

| SOUTH AFRICAN MENS EQUIPPED POWERLIFTING RECORDS AS AT 04/12/2022 |  |  |  |  |  |  |  |  |  |  |
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| 2022/12/04  | 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     |                    |            | 152,5      |                  |            | 140,0     |               |            |
| Bench Press | 105,0      | Marcel Vorster      | 2012/08/28 | 127,5  |                    |            | 140,0  |                    |            | 120,0    |                    |            | 110,0     |                    |            | 102,5      |                  |            | 95,0      |               |            |
| Deadlift    | 185,0      | Themba Makubalo     | 2012/06/22 | 200,0  | Clint Williams     | 2015/06/26 | 215,0  |                    |            | 182,5    |                    |            | 170,0     |                    |            | 160,0      |                  |            | 150,0     |               |            |
| Total       | 425,0      | Marcel Vorster      | 2012/08/28 | 507,5  |                    |            | 565,0  |                    |            | 477,5    |                    |            | 445,0     |                    |            | 415,0      |                  |            | 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 | 205,0  | Kennedy Sekome     | 2011/08/13 | 205,0    | Karl Christians    | 2011/06/24 | 200,0     | Karl Christians    | 2013/06/22 | 175,0      |                  |            | 160,0     | Dan Oppenheim | 2018/06/30 |
| 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     | Dan Oppenheim | 2016/10/03 |
| Bench Press | 122,5      |                     |            | 152,5  | Thabang 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 | 247,5    | Steve Ogunfemi     | 2021/03/26 | 247,5     | Steve Ogunfemi     | 2021/03/26 | 195,0      |                  |            | 177,5     | Dan Oppenheim | 2016/07/30 |
| Bench Press | 135,0      |                     |            | 187,5  | Pieter Fourie      | 2011/06/24 | 200,0  | Mathew Coppenhall  | 2013/06/22 | 165,0    | Tommie de Nysschen | 2022/08/06 | 165,0     | Tommie de Nysschen | 2022/08/06 | 140,0      |                  |            | 135,0     |               |            |
| Deadlift    | 215,0      | Heinrich Van Tonder | 2013/06/22 | 282,5  | Nathan Valentine   | 2012/08/10 | 283,0  | Eugene Sadie       | 2021/03/26 | 265,5    | Steve Ogunfemi     | 2021/03/26 | 265,5     | Steve Ogunfemi     | 2021/03/26 | 210,0      | Lawrence Arendse | 2015/06/27 | 203,0     | Dan Oppenheim | 2016/07/30 |
| Total       | 542,5      |                     |            | 715,0  | Nathan Valentine   | 2012/08/10 | 745,0  | Mathew Coppenhall  | 2013/06/22 | 633,0    | Steve Ogunfemi     | 2021/03/26 | 633,0     | Steve Ogunfemi     | 2021/03/26 | 542,5      |                  |            | 503,0     | Dan Oppenheim | 2016/07/30 |
| 93 Div.     |            |                     |            |        |                    |            |        |                    |            |          |                    |            |           |                    |            |            |                  |            |           |               |            |
| Squat       | 235,0      | Marchelle Strydom   | 2021/12/01 | 280,0  | Adrian Smith       | 2018/06/30 | 315,0  | Pieter Fourie      | 2013/06/22 | 275,0    | Pieter Erasmus     | 2011/06/24 | 241,0     | Johnny Dam         | 2022/08/06 | 212,5      |                  |            | 192,5     |               |            |
| Bench Press | 142,5      |                     |            | 178,5  | Adrian Smith       | 2018/06/30 | 215,0  | Etienne Potgieter  | 2013/06/22 | 210,0    | Pieter Erasmus     | 2011/06/24 | 175,0     | Johnny Dam         | 2022/08/06 | 150,0      | Neal Coleman     | 2013/08/10 | 142,5     |               |            |
| Deadlift    | 235,0      | Trent Williams      | 2011/06/24 | 280,0  | Kgotso Thekiso     | 2020/02/22 | 300,0  |                    |            | 275,0    | Jorncy Page        | 2019/10/11 | 270,0     | Johnny Dam         | 2022/08/06 | 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 | 686,0     | Johnny Dam         | 2022/08/06 | 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 | 287,5    | Christo Schoonraad | 2022/08/06 | 287,5     | Christo Schoonraad | 2022/08/06 | 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  |                    |            | 278,0    | Christo Schoonraad | 2022/08/06 | 278,0     | Christo Schoonraad | 2022/08/06 | 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 | 750,5    | Christo Schoonraad | 2022/08/06 | 750,5     | Christo Schoonraad | 2022/08/06 | 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     |                    |            | 235,0      |                  |            | 225,0     |               |            |
