

SOUTH AFRICAN MENS POWERLIFTING RECORDS AS AT 22/10/2016

| 2016/10/22 | Sub-Junior | | | Junior | | | Senior | | | Master I | | | Master II | | | Master III | | | Master IV | | |
|----------------|------------|-----------------|------------|--------|----------------|------------|--------|--------------------|------------|----------|-----------------|------------|-----------|-----------------|------------|------------|---------------|------------|-----------|---------------|------------|
| 53 Div. | | | | | | | | | | | | | | | | | | | | | |
| Squat | 160.0 | Damon Langeveld | 2015/06/26 | 185.0 | Ivan Kotze | 2016/07/30 | 187.5 | | | 160.0 | | | 150.0 | | | 137.5 | | | | | |
| Bench Press | 92.5 | | | 120.0 | Ivan Kotze | 2016/07/30 | 127.5 | | | 107.5 | | | 100.0 | | | 92.5 | | | | | |
| Deadlift | 165.0 | Damon Langeveld | 2015/06/26 | 180.0 | Ivan Kotze | 2015/06/26 | 192.5 | | | 162.5 | | | 152.5 | | | 142.5 | | | | | |
| Total | 405.0 | Damon Langeveld | 2015/06/26 | 485.0 | Ivan Kotze | 2016/07/30 | 510.0 | | | 430.0 | | | 402.5 | | | 372.5 | | | | | |
| 59 Div. | | | | | | | | | | | | | | | | | | | | | |
| 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 | | |
| 66 Div. | | | | | | | | | | | | | | | | | | | | | |
| Squat | 200.0 | Romeo Longo | 2015/06/26 | 207.5 | | | 240.0 | Jacobus Philatsi | 2014/05/31 | 195.0 | | | 190.0 | Karl Christians | 2013/06/22 | 170.0 | | | 150.0 | | |
| Bench Press | 115.0 | | | 160.0 | Stuart Murchie | 2012/06/22 | 162.5 | Jacobus Philatsi | 2014/05/31 | 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 | | | 150.0 | | |
| Total | 497.5 | Romeo Longo | 2015/06/26 | 560.0 | | | 625.0 | | | 527.5 | | | 492.5 | | | 460.0 | | | 427.5 | | |
| 74 Div. | | | | | | | | | | | | | | | | | | | | | |
| Squat | 230.0 | Tshepo Rapoo | 2011/06/24 | 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 | 220.0 | Tshepo Rapoo | 2011/06/24 | 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 | 216.0 | Dan Oppenheim | 2016/10/03 | 216.0 | Dan Oppenheim | 2016/10/03 |
| Total | 560.0 | Tshepo Rapoo | 2011/06/24 | 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 |

