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SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 20225/03/30																								
2025/03/30	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69			Master IV 70+			Master V 80+		
43 Div.																								
Squat	70,0	Mijuane de Wet	2016/10/22	72,5																				
Bench Press	32,5			37,5																				
Deadlift	82,5	Mijuane de Wet	2016/10/22	82,5	Mijuane de Wet	2016/10/22																		
Total	182,5	Mijuane de Wet	2016/10/22	192,5																				
47 Div.																								
Squat	75,0	Mijuane de Wet	2017/03/18	85,0	Christina Kyriocos	2023/04/02	115,0	Giulia Muto	2017/09/17	100,0	Mariska Casey	2018/03/18	80,0	Elisabeth Barry	2023/04/02									
Bench Press	37,5	Rochelle de Beer	2014/03/15	42,5	Christina Kyriocos	2023/04/02	70,5	Mariska Casey	2018/03/18	70,5	Mariska Casey	2018/03/18	37,5	Elisabeth Barry	2024/10/13									
Deadlift	107,5	Patricia Harding	2018/03/18	113,0	Christina Kyriocos	2023/04/02	142,5	Mariska Casey	2018/06/17	142,5	Mariska Casey	2018/06/17	115,0	Elisabeth Barry	2023/04/02									
Total	207,5	Pearl Bucwa	2023/04/02	240,5	Christina Kyriocos	2023/04/02	308,0	Mariska Casey	2018/03/18	308,0	Mariska Casey	2018/03/18	230,0	Elisabeth Barry	2023/04/02									
52 Div.																								
Squat	108,0	Mijuane de Wet	2019/03/30	108,0	Mijuane de Wet	2019/03/30	135,0	Alexa Pentopoulos	2025/03/30	120,0	Antoinette Kriel	2016/06/26	85,0	Elisabeth Barry	2024/07/13									
Bench Press	55,0	Grace Roberts	2024/04/07	65,0	Amber-Jade Meth	2018/03/18	85,0	Antoinette Kriel	2016/03/19	85,0	Antoinette Kriel	2016/03/19	47,5	Vanessa Schlebusch	2024/04/07									
Deadlift	127,5	Aimee Grefen	2021/04/25	132,5	Amber-Jade Meth	2018/03/18	160,5	Farzana Botha	2023/04/02	155,0	Farzana Botha	2025/03/30	132,5	Carol Anthony	2018/03/18									
Total	277,5	Grace Roberts	2024/04/07	287,5	Rouxchelle Roux	2018/03/18	350,0	Nicole Warburg	2017/09/17	345,0	Antoinette Kriel	2016/06/26	258,0	Carol Anthony	2018/03/18									
57 Div.																								
Squat	115,0	Megan Stringer	2023/04/02	125,0	Nicole Hasell	2023/09/03	142,5	Chevonne Roos	2024/10/13	135,0	Vicki Botha	2021/04/25	130,0	Antoinette Kriel	2022/06/11	85,0	Miriam Sinclair	2021/04/25	70,0	Dulcie Duguid	2022/03/27			
Bench Press	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	2021/12/04	35,0	Dulcie Duguid	2022/03/27			
Deadlift	132,5	Megan Leighton	2013/12/08	160,0	Alexandra Mundell	2022/03/27	181,0	Antoinette Kriel	2024/10/13	181,0	Antoinette Kriel	2024/10/13	181,0	Antoinette Kriel	2024/10/13	122,5	Miriam Sinclair	2021/12/04	92,5	Dulcie Duguid	2022/03/27			
Total	290,0	Caitlin Poxon	2018/05/20	355,5	Alexandra Mundell	2022/03/27	388,5	Antoinette Kriel	2024/10/13	388,5	Antoinette Kriel	2024/10/13	388,5	Antoinette Kriel	2024/10/13	260,0	Miriam Sinclair	2021/12/04	197,5	Dulcie Duguid	2022/03/27			