| Bench Press | 160,0      |                     |            | 230,0  | Benedict Bucarizza | 2014/09/06 | 220,0  | Johan Smith        | 2017/07/09 | 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 | 290,0     | Hermanus de Beer   | 2022/08/06 | 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     |                    |            | 637,5      |                  |            | 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 Booyse        | 2013/06/22 | 280,0  | Mathys Herbst      | 2019/10/12 | 280,0    | Mathys Herbst      | 2019/10/12 | 255,0     | Ian Furman         | 2021/03/27 | 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     |               |            |

# SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 04/12/2022

| 2022/12/04      |       |                   | 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    | 2013/08/10         |  | 102,5 | Marelize Swart  | 2013/08/10 |  |        |                   |            |                |       |                   |                 |       |                  |                  |            |  |                 |  |  |
| Total           | 212,5 |                   |                    |  | 247,5 |                 |            |  |        |                   |            |                |       |                   |                 |       |                  |                  |            |  |                 |  |  |
| <b>47 Div.</b>  |       |                   |                    |  |       |                 |            |  |        |                   |            |                |       |                   |                 |       |                  |                  |            |  |                 |  |  |
| 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 |                  |                  |            |  |                 |  |  |
| <b>52 Div.</b>  |       |                   |                    |  |       |                 |            |  |        |                   |            |                |       |                   |                 |       |                  |                  |            |  |                 |  |  |
| 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   |                 | 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   |                 | 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   |                 | 342,5 | Miriam Sinclair  |                  | 2011/06/24 |  |                 |  |  |
| <b>57 Div.</b>  |       |                   |                    |  |       |                 |            |  |        |                   |            |                |       |                   |                 |       |                  |                  |            |  |                 |  |  |
| 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      | 150,0 | Antoinette Kriel |                  | 2021/12/01 |  |                 |  |  |
| Bench Press     | 60,0  | Rouxchelle Roux   | 2016/07/30         |  | 95,0  | Megan Leighton  | 2017/09/17 |  | 105,0  | Antoinette Kriel  | 2021/12/01 |                | 105,0 | Antoinette Kriel  | 2021/12/01      | 105,0 | Antoinette Kriel |                  | 2021/12/01 |  |                 |  |  |
| 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      | 160,0 | Antoinette Kriel |                  | 2021/12/01 |  |                 |  |  |
| Total           | 295,0 | Rouxchelle Roux   | 2016/07/30         |  | 387,5 | Megan Leighton  | 2017/09/17 |  | 415,0  | Antoinette Kriel  | 2021/12/01 |                | 415,0 | Antoinette Kriel  | 2021/12/01      | 415,0 | Antoinette Kriel |                  | 2021/12/01 |  |                 |  |  |
| <b>63 Div.</b>  |       |                   |                    |  |       |                 |            |  |        |                   |            |                |       |                   |                 |       |                  |                  |            |  |                 |  |  |
| Squat           | 177,5 | Mijuane de Wet    | 2022/09/04         |  | 177,5 | Mijuane de Wet  | 2022/09/04 |  | 177,5  | Mijuane de Wet    | 2022/09/04 |                | 152,5 | Michelle de Souza | 2012/06/22      | 120,0 |                  |                  |            |  |                 |  |  |
| Bench Press     | 87,5  | Mijuane de Wet    | 2021/12/01         |  | 94,0  | Megan Leighton  | 2018/06/30 |  | 110,0  | Megan Leighton    | 2021/11/10 |                | 72,5  | Michelle de Souza | 2011/12/15      | 70,0  | Joan Swart       |                  | 2019/10/10 |  |                 |  |  |
| Deadlift        | 170,0 | Mijuane de Wet    | 2022/09/04         |  | 170,0 | Mijuane de Wet  | 2022/09/04 |  | 175,0  | Michelle de Souza | 2011/12/15 |                | 175,0 | Michelle de Souza | 2011/12/15      | 137,5 | Joan Swart       |                  | 2019/10/10 |  |                 |  |  |
| Total           | 435,0 | Mijuane de Wet    | 2022/09/04         |  | 435,0 | Mijuane de Wet  | 2022/09/04 |  | 435,0  | Mijuane de Wet    | 2022/09/04 |                | 392,5 | Michelle de Souza | 2012/06/22      | 320,0 |                  |                  |            |  |                 |  |  |
| <b>69 Div.</b>  |       |                   |                    |  |       |                 |            |  |        |                   |            |                |       |                   |                 |       |                  |                  |            |  |                 |  |  |
