

SOUTH AFRICAN MENS EQUIPPED POWERLIFTING RECORDS AS AT 28/04/2018																													
2018/04/28	Sub-Junior				Junior				Senior				Master I				Master II				Master III				Master IV				
<b>53 Div.</b>																													
Squat	160.0	Damon Langeveld	2015/06/26	185.0	Ivan Kotze	2016/07/30																							
Bench Press	92.5			120.0	Ivan Kotze	2016/07/30																							
Deadlift	165.0	Damon Langeveld	2015/06/26	180.0	Ivan Kotze	2015/06/26																							
Total	405.0	Damon Langeveld	2015/06/26	485.0	Ivan Kotze	2016/07/30																							
<b>59 Div.</b>																													
Squat	170.0	Marcel Vorster	2012/08/28	190.0	Clint Williams	2015/06/26	210.0				175.0				165.0				152.5				140.0						
Bench Press	105.0	Marcel Vorster	2012/08/28	127.5			140.0				120.0				110.0				102.5				95.0						
Deadlift	185.0	Themba Makubalo	2012/06/22	200.0	Clint Williams	2015/06/26	215.0				182.5				170.0				160.0				150.0						
Total	425.0	Marcel Vorster	2012/08/28	507.5			565.0				477.5				445.0				415.0				375.0						
<b>66 Div.</b>																													
Squat	200.0	Romeo Longo	2015/06/26	242.5	Marcel Vorster	2017/09/17	242.5	Marcel Vorster	2017/09/17	195.0				190.0	Karl Christians	2013/06/22	170.0									150.0			
Bench Press	115.0			173.0	Marcel Vorster	2017/09/17	173.0	Marcel Vorster	2017/09/17	132.5				122.5					115.0								107.5		
Deadlift	200.0	Jaques Fourie	2011/08/13	252.5	Kennedy Sekome	2011/08/13	252.5	Kennedy Sekome	2011/08/13	205.0	Karl Christians	2011/06/24	200.0	Karl Christians	2013/06/22	175.0			175.0								150.0		
Total	497.5	Romeo Longo	2015/06/26	605.5	Marcel Vorster	2017/09/17	625.0				527.5				492.5				460.0								427.5		
<b>74 Div.</b>																													
Squat	182.5			245.0	Keke Makuta	2013/06/22	250.0	Marlon Daniels	2011/08/13	212.5				200.0	David Quatse	2012/06/22	182.5						170.0	Dan Oppenheim	2016/10/03				
Bench Press	125.0	Umar Pregalato	2012/08/28	152.5	Thabang Mpe	2011/08/13	195.0	Marlon Daniels	2011/08/13	142.5				132.5					122.5	Dan Oppenheim	2011/06/24	115.0	Dan Oppenheim	2016/10/03					
Deadlift	190.0			250.0	Nick Stephanou	2013/06/22	260.0	Matthew Coppenhall	2011/06/24	220.0	David Quatse	2012/06/22	220.0	David Quatse	2012/06/22	200.0	David Quatse	2012/06/22	216.0	Dan Oppenheim	2016/10/03	216.0	Dan Oppenheim	2016/10/03					
Total	495.0			637.5	Nick Stephanou	2013/06/22	680.0	Matthew Coppenhall	2012/08/10	572.5				532.5					502.5	Dan Oppenheim	2011/08/13	501.0	Dan Oppenheim	2016/10/03					
<b>83 Div.</b>																													
Squat	220.0	Bryan Silkstone	2011/06/24	272.5	Nathan Valentine	2012/08/10	280.0	Mathew Coppenhall	2013/06/22	230.0				215.0	Louis Jacobs	2011/06/24	195.0									177.5	Dan Oppenheim	2016/07/30	
Bench Press	135.0			187.5	Pieter Fourie	2011/06/24	200.0	Mathew Coppenhall	2013/06/22	155.0				145.0					140.0								135.0		
Deadlift	215.0	Heinrich Van Tonder	2013/06/22	282.5	Nathan Valentine	2012/08/10	282.5	Nathan Valentine	2012/08/10	237.5				222.5					210.0	Lawrence Arendse	2015/06/27	203.0	Dan Oppenheim	2016/07/30					
Total	542.5			715.0	Nathan Valentine	2012/08/10	745.0	Mathew Coppenhall	2013/06/22	622.5				582.5					542.5								503.0	Dan Oppenheim	2016/07/30
<b>93 Div.</b>																													
Squat	212.5			265.0	Adrian Smith	2017/05/07	315.0	Pieter Fourie	2013/06/22	275.0	Pieter Erasmus	2011/06/24	240.0	Johny Hall	2011/08/13	212.5											192.5		
Bench Press	142.5			180.0	Adrian Smith	2017/05/07	215.0	Etienne Potgieter	2013/06/22	210.0	Pieter Erasmus	2011/06/24	170.0	Johny Hall	2011/08/13	150.0	Neal Coleman	2013/08/10	142.5								142.5		
Deadlift	235.0	Trent Williams	2011/06/24	267.5	Juan Fourie	2011/06/24	300.0			262.5	Mark Phillips	2012/06/23	260.0	Johny Hall	2011/08/13	220.0			220.0								210.0		
Total	575.0			705.0			795.0	Pieter Fourie	2013/06/22	735.0	Pieter Erasmus	2011/06/24	670.0	Johny Hall	2011/08/13	575.0											560.0		
<b>105 Div.</b>																													
Squat	245.0	Andre Kloppers	2013/12/08	337.5	Johan Smith	2012/11/03	337.5	Johan Smith	2012/11/03	270.0	Mark Phillips	2013/08/10	242.5						225.0								215.0		
Bench Press	152.5			240.0	Johan Smith	2014/05/31	240.0	Johan Smith	2014/05/31	190.0	Johan Duvenage	2011/06/24	185.0	Ian Buckle	2011/08/13	152.5			152.5								150.0		
Deadlift	232.5			300.0	Johan Smith	2011/06/24	317.5			275.0	Mark Phillips	2013/08/10	250.0						232.5								220.0		
Total	620.0	Andre Kloppers	2013/12/08	862.5	Johan Smith	2012/11/03	862.5	Johan Smith	2012/11/03	705.0	Johan Duvenage	2011/06/24	655.0						610.0								580.0		
<b>120 Div.</b>																													
Squat	235.0			340.0	Ricardo Barreto	2013/06/22	380.0	Francois Maritz	2017/09/17	272.5				252.5					235.0								225.0		
Bench Press	160.0			230.0	Benedict Bucarizza	2014/09/06	220.0	Johan Smith	2017/07/08	182.5				172.5	Andre Ludik	2011/08/13	160.0		160.0								155.0		
Deadlift	242.5			325.0	Benedict Bucarizza	2014/09/06	330.0			297.5	Madikane Faku	2015/06/27	260.0						240.0								235.0		
Total	637.5			885.0	Benedict Bucarizza	2014/09/06	900.0	Francois Maritz	2017/09/17	732.5				685.0					637.5								600.0		
<b>120+ Div.</b>																													
Squat	242.5			295.0			355.0	Mathys Herbst	2017/09/17	355.0	Mathys Herbst	2017/09/17	260.0						242.5								230.0		
Bench Press	165.0			257.5	Juan Booysse	2013/06/22	270.0	Eugene Nolan	2014/05/31	240.0	Arno Lambrechts	2012/06/23	215.0	Willy Johnstone - Robertson	2013/06/22	162.5			162.5								160.0		
Deadlift	247.5			305.0			337.5			318.0	Mathys Herbst	2017/07/08	267.5						250.0								240.0		
Total	655.0			800.0			905.0	Mathys Herbst	2017/09/17	905.0	Mathys Herbst	2017/09/17	705.0						655.0								625.0		

## SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 28/04/2018

2018/04/28	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69		
<b>43 Div.</b>																		
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														
<b>47 Div.</b>																		
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					
<b>52 Div.</b>																		
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			
<b>57 Div.</b>																		
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					
<b>63 Div.</b>																		
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					
<b>72 Div.</b>																		
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					
<b>84 Div.</b>																		
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					
<b>84+ Div.</b>																		
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	105.0			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 28/04/2018

2018/04/28	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+			
<b>53</b>	92.5			120.0	Ivan Kotze	2016/07/30																
<b>59</b>	105.0	Marcel Vorster	2012/08/28	122.5	Jacques Fourie	2012/10/20	137.5			115.0			110.0			102.5				95.0		
<b>66</b>	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		
<b>74</b>	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
<b>83</b>	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			
<b>93</b>	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			
<b>105</b>	165.0	Ruben Snyman	2018/04/28	245.0	Johan Smith	2014/02/15	245.0	Johan Smith	2014/02/15	215.0	Yegi Williams	2011/10/22	190.0	Ian Buckle	2012/10/20	170.0	Colin Young	2018/04/28	150.0			
<b>120</b>	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		
<b>120+</b>	170.0			257.5	Juan Booyse	2013/06/22	270.0	Eugene Nolan	2014/05/31	252.5	Ian Furman	2012/08/18	215.0	Willy Johnstone - Robertson	2013/06/22	170.0				165.0		

### SOUTH AFRICAN WOMENS EQUIPPED BENCH PRESS RECORDS AS AT 28/04/2018

2018/04/28	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59		
<b>43</b>	50.0			60.0											
<b>47</b>	55.0			65.0			75.0			70.0	Liliana Coleman	2011/10/22	55.0		
<b>52</b>	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
<b>57</b>	68.0	Rouxchelle Roux	2016/11/27	102.5	Megan Leighton	2018/04/28	102.5	Megan Leighton	2018/04/28	72.5			67.5		
<b>63</b>	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		
<b>72</b>	82.5			92.5			112.5	Chantelle Du Toit	2017/05/07	87.5			82.5		
<b>84</b>	90.0			105.0			122.5	Christi De Jager	2017/09/17	97.5			90.0		
<b>84+</b>	95.0			112.5			135.0	Christi De Jager	2018/02/17	102.5			95.0		