

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 2025/10/19																																	
2025/10/19	Sub-Junior				Junior				Senior				Master I				Master II				Master III				Master IV				Master V				
53 Div.																																	
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																											
59 Div.																																	
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								
66 Div.																																	
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	145,0	Karl Christians	2025/10/19	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	232,5	Enrico Johnson	2025/10/19	200,0	Karl Christians	2025/10/19	200,0	Karl Christians	2025/10/19	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	552,5	Enrico Johnson	2025/10/19	435,0	Karl Christians	2014/03/15	415,0	Karl Christians	2025/10/19	351,0	Dan Oppenheim	2018/03/18												
74 Div.																																	
Squat	197,5	Samuel Teeger	2025/03/30	242,0	Suvar Maharaj	2023/04/02	242,0	Suvar Maharaj	2023/04/02	228,0	Marlon Daniels	2025/10/19	228,0	Marlon Daniels	2025/10/19	207,5	Ian Hacker	2025/10/19	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	140,0	Marlon Daniels	2025/10/19	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	240,0	Marlon Daniels	2025/10/19	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	608,0	Marlon Daniels	2025/10/19	608,0	Marlon Daniels	2025/10/19	540,0	Ian Hacker	2025/10/19	415,0	Dan Oppenheim	2015/06/06												
83 Div.																																	
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	135,0	Dan Oppenheim	2025/10/19									
Bench Press	147,5	Joaquim de Jenga	2017/06/25	173,0	Avishai Eilim	2025/03/30	173,0	Avishai Eilim	2025/03/30	170,0	Chad Govington	2025/10/19	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									
93 Div.																																	
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														
105 Div.																																	
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														
120 Div.																																	
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	677,5	Mogamat Kader	2025/10/19	545,0	Denis Bensch	2025/03/30	455,0														
120+ Div.																																	
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	245,0	John Crain	2025/10/19	235,0	Denis Bensch	2025/10/19	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	145,0	Denis Bensch	2025/10/19	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	235,0	Denis Bensch	2025/10/19	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	615,0	Denis Bensch	2025/10/19	475,0														

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 2025/10/19

2025/10/19	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	160,0	Farzana Botha	2025/10/19	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	132,5	Antoinette Kriel	2025/10/19	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	182,5	Antoinette Kriel	2025/10/19	182,5	Antoinette Kriel	2025/10/19	182,5	Antoinette Kriel	2025/10/19	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	400,0	Antoinette Kriel	2025/10/19	400,0	Antoinette Kriel	2025/10/19	400,0	Antoinette Kriel	2025/10/19	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	182,5	Lindiwe Mchunu	2025/06/15	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	92,5	Kristl-Joy Kannemeyer	2025/10/19	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	Rochelle 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	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										
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	120,0	Fiona Hickman	2025/10/19							
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	65,0	Fiona Hickman	2025/10/19							
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	142,5	Fiona Hickman	2025/10/19							
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	327,5	Fiona Hickman	2025/10/19							
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	117,5	Buyisile Ngubane	2025/10/19	80,0	Samali Bosa	2022/03/27							
Bench Press	90,0	Jelhandri Rautenbach	2019/03/30	90,0	Jelhandri Rautenbach	2019/03/30	122,5	Megan Faul	2025/08/17	102,5	Marina van der Linde	2024/10/13	57,5	Buyisile Ngubane	2025/10/19	52,5	Samali Bosa	2022/03/27							
Deadlift	165,0	Jelhandri Rautenbach	2019/03/30	190,0	Juanita Visser	2014/06/01	217,5	Megan Faul	2025/08/17	205,0	Marina van der Linde	2024/07/13	157,5	Buyisile Ngubane	2025/10/19	115,0	Samali Bosa	2022/03/27							
Total	390,0	Jelhandri Rautenbach	2019/03/30	420,0	Juanita Visser	2014/06/01	545,0	Megan Faul	2025/08/17	487,5	Marina van der Linde	2024/10/13	332,5	Buyisile Ngubane	2025/10/19	247,5	Samali Bosa	2022/03/27							

