

SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 30/05/2019

30/05/2019	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	10/08/2013	102.5	Marelize Swart	10/08/2013												
Total	212.5			247.5														
47 Div.																		
Squat	87.5			100.0			115.0	Elisabeth Barry	17/09/2017	115.0	Elisabeth Barry	17/09/2017	87.5					
Bench Press	45.0	Tiffany Petrus	10/08/2012	50.0			60.0			50.0	Elisabeth Barry	27/09/2013	45.0					
Deadlift	105.0	Tiffany Petrus	10/08/2012	105.0	Tiffany Petrus	10/08/2012	130.0	Elisabeth Barry	17/09/2017	130.0	Elisabeth Barry	17/09/2017	95.0					
Total	230.0	Patricia Harding	30/06/2018	250.0			305.0			292.5	Elisabeth Barry	17/09/2017	227.5					
52 Div.																		
Squat	92.5			150.0	Rouxchelle Roux	30/06/2018	150.0	Rouxchelle Roux	30/06/2018	127.5	Elisabeth Barry	30/06/2018	125.0	Miriam Sinclair	24/06/2011			
Bench Press	60.0	Alushka September	10/08/2013	75.0	Rouxchelle Roux	30/06/2018	75.0	Rouxchelle Roux	30/06/2018	72.5	Miriam Sinclair	24/06/2011	72.5	Miriam Sinclair	24/06/2011			
Deadlift	120.0	Alushka September	10/08/2013	137.5	Rouxchelle Roux	08/09/2018	145.0	Miriam Sinclair	24/06/2011	145.0	Miriam Sinclair	24/06/2011	145.0	Miriam Sinclair	24/06/2011			
Total	242.5			360.0	Rouxchelle Roux	30/06/2018	360.0	Rouxchelle Roux	30/06/2018	342.5	Miriam Sinclair	24/06/2011	342.5	Miriam Sinclair	24/06/2011			
57 Div.																		
Squat	120	Rouxchelle Roux	30/07/2016	140	Megan Leighton	08/09/2018	165.0	Vicki Botha	30/06/2018	165.0	Vicki Botha	30/06/2018	100.0					
Bench Press	60.0	Rouxchelle Roux	30/07/2016	95.0	Megan Leighton	17/09/2017	95.0	Megan Leighton	17/09/2017	80.0	Vicki Botha	20/10/2018	60.0	Joan Swart	30/06/2018			
Deadlift	120.5	Rouxchelle Roux	29/05/2016	157.5	Megan Leighton	08/09/2018	175.0	Vicki Botha	30/06/2018	175.0	Vicki Botha	30/06/2018	135.0	Joan Swart	20/10/2018			
Total	295.0	Rouxchelle Roux	30/07/2016	387.5	Megan Leighton	17/09/2017	410.0	Vicki Botha	30/06/2018	410.0	Vicki Botha	30/06/2018	290.0	Joan Swart	20/10/2018			
63 Div.																		
Squat	110.0	Jerain Hunt	24/06/2011	130.0	Megan Leighton	30/06/2018	152.5	Michelle de Souza	22/06/2012	152.5	Michelle de Souza	22/06/2012	120.0					
Bench Press	60.0	Jerain Hunt	24/06/2011	94.0	Megan Leighton	30/06/2018	94.0	Megan Leighton	30/06/2018	72.5	Michelle de Souza	15/12/2011	65.0					
Deadlift	125.0	Jerain Hunt	24/06/2011	145.0	Sasha Payne	08/09/2018	175.0	Michelle de Souza	15/12/2011	175.0	Michelle de Souza	15/12/2011	135.0					
Total	295.0	Jerain Hunt	24/06/2011	367.0	Megan Leighton	30/06/2018	400.5	Lisa Basson	08/07/2017	392.5	Michelle de Souza	22/06/2012	320.0					
72 Div.																		
Squat	140.0	Kayla Ott	08/09/2018	150.0	Natalie Mohr	28/08/2012	172.5	Chantelle Du Toit	17/09/2017	170.0	Michelle de Souza	22/06/2013	120.0					
Bench Press	67.5	Havannah Hunt	24/06/2011	82.5	Natalie Mohr	28/08/2012	110	Chantelle Du Toit	25/07/2017	80.0	Michelle de Souza	27/09/2013	65.0					
Deadlift	137.5	Kayla Ott	08/09/2018	180.0	Natalie Mohr	28/08/2012	180.0	Natalie Mohr	28/08/2012	175.0	Michelle de Souza	22/06/2013	135.0					
Total	327.5	Kayla Ott	08/09/2018	412.5	Natalie Mohr	28/08/2012	442.5	Chantelle Du Toit	17/09/2017	422.5	Michelle de Souza	22/06/2013	320.0					
84 Div.																		
Squat	135.0			192.5	Lezaan Jordaan	08/09/2018	192.5	Lezaan Jordaan	08/09/2018	147.5			135.0					
Bench Press	72.5			115.0	Lezaan Jordaan	08/09/2018	115.0	Lezaan Jordaan	08/09/2018	77.5			72.5					
Deadlift	152.5			192.5	Lezaan Jordaan	08/09/2018	205.0			165.0			152.5					
Total	360.0			500.0	Lezaan Jordaan	08/09/2018	500.0	Lezaan Jordaan	08/09/2018	390.0			360.0					
84+ Div.																		
Squat	145.0			200.0	Esmay Smith	24/06/2011	200.0	Esmay Smith	24/06/2011	157.5			145.0					
Bench Press	77.5			95.0	Juanita Visser	22/06/2013	150.0	Christi de Jager	19/05/2019	82.5			77.5					
Deadlift	157.5			187.5			215.0			172.5			157.5					
Total	380.0			460.0	Esmay Smith	24/06/2011	515.0			412.5			380.0					

