

SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 23/05/2018

2018/05/23	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69		
43 Div.																		
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														
47 Div.																		
Squat	87.5			100.0			115.0	Elisabeth Barry	2017/09/17	115.0	Elisabeth Barry	2017/09/17	87.5					
Bench Press	45.0	Tiffany Petrus	2012/08/10	50.0			60.0			50.0	Elisabeth Barry	2013/09/27	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	227.5			250.0			305.0			292.5	Elisabeth Barry	2017/09/17	227.5					
52 Div.																		
Squat	92.5			142.5	Rouxhelle Roux	2017/09/17	142.5	Rouxhelle Roux	2017/09/17	125.0	Miriam Sinclair	2011/06/24	125.0	Miriam Sinclair	2011/06/24			
Bench Press	60.0	Alushka September	2013/08/10	67.5	Rouxhelle Roux	2017/09/17	72.5	Miriam Sinclair	2011/06/24	72.5	Miriam Sinclair	2011/06/24	72.5	Miriam Sinclair	2011/06/24			
Deadlift	120.0	Alushka September	2013/08/10	127.5	Rouxhelle Roux	2017/09/17	145.0	Miriam Sinclair	2011/06/24	145.0	Miriam Sinclair	2011/06/24	145.0	Miriam Sinclair	2011/06/24			
Total	242.5			337.5	Rouxhelle Roux	2017/09/17	342.5	Miriam Sinclair	2011/06/24	342.5	Miriam Sinclair	2011/06/24	342.5	Miriam Sinclair	2011/06/24			
57 Div.																		
Squat	120	Rouxhelle Roux	2016/07/30	137.5	Megan Leighton	2017/09/17	137.5	Megan Leighton	2017/09/17	135.0	Lizette Steyn	2012/06/22	100.0					
Bench Press	60.0	Rouxhelle Roux	2016/07/30	95.0	Megan Leighton	2017/09/17	95.0	Megan Leighton	2017/09/17	72.5	Hesterki Range	2012/06/22	55.0					
Deadlift	120.5	Rouxhelle Roux	2016/05/29	155.0	Megan Leighton	2017/09/17	155.0	Megan Leighton	2017/09/17	152.5	Hesterki Range	2011/06/24	112.5					
Total	295.0	Rouxhelle Roux	2016/07/30	387.5	Megan Leighton	2017/09/17	387.5	Megan Leighton	2017/09/17	345.0	Hesterki Range	2012/06/22	267.5					
63 Div.																		
Squat	110.0	Jerain Hunt	2011/06/24	130.0			152.5	Michelle de Souza	2012/06/22	152.5	Michelle de Souza	2012/06/22	120.0					
Bench Press	60.0	Jerain Hunt	2011/06/24	93.5	Megan Leighton	2017/07/08	93.5	Megan Leighton	2017/07/08	72.5	Michelle de Souza	2011/12/15	65.0					
Deadlift	125.0	Jerain Hunt	2011/06/24	142.5	Megan Leighton	2017/07/08	175.0	Michelle de Souza	2011/12/15	175.0	Michelle de Souza	2011/12/15	135.0					
Total	295.0	Jerain Hunt	2011/06/24	356.0	Megan Leighton	2017/07/08	400.5	Lisa Basson	2017/07/08	392.5	Michelle de Souza	2012/06/22	320.0					
72 Div.																		
Squat	120.0			150.0	Natalie Mohr	2012/08/28	172.5	Chantelle Du Toit	2017/09/17	170.0	Michelle de Souza	2013/06/22	120.0					
Bench Press	67.5	Havannah Hunt	2011/06/24	82.5	Natalie Mohr	2012/08/28	110	Chantelle Du Toit	2017/07/25	80.0	Michelle de Souza	2013/09/27	65.0					
Deadlift	135.0			180.0	Natalie Mohr	2012/08/28	180.0	Natalie Mohr	2012/08/28	175.0	Michelle de Souza	2013/06/22	135.0					
Total	320.0			412.5	Natalie Mohr	2012/08/28	442.5	Chantelle Du Toit	2017/09/17	422.5	Michelle de Souza	2013/06/22	320.0					
84 Div.																		
Squat	135.0			160.0			185.0			147.5			135.0					
Bench Press	72.5			85.0			97.5			77.5			72.5					
Deadlift	152.5			177.5			205.0			165.0			152.5					
Total	360.0			422.5			487.5			390.0			360.0					
84+ Div.																		
Squat	145.0			200.0	Esmay Smith	2011/06/24	200.0	Esmay Smith	2011/06/24	157.5			145.0					
Bench Press	77.5			95.0	Juanita Visser	2013/06/22	125.0	Christi de Jager	2018/05/20	82.5			77.5					
Deadlift	157.5			187.5			215.0			172.5			157.5					
Total	380.0			460.0	Esmay Smith	2011/06/24	515.0			412.5			380.0					

SOUTH AFRICAN MENS EQUIPPED BENCH PRESS RECORDS AS AT 23/05/2018

2018/05/23	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+		
53	92.5			120.0	Ivan Kotze	2016/07/30															
59	105.0	Marcel Vorster	2012/08/28	122.5	Jacques Fourie	2012/10/20	137.5			115.0			110.0			102.5			95.0		
66	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		
74	145.0	Christo Gerber	2011/10/22	185.0	Jason Meyer	2011/12/15	195.0	Marlon Daniels	2011/08/13	175.0	Marlon Daniels	2016/10/22	135.0			125.0			115.0	Dan Oppenheim	2016/10/03
83	137.5			187.5	Pieter Fourie	2011/06/24	202.5	Marlon Daniels	2018/04/28	202.5	Marlon Daniels	2018/04/28	150.0	Peter Vermaak	2015/02/07	150.0	Peter Vermaak	2015/02/07	132.5		
93	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	170.0	Johny Hall	2011/08/13	153.0	Neal Coleman	2014/02/15	145.0		
105	165.0	Ruben Snyman	2018/04/28	245.0	Johan Smith	2014/02/15	245.0	Johan Smith	2014/02/15	215.0	Yegji Williams	2011/10/22	190.0	Ian Buckle	2012/10/20	170.0	Colin Young	2018/04/28	150.0		
120	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		
120+	170.0			257.5	Juan Booyse	2013/06/22	270.0	Eugene Nolan	2014/05/31	252.5	Ian Furman	2012/08/18	250.0	Ian Furman	2018/05/20	170.0			165.0		

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43	50.0			60.0											
47	55.0			65.0			75.0			70.0	Liliana Coleman	2011/10/22	55.0		
52	60.0	Alushka September	2013/08/10	70.0	Rouxchelle Roux	2018/02/17	80.0			72.5	Miriam Sinclair	2011/06/24	72.5	Miriam Sinclair	2011/06/24
57	68.0	Rouxchelle Roux	2016/11/27		Megan Leighton	2018/04/28	102.5	Megan Leighton	2018/04/28	72.5			67.5		
63	72.5			100.0	Megan Leighton	2018/02/17	100.0	Megan Leighton	2018/02/17	80.0	Vicky Botha	2014/02/15	72.5		
72	82.5			92.5			112.5	Chantelle Du Toit	2017/05/07	87.5			82.5		
84	90.0			105.0			122.5	Christi De Jager	2017/09/17	97.5			90.0		
84+	95.0			112.5			135.0	Christi De Jager	2018/02/17	102.5			95.0		