

SOUTH AFRICAN MENS EQUIPPED POWERLIFTING RECORDS AS AT 01/01/2021

2021/01/01	Sub-Junior		Junior		Senior		Master I		Master II		Master III		Master IV	
53 Div.														
Squat	160,0	Damon Langeveld 2015/06/26	185,0	Ivan Kotze 2016/07/30										
Bench Press	92,5		120,0	Ivan Kotze 2016/07/30										
Deadlift	165,0	Damon Langeveld 2015/06/26	180,0	Ivan Kotze 2015/06/26										
Total	405,0	Damon Langeveld 2015/06/26	485,0	Ivan Kotze 2016/07/30										
59 Div.														
Squat	170,0	Marcel Vorster 2012/08/28	190,0	Clint Williams 2015/06/26	210,0			175,0			165,0			140,0
Bench Press	105,0	Marcel Vorster 2012/08/28	127,5		140,0			120,0			110,0			95,0
Deadlift	185,0	Themba Makubalo 2012/06/22	200,0	Clint Williams 2015/06/26	215,0			182,5			170,0			150,0
Total	425,0	Marcel Vorster 2012/08/28	507,5		565,0			477,5			445,0			375,0
66 Div.														
Squat	200,0	Romeo Longo 2015/06/26	242,5	Marcel Vorster 2017/09/17	242,5	Marcel Vorster 2017/09/17	195,0			190,0	Karl Christians 2013/06/22	170,0		150,0
Bench Press	115,0		173,0	Marcel Vorster 2017/09/17	173,0	Marcel Vorster 2017/09/17	132,5			122,5		115,0		107,5
Deadlift	200,0	Jaques Fourie 2011/08/13	252,5	Kennedy Sekome 2011/08/13	252,5	Kennedy Sekome 2011/08/13	205,0	Karl Christians 2011/06/24	200,0	Karl Christians 2013/06/22	175,0			160,0
Total	497,5	Romeo Longo 2015/06/26	605,5	Marcel Vorster 2017/09/17	625,0			527,5		492,5		460,0		427,5
74 Div.														
Squat	182,5		245,0	Keke Makuta 2013/06/22	251,0	Marcel Vorster 2018/06/30	242,5	Marlon Daniels 2019/07/06	200,0	David Quatse 2012/06/22	182,5			170,0
Bench Press	122,5		152,5	Thabana Mpe 2011/08/13	200,5	Marlon Daniels 2019/07/06	200,5	Marlon Daniels 2019/07/06	132,5		122,5	Dan Oppenheim 2011/06/24	115,0	Dan Oppenheim 2016/10/03
Deadlift	190,0		250,0	Nick Stephanou 2013/06/22	260,0	Matthew Coppenhall 2011/06/24	227,5	Marlon Daniels 2019/10/11	220,0	David Quatse 2012/06/22	216,0	Dan Oppenheim 2016/10/03	216,0	Dan Oppenheim 2016/10/03
Total	495,0		637,5	Nick Stephanou 2013/06/22	680,0	Matthew Coppenhall 2012/08/10	663,5	Marlon Daniels 2019/07/06	532,5		502,5	Dan Oppenheim 2011/08/13	501,0	Dan Oppenheim 2016/10/03
83 Div.														
Squat	220,0	Bryan Silkstone 2011/06/24	272,5	Nathan Valentine 2012/08/10	280,0	Mathew Coppenhall 2013/06/22	230,0	Marlon Daniels 2020/02/22	215,0	Louis Jacobs 2011/06/24	195,0			177,5
Bench Press	135,0		187,5	Pieter Fourie 2011/06/24	200,0	Mathew Coppenhall 2013/06/22	155,0				145,0			135,0
Deadlift	215,0	Heinrich Van Tonder 2013/06/22	282,5	Nathan Valentine 2012/08/10	282,5	Nathan Valentine 2012/08/10	237,5				222,5	210,0	Lawrence Arendse 2015/06/27	203,0
Total	542,5		715,0	Nathan Valentine 2012/08/10	745,0	Mathew Coppenhall 2013/06/22	622,5				582,5			503,0