| Squat           | 135,0 | Heike Groenwald   | 2022/09/04         |  | 140,0 |                 |            |  | 160,0  |                   |            |                | 140,0 | Vanessa Lessing   | 2022/08/06      | 125,0 |                  |                  |            |  |                 |  |  |
| Bench Press     | 65,0  | Heike Groenwald   | 2022/08/06         |  | 72,5  |                 |            |  | 112,5  | Megan Leighton    | 2022/08/06 |                | 87,5  | Vanessa Lessing   | 2022/08/06      | 65,0  |                  |                  |            |  |                 |  |  |
| Deadlift        | 137,5 | Heike Groenwald   | 2022/09/04         |  | 152,5 |                 |            |  | 177,5  |                   |            |                | 152,5 | Vanessa Lessing   | 2021/03/26      | 137,5 |                  |                  |            |  |                 |  |  |
| Total           | 337,5 | Heike Groenwald   | 2022/09/04         |  | 367,5 |                 |            |  | 422,5  |                   |            |                | 380,0 | Vanessa Lessing   | 2022/08/06      | 330,0 |                  |                  |            |  |                 |  |  |
| <b>76 Div.</b>  |       |                   |                    |  |       |                 |            |  |        |                   |            |                |       |                   |                 |       |                  |                  |            |  |                 |  |  |
| Squat           | 130,0 | Anika Maree       | 2022/09/04         |  | 150,0 |                 |            |  | 175,5  | Chantelle du Toit | 2022/12/03 |                | 150,0 |                   |                 | 130,0 |                  |                  |            |  |                 |  |  |
| Bench Press     | 67,5  |                   |                    |  | 77,5  |                 |            |  | 108,0  | Chantelle du Toit | 2022/12/03 |                | 77,5  |                   |                 | 67,5  |                  |                  |            |  |                 |  |  |
| Deadlift        | 147,5 |                   |                    |  | 165,0 |                 |            |  | 190,0  |                   |            |                | 165,0 |                   |                 | 147,5 |                  |                  |            |  |                 |  |  |
| Total           | 345,0 |                   |                    |  | 395,0 |                 |            |  | 455,0  |                   |            |                | 395,0 |                   |                 | 345,0 |                  |                  |            |  |                 |  |  |
| <b>84 Div.</b>  |       |                   |                    |  |       |                 |            |  |        |                   |            |                |       |                   |                 |       |                  |                  |            |  |                 |  |  |
| Squat           | 135,0 |                   |                    |  | 192,5 | Lezaan Jordaan  | 2018/09/08 |  | 202,5  | Jacqui Rees       | 2022/08/06 |                | 202,5 | Jacqui Rees       | 2022/08/06      | 135,0 |                  |                  |            |  |                 |  |  |
| Bench Press     | 72,5  |                   |                    |  | 115,0 | Lezaan Jordaan  | 2018/09/08 |  | 117,5  | Nicola Green      | 2020/02/22 |                | 110,0 | Jacqui Rees       | 2022/08/06      | 72,5  |                  |                  |            |  |                 |  |  |
| Deadlift        | 152,5 |                   |                    |  | 192,5 | Lezaan Jordaan  | 2018/09/08 |  | 205,0  |                   |            |                | 190,0 | Jacqui Rees       | 2021/11/13      | 152,5 |                  |                  |            |  |                 |  |  |
| Total           | 360,0 |                   |                    |  | 500,0 | Lezaan Jordaan  | 2018/09/08 |  | 500,0  | Lezaan Jordaan    | 2018/09/08 |                | 492,5 | Jacqui Rees       | 2022/08/06      | 360,0 |                  |                  |            |  |                 |  |  |
| <b>84+ Div.</b> |       |                   |                    |  |       |                 |            |  |        |                   |            |                |       |                   |                 |       |                  |                  |            |  |                 |  |  |
| 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 |  | 170,0  | Christi Rees      | 2021/11/13 |                | 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 04/12/2022

| 2022/12/04  | 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     | 2016/07/30 |        |                   |            |                |                |            |                 |                    |            |                |               |            |               |               |            |
