

SOUTH AFRICAN MENS POWERLIFTING RECORDS AS AT 29/05/2016

	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
2016/05/29	Sub-Junior			Junior			Senior			Master I			Master II			Master III			Master IV			
53 Div.																						
Squat	160.0	Damon Langeveld	2015/06/26	170.0	Ivan Kotze	2015/06/26	187.5			160.0			150.0			137.5						
Bench Press	92.5			115.0			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	460.0			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				165.0		
Bench Press	125.0	Umar Pregnalato	2012/08/28	152.5	Thabang Mpe	2011/08/13	195.0	Marlon Daniels	2011/08/13	142.5			132.5			122.5				112.5		
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	210.0	Dan Oppenheim	2011/06/24	210.0	Dan Oppenheim	2011/08/13	200.0
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		470.0		
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				175.0		
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	195.0	Dan Oppenheim	2015/06/27	
Total	542.5			715.0	Nathan Valentine	2012/08/10	745.0	Mathew Coppenhall	2013/06/22	622.5			582.5			542.5				502.5		
93 Div.																						
Squat	212.5			262.5	Benjamin Coetsee	2012/08/10	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			177.5	Adrian Smith	2016/05/29	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		

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS AS AT 29/05/2016

2016/05/29	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	110.0	Rouxchelle Roux	2016/05/29	117.5			137.5			135.0	Lizette Steyn	2012/06/22	100.0		
Bench Press	53.0	Rouxchelle Roux	2016/05/29	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	283.5	Rouxchelle Roux	2016/05/29	312.5			362.5			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	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	95.0	Ilze-Mari Maritz	2013/06/22	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 29/05/2016

2016/05/29	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			112.5			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	142.5			135.0			125.0					115.0	
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	177.5	Willem Parker	2015/02/07	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	Yegi Williams	2011/10/22	190.0	Ian Buckle	2012/10/20	157.5						150.0
120	165.0			235.0	Juan Boooyse	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 Boooyse	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 BENCH PRESS RECORDS AS AT 29/05/2016

2016/05/29	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59		
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		