

SOUTH AFRICAN MENS POWERLIFTING RECORDS AS AT 10/08/2013

10/08/2013	Sub-Junior		Junior		Senior		Master I		Master II		Master III	
53 Div.												
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	
59 Div.												
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	
66 Div.												
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	
74 Div.												
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

10/08/2013	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50-59		Master III 60+	
83 Div.												
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	
93 Div.												
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	
105 Div.												
Squat	240.0	Andre Kloppers 22/06/2013	337.5	Johan Smith 03/11/2012	337.5	Johan Smith 03/11/2012	270.0	Mark Phillips 10/08/2013	242.5		225.0	
Bench Press	152.5		225.0	Johan Smith 03/11/2012	225.0	Johan Smith 03/11/2012	190.0	Johan Duvenhage 24/06/2011	185.0	Ian Buckle 13/08/2011	152.5	
Deadlift	232.5		300.0	Johan Smith 24/06/2011	317.5		275.0	Mark Phillips 10/08/2013	250.0		232.5	
Total	610.0		862.5	Johan Smith 03/11/2012	862.5	Johan Smith 03/11/2012	715.0	Jorncy Page 18/08/2012	655.0		610.0	
120 Div.												
Squat	235.0		340.0	Ricardo Barreto 22/06/2013	340.0	Ricardo Barreto 22/06/2013	302.5	Mathew Cosmo 22/06/2013	252.5		235.0	
Bench Press	160.0		225.0	Juan Booyse 18/08/2012	230.0	Mathew Cosmo 24/06/2011	232.5	Mathew Cosmo 22/06/2013	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	
120+ Div.												
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		257.5	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 10/08/2013

10/08/2013	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 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
47 Div.					
Squat	87.5	100.0	115.0	92.5	87.5
Bench Press	45.0 Tiffany Petrus 10/08/2012	50.0	60.0	50.0	45.0
Deadlift	105.0 Tiffany Petrus 10/08/2012	105.0 Tiffany Petrus 10/08/2012	130.0	102.5	95.0
Total	227.5	250.0	305.0	245.0	227.5
52 Div.					
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
57 Div.					
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

10/08/2013	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59
63 Div.					
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
72 Div.					
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	77.5 Michelle de Souza 22/06/2013	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
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 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 10/08/2013

10/08/2013	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+
53	92.5	112.5	125.0	105.0	100.0	92.5
59	105.0 Marcel Vorster 28/08/2012	122.5 Jacques Fourie 20/10/2012	137.5	115.0	110.0	102.5
66	117.5 Marcel Vorster 20/10/2012	160.0 Stuart Murchie 22/06/2012	150.0	127.5	120.0	112.5
74	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
83	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
93	147.5	177.5	215.0 Etienne Potgieter 22/10/2011	170.0 Johny Hall 13/08/2011	170.0 Johny Hall 13/08/2011	150.0 Neal Coleman 10/08/2013
105	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
120	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
120+	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 10/08/2013

10/08/2013	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 22/10/2011	55.0
52	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
57	67.5	77.5 Ilze-Mari Maritz 22/10/2011	87.5	72.5	67.5
63	72.5	82.5 Natalie Mohr 28/08/2012	95.0	77.5	72.5
72	82.5	92.5	145.0 Sanet Momberg 15/12/2011	87.5	82.5
84	90.0	105.0	110.0 Sue Glazier 22/10/2011	97.5	90.0
84+	95.0	112.5	127.5	102.5	95.0