

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 13/04/2024

| 2024/04/13 | Sub-Junior (14-18) | | | Junior (19-23) | | | Senior | | | Master I 40-49 | | | Master II 50-59 | | | Master III 60+ | | | Master IV 70+ | | | | | |
|-------------|--------------------|----------------------|------------|----------------|---------------------|------------|--------|---------------------|------------|----------------|------------------|------------|-----------------|----------------------|------------|----------------|-------------------|------------|---------------|---------------|------------|---------------|---------------|------------|
| 53 | 80,0 | Damon Langeveld | 2016/03/19 | 92,5 | Edward Monaheng | 2021/04/25 | | | | | | | | | | | | | | | | | | |
| 59 | 102,5 | Tashriq Hendriks | 2013/02/23 | 102,5 | Tashriq Hendriks | 2013/02/23 | 115,0 | Jacques Fourie | 2021/03/13 | 95,0 | | | | 87,5 | | | 82,5 | | | | 77,5 | | | |
| 66 | 107,5 | Faraz Hamayun | 2023/01/07 | 135,0 | Caneous Mdluli | 2023/04/02 | 147,5 | Michael Botha | 2015/03/28 | 123,5 | Steven Coleman | 2024/04/07 | | 95,0 | | | 87,5 | | | | 82,5 | Dan Oppenheim | 2018/03/18 | |
| 74 | 160,0 | Yonela Mbembe | 2016/05/21 | 170,0 | Yonela Mbembe | 2017/05/07 | 170,0 | Yonela Mbembe | 2017/05/07 | 154,0 | Jacobus Phalatsi | 2021/04/25 | 135,0 | Tommy de Nysschen | 2023/05/27 | 135,0 | Tommy de Nysschen | 2023/05/27 | 102,5 | Dan Oppenheim | 2015/06/06 | 97,5 | Dan Oppenheim | 2015/03/27 |
| 83 | 147,5 | Joaquim de Jenga | 2017/06/25 | 172,5 | Jade Blake | 2016/10/22 | 172,5 | Ryan Miller | 2014/03/15 | 165,0 | Marion Daniels | 2018/02/17 | 145,5 | Tommy de Nysschen | 2024/04/07 | 145,5 | Tommy de Nysschen | 2024/04/07 | 102,5 | Dan Oppenheim | 2015/03/27 | 102,5 | Dan Oppenheim | 2015/03/27 |
| 93 | 152,5 | Joshua Kiggen | 2017/09/17 | 181,0 | Eifranco Holder | 2016/10/22 | 187,5 | Eifranco Holder | 2017/09/17 | 175,0 | Pieter Erasmus | 2013/02/23 | 155,0 | Johnny Dam | 2024/04/07 | 130,0 | Glen Thomas | 2021/03/13 | | | 120 | | | |
| 105 | 148,0 | Richard Steenekamp | 2024/04/07 | 205,0 | Johan Smith | 2014/06/01 | 205,5 | Tom Wewege | 2023/04/02 | 182,5 | Charles Johnson | 2023/05/27 | 182,5 | Charles Johnson | 2023/05/27 | 180,0 | Colin Young | 2019/02/23 | | | 120 | | | |
| 120 | 130,0 | | | 202,5 | Benedict Buccarizza | 2014/03/15 | 232,5 | Benedict Buccarizza | 2017/09/17 | 210,0 | Malone Horn | 2015/11/21 | 205,0 | Gerhardus Oosthuizen | 2016/05/21 | 137,5 | Andre Ludik | 2017/03/18 | | | 125 | | | |
| 120+ | 170,0 | Martin van der Merwe | 2019/03/30 | 185,0 | Juan Booyse | 2013/02/23 | 230,5 | Stefan Schroder | 2024/04/07 | 210,0 | Ian Mouton | 2015/03/28 | 200,0 | Ian Furman | 2017/09/17 | 132,5 | | | | | 127,5 | | | |

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| 2024/04/13 | Sub-Junior (14-18) | | | Junior (19-23) | | | Senior | | | Master I 40-49 | | | Master II 50-59 | | | Master III 60+ | | | Master IV 70+ | | | | |
|------------|--------------------|------------------------|------------|----------------|--------------------|------------|--------|-------------------|------------|----------------|------------------|------------|-----------------|------------------|------------|----------------|-----------------|------------|---------------|--|------|---------------|------------|
| 43 | 35,0 | | | 42,5 | | | | | | | | | | | | | | | | | | | |
| 47 | 37,5 | Rochelle de Beer | 2014/03/15 | 42,5 | Christina Kyriacos | 2023/04/02 | 70,5 | Mariska Casey | 2018/03/18 | 70,5 | Mariska Casey | 2018/03/18 | 37,5 | | | | | | | | | | |
| 52 | 55,0 | Grace Roberts | 2024/04/07 | 65,0 | Amber-Jade Meth | 2018/03/18 | 87,5 | Antoinette Kriel | 2016/05/21 | 87,5 | Antoinette Kriel | 2016/05/21 | 62,5 | Lilliana Coleman | 2015/02/07 | | | | | | | | |
| 57 | 60,0 | Caitlin Poxon | 2018/05/20 | 78,0 | Alexandra Mundell | 2022/03/27 | 95,5 | Antoinette Kriel | 2017/03/18 | 95,5 | Antoinette Kriel | 2017/03/18 | 87,5 | Antoinette Kriel | 2022/03/27 | 57,5 | Miriam Sinclair | 2021/11/30 | | | 35,0 | Dulcie Duguid | 2022/03/27 |
| 63 | 71,5 | Mijuane de Wet | 2024/04/07 | 72,5 | Megan Leighton | 2016/11/27 | 95,0 | Antoinette Kriel | 2016/11/27 | 95,0 | Antoinette Kriel | 2016/11/27 | 65,5 | Ronel Reyneke | 2020/01/01 | 52,5 | Susan Farrell | 2019/06/15 | | | 45,0 | Susan Farrell | 2021/04/25 |
| 69 | 75,0 | Gila Smith | 2024/04/07 | 85,0 | Charnleigh Kotzé | 2023/01/07 | 100,0 | Sasha Gadney | 2024/04/07 | 82,5 | Monica Longhurst | 2021/12/03 | 75,0 | Lana Kleynhans | 2021/04/25 | | | | | | | | |
| 76 | 72,5 | Rochelle van der Merwe | 2023/09/03 | 92,5 | Olivia White | 2023/04/02 | 92,5 | Nicole Coopoomamy | 2023/06/17 | 85,0 | Monica Longhurst | 2022/03/27 | 83,0 | Corien Potgieter | 2021/04/25 | 40,0 | Linda Rubin | 2024/03/02 | | | | | |
| 84 | 75,0 | Jelhandri Rautenbach | 2017/09/17 | 80,0 | Lezaan Jordaan | 2017/07/15 | 115,0 | Lizelle Cruz | 2017/09/17 | 115,0 | Lizelle Cruz | 2017/09/17 | 68,0 | Fiona Hickman | 2020/01/01 | | | | | | | | |
| 84+ | 90,0 | Jelhandri Rautenbach | 2019/03/30 | 92,5 | Sunelle Putter | 2023/03/11 | 115,0 | Lauren Norton | 2019/05/17 | 90,0 | Tracy Ludwig | 2016/05/28 | 65,0 | | | 52,5 | Samali Bosa | 2022/03/27 | | | | | |