

SOUTH AFRICAN MENS POWERLIFTING RECORDS AS AT 30/07/2016

	2016/07/30	Sub-Junior		Junior		Senior		Master I		Master II		Master III		Master IV			
53 Div.																	
53 Squat	160.0	Damon Langeveld	2015/06/26	185.0	Ivan Kotze	2016/07/30	187.5		160.0		150.0	137.5					
53 Bench Press	92.5			120.0	Ivan Kotze	2016/07/30	127.5		107.5		100.0	92.5					
53 Deadlift	165.0	Damon Langeveld	2015/06/26	180.0	Ivan Kotze	2015/06/26	192.5		162.5		152.5	142.5					
53 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.																	
59 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		
59 Bench Press	105.0	Marcel Vorster	2012/08/28	127.5			140.0		120.0		110.0	102.5			95.0		
59 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		
59 Total	425.0	Marcel Vorster	2012/08/28	507.5			565.0		477.5		445.0	415.0			375.0		
66 Div.																	
66 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		
66 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		
66 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
66 Total	497.5	Romeo Longo	2015/06/26	560.0			625.0		527.5		492.5	460.0			427.5		
74 Div.																	
74 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		
74 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	112.5
74 Deadlift	220.0	Tshepo Rapoo	2011/06/24	250.0	Nick Stephanou	2013/06/22	260.0	Matthew Coppenha	2011/06/24	220.0	David Quatse	2012/06/22	210.0	David Quatse	2011/08/13	200.0	
74 Total	560.0	Tshepo Rapoo	2011/06/24	637.5	Nick Stephanou	2013/06/22	680.0	Matthew Coppenha	2012/08/10	572.5	532.5	502.5	Dan Oppenheim	2011/08/13	470.0		

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	2016/07/30	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50-59		Master III 60+		Master IV 70+					
83 Div.																			
83 Squat	220.0	Bryan Silkstone	2011/06/24	290.0	Tshepo Rapoo	2014/05/31	280.0	Mathew Coppenha	2013/06/22	230.0	215.0	Louis Jacobs	2011/06/24	195.0	177.5	Dan Oppenheim	2016/07/30		
83 Bench Press	135.0			187.5	Pieter Fourie	2011/06/24	200.0	Mathew Coppenha	2013/06/22	155.0	145.0			140.0	135.0				
83 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
83 Total	542.5			715.0	Nathan Valentine	2012/08/10	745.0	Mathew Coppenha	2013/06/22	622.5	582.5	542.5				503.0	Dan Oppenheim	2016/07/30	
93 Div.																			
93 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	
93 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
93 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	
93 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.																			
105 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	
105 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	
105 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	
105 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.																			
120 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	
120 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	
120 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	
120 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.																			
120+ 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	
120+ 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	
120+ Deadlift	247.5			305.0			337.5			317.5	Arno Lambrechts	2011/08/13	267.5			250.0		240.0	
120+ 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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2016/07/30	Sub-Junior (14-18)			Junior (19-23)			Senior		Master I 40-49		Master II 50-59	
43 Div.												
43	Squat	80.0		95.0			110.0		87.5		80.0	
43	Bench Press	42.5		50.0			57.5		45.0		42.5	
43	Deadlift	102.5	Marelize Swart 2013/08/10	102.5	Marelize Swart 2013/08/10		120.0		97.5		90.0	
43	Total	212.5		247.5			287.5		230.0		210.0	
47 Div.												
47	Squat	87.5		100.0			115.0		112.5	Elisabeth Barry 2014/09/24	87.5	
47	Bench Press	45.0	Tiffany Petrus 2012/08/10	50.0			60.0		50.0	Elisabeth Barry 2013/09/27	45.0	
47	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	
47	Total	227.5		250.0			305.0		287.5	Elisabeth Barry 2014/09/24	227.5	
52 Div.												
52	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
52	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
52	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
52	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.												
57	Squat	120	Rouxhelle Roux 2016/07/30	120	Rouxhelle Roux 2016/07/30		137.5		135.0	Lizette Steyn 2012/06/22	100.0	
57	Bench Press	60.0	Rouxhelle Roux 2016/07/30	75.0	IIZE-Mari Maritz 2011/08/13		75.0	Ilze-Mari Maritz 2011/12/15	72.5	Hesterki Range 2012/06/22	55.0	
57	Deadlift	120.5	Rouxhelle Roux 2016/05/29	132.5			152.5	Hesterki Range 2011/06/24	152.5	Hesterki Range 2011/06/24	112.5	
57	Total	295.0	Rouxhelle Roux 2016/07/30	312.5			362.5		345.0	Hesterki Range 2012/06/22	267.5	

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2016/07/30	Sub-Junior (14-18)			Junior (19-23)			Senior		Master I 40-49		Master II 50-59	
63 Div.												
63	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	
63	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	
63	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	
63	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.												
72	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	
72	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	
72	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	
72	Total	320.0		412.5	Natalie Mohr 2012/08/28		432.5		422.5	Michelle de Souza 2013/06/22	320.0	
84 Div.												
84	Squat	135.0		160.0			185.0		147.5		135.0	
84	Bench Press	72.5		85.0			97.5		77.5		72.5	
84	Deadlift	152.5		177.5			205.0		165.0		152.5	
84	Total	360.0		422.5			487.5		390.0		360.0	
84+ Div.												
84+	Squat	145.0		200.0	Esmay Smith 2011/06/24		200.0	Esmay Smith 2011/06/24	157.5		145.0	
84+	Bench Press	77.5		95.0	Juanita Visser 2013/06/22		105.0		82.5		77.5	
84+	Deadlift	157.5		187.5			215.0		172.5		157.5	
84+	Total	380.0		460.0	Esmay Smith 2011/06/24		515.0		412.5		380.0	

SOUTH AFRICAN MENS BENCH PRESS RECORDS AS AT 30/07/2016

2016/07/30	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+		
53	53	92.5			120.0	Ivan Kotze	2016/07/30	125.0			105.0			100.0			92.5				
59	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	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	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	83	137.5			187.5	Pieter Fourie	2011/06/24	200.0	Mathew Coppenhal	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	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	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	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+	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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2016/07/30	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			
43	43	50.0			60.0			67.5			55.0			50.0		
47	47	55.0			65.0			75.0			70.0	Liliana Coleman	2011/10/22	55.0		
52	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	57	67.5			90.0	Megan Leighton	2016/05/29	90.0	Megan Leighton	2016/05/29	72.5			67.5		
63	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	72	82.5			92.5			145.0	Sanet Momberg	2011/12/15	87.5			82.5		
84	84	90.0			105.0			110.0	Sue Glazier	2011/10/22	97.5			90.0		
84+	84+	95.0			112.5			127.5			102.5			95.0		