

**SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 2025/03/30**

2025/03/30	Sub-Junior			Junior			Senior			Master I			Master II			Master III			Master IV			Master V					
<b>53 Div.</b>																											
Squat	125,0	Damon Langeveld	2016/03/19	140,0	David Malefo	2015/03/28																					
Bench Press	81,0	Gabriel Chiremba	2025/03/30	92,5	Edward Monaheng	2021/04/25																					
Deadlift	180,0	Gabriel Chiremba	2025/03/30	180,0	Gabriel Chiremba	2025/03/30																					
Total	381,0	Gabriel Chiremba	2025/03/30	381,0	Gabriel Chiremba	2025/03/30																					
<b>59 Div.</b>																											
Squat	140,0	Dalvie Chaka	2017/09/17	155,0	Clint Williams	2014/06/01	200,5	Thabang Seloma	2025/03/30	137,5				127,5				115,0				102,5					
Bench Press	100,0	Thabang Modukanele	2018/03/18	102,5				120,0				97,5				87,5				80,0				77,5			
Deadlift	200,0	Daniel Sowray	2023/04/02	200,0	Clint Williams	2014/06/01	215,5	Geordie Goliath	2024/04/07	150,0				137,5				127,5				117,5					
Total	420,0	Daniel Sowray	2023/04/02	447,5	Clint Williams	2014/06/01	510,5	Geordie Goliath	2024/04/07	385,0				352,5				322,5				292,5					
<b>66 Div.</b>																											
Squat	177,5	Jaden Madhav	2024/10/13	200,0	Marcel Vorster	2017/07/15	215,0	Marcel Vorster	2022/06/11	205,0	Nathan Michael-Steyn	2025/03/30	157,5	Karl Christians	2017/09/17	127,5				116,0	Dan Oppenheim	2018/03/18					
Bench Press	107,5	Louis Moorcroft	2018/03/18	135,0	Caneous Mdluli	2023/04/02	147,5	Michael Botha	2015/03/27	123,5	Steven Coleman	2024/04/07	97,5				87,5				82,5	Dan Oppenheim	2018/03/18				
Deadlift	220,0	Samuel Teeger	2023/09/03	252,5	Brandon Samuels	2019/10/06	252,5	Brandon Samuels	2019/10/06	230,0	Enrico Johnson	2025/03/30	195,0	Karl Christians	2017/09/17	187,5	Yunus Hassen	2015/02/27	152,5	Dan Oppenheim	2018/03/18						
Total	490,0	Samuel Teeger	2023/09/03	550,0	Brandon Samuels	2019/10/06	552,5	Marcel Vorster	2022/06/11	540,0	Enrico Johnson	2025/03/30	435,0	Karl Christians	2014/03/15	355,0				351,0	Dan Oppenheim	2018/03/18					
<b>74 Div.</b>																											
Squat	197,5	Samuel Teeger	2025/03/30	242,0	Suvar Maharaj	2023/04/02	242,0	Suvar Maharaj	2023/04/02	212,5	Jacobus Phalatsi	2021/04/25	205,0	Ian Hacker	2024/10/13	205,0	Ian Hacker	2024/10/13	136,0	Dan Oppenheim	2024/04/07						
Bench Press	135,0	Samuel Teeger	2025/03/30	160,0	Scott Pornss	2024/07/13	168,0	Ziyaad Samodien	2022/03/27	154,0	Jacobus Phalatsi	2021/04/25	132,5	Tommie de Nysschen	2023/04/02	132,5	Tommie de Nysschen	2023/04/02	97,5	Dan Oppenheim	2015/06/06						
Deadlift	245,0	Samuel Teeger	2025/03/30	290,0	Scott Pornss	2024/04/07	305,0	Harry Shomalistos	2014/06/01	240,0	Allistair Begg	2025/03/30	220,0	Stanley Lameyer	2025/03/30	220,0	Stanley Lameyer	2025/03/30	185,5	Dan Oppenheim	2019/03/30						
Total	577,5	Samuel Teeger	2025/03/30	665,0	Scott Pornss	2024/07/13	675,0	Harry Shomalistos	2014/06/01	589,0	Jacobus Phalatsi	2021/04/25	525,0	Ian Hacker	2024/10/13	525,0	Ian Hacker	2024/10/13	415,0	Dan Oppenheim	2015/06/06						
<b>83 Div.</b>																											
Squat	222,5	Ewan Boschhoff	2024/04/07	240,0	Jade Blake	2016/05/28	257,5	Chris Forget	2024/10/13	257,5	Chris Forget	2024/10/13	251,0	Marlon Daniels	2025/03/30	210,0	Stanley Lameyer	2020/01/01	141,0	Dan Oppenheim	2016/03/19	125,0	Dan Oppenheim	2025/03/30			