SOUTH AFRICAN MENS POWERLIFTING RECORDS

| 2016/10/22 | Sub-Junior (14-18) | | | Junior (19-23) | | | Senior | | | Master I 40-49 | | | Master II 50-59 | | | Master III 60+ | | | Master IV 70+ | | |
|------------------|--------------------|---------------------|------------|----------------|--------------------|------------|--------|--------------------|------------|----------------|-----------------|------------|-----------------|-----------------------------|------------|----------------|------------------|------------|---------------|---------------|------------|
| 83 Div. | | | | | | | | | | | | | | | | | | | | | |
| Squat | 220.0 | Bryan Silkstone | 2011/06/24 | 290.0 | Tshepo Rapoo | 2014/05/31 | 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 |
| 93 Div. | | | | | | | | | | | | | | | | | | | | | |
| Squat | 212.5 | | | 263.0 | Adrian Smith | 2016/07/30 | 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 | | | 178.0 | Adrian Smith | 2016/07/30 | 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 | | |
| 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 | | | 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 | | |
| 105 Div. | | | | | | | | | | | | | | | | | | | | | |
| Squat | 245.0 | Andre Kloppers | 2013/12/08 | 337.5 | Johan Smith | 2012/11/03 | 337.5 | Johan Smith | 2012/11/03 | 280.0 | Jorncy Page | 2013/09/27 | 242.5 | | | 225.0 | | | 215.0 | | |
| Bench Press | 152.5 | | | 240.0 | Johan Smith | 2014/05/31 | 240.0 | Johan Smith | 2014/05/31 | 197.5 | Jorncy Page | 2013/09/27 | 185.0 | Ian Buckle | 2011/08/13 | 152.5 | | | 150.0 | | |
| Deadlift | 232.5 | | | 300.0 | Johan Smith | 2011/06/24 | 317.5 | | | 282.5 | Jorncy Page | 2013/09/27 | 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 | 760.0 | Jorncy Page | 2013/09/27 | 655.0 | | | 610.0 | | | 580.0 | | |
| 120 Div. | | | | | | | | | | | | | | | | | | | | | |
| Squat | 235.0 | | | 340.0 | Ricardo Barreto | 2013/06/22 | 340.0 | Ricardo Barreto | 2013/06/22 | 305.0 | Mathew Cosmo | 2013/12/08 | 252.5 | | | 235.0 | | | 225.0 | | |
| Bench Press | 160.0 | | | 230.0 | Benedict Bucarizza | 2014/09/06 | 230.0 | Mathew Cosmo | 2011/06/24 | 235.0 | Mathew Cosmo | 2013/12/08 | 172.5 | Andre Ludik | 2011/08/13 | 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 | 885.0 | Benedict Bucarizza | 2014/09/06 | 815.0 | Mathew Cosmo | 2013/06/22 | 685.0 | | | 637.5 | | | 600.0 | | |
| 120+ Div. | | | | | | | | | | | | | | | | | | | | | |
| Squat | 242.5 | | | 295.0 | | | 350.0 | Arno Lambrechts | 2012/06/23 | 350.0 | Arno Lambrechts | 2012/06/23 | 260.0 | | | 242.5 | | | 230.0 | | |
| Bench Press | 165.0 | | | 257.5 | Juan Booyse | 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 | | | 160.0 | | |
| Deadlift | 247.5 | | | 305.0 | | | 337.5 | | | 317.5 | Arno Lambrechts | 2011/08/13 | 267.5 | | | 250.0 | | | 240.0 | | |
| Total | 655.0 | | | 800.0 | | | 900.0 | Arno Lambrechts | 2012/06/23 | 900.0 | Arno Lambrechts | 2012/06/23 | 705.0 | | | 655.0 | | | 625.0 | | |

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| 2016/10/22 | Sub-Junior (14-18) | | | Junior (19-23) | | | Senior | | | Master I 40-49 | | | Master II 50-59 | | |
|----------------|--------------------|-------------------|------------|----------------|-------------------|------------|--------|------------------|------------|----------------|-----------------|------------|-----------------|-----------------|------------|
| 43 Div. | | | | | | | | | | | | | | | |
| Squat | 80.0 | | | 95.0 | | | 110.0 | | | 87.5 | | | 80.0 | | |
| Bench Press | 42.5 | | | 50.0 | | | 57.5 | | | 45.0 | | | 42.5 | | |
| Deadlift | 102.5 | Marelize Swart | 2013/08/10 | 102.5 | Marelize Swart | 2013/08/10 | 120.0 | | | 97.5 | | | 90.0 | | |
| Total | 212.5 | | | 247.5 | | | 287.5 | | | 230.0 | | | 210.0 | | |
| 47 Div. | | | | | | | | | | | | | | | |
| Squat | 87.5 | | | 100.0 | | | 115.0 | | | 112.5 | Elisabeth Barry | 2014/09/24 | 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 | | | 127.5 | Elisabeth Barry | 2014/09/24 | 95.0 | | |
| Total | 227.5 | | | 250.0 | | | 305.0 | | | 287.5 | Elisabeth Barry | 2014/09/24 | 227.5 | | |
| 52 Div. | | | | | | | | | | | | | | | |
| Squat | 92.5 | | | 110.0 | | | 125.0 | Miriam Sinclair | 2011/06/24 | 125.0 | Miriam Sinclair | 2011/06/24 | 125.0 | Miriam Sinclair | 2011/06/24 |
| Bench Press | 60.0 | Alushka September | 2013/08/10 | 60.0 | Alushka September | 2013/08/10 | 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 | 120.0 | Alushka September | 2013/08/10 | 145.0 | Miriam Sinclair | 2011/06/24 | 145.0 | Miriam Sinclair | 2011/06/24 | 145.0 | Miriam Sinclair | 2011/06/24 |
| Total | 242.5 | | | 287.5 | | | 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 | Rouxchelle Roux | 2016/07/30 | 120 | Rouxchelle Roux | 2016/07/30 | 137.5 | | | 135.0 | Lizette Steyn | 2012/06/22 | 100.0 | | |
| Bench Press | 60.0 | Rouxchelle Roux | 2016/07/30 | 75.0 | Ilze-Mari Maritz | 2011/08/13 | 75.0 | Ilze-Mari Maritz | 2011/12/15 | 72.5 | Hesterki Range | 2012/06/22 | 55.0 | | |
| Deadlift | 120.5 | Rouxchelle Roux | 2016/05/29 | 132.5 | | | 152.5 | Hesterki Range | 2011/06/24 | 152.5 | Hesterki Range | 2011/06/24 | 112.5 | | |
| Total | 295.0 | Rouxchelle Roux | 2016/07/30 | 312.5 | | | 362.5 | | | 345.0 | Hesterki Range | 2012/06/22 | 267.5 | | |