93 Div.														
Squat	212,5		270,0	Adrian Smith 2018/06/30	315,0	Pieter Fourie 2013/06/22	275,0	Pieter Erasmus 2011/06/24	240,0	Johny Hall 2011/08/13	212,5			192,5
Bench Press	142,5		187,5	Adrian Smith 2018/06/30	215,0	Etienne Potgieter 2013/06/22	210,0	Pieter Erasmus 2011/06/24	170,0	Johny Hall 2011/08/13	150,0	Neal Coleman 2013/08/10		142,5
Deadlift	235,0	Trent Williams 2011/06/24	280,0	Kaotso Thekiso 2020/02/22	300,0		275,0	Jorny Page 2019/10/11	260,0	Johny Hall 2011/08/13	220,0			210,0
Total	575,0		707,5	Adrian Smith 2018/06/30	795,0	Pieter Fourie 2013/06/22	735,0	Pieter Erasmus 2011/06/24	670,0	Johny Hall 2011/08/13	575,0			560,0
105 Div.														
Squat	245,0	Andre Kloppers 2013/12/08	337,5	Johan Smith 2012/11/03	337,5	Johan Smith 2012/11/03	282,5	Christo Schoonraad 2019/10/11	282,5	Christo Schoonraad 2019/10/11	225,0			215,0
Bench Press	152,5		240,0	Johan Smith 2014/05/31	240,0	Johan Smith 2014/05/31	195,0	Graham Green 2020/02/22	187,5	Christo Schoonraad 2019/05/19	152,5			150,0
Deadlift	232,5		300,0	Johan Smith 2011/06/24	317,5		275,5	Graham Green 2020/02/22	272,5	Christo Schoonraad 2019/10/11	232,5			220,0
Total	620,0	Andre Kloppers 2013/12/08	862,5	Johan Smith 2012/11/03	862,5	Johan Smith 2012/11/03	740,5	Graham Green 2020/02/22	740,0	Christo Schoonraad 2019/10/11	610,0			580,0
120 Div.														
Squat	235,0		340,0	Ricardo Barreto 2013/06/22	380,0	Francois Maritz 2017/09/17	272,5			252,5				225,0
Bench Press	160,0		230,0	Benedict Bucarizza 2014/09/06	220,0	Johan Smith 2017/07/08	190,0	Andrew Denoon 2019/07/06	190,0	Andrew Denoon 2019/07/06	160,0			155,0
Deadlift	242,5		325,0	Benedict Bucarizza 2014/09/06	330,0		297,5	Madikane Faku 2015/06/27	260,0		240,0			235,0
Total	637,5		885,0	Benedict Bucarizza 2014/09/06	900,0	Francois Maritz 2017/09/17	732,5			685,0				600,0
120+ Div.														
Squat	242,5		295,0		400,0	Mathys Herbst 2019/10/12	400,0	Mathys Herbst 2019/10/12	260,0		242,5			230,0
Bench Press	165,0		257,5	Juan Boooyse 2013/06/22	280,0	Mathys Herbst 2019/10/12	280,0	Mathys Herbst 2019/10/12	215,0	Willy Johnstone - Robertson 2013/06/22	162,5			160,0
Deadlift	247,5		305,0		340,0	Kyle Noonan 2018/06/30	325,0	Mathys Herbst 2018/06/30	267,5		250,0			240,0
Total	655,0		800,0		1005,0	Mathys Herbst 2019/10/12	1005,0	Mathys Herbst 2019/10/12	705,0		655,0			625,0

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2021/01/01	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	2013/08/10	102,5	Marelize Swart	2013/08/10																
Total	212,5			247,5																		
47 Div.																						
Squat	87,5			100,0			120,0	Elisabeth Barry	2019/07/06	120,0	Elisabeth Barry	2019/07/06	87,5									
Bench Press	45,0	Tiffany Petrus	2012/08/10	50,0			60,0			50,5	Elisabeth Barry	2019/07/06	45,0									
Deadlift	105,0	Tiffany Petrus	2012/08/10	105,0	Tiffany Petrus	2012/08/10	130,0	Elisabeth Barry	2017/09/17	130,0	Elisabeth Barry	2017/09/17	95,0									
Total	230,0	Patricia Harding	2018/06/30	250,0			305,0			295,0	Elisabeth Barry	2019/10/11	227,5									