Bench Press	147,5	Joaquim de Jenga	2017/06/25	173,0	Avishai Eilim	2025/03/30	173,0	Avishai Eilim	2025/03/30	165,0	Chad Govington	2025/03/30	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	2025/03/30			
Deadlift	267,5	Joaquim de Jenga	2017/06/25	293,0	Arno Nieuwenhuizen	2022/03/27	305,0	Nishalin Govender	2025/03/30	272,5	Chris Forget	2024/10/13	270,0	Steve Ogunfemi	2023/04/02	230,0	Stanley Lameyer	2020/01/01	183,0	Dan Oppenheim	2025/03/30	183,0	Dan Oppenheim	2025/03/30			
Total	630,0	Joaquim de Jenga	2017/06/25	660,5	Arno Nieuwenhuizen	2022/03/27	677,5	Jean-Arthur Pretorius	2020/01/01	662,5	Chris Forget	2024/10/13	643,5	Marlon Daniels	2025/03/30	540,0	Stanley Lameyer	2020/01/01	423,5	Dan Oppenheim	2016/03/19	398,0	Dan Oppenheim	2025/03/30			
<b>93 Div.</b>																											
Squat	260,0	Ryan Sutton	2025/03/30	270,0	Jade Blake	2017/09/17	275,0	Jade Blake	2022/06/03	255,5	Deon Smedley	2024/04/07	232,5	Johnny Dam	2024/04/07	175,0	Ebrahim Mobara	2024/04/07	150,0								
Bench Press	155,5	Ryan Sutton	2025/03/30	181,0	Elfranco Holder	2016/10/22	187,5	Elfranco Holder	2017/09/17	158,0	Johnny Dam	2025/03/30	158,0	Johnny Dam	2025/03/30	148,0	Tommie de Nysschen	2024/10/13	102,5								
Deadlift	265,0	Eduard Retief	2024/07/13	300,5	Zandre van der Berg	2022/03/27	312,5	Nkosinathi Ntuli	2024/06/23	275,0	Dean Coleman	2025/03/30	260,0	Johnny Dam	2024/04/07	215,0	Ebrahim Mobara	2024/04/07	160,0								
Total	670,5	Ryan Sutton	2025/03/30	700,5	Zandre van der Berg	2022/03/27	731,0	Jean-Arthur Pretorius	2021/04/25	668,0	Deon Smedley	2024/04/07	647,5	Johnny Dam	2024/04/07	490,5	Tommie de Nysschen	2024/10/13	425,0								
<b>105 Div.</b>																											
Squat	227,5	Richard Steenekamp	2024/11/02	285,0	Francois Maritz	2016/10/22	305,0	Stiaan du Preez	2025/03/30	300,0	Sean Manders	2016/03/19	247,0	Christo Schoonraad	2019/03/30	170,0				157,5							
Bench Press	160,0	Richard Steenekamp	2024/11/02	205,0	Johan Smith	2014/06/01	212,5	Daniel Duke	2025/06/15	177,5	Sean Manders	2016/06/26	167,0	Colin Young	2019/03/30	167,0	Colin Young	2019/03/30	110,0								
Deadlift	280,0	Robert Kennedy	2013/12/08	312,5	Daniel Cotton	2024/10/13	350,0	Jaco Jacobsz	2025/03/30	315,0	Sean Manders	2016/05/28	261,5	Christo Schoonraad	2019/03/30	220,0	Colin Young	2018/10/20	195,0								
Total	657,5	Richard Steenekamp	2024/11/02	760,0	Gerhard Kruger	2018/03/18	805,0	Stiaan du Preez	2025/03/30	775,0	Sean Manders	2016/05/28	642,5	Johnny Dam	2023/04/02	546,0	Colin Young	2018/10/20	435,0								
<b>120 Div.</b>																											
Squat	245,5	Taariq Osman	2022/03/27	295,0	Ricardo Baretto	2014/03/15	340,0	Francois Maritz	2022/06/11	272,5	Newton Mudau	2024/10/13	255,0	Madikane Faku	2025/03/30	190,0	Denis Bensch	2025/03/30	167,5								
Bench Press	155,0	Jerome Korf	2013/02/23	202,5	Benedict Buccarizza	2014/03/15	225,5	Francois Maritz	2022/03/27	202,0	Malone Horn	2016/03/19	198,5	Gerhardus Oosthuizen	2020/01/01	137,5	Andre Ludik	2017/03/18	115,0								
Deadlift	270,0	Liam Schultz	2015/12/01	310,0	Benedict Buccarizza	2014/06/01	340,0	Benedict Buccarizza	2017/03/18	305,0	Madikane Faku	2022/03/27	300,0	Madikane Faku	2025/03/30	217,5	Denis Bensch	2025/03/30	205,0								
Total	618,0	Taariq Osman	2022/03/27	802,5	Benedict Buccarizza	2014/06/01	890,0	Benedict Buccarizza	2017/03/18	720,0	Malone Horn	2017/03/18	667,5	Hermanus de Beer	2025/03/30	545,0	Denis Bensch	2025/03/30	455,0								