| <b>59</b>   | 105,0              | Marcel Vorster  | 2012/08/28 | 122,5          | Jacques Fourie | 2012/10/20 | 137,5  |                   |            | 115,0          |                |            | 110,0           |                    |            | 102,5          |               |            | 95,0          |               |            |
| <b>66</b>   | 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         |               |            |
| <b>74</b>   | 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 |
| <b>83</b>   | 137,5              |                 |            | 187,5          | Pieter Fourie  | 2011/06/24 | 202,5  | Marlon Daniels    | 2018/04/28 | 202,5          | Marlon Daniels | 2018/04/28 | 165,0           | Tommie de Nysschen | 2022/08/06 | 150,0          | Peter Vermaak | 2015/02/07 | 132,5         |               |            |
| <b>93</b>   | 160,0              | Sean Stander    | 2014/02/15 | 200,0          | Adrian Smith   | 2016/11/27 | 225,0  | Etienne Potgieter | 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         |               |            |
| <b>105</b>  | 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 | 190,5           | Johnny Dam         | 2022/03/12 | 185,0          | Colin Young   | 2019/02/23 | 150,0         |               |            |
| <b>120</b>  | 165,0              |                 |            | 235,0          | Juan Booyse    | 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         |               |            |
| <b>120+</b> | 170,0              |                 |            | 257,5          | Juan Booyse    | 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 04/12/2022

| 2022/12/04 | Sub-Junior (14-18) |                   |            | Junior (19-23) |                 |            | Senior |                   |            | Master I 40-49 |                  |            | Master II 50-59 |                  |            | Master III 60-69 |  |  | Master IV 70+ |               |            |
|------------|--------------------|-------------------|------------|----------------|-----------------|------------|--------|-------------------|------------|----------------|------------------|------------|-----------------|------------------|------------|------------------|--|--|---------------|---------------|------------|
| <b>43</b>  | 50,0               |                   |            | 60,0           |                 |            |        |                   |            |                |                  |            |                 |                  |            |                  |  |  |               |               |            |
| <b>47</b>  | 55,0               |                   |            | 65,0           |                 |            | 75,0   |                   |            | 70,0           | Liliana Coleman  | 2011/10/22 | 55,0            |                  |            |                  |  |  |               |               |            |
| <b>52</b>  | 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 |                  |  |  |               |               |            |
| <b>57</b>  | 68,0               | Rouxchelle Roux   | 2016/11/27 | 102,5          | Megan Leighton  | 2018/04/28 | 105,0  | Antoinette Kriel  | 2021/12/01 | 105,0          | Antoinette Kriel | 2021/12/01 | 105,0           | Antoinette Kriel | 2021/12/01 |                  |  |  | 45,0          | Dulcie Duguid | 2020/02/22 |
| <b>63</b>  | 87,5               | Mijuane de Wet    | 2021/12/01 | 105,0          | Megan Leighton  | 2019/10/06 | 110,0  | Megan Leighton    | 2021/11/10 | 80,0           | Vicky Botha      | 2014/02/15 | 72,5            |                  |            |                  |  |  |               |               |            |
| <b>69</b>  | 77,5               |                   |            | 90,0           |                 |            | 113,0  | Megan Leighton    | 2022/12/03 | 90,0           |                  |            | 77,5            |                  |            |                  |  |  |               |               |            |
| <b>76</b>  | 82,5               |                   |            | 97,5           |                 |            | 108,0  | Chantelle du Toit | 2022/12/03 | 97,5           |                  |            | 82,5            |                  |            |                  |  |  |               |               |            |
| <b>84</b>  | 90,0               |                   |            | 115,0          | Lezaan Jordaan  | 2018/09/08 | 125,0  | Nicola Green      | 2019/10/06 | 110,0          | Jacqui Rees      | 2022/08/06 | 90,0            |                  |            |                  |  |  |               |               |            |
| <b>84+</b> | 95,0               |                   |            | 112,5          |                 |            | 170,0  | Christi Rees      | 2021/11/13 | 110,0          | Jacqui Rees      | 2020/02/22 | 95,0            |                  |            |                  |  |  |               |               |            |