52 Div.																						
Squat	92,5			150,0	Rouxchelle Roux	2018/06/30	150,0	Rouxchelle Roux	2018/06/30	127,5	Elisabeth Barry	2018/06/30	125,0	Miriam Sinclair	2011/06/24							
Bench Press	60,0	Alushka September	2013/08/10	75,0	Rouxchelle Roux	2018/06/30	75,0	Rouxchelle Roux	2018/06/30	72,5	Miriam Sinclair	2011/06/24	72,5	Miriam Sinclair	2011/06/24							
Deadlift	120,0	Alushka September	2013/08/10	137,5	Rouxchelle Roux	2018/09/08	145,0	Miriam Sinclair	2011/06/24	145,0	Miriam Sinclair	2011/06/24	145,0	Miriam Sinclair	2011/06/24							
Total	242,5			360,0	Rouxchelle Roux	2018/06/30	360,0	Rouxchelle Roux	2018/06/30	342,5	Miriam Sinclair	2011/06/24	342,5	Miriam Sinclair	2011/06/24							
57 Div.																						
Squat	120	Rouxchelle Roux	2016/07/30	140	Megan Leighton	2018/09/08	165,0	Vicki Botha	2018/06/30	165,0	Vicki Botha	2018/06/30	122,5	Carol Anthony	2020/02/22					100,0	Dulcie Duguid	2019/10/09
Bench Press	60,0	Rouxchelle Roux	2016/07/30	95,0	Megan Leighton	2017/09/17	98,0	Antoinette Kriel	2019/07/06	98,0	Antoinette Kriel	2019/07/06	60,0	Joan Swart	2018/06/30					42,5	Dulcie Duguid	2019/10/09
Deadlift	120,5	Rouxchelle Roux	2016/05/29	157,5	Megan Leighton	2018/09/08	175,0	Vicki Botha	2018/06/30	175,0	Vicki Botha	2018/06/30	135,0	Joan Swart	2018/10/20					107,5	Dulcie Duguid	2019/10/09
Total	295,0	Rouxchelle Roux	2016/07/30	387,5	Megan Leighton	2017/09/17	410,0	Vicki Botha	2018/06/30	410,0	Vicki Botha	2018/06/30	295,0	Carol Anthony	2019/10/06					250,0	Dulcie Duguid	2019/10/09
63 Div.																						
Squat	110,0	Jerain Hunt	2011/06/24	130,0	Megan Leighton	2018/06/30	152,5	Michelle de Souza	2012/06/22	152,5	Michelle de Souza	2012/06/22	120,0									
Bench Press	60,0	Jerain Hunt	2011/06/24	94,0	Megan Leighton	2018/06/30	107,5	Megan Leighton	2020/02/22	72,5	Michelle de Souza	2011/12/15	70,0	Joan Swart	2019/10/10							
Deadlift	127,5	Charnleigh Kotze	2020/02/22	152,5	Megan Leighton	2019/07/06	175,0	Michelle de Souza	2011/12/15	175,0	Michelle de Souza	2011/12/15	137,5	Joan Swart	2019/10/10							
Total	295,0	Jerain Hunt	2011/06/24	367,0	Megan Leighton	2018/06/30	405,0	Megan Leighton	2020/02/22	392,5	Michelle de Souza	2012/06/22	320,0									
69 Div.																						
Squat	125,0			140,0			160,0			140,0			125,0									
Bench Press	65,0			72,5			82,5			72,5			65,0									
Deadlift	137,5			152,5			177,5			152,5			137,5									
Total	330,0			367,5			422,5			367,5			330,0									
76 Div.																						
Squat	130,0			150,0			172,5			150,0			130,0									
Bench Press	67,5			77,5			90			77,5			67,5									
Deadlift	177,5			165,0			190,0			165,0			177,5									
Total	245,0			395,0			455,0			395,0			345,0									
84 Div.																						
Squat	135,0			192,5	Lezaan Jordaan	2018/09/08	192,5	Lezaan Jordaan	2018/09/08	147,5			135,0									
Bench Press	72,5			115,0	Lezaan Jordaan	2018/09/08	117,5	Nicola Green	2020/02/22	77,5			72,5									
Deadlift	152,5			192,5	Lezaan Jordaan	2018/09/08	205,0			165,0			152,5									
Total	360,0			500,0	Lezaan Jordaan	2018/09/08	500,0	Lezaan Jordaan	2018/09/08	390,0			360,0									
84+ Div.																						
