

SOUTH AFRICAN MENS EQUIPPED POWERLIFTING RECORDS AS AT 22/02/2020																					
22/02/2020	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			
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			
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			
Deadlift	190.0			250.0	Nick Stephanou	22/06/2013	260.0	Matthew Coppenhall	24/06/2011	227.5	Marlon Daniels	11/10/2019	220.0	David Quatse	22/06/2012	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			
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	Marlon Daniels	22/02/2020	215.0	Louis Jacobs	24/06/2011	195.0		177.5			
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			
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			
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			
Deadlift	235.0	Trent Williams	24/06/2011	280.0	Kgotso Thekiso	22/02/2020	300.0			275.0	Jorncy Page	11/10/2019	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	282.5	Christo Schoonraad	11/10/2019	282.5	Christo Schoonraad	11/10/2019	225.0		215.0			
Bench Press	152.5			240.0	Johan Smith	31/05/2014	240.0	Johan Smith	31/05/2014	195.0	Graham Green	22/02/2020	187.5	Christo Schoonraad	19/05/2019	152.5		150.0			
Deadlift	232.5			300.0	Johan Smith	24/06/2011	317.5			275.5	Graham Green	22/02/2020	272.5	Christo Schoonraad	11/10/2019	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	740.5	Graham Green	22/02/2020	740.0	Christo Schoonraad	11/10/2019	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			400.0	Mathys Herbst	12/10/2019	400.0	Mathys Herbst	12/10/2019	260.0			242.5		230.0			
Bench Press	165.0			257.5	Juan Booyse	22/06/2013	280.0	Mathys Herbst	12/10/2019	280.0	Mathys Herbst	12/10/2019	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			1005.0	Mathys Herbst	12/10/2019	1005.0	Mathys Herbst	12/10/2019	705.0			655.0		625.0			

SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 22/02/2020

22/02/2020	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			295.0	Elisabeth Barry	11/10/2019	227.5							
52 Div.																				
Squat	92.5			150.0	Rouxhelle Roux	30/06/2018	150.0	Rouxhelle 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	Rouxhelle Roux	30/06/2018	75.0	Rouxhelle 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	Rouxhelle 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	Rouxhelle Roux	30/06/2018	360.0	Rouxhelle Roux	30/06/2018	342.5	Miriam Sinclair	24/06/2011	342.5	Miriam Sinclair	24/06/2011					
57 Div.																				
Squat	120	Rouxhelle Roux	30/07/2016	140	Megan Leighton	08/09/2018	165.0	Vicki Botha	30/06/2018	165.0	Vicki Botha	30/06/2018	122.5	Carol Anthony	22/02/2020			100.0	Dulcie Duguid	09/10/2019
Bench Press	60.0	Rouxhelle 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			42.5	Dulcie Duguid	09/10/2019
Deadlift	120.5	Rouxhelle 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			107.5	Dulcie Duguid	09/10/2019
Total	295.0	Rouxhelle 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			250.0	Dulcie Duguid	09/10/2019
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	107.5	Megan Leighton	22/02/2020	72.5	Michelle de Souza	15/12/2011	70.0	Joan Swart	10/10/2019					
Deadlift	127.5	Charmleigh Kotze	22/02/2020	152.5	Megan Leighton	06/07/2019	175.0	Michelle de Souza	15/12/2011	175.0	Michelle de Souza	15/12/2011	137.5	Joan Swart	10/10/2019					
Total	295.0	Jerain Hunt	24/06/2011	367.0	Megan Leighton	30/06/2018	405.0	Megan Leighton	22/02/2020	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	205.0	Laura de Wet	12/10/2019	205.0	Laura de Wet	12/10/2019	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	97.0	Laura de Wet	22/02/2020	65.0	Marion Tanzer	10/10/2019					
Deadlift	137.5	Kayla Ott	08/09/2018	180.0	Natalie Mohr	28/08/2012	197.5	Laura de Wet	12/10/2019	197.5	Laura de Wet	12/10/2019	135.0	Marion Tanzer	10/10/2019					
Total	327.5	Kayla Ott	08/09/2018	412.5	Natalie Mohr	28/08/2012	492.5	Laura de Wet	12/10/2019	492.5	Laura de Wet	12/10/2019	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	117.5	Nicola Green	22/02/2020	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	185.0	Jacqui Rees	22/02/2020	145.0							
Bench Press	77.5			95.0	Juanita Visser	22/06/2013	157.5	Christi de Jager	22/02/2020	110.0	Jacqui Rees	22/02/2020	77.5							
Deadlift	157.5			187.5			215.0			185.0	Jacqui Rees	22/02/2020	157.5							
Total	380.0			460.0	Esmay Smith	24/06/2011	515.0			480.0	Jacqui Rees	22/02/2020	380.0							

SOUTH AFRICAN MENS EQUIPPED BENCH PRESS RECORDS AS AT 22/02/2020

22/02/2020	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 Booyse	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 Booyse	22/06/2013	280.0	Mathys Herbst	12/10/2019	280.0	Mathys Herbst	12/10/2019	250.0	Ian Furman	20/05/2018		170.0				165.0		

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22/02/2020	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69			Master IV 70+				
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								45.0	Dulcie Duguid	22/02/2020
63	72.5			105.0	Megan Leighton	06/10/2019	107.5	Megan Leighton	22/02/2020	80.0	Vicky Botha	15/02/2014	72.5										
72	82.5			92.5			112.5	Chantelle Du Toit	07/05/2017	97.0	Laura de Wet	22/02/2020	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			157.5	Christi de Jager	22/02/2020	110.0	Jacqui Rees	22/02/2020	95.0										