<b>120+ Div.</b>																											
Squat	227,5	Francois Spamer	2021/04/25	270,5	Justin Furman	2023/04/02	320,0	Kyle Noonan	2022/06/11	318,0	Mathys Herbst	2020/01/01	243,0	John Crain	2025/03/30	182,5				180,0							
Bench Press	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	2021/12/04	127,5				120,0							
Deadlift	247,5	Johnde Victor	2016/05/28	300,0	William Shaw	2014/03/15	351,0	Kyle Noonan	2022/03/27	318,0	Mathys Herbst	2020/01/01	260,0	John Crain	2024/10/13	197,5				215,0							
Total	615,0	Martin van der Merwe	2019/03/30	693,0	Justin Furman	2023/04/02	870,0	Kyle Noonan	2021/12/04	836,0	Mathys Herbst	2020/01/01	650,5	John Crain	2025/03/30	507,5				475,0							



<b>SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 2025/03/30</b>																											
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+					
<b>53</b>	80,0	Damon Langeveld	2016/03/19	92,5	Edward Monaheng	2021/04/25																					
<b>59</b>	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										
<b>66</b>	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				
<b>74</b>	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	135,0	Tommie de Nysschen	2024/11/02	151,5	Dan Oppenheim	2015/06/06			
<b>83</b>	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	151,5	Tommie de Nysschen	2024/11/02	102,5	Dan Oppenheim	2015/03/27	90,0	Dan Oppenheim	2025/03/30
<b>93</b>	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	148,0	Tommie de Nysschen	2024/10/13	120,0					
<b>105</b>	160,0	Richard Steenekamp	2024/11/02	205,0	Johan Smith	2014/06/01	212,5	Daniel Duke	2025/06/15	182,5	Charles Johnson	2023/05/27	182,5	Charles Johnson	2023/05/27	180,0	Colin Young	2019/02/23	180,0	Colin Young	2019/02/23	120,0					
<b>120</b>	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	137,5	Andre Ludik	2017/03/18	125,0					
<b>120+</b>	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											

<b>SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 2025/03/30</b>																										
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+				
<b>43</b>	35,0			42,5																						
<b>47</b>	37,5	Rochelle de Beer	2014/03/15	42,5	Christina Kyrioccos	2023/04/02	70,5	Mariska Casey	2018/03/18	70,5	Mariska Casey	2018/03/18	37,5	Elisabeth Barry	2024/10/13											
<b>52</b>	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	Liliana Coleman	2015/02/07											
<b>57</b>	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	57,5	Miriam Sinclair	2021/11/30	35,0	Dulcie Duguid	2022/03/27		
<b>63</b>	72,5	Mijuane de Wet	2024/07/13	75,5	Mijuane 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	52,5	Susan Farrell	2019/06/15	45,0	Susan Farrell	2021/04/25		
<b>69</b>	80,0	Gila Smith	2025/03/30	95,0	Charnleigh Kotzé	2024/09/09	105,0	Sasha Gadney	2025/03/30	90,0	Kristl-Joy Kannemeyer	2025/06/15	75,0	Lana Kleynhans	2021/04/25	43,0	Linda Rubin	2025/03/30	43,0	Linda Rubin	2025/03/30					
<b>76</b>	75,0	Rochelle 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	42,5	Linda Rubin	2025/03/08					
<b>84</b>	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	60,0	Fiona Hickman	2025/03/30					
<b>84+</b>	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	52,5	Samali Bosa	2022/03/27					