

SOUTH AFRICAN MENS POWERLIFTING RECORDS AS AT 23/11/2015

2015/11/23	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
	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	132.5			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	142.5			142.5			122.5			122.5	Dan Oppenheim	2011/06/24		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	2011/08/13		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		

SOUTH AFRICAN MENS POWERLIFTING RECORDS

2015/11/23	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+	Master IV 70+													
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			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		

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2015/11/23	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	102.5	117.5	137.5	135.0 Lizette Steyn 2012/06/22	100.0
Bench Press	52.5	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	120.0 Megan Leighton 2013/08/10	132.5	152.5 Hesterki Range 2011/06/24	152.5 Hesterki Range 2011/06/24	112.5
Total	267.5	312.5	362.5	345.0 Hesterki Range 2012/06/22	267.5

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2015/11/23	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59
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 23/11/2015

2015/11/23	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 Johnny Hall 2011/08/13	170.0 Johnny 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 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+	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

SOUTH AFRICAN WOMENS BENCH PRESS RECORDS AS AT 23/11/2015

2015/11/23	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	82.5 Megan Leighton 2015/11/22	87.5	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