30/06/2018	135.0	Joan Swart	20/10/2018				105.0	Dulcie Duguid	06/07/2019
Total	295.0	Rouxchelle Roux	30/07/2016	387.5	Megan Leighton	17/09/2017	410.0	Vicki Botha	30/06/2018	410.0	Vicki Botha	30/06/2018	290.0	Joan Swart	20/10/2018				240.0	Dulcie Duguid	06/07/2019
<b>63 Div.</b>																					
Squat	110.0	Jerain Hunt	24/06/2011	130.0	Megan Leighton	30/06/2018	152.5	Michelle de Souza	22/06/2012	152.5	Michelle de Souza	22/06/2012	120.0								
Bench Press	60.0	Jerain Hunt	24/06/2011	94.0	Megan Leighton	30/06/2018	94.5	Lisa Basson	06/07/2019	72.5	Michelle de Souza	15/12/2011	67.5	Joan Swart	06/07/2019						
Deadlift	125.0	Jerain Hunt	24/06/2011	152.5	Megan Leighton	06/07/2019	175.0	Michelle de Souza	15/12/2011	175.0	Michelle de Souza	15/12/2011	135.0	Joan Swart	06/07/2019						
Total	295.0	Jerain Hunt	24/06/2011	367.0	Megan Leighton	30/06/2018	404.5	Lisa Basson	06/07/2019	392.5	Michelle de Souza	22/06/2012	320.0								
<b>72 Div.</b>																					
Squat	140.0	Kayla Ott	08/09/2018	150.0	Natalie Mohr	28/08/2012	185.0	Laura de Wet	06/07/2019	185.0	Laura de Wet	06/07/2019	120.0								
Bench Press	67.5	Havannah Hunt	24/06/2011	82.5	Natalie Mohr	28/08/2012	110	Chantelle Du Toit	25/07/2017	90.0	Laura de Wet	06/07/2019	65.0								
Deadlift	137.5	Kayla Ott	08/09/2018	180.0	Natalie Mohr	28/08/2012	181.0	Laura de Wet	06/07/2019	181.0	Laura de Wet	06/07/2019	135.0	Marion Tanzer	06/07/2019						
Total	327.5	Kayla Ott	08/09/2018	412.5	Natalie Mohr	28/08/2012	456.0	Laura de Wet	06/07/2019	456.0	Laura de Wet	06/07/2019	320.0								
<b>84 Div.</b>																					
Squat	135.0			192.5	Lezaan Jordaan	08/09/2018	192.5	Lezaan Jordaan	08/09/2018	147.5			135.0								
Bench Press	72.5			115.0	Lezaan Jordaan	08/09/2018	115.0	Lezaan Jordaan	08/09/2018	77.5			72.5								
Deadlift	152.5			192.5	Lezaan Jordaan	08/09/2018	205.0			165.0			152.5								
Total	360.0			500.0	Lezaan Jordaan	08/09/2018	500.0	Lezaan Jordaan	08/09/2018	390.0			360.0								
<b>84+ Div.</b>																					
Squat	145.0			200.0	Esmay Smith	24/06/2011	200.0	Esmay Smith	24/06/2011	157.5			145.0								
Bench Press	77.5			95.0	Juanita Visser	22/06/2013	150.0	Christi de Jager	19/05/2019	82.5			77.5								
Deadlift	157.5			187.5			215.0			172.5			157.5								
Total	380.0			460.0	Esmay Smith	24/06/2011	515.0			412.5			380.0								

### SOUTH AFRICAN MENS EQUIPPED BENCH PRESS RECORDS AS AT 06/07/2019

06/07/2019	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+		
<b>53</b>	92.5			120.0	Ivan Kotze	30/07/2016															
<b>59</b>	105.0	Marcel Vorster	28/08/2012	122.5	Jacques Fourie	20/10/2012	137.5			115.0			110.0			102.5					95.0
<b>66</b>	125.0	Louis Moorcroft	28/04/2018	173.0	Marcel Vorster	17/09/2017	173.0	Marcel Vorster	17/09/2017	127.5			120.0			112.5					105.0
<b>74</b>	145.0	Christo Gerber	22/10/2011	185.0	Jason Meyer	15/12/2011	200.5	Marlon Daniels	06/07/2019	200.5	Marlon Daniels	06/07/2019	135.0			125.0					115.0
<b>83</b>	137.5			187.5	Pieter Fourie	24/06/2011	202.5	Marlon Daniels	28/04/2018	202.5	Marlon Daniels	28/04/2018	150.0	Peter Vermaak	07/02/2015	150.0	Peter Vermaak	07/02/2015	132.5		
<b>93</b>	160.0	Sean Stander	15/02/2014	200.0	Adrian Smith	27/11/2016	225.0	Etienne Potgieter	15/02/2014	215.0	Pieter Erasmus	15/02/2014	190.0	Mark Phillips	25/05/2019	153.0	Neal Coleman	15/02/2014	145.0		
<b>105</b>	165.0	Ruben Snyman	28/04/2018	245.0	Johan Smith	15/02/2014	245.0	Johan Smith	15/02/2014	215.0	Yegi Williams	22/10/2011	190.0	Ian Buckle	20/10/2012	185.0	Colin Young	23/02/2019	150.0		
<b>120</b>	165.0			235.0	Juan Booysse	20/10/2012	255.0	Andre Cloete	20/10/2012	200.0	Craig Van Wyk	17/02/2018	200.0	Craig Van Wyk	17/02/2018	165.0					160.0
<b>120+</b>	170.0			257.5	Juan Booysse	22/06/2013	270.0	Eugene Nolan	31/05/2014	262.5	Mathys Herbst	30/06/2018	250.0	Ian Furman	20/05/2018	170.0					165.0

### SOUTH AFRICAN WOMENS EQUIPPED BENCH PRESS RECORDS AS AT 07/07/2019

06/07/2019	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59		
<b>43</b>	50.0			60.0											
<b>47</b>	55.0			65.0			75.0			70.0	Liliana Coleman	22/10/2011	55.0		
<b>52</b>	60.0	Alushka September	10/08/2013	75.0	Rouxchelle Roux	30/06/2018	80.0			72.5	Miriam Sinclair	24/06/2011	72.5	Miriam Sinclair	24/06/2011
<b>57</b>	68.0	Rouxchelle Roux	27/11/2016	102.5	Megan Leighton	28/04/2018	102.5	Megan Leighton	28/04/2018	98.0	Antoinette Kriel	06/07/2019	67.5		
<b>63</b>	72.5			100.5	Megan Leighton	19/05/2019	100.5	Megan Leighton	19/05/2019	80.0	Vicky Botha	15/02/2014	72.5		
<b>72</b>	82.5			92.5			112.5	Chantelle Du Toit	07/05/2017	90.0	Laura de Wet	06/07/2019	82.5		
<b>84</b>	90.0			115.0	Lezaan Jordaan	08/09/2018	122.5	Christi De Jager	17/09/2017	97.5			90.0		
<b>84+</b>	95.0			112.5			150.0	Christi De Jager	19/05/2019	102.5			95.0		