

SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 27/03/2021

2021/03/27	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	123,0	Carol Anthony	2021/03/26					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	305,5	Carol Anthony	2021/03/26					250,0	Dulcie Duguid	2019/10/09
63 Div.																						
Squat	162,5	Mijuane de Wet	2021/03/26	162,5	Mijuane de Wet	2021/03/26	162,5	Mijuane de Wet	2021/03/26	152,5	Michelle de Souza	2012/06/22	120,0									
Bench Press	80,0	Mijuane de Wet	2021/03/26	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	155,0	Mijuane de Wet	2021/03/26	155,0	Mijuane de Wet	2021/03/26	175,0	Michelle de Souza	2011/12/15	175,0	Michelle de Souza	2011/12/15	137,5	Joan Swart	2019/10/10							
Total	397,5	Mijuane de Wet	2021/03/26	397,5	Mijuane de Wet	2021/03/26	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			80,0	Vanessa Lessing	2021/03/26	65,0									
Deadlift	137,5			152,5			177,5			152,5	Vanessa Lessing	2021/03/26	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	193,0	Jacqui Rees	2021/03/26	193,0	Jacqui Rees	2021/03/26	135,0									
Bench Press	72,5			115,0	Lezaan Jordaan	2018/09/08	117,5	Nicola Green	2020/02/22	107,5	Jacqui Rees	2021/03/26	72,5									
Deadlift	152,5			192,5	Lezaan Jordaan	2018/09/08	205,0			187,5	Jacqui Rees	2021/03/26	152,5									
Total	360,0			500,0	Lezaan Jordaan	2018/09/08	500,0	Lezaan Jordaan	2018/09/08	488,0	Jacqui Rees	2021/03/26	360,0									
84+ Div.																						
Squat	145,0			200,0	Esmay Smith	2011/06/24	205,0	Christi Rees	2021/03/26	185,0	Jacqui Rees	2020/02/22	145,0									
Bench Press	77,5			95,0	Juanita Visser	2013/06/22	165,0	Christi Rees	2021/03/26	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	550,0	Christi Rees	2021/03/26	480,0	Jacqui Rees	2020/02/22	380,0									

SOUTH AFRICAN MENS EQUIPPED BENCH PRESS RECORDS AS AT 27/03/2021

2021/03/27	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	Yegil 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	300,0	Johan Smith	2021/03/13	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	255,0	Ian Furman	2021/03/27	170,0				165,0		

SOUTH AFRICAN WOMENS EQUIPPED BENCH PRESS RECORDS AS AT 27/03/2021

2021/03/27	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	80,0	Mijuane de Wet	2021/03/26	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	107,5	Jacqui Rees	2021/03/26	90,0									
84+	95,0			112,5			165,0	Christi Rees	2021/03/26	110,0	Jacqui Rees	2020/02/22	95,0									