

SOUTH AFRICAN MENS EQUIPPED POWERLIFTING RECORDS AS AT 06/10/2019

06/10/2019	Sub-Junior		Junior		Senior		Master I		Master II		Master III		Master IV		
53 Div.															
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											
59 Div.															
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	
66 Div.															
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		
74 Div.															
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	
83 Div.															
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
93 Div.															
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		
105 Div.															
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		
120 Div.															
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		
120+ Div.															
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 Booyse 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		

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06/10/2019	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69			Master IV 70-79			
43 Div.																						
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																		
47 Div.																						
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								
52 Div.																						
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						
57 Div.																						
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	112.5	Carol Anthony	06/10/2019				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	295.0	Carol Anthony	06/10/2019				240.0	Dulcie Duguid	06/07/2019
63 Div.																						
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								
72 Div.																						
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								
84 Div.																						
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								
84+ Div.																						
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		155.0	Christi de Jager	06/10/2019	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 06/10/2019																			
06/10/2019	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+		Master IV 70+	
53	92.5			120.0	Ivan Kotze	30/07/2016													
59	105.0	Marcel Vorster	28/08/2012	122.5	Jacques Fourie	20/10/2012	137.5			115.0			110.0			102.5	95.0		
66	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		
74	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	Dan Oppenheim	03/10/2016
83	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
93	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	28/04/2018	190.0	Mark Phillips	25/05/2019	153.0	Neal Coleman	15/02/2014	145.0
105	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
120	165.0			235.0	Juan Boooyse	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
120+	170.0			257.5	Juan Boooyse	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

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06/10/2019	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			
43	50.0			60.0												
47	55.0			65.0			75.0			70.0	Liliana Coleman	22/10/2011	55.0			
52	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	
57	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			
63	72.5			105.0	Megan Leighton	06/10/2019	105.0	Megan Leighton	06/10/2019	80.0	Vicky Botha	15/02/2014	72.5			
72	82.5			92.5			112.5	Chantelle Du Toit	07/05/2017	90.0	Laura de Wet	06/07/2019	82.5			
84	90.0			115.0	Lezaan Jordaan	08/09/2018	125.0	Nicola Green	06/10/2019	97.5			90.0			
84+	95.0			112.5			155.0	Christi de Jager	06/10/2019	102.5			95.0			