

## SOUTH AFRICAN MENS POWERLIFTING RECORDS AS AT 08/12/2013

08/12/2013	Sub-Junior	Junior	Senior	Master I	Master II	Master III
<b>53 Div.</b>						
Squat	137.5	170.0	187.5	160.0	150.0	137.5
Bench Press	92.5	115.0	127.5	107.5	100.0	92.5
Deadlift	150.0 Revaldo Matras 22/06/2013	175.0	192.5	162.5	152.5	142.5
Total	372.5	460.0	510.0	430.0	402.5	372.5
<b>59 Div.</b>						
Squat	170.0 Marcel Vorster 28/08/2012	187.5	210.0	175.0	165.0	152.5
Bench Press	105.0 Marcel Vorster 28/08/2012	127.5	140.0	120.0	110.0	102.5
Deadlift	185.0 Themba Makubalo 22/06/2012	192.5	215.0	182.5	170.0	160.0
Total	425.0 Marcel Vorster 28/08/2012	507.5	565.0	477.5	445.0	415.0
<b>66 Div.</b>						
Squat	170.0	207.5	230.0	195.0	190.0 Karl Christians 22/06/2013	170.0
Bench Press	115.0	160.0 Stuart Murchie 22/06/2012	160.0 Stuart Murchie 22/06/2012	132.5	122.5	115.0
Deadlift	200.0 Jaques Fourie 13/08/2011	252.5 Kennedy Sekome 13/08/2011	252.5 Kennedy Sekome 13/08/2011	205.0 Karl Christians 24/06/2011	200.0 Karl Christians 22/06/2013	175.0
Total	460.0 Jaques Fourie 13/08/2011	560.0	625.0	527.5	492.5	460.0
<b>74 Div.</b>						
Squat	230.0 Tshepo Rapoo 24/06/2011	245.0 Keke Makuta 22/06/2013	250.0 Marlon Daniels 13/08/2011	212.5	200.0 David Quatse 22/06/2012	182.5
Bench Press	125.0 Umar Pregalato 28/08/2012	152.5 Thabang Mpe 13/08/2011	195.0 Marlon Daniels 13/08/2011	142.5	132.5	122.5 Dan Oppenheim 24/06/2011
Deadlift	220.0 Tshepo Rapoo 24/06/2011	250.0 Nick Stephanou 22/06/2013	260.0 Matthew Coppenhall 24/06/2011	220.0 David Quatse 22/06/2012	220.0 David Quatse 22/06/2012	210.0 Dan Oppenheim 13/08/2011
Total	560.0 Tshepo Rapoo 24/06/2011	637.5 Nick Stephanou 22/06/2013	680.0 Matthew Coppenhall 10/08/2012	572.5	532.5	502.5 Dan Oppenheim 13/08/2011

