

## SOUTH AFRICAN MENS POWERLIFTING RECORDS AS AT 27/11/2016

2016/11/27	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	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					
<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	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		
<b>74 Div.</b>																					
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

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2016/11/27	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+		
<b>83 Div.</b>																					
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
<b>93 Div.</b>																					
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		
<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	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		
<b>120 Div.</b>																					
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		
<b>120+ Div.</b>																					
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 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			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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2016/11/27	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	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		
<b>47 Div.</b>															
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		
<b>52 Div.</b>															
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
<b>57 Div.</b>															
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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2016/11/27	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	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		
<b>72 Div.</b>															
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	107.5	Chantelle Du Toit	2016/11/15	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		
<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 BENCH PRESS RECORDS AS AT 27/11/2016

2016/11/27	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	125.0			105.0			100.0			92.5					
<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>	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		
<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	200.0	Mathew Coppenhall	2013/06/22	185.0	Marlon Daniels	2016/11/27	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	170.0	Johny Hall	2011/08/13	170.0	Johny Hall	2011/08/13	153.0	Neal Coleman	2014/02/15	145.0		
<b>105</b>	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		
<b>120</b>	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		
<b>120+</b>	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		

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<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	2011/10/22	55.0		
<b>52</b>	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
<b>57</b>	68.0	Rouxchelle Roux	2016/11/27	90.0	Megan Leighton	2016/05/29	90.0	Megan Leighton	2016/05/29	72.5			67.5		
<b>63</b>	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		
<b>72</b>	82.5			92.5			145.0	Sanet Momberg	2011/12/15	87.5			82.5		
<b>84</b>	90.0			105.0			110.0	Sue Glazier	2011/10/22	97.5			90.0		
<b>84+</b>	95.0			112.5			127.5			102.5			95.0		