63 Div.																								
Squat	156,0	Mijuane de Wet	2024/04/07	160,0	Mijuane de Wet	2025/03/30	160,0	Mijuane de Wet	2025/03/30	140,0	Sorah Garber	2022/03/27	110,0	Ronel Reyneke	2019/03/30	100,0	Susan Farrell	2019/06/15	70,0	Susan Farrell	2021/04/25			
Bench Press	72,5	Mijuane de Wet	2024/07/13	75,5	Mijuane de Wet	2025/03/30	90,5	Sorah Garber	2022/03/27	90,5	Sorah Garber	2022/03/27	65,5	Ronel Reyneke	2020/01/01	52,5	Susan Farrell	2019/06/15	45,0	Susan Farrell	2021/04/25			
Deadlift	172,5	Mijuane de Wet	2024/07/13	175,0	Mijuane de Wet	2025/03/30	180,0	Daniella da Silva	2023/04/02	165,5	Vicki Botha	2017/03/18	132,5	Susan Farrell	2018/06/17	132,5	Susan Farrell	2018/06/17	105,0	Susan Farrell	2021/04/25			
Total	395,0	Mijuane de Wet	2023/04/02	410,5	Mijuane de Wet	2025/03/30	410,5	Mijuane de Wet	2025/03/30	385,5	Sorah Garber	2022/03/27	292,5	Ronel Reyneke	2019/03/30	277,5	Susan Farrell	2019/06/15	220,0	Susan Farrell	2021/04/25			
69 Div.																								
Squat	142,5	Charnleigh Kotzé	2022/03/27	161,0	Charnleigh Kotzé	2024/10/13	170,0	Sasha Gadney	2025/03/30	150,0	Astrid Schwarz	2024/04/07	110,0	Lana Kleynhans	2021/04/25	50,0	Linda Rubin	2025/03/30						
Bench Press	80,0	Gila Smith	2025/03/30	95,0	Charnleigh Kotzé	2024/09/09	105,0	Sasha Gadney	2025/03/30	85,0	Kristl-Joy Kannemeyer	2025/03/30	75,0	Lana Kleynhans	2021/04/25	43,0	Linda Rubin	2025/03/30						
Deadlift	147,5	Charnleigh Kotzé	2022/03/27	182,5	Charnleigh Kotzé	2024/10/13	190,0	Sasha Gadney	2025/03/30	182,5	Laura de Wet	2023/04/02	163,0	Lana Kleynhans	2021/04/25	80,0	Linda Rubin	2025/03/30						
Total	362,5	Charnleigh Kotzé	2022/03/27	438,5	Charnleigh Kotzé	2024/10/13	465,0	Sasha Gadney	2025/03/30	400,0	Laura de Wet	2023/04/02	348,0	Lana Kleynhans	2021/04/25	173,0	Linda Rubin	2025/03/30						
76 Div.																								
Squat	145,0	Roechelle van der Merwe	2024/10/13	155,0	Olivia White	2022/12/03	165,0	Nicole Cooposamy	2023/04/02	153,0	Pia Marangoni	2025/03/30	137,5	Corien Potgieter	2021/04/25									
Bench Press	75,0	Roechelle van der Merwe	2024/10/13	92,5	Olivia White	2023/04/02	92,5	Nicole Cooposamy	2023/06/17	85,0	Monica Longhurst	2022/03/27	83,0	Corien Potgieter	2021/04/25									
Deadlift	190,0	Lisa Stander	2024/10/13	190,0	Lisa Stander	2024/10/13	210,0	Nicole Cooposamy	2023/04/02	180,0	Pia Marangoni	2024/10/13	160,5	Corien Potgieter	2021/04/25									
Total	402,5	Lisa Stander	2024/10/13	420,0	Olivia White	2023/04/02	462,5	Nicole Cooposamy	2023/04/02	410,0	Pia Marangoni	2024/10/13	381,0	Corien Potgieter	2021/04/25									
84 Div.																								
Squat	142,5	Jelhandri Rautenbach	2017/09/17	165,0	Lezaan Jordaan	2018/05/20	205,0	Nicole Cooposamy	2025/03/30	176,0	Naiema Mohammed	2024/04/07	120,5	Fiona Hickman	2020/01/01	115,0	Fiona Hickman	2025/03/30						
Bench Press	77,5	Jelhandri Rautenbach	2017/09/17	80,0	Lezaan Jordaan	2017/07/15	120,5	Megan Faul	2024/11/02	98,0	Naiema Mohammed	2024/04/07	68,0	Fiona Hickman	2020/01/01	60,0	Fiona Hickman	2025/03/30						
Deadlift	160,0	Jelhandri Rautenbach	2017/09/17	202,5	Lezaan Jordaan	2018/05/20	233,0	Nicole Cooposamy	2024/10/13	185,0	Marina van der Linde	2023/04/02	150,0	Fiona Hickman	2020/01/01	140,0	Fiona Hickman	2025/03/30						
Total	380,0	Jelhandri Rautenbach	2017/09/17	442,5	Lezaan Jordaan	2018/05/20	538,0	Nicole Cooposamy	2024/10/13	449,0	Naiema Mohammed	2024/04/07	338,5	Fiona Hickman	2020/01/01	315,0	Fiona Hickman	2025/03/30						
84+ Div.																								