## SOUTH AFRICAN MENS POWERLIFTING RECORDS

08/12/2013	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+
<b>83 Div.</b>						
Squat	220.0 Bryan Silkstone 24/06/2011	272.5 Nathan Valentine 10/08/2012	280.0 Mathew Coppenhall 22/06/2013	230.0	215.0 Louis Jacobs 24/06/2011	195.0
Bench Press	135.0	187.5 Pieter Fourie 24/06/2011	200.0 Mathew Coppenhall 22/06/2013	155.0	145.0	140.0
Deadlift	215.0 Heinrich Van Tonder 22/06/2013	282.5 Nathan Valentine 10/08/2012	282.5 Nathan Valentine 10/08/2012	237.5	222.5	207.5 Dan Oppenheim 22/06/2013
Total	542.5	715.0 Nathan Valentine 10/08/2012	745.0 Mathew Coppenhall 22/06/2013	622.5	582.5	542.5
<b>93 Div.</b>						
Squat	212.5	262.5 Benjamin Coetsee 10/08/2012	315.0 Pieter Fourie 22/06/2013	275.0 Pieter Erasmus 24/06/2011	240.0 Johny Hall 13/08/2011	212.5
Bench Press	142.5	177.5	215.0 Etienne Potgieter 22/06/2013	210.0 Pieter Erasmus 24/06/2011	170.0 Johny Hall 13/08/2011	150.0 Neal Coleman 10/08/2013
Deadlift	235.0 Trent Williams 24/06/2011	267.5 Juan Fourie 24/06/2011	300.0	262.5 Mark Phillips 23/06/2012	260.0 Johny Hall 13/08/2011	220.0
Total	575.0	705.0	795.0 Pieter Fourie 22/06/2013	735.0 Pieter Erasmus 24/06/2011	670.0 Johny Hall 13/08/2011	575.0
<b>105 Div.</b>						
Squat	245.0 Andre Kloppers 08/12/2013	337.5 Johan Smith 03/11/2012	337.5 Johan Smith 03/11/2012	280.0 Jorncy Page 27/09/2013	242.5	225.0
Bench Press	152.5	225.0 Johan Smith 03/11/2012	225.0 Johan Smith 03/11/2012	197.5 Jorncy Page 27/09/2013	185.0 Ian Buckle 13/08/2011	152.5
Deadlift	232.5	300.0 Johan Smith 24/06/2011	317.5	282.5 Jorncy Page 27/09/2013	250.0	232.5
Total	620.0 Andre Kloppers 08/12/2013	862.5 Johan Smith 03/11/2012	862.5 Johan Smith 03/11/2012	760.0 Jorncy Page 27/09/2013	655.0	610.0
<b>120 Div.</b>						
Squat	235.0	340.0 Ricardo Barreto 22/06/2013	340.0 Ricardo Barreto 22/06/2013	305.0 Mathew Cosmo 08/12/2013	252.5	235.0
Bench Press	160.0	225.0 Juan Booyse 18/08/2012	230.0 Mathew Cosmo 24/06/2011	235.0 Mathew Cosmo 08/12/2013	172.5 Andre Ludik 13/08/2011	160.0
Deadlift	242.5	310.0 Ricardo Barreto 22/06/2013	330.0	292.5 Jan Kruger 22/06/2013	260.0	240.0
Total	637.5	870.0 Benedict Bucarizza 22/06/2013	872.5	815.0 Mathew Cosmo 22/06/2013	685.0	637.5
<b>120+ Div.</b>						
Squat	242.5	295.0	350.0 Arno Lambrechts 23/06/2012	350.0 Arno Lambrechts 23/06/2012	260.0	242.5
Bench Press	165.0	225.0 Juan Booyse 22/06/2013	257.5 Juan Booyse 22/06/2013	240.0 Arno Lambrechts 23/06/2012	215.0 Willy Johnstone - Robertson 22/06/2013	162.5
Deadlift	247.5	305.0	337.5	317.5 Arno Lambrechts 13/08/2011	267.5	250.0
Total	655.0	800.0	900.0 Arno Lambrechts 23/06/2012	900.0 Arno Lambrechts 23/06/2012	705.0	655.0

## SOUTH AFRICAN WOMENS POWERLIFTING RECORDS AS AT 08/12/2013

08/12/2013	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59
<b>43 Div.</b>					
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 10/08/2013	102.5 Marelize Swart 10/08/2013	120.0	97.5	90.0
Total	212.5	247.5	287.5	230.0	210.0
<b>47 Div.</b>					
Squat	87.5	100.0	115.0	102.5 Elisabeth Barry 08/12/2013	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	125.0 Elisabeth Barry 08/12/2013	95.0
Total	227.5	250.0	305.0	277.5 Elisabeth Barry 08/12/2013	227.5
<b>52 Div.</b>					
Squat	92.5	110.0	125.0 Miriam Sinclair 24/06/2011	125.0 Miriam Sinclair 24/06/2011	125.0 Miriam Sinclair 24/06/2011
Bench Press	60.0 Alushka September 10/08/2013	60.0 Alushka September 10/08/2013	72.5 Miriam Sinclair 24/06/2011	72.5 Miriam Sinclair 24/06/2011	72.5 Miriam Sinclair 24/06/2011
Deadlift	120.0 Alushka September 10/08/2013	120.0 Alushka September 10/08/2013	145.0 Miriam Sinclair 24/06/2011	145.0 Miriam Sinclair 24/06/2011	145.0 Miriam Sinclair 24/06/2011
Total	242.5	287.5	342.5 Miriam Sinclair 24/06/2011	342.5 Miriam Sinclair 24/06/2011	342.5 Miriam Sinclair 24/06/2011
<b>57 Div.</b>					
Squat	102.5	117.5	137.5	135.0 Lizette Steyn 22/06/2012	100.0
Bench Press	52.5	75.0 Ilze-Mari Maritz 13/08/2011	75.0 Ilze-Mari Maritz 15/12/2011	72.5 Hesterki Range 22/06/2012	55.0
Deadlift	120.0 Megan Leighton 10/08/2013	132.5	152.5 Hesterki Range 24/06/2011	152.5 Hesterki Range 24/06/2011	112.5
Total	267.5	312.5	362.5	345.0 Hesterki Range 22/06/2012	267.5