Squat	145,0			200,0	Esmay Smith	2011/06/24	200,0	Esmay Smith	2011/06/24	185,0	Jacqui Rees	2020/02/22	145,0									
Bench Press	77,5			95,0	Juanita Visser	2013/06/22	157,5	Christi de Jager	2020/02/22	110,0	Jacqui Rees	2020/02/22	77,5									
Deadlift	157,5			187,5			215,0			185,0	Jacqui Rees	2020/02/22	157,5									
Total	380,0			460,0	Esmay Smith	2011/06/24	515,0			480,0	Jacqui Rees	2020/02/22	380,0									

SOUTH AFRICAN MENS EQUIPPED BENCH PRESS RECORDS AS AT 01/01/2021

2021/01/01	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	2016/07/30																
59	105,0	Marcel Vorster	2012/08/28	122,5	Jacques Fourie	2012/10/20	137,5			115,0			110,0			102,5				95,0		
66	125,0	Louis Moorcroft	2018/04/28	173,0	Marcel Vorster	2017/09/17	173,0	Marcel Vorster	2017/09/17	127,5			120,0			112,5				105,0		
74	145,0	Christo Gerber	2011/10/22	185,0	Jason Meyer	2011/12/15	200,5	Marlon Daniels	2019/07/06	200,5	Marlon Daniels	2019/07/06	135,0			125,0				115,0	Dan Oppenheim	2016/10/03
83	137,5			187,5	Pieter Fourie	2011/06/24	202,5	Marlon Daniels	2018/04/28	202,5	Marlon Daniels	2018/04/28	150,0	Peter Vermaak	2015/02/07	150,0	Peter Vermaak	2015/02/07	132,5			
93	160,0	Sean Stander	2014/02/15	200,0	Adrian Smith	2016/11/27	225,0	Etienne Potoieter	2014/02/15	215,0	Pieter Erasmus	2018/04/28	190,0	Mark Phillips	2019/05/25	153,0	Neal Coleman	2014/02/15	145,0			
105	165,0	Ruben Snyman	2018/04/28	245,0	Johan Smith	2014/02/15	245,0	Johan Smith	2014/02/15	215,0	Yegi Williams	2011/10/22	190,0	Ian Buckle	2012/10/20	185,0	Colin Young	2019/02/23	150,0			
120	165,0			235,0	Juan Boooyse	2012/10/20	255,0	Andre Cloete	2012/10/20	200,0	Craig Van Wyk	2018/02/17	200,0	Craig Van Wyk	2018/02/17	165,0				160,0		
120+	170,0			257,5	Juan Boooyse	2013/06/22	280,0	Mathys Herbst	2019/10/12	280,0	Mathys Herbst	2019/10/12	250,0	Ian Furman	2018/05/20	170,0				165,0		

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2021/01/01	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	2011/10/22	55,0									
52	60,0	Alushka September	2013/08/10	75,0	Rouxchelle Roux	2018/06/30	80,0			72,5	Miriam Sinclair	2011/06/24	72,5	Miriam Sinclair	2011/06/24							
57	68,0	Rouxchelle Roux	2016/11/27	102,5	Megan Leighton	2018/04/28	102,5	Megan Leighton	2018/04/28	98,0	Antoinette Kriel	2019/07/06	67,5							45,0	Dulcie Duguid	2020/02/22
63	72,5			105,0	Megan Leighton	2019/10/06	107,5	Megan Leighton	2020/02/22	80,0	Vicky Botha	2014/02/15	72,5									
69	77,5			90,0			100,0			90,0			77,5									
76	82,5			97,5			105,0			97,5			82,5									
84	90,0			115,0	Lezaan Jordaan	2018/09/08	125,0	Nicola Green	2019/10/06	97,5			90,0									
84+	95,0			112,5			157,5	Christi de Jager	2020/02/22	110,0	Jacqui Rees	2020/02/22	95,0									