Squat	135,5	Simone van der Merwe	2025/03/30	156,0	Karin du Plessis	2023/04/02	225,5	Olivia Perotti	2025/03/30	185,0	Marina van der Linde	2024/10/13	115,0	Buyisile Ngubane	2024/07/13	80,0	Samali Bosa	2022/03/27						
Bench Press	90,0	Jelhandri Rautenbach	2019/03/30	90,0	Jelhandri Rautenbach	2019/03/30	115,0	Lauren Norton	2019/05/17	102,5	Marina van der Linde	2024/10/13	57,5			52,5	Samali Bosa	2022/03/27						
Deadlift	165,0	Jelhandri Rautenbach	2019/03/30	190,0	Juanita Visser	2014/06/01	210,0	Olivia Perotti	2024/11/02	205,0	Marina van der Linde	2024/07/13	155,0	Buyisile Ngubane	2025/03/30	115,0	Samali Bosa	2022/03/27						
Total	390,0	Jelhandri Rautenbach	2019/03/30	420,0	Juanita Visser	2014/06/01	533,0	Olivia Perotti	2024/11/02	487,5	Marina van der Linde	2024/10/13	320,0	Buyisile Ngubane	2024/07/13	247,5	Samali Bosa	2022/03/27						

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 2025/03/30																								
2025/03/30	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+			Master V 80+		
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	112,5	Steven Coleman	2025/05/24	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	125,0	Steven Coleman	2024/07/13	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	Tommie de Nysschen	2023/05/27	135,0	Tommie de Nysschen	2023/05/27	97,5	Dan Oppenheim	2015/06/06			
83	147,5	Joaquim de Jenga	2017/06/25	173,0	Avishai Eilim	2025/03/30	173,0	Avishai Eilim	2025/03/30	165,5	Chad Govington	2025/03/08	151,5	Tommie de Nysschen	2024/11/02	151,5	Tommie de Nysschen	2024/11/02	102,5	Dan Oppenheim	2015/03/27	90,0	Dan Oppenheim	
93	155,5	Ryan Sutton	2025/03/30	181,0	Elfranco Holder	2016/10/22	190,0	Maahir Martin	2024/10/13	175,0	Pieter Erasmus	2013/02/23	158,0	Johnny Dam	2025/03/30	148,0	Tommie de Nysschen	2024/10/13	120,0					
105	160,0	Richard Steenekamp	2024/11/02	205,0	Johan Smith	2014/06/01	206,0	Daniel Duke	2025/03/08	182,5	Charles Johnson	2023/05/27	182,5	Charles Johnson	2023/05/27	180,0	Colin Young	2019/02/23	120,0					
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	125,0					
120+	170,0	Martin van der Merwe	2019/03/30	195,0	Stanford Thompson	2025/05/24	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					

SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 2025/03/30

2025/03/30	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+			Master V 80+		
43	35,0			42,5																				
47	37,5	Rochelle de Beer	2014/03/15	42,5	Christina Kyriocos	2023/04/02	70,5	Mariska Casey	2018/03/18	70,5	Mariska Casey	2018/03/18	37,5	Elisabeth Barry	2024/10/13									
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	72,5	Mijuanne de Wet	2024/07/13	75,5	Mijuanne de Wet	2025/03/30	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	80,0	Gila Smith	2025/03/30	95,0	Charmleigh Kotzé	2024/09/09	105,0	Sasha Gadney	2025/03/30	85,0	Kristi-Joy Kannemeyer	2025/03/30	75,0	Lana Kleynhans	2021/04/25	43,0	Linda Rubin	2025/03/30						
76	75,0	Roechelle van der Merwe	2024/10/13	92,5	Olivia White	2023/04/02	92,5	Nicole Cooposamy	2023/06/17	85,0	Monica Longhurst	2022/03/27	83,0	Corien Potgieter	2021/04/25	42,5	Linda Rubin	2025/03/08						
84	75,0	Jelhandri Rautenbach	2017/09/17	80,0	Lezaan Jordaan	2017/07/15	120,5	Megan Faul	2024/11/02	115,0	Lizelle Cruz	2017/09/17	68,0	Fiona Hickman	2020/01/01	60,0	Fiona Hickman	2025/03/30						
84+	90,0	Jelhandri Rautenbach	2019/03/30	92,5	Sunelle Putter	2023/03/11	115,0	Lauren Norton	2019/05/17	100,0	Marina van der Linde	2024/07/13	65,0			52,5	Samali Bosa	2022/03/27						