## SOUTH AFRICAN WOMENS POWERLIFTING RECORDS

08/12/2013	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59
<b>63 Div.</b>					
Squat	110.0 Jerain Hunt 24/06/2011	130.0	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	67.5	92.5 Ilze-Mari Maritz 22/06/2012	72.5 Michelle de Souza 15/12/2011	65.0
Deadlift	125.0 Jerain Hunt 24/06/2011	142.5	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	340.0	392.5 Michelle de Souza 22/06/2012	392.5 Michelle de Souza 22/06/2012	320.0
<b>72 Div.</b>					
Squat	120.0	150.0 Natalie Mohr 28/08/2012	170.0 Michelle de Souza 22/06/2013	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	95.0 Ilze-Mari Maritz 22/06/2013	80.0 Michelle de Souza 27/09/2013	65.0
Deadlift	135.0	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	320.0	412.5 Natalie Mohr 28/08/2012	432.5	422.5 Michelle de Souza 22/06/2013	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 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	105.0	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 PRESS RECORDS AS AT 08/12/2013

08/12/2013	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+
<b>53</b>	92.5	112.5	125.0	105.0	100.0	92.5
<b>59</b>	105.0 Marcel Vorster 28/08/2012	122.5 Jacques Fourie 20/10/2012	137.5	115.0	110.0	102.5
<b>66</b>	117.5 Marcel Vorster 20/10/2012	160.0 Stuart Murchie 22/06/2012	150.0	127.5	120.0	112.5
<b>74</b>	145.0 Christo Gerber 22/10/2011	185.0 Jason Meyer 15/12/2011	195.0 Marlon Daniels 13/08/2011	142.5	135.0	125.0
<b>83</b>	137.5	187.5 Pieter Fourie 24/06/2011	200.0 Mathew Coppenhall 22/06/2013	165.0 Jacques Knoesen 22/10/2011	147.5	140.0 Peter Vermaak 13/08/2011
<b>93</b>	147.5	177.5	215.0 Etienne Potgieter 22/10/2011	170.0 Johnny Hall 13/08/2011	170.0 Johnny Hall 13/08/2011	150.0 Neal Coleman 10/08/2013
<b>105</b>	157.5	230.0 Tyrone Delaney 25/05/2011	230.0 Tyrone Delaney 25/05/2011	215.0 Yegi Williams 22/10/2011	190.0 Ian Buckle 20/10/2012	157.5
<b>120</b>	165.0	235.0 Juan Booyse 20/10/2012	255.0 Andre Cloete 20/10/2012	250.0 Mathew Cosmo 22/10/2011	175.0 Andre Ludik 22/10/2011	165.0
<b>120+</b>	170.0	257.5 Juan Booyse 22/06/2013	257.5 Juan Booyse 22/06/2013	252.5 Ian Furman 18/08/2012	215.0 Willy Johnstone - Robertson 22/06/2013	170.0

## SOUTH AFRICAN WOMENS PRESS RECORDS AS AT 08/12/2013

08/12/2013	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59
<b>43</b>	50.0	60.0	67.5	55.0	50.0
<b>47</b>	55.0	65.0	75.0	70.0 Liliana Coleman 22/10/2011	55.0
<b>52</b>	60.0 Alushka September 10/08/2013	70.0	80.0	72.5 Miriam Sinclair 24/06/2011	72.5 Miriam Sinclair 24/06/2011
<b>57</b>	67.5	77.5 Ilze-Mari Maritz 22/10/2011	87.5	72.5	67.5
<b>63</b>	72.5	82.5 Natalie Mohr 28/08/2012	95.0	77.5	72.5
<b>72</b>	82.5	92.5	145.0 Sanet Momberg 15/12/2011	87.5	82.5
<b>84</b>	90.0	105.0	110.0 Sue Glazier 22/10/2011	97.5	90.0
<b>84+</b>	95.0	112.5	127.5	102.5	95.0