SOUTH AFRICAN MENS EQUIPPED BENCH PRESS RECORDS AS AT 30/05/2019

30/05/2019	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	30/07/2016															
59	105.0	Marcel Vorster	28/08/2012	122.5	Jacques Fourie	20/10/2012	137.5			115.0			110.0			102.5			95.0		
66	125.0	Louis Moorcroft	28/04/2018	173.0	Marcel Vorster	17/09/2017	173.0	Marcel Vorster	17/09/2017	127.5			120.0			112.5			105.0		
74	145.0	Christo Gerber	22/10/2011	185.0	Jason Meyer	15/12/2011	195.0	Marlon Daniels	13/08/2011	175.0	Marlon Daniels	22/10/2016	135.0			125.0			115.0	Dan Oppenheim	03/10/2016
83	137.5			187.5	Pieter Fourie	24/06/2011	202.5	Marlon Daniels	28/04/2018	202.5	Marlon Daniels	28/04/2018	150.0	Peter Vermaak	07/02/2015	150.0	Peter Vermaak	07/02/2015	132.5		
93	160.0	Sean Stander	15/02/2014	200.0	Adrian Smith	27/11/2016	225.0	Etienne Potgieter	15/02/2014	215.0	Pieter Erasmus	28/04/2018	190.0	Mark Phillips	25/05/2019	153.0	Neal Coleman	15/02/2014	145.0		
105	165.0	Ruben Snyman	28/04/2018	245.0	Johan Smith	15/02/2014	245.0	Johan Smith	15/02/2014	215.0	Yegji Williams	22/10/2011	190.0	Ian Buckle	20/10/2012	185.0	Colin Young	23/02/2019	150.0		
120	165.0			235.0	Juan Booyse	20/10/2012	255.0	Andre Cloete	20/10/2012	200.0	Craig Van Wyk	17/02/2018	200.0	Craig Van Wyk	17/02/2018	165.0			160.0		
120+	170.0			257.5	Juan Booyse	22/06/2013	270.0	Eugene Nolan	31/05/2014	262.5	Mathys Herbst	30/06/2018	250.0	Ian Furman	20/05/2018	170.0			165.0		

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30/05/2019	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59		
43	50.0			60.0											
47	55.0			65.0			75.0			70.0	Liliana Coleman	22/10/2011	55.0		
52	60.0	Alushka September	10/08/2013	75.0	Rouxchelle Roux	30/06/2018	80.0			72.5	Miriam Sinclair	24/06/2011	72.5	Miriam Sinclair	24/06/2011
57	68.0	Rouxchelle Roux	27/11/2016	102.5	Megan Leighton	28/04/2018	102.5	Megan Leighton	28/04/2018	80.0	Vicki Botha	20/10/2018	67.5		
63	72.5			100.5	Megan Leighton	19/05/2019	100.5	Megan Leighton	19/05/2019	80.0	Vicky Botha	15/02/2014	72.5		
72	82.5			92.5			112.5	Chantelle Du Toit	07/05/2017	87.5			82.5		
84	90.0			115.0	Lezaan Jordaan	08/09/2018	122.5	Christi De Jager	17/09/2017	97.5			90.0		
84+	95.0			112.5			150.0	Christi De Jager	19/05/2019	102.5			95.0		