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|-----------------|--------------------|---------------|------------|----------------|----------------|------------|--------|-------------------|------------|----------------|-------------------|------------|-----------------|--|--|
| 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 | 67.5 | | | 92.5 | Ilze-Mari Maritz | 2012/06/22 | 72.5 | Michelle de Souza | 2011/12/15 | 65.0 | | |
| Deadlift | 125.0 | Jerain Hunt | 2011/06/24 | 142.5 | | | 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 | 340.0 | | | 392.5 | Michelle de Souza | 2012/06/22 | 392.5 | Michelle de Souza | 2012/06/22 | 320.0 | | |
| 72 Div. | | | | | | | | | | | | | | | |
| Squat | 120.0 | | | 150.0 | Natalie Mohr | 2012/08/28 | 170.0 | Michelle de Souza | 2013/06/22 | 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 | 95.5 | Chantelle Du Toit | 2016/07/30 | 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 | 432.5 | | | 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 | 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 BENCH PRESS RECORDS AS AT 22/10/2016

| 2016/10/22 | 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 | 125.0 | | | 105.0 | | | 100.0 | | | 92.5 | | | | | |
| 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 | 117.5 | Marcel Vorster | 2012/10/20 | 160.0 | Stuart Murchie | 2012/06/22 | 162.5 | Jacobus Philatsi | 2014/05/31 | 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 | 200.0 | Mathew Coppenhall | 2013/06/22 | 180.0 | Marlon Daniels | 2015/11/22 | 150.0 | Peter Vermaak | 2015/02/07 | 150.0 | Peter Vermaak | 2015/02/07 | 132.5 | | |
| 93 | 160.0 | Sean Stander | 2014/02/15 | 178.0 | Adrian Smith | 2016/07/30 | 225.0 | Etienne Potgieter | 2014/02/15 | 170.0 | Johny Hall | 2011/08/13 | 170.0 | Johny Hall | 2011/08/13 | 153.0 | Neal Coleman | 2014/02/15 | 145.0 | | |
| 105 | 160.0 | Berto Smith | 2014/02/15 | 245.0 | Johan Smith | 2014/02/15 | 245.0 | Johan Smith | 2014/02/15 | 215.0 | Yegj Williams | 2011/10/22 | 190.0 | Ian Buckle | 2012/10/20 | 157.5 | | | 150.0 | | |
| 120 | 165.0 | | | 235.0 | Juan Booyse | 2012/10/20 | 255.0 | Andre Cloete | 2012/10/20 | 250.0 | Mathew Cosmo | 2011/10/22 | 175.0 | Andre Ludik | 2011/10/22 | 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 | 215.0 | Willy Johnstone - Robertson | 2013/06/22 | 170.0 | | | 165.0 | | |

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|------------|--------------------|-------------------|------------|----------------|----------------|------------|--------|---------------------|------------|----------------|-----------------|------------|-----------------|-----------------|------------|
| 43 | 50.0 | | | 60.0 | | | 67.5 | | | 55.0 | | | 50.0 | | |
| 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 | | | 80.0 | | | 72.5 | Miriam Sinclair | 2011/06/24 | 72.5 | Miriam Sinclair | 2011/06/24 |
| 57 | 67.5 | | | 90.0 | Megan Leighton | 2016/05/29 | 90.0 | Megan Leighton | 2016/05/29 | 72.5 | | | 67.5 | | |
| 63 | 72.5 | | | 82.5 | Natalie Mohr | 2012/08/28 | 95.0 | Danel van Jaarsveld | 2015-11-22 | 80.0 | Vicky Botha | 2014/02/15 | 72.5 | | |
| 72 | 82.5 | | | 92.5 | | | 145.0 | Sanet Momberg | 2011/12/15 | 87.5 | | | 82.5 | | |
| 84 | 90.0 | | | 105.0 | | | 110.0 | Sue Glazier | 2011/10/22 | 97.5 | | | 90.0 | | |
| 84+ | 95.0 | | | 112.5 | | | 127.5 | | | 102.5 | | | 95.0 | | |