

# SOUTH AFRICAN MENS POWERLIFTING RECORDS

15/12/2011	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+
<b>53 Div.</b>						
Squat	137.5	170.0	187.5	160.0	150.0	137.5
Bench	92.5	115.0	127.5	107.5	100.0	92.5
Deadlift	142.5	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	152.5	187.5	210.0	175.0	165.0	152.5
Bench	102.5	127.5	140.0	120.0	110.0	102.5
Deadlift	160.0	192.5	215.0	182.5	170.0	160.0
Total	415.0	507.5	565.0	477.5	445.0	415.0
<b>66 Div.</b>						
Squat	170.0	207.5	230.0	195.0	182.5	170.0
Bench	115.0	140.0	157.5	132.5	122.5	115.0
Deadlift	200.0 Jaques Fourie 13/08/2011	252.5 Kennedy Sekome 13/08/2011	237.5	205.0 Karl Christians 24/06/2011	187.5	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	230.0 Tshepo Rapoo 24/06/2011	250.0 Marlon Daniels 13/08/2011	212.5	197.5	182.5
Bench	122.5	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	240.0 Japhtha Khalapa 24/06/2011	260.0 Matthew Coppenhall 24/06/2011	217.5	210.0 Dan Oppenheim 13/08/2011	210.0 Dan Oppenheim 13/08/2011
Total	560.0 Tshepo Rapoo 24/06/2011	607.5	680.0	572.5	532.5	502.5 Dan Oppenheim 13/08/2011

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15/12/2011	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	270.0 Nathan Valentine 15/12/2011	275.0	230.0	215.0 Louis Jacobs 24/06/2011	195.0
Bench	135.0	187.5 Pieter Fourie 24/06/2011	187.5 Pieter Fourie 24/06/2011	155.0	145.0	140.0
Deadlift	207.5	270.0 Nathan Valentine 15/12/2011	280.0	237.5	222.5	207.5
Total	542.5	712.5 Pieter Fourie 13/08/2011	740.0	622.5	582.5	542.5
<b>93 Div.</b>						
Squat	212.5	260.0	290.0	275.0 Pieter Erasmus 24/06/2011	240.0 Johnny Hall 13/08/2011	212.5
Bench	142.5	177.5	197.5	210.0 Pieter Erasmus 24/06/2011	170.0 Johnny Hall 13/08/2011	142.5
Deadlift	235.0 Trent Williams 24/06/2011	267.5 Juan Fourie 24/06/2011	300.0	260.0 Johnny Hall 13/08/2011	260.0 Johnny Hall 13/08/2011	220.0
Total	575.0	705.0	787.5	735.0 Pieter Erasmus 24/06/2011	670.0 Johnny Hall 13/08/2011	575.0
<b>105 Div.</b>						
Squat	225.0	320.0 Johan Smith 24/06/2011	320.0 Johan Smith 24/06/2011	260.0	242.5	225.0
Bench	152.5	210.0 Johan Smith 24/06/2011	217.5 Dave Edwards 24/06/2011	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	267.5	250.0	232.5
Total	610.0	830.0 Johan Smith 24/06/2011	835.0	705.0 Johan Duvenhage 24/06/2011	655.0	610.0
<b>120 Div.</b>						
Squat	235.0	287.5	322.5	300.0 Mathew Cosmo 24/06/2011	252.5	235.0
Bench	160.0	195.0	230.0 Mathew Cosmo 24/06/2011	230.0 Mathew Cosmo 24/06/2011	172.5 Andre Ludik 13/08/2011	160.0
Deadlift	242.5	297.5	330.0	290.0 Helgard Coertze 13/08/2011	260.0	424.5
Total	637.5	780.0	872.5	807.5 Mathew Cosmo 24/06/2011	685.0	637.5
<b>120+ Div.</b>						
Squat	242.5	295.0	340.0 Thando Makheta 24/06/2011	305.0 Arno Lambrechts 13/08/2011	260.0	242.5
Bench	165.0	220.0 Eugene Nolan 13/08/2011	240.0 Jaco Claasens 13/08/2011	215.0 Arno Lambrechts 13/08/2011	210.0 Willy Johnstone - Robertson 24/06/2011	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	892.5	847.5 Arno Lambrechts 13/08/2011	705.0	655.0

# SOUTH AFRICAN WOMENS POWERLIFTING RECORDS

15/12/2011	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	42.5	50.0	57.5	45.0	42.5
Deadlift	90.0	102.5	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	92.5	87.5
Bench	45.0	50.0	60.0	50.0	45.0
Deadlift	95.0	105.0	130.0	102.5	95.0
Total	227.5	250.0	305.0	245.0	227.5
<b>52 Div.</b>					
Squat	92.5	110.0	125.0 Miriam Sinclair	125.0 Miriam Sinclair	125.0 Miriam Sinclair
Bench	47.5	57.5	67.5 Miriam Sinclair	72.5 Miriam Sinclair	72.5 Miriam Sinclair
Deadlift	102.5	120.0	137.5 Miriam Sinclair	145.0 Miriam Sinclair	145.0 Miriam Sinclair
Total	242.5	287.5	330.0 Miriam Sinclair	342.5 Miriam Sinclair	342.5 Miriam Sinclair
<b>57 Div.</b>					
Squat	102.5	117.5	137.5	125.0 Hesterki Range	100.0
Bench	52.5	75.0 Ilze-Mari Maritz	75.0 Ilze-Mari Maritz	65.0 Hesterki Range	55.0
Deadlift	112.5	132.5	152.5	152.5 Hesterki Range	112.5
Total	267.5	312.5	362.5	337.5 Hesterki Range	267.5

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15/12/2011	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	150.0 Michelle de Souza 24/06/2011	150.0 Michelle de Souza 24/06/2011	120.0
Bench	60.0 Jerain Hunt 24/06/2011	67.5	77.5	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	387.5 Michelle de Souza 15/12/2011	320.0
<b>72 Div.</b>					
Squat	120.0	142.5	165.0	140.0 Bonita Hein 24/06/2011	120.0
Bench	67.5 Havannah Hunt 24/06/2011	75.0	87.5	70.0	65.0
Deadlift	135.0	157.5	180.0	160.0 Bonita Hein 24/06/2011	135.0
Total	320.0	375.0	432.5	355.0 Bonita Hein 24/06/2011	320.0
<b>84 Div.</b>					
Squat	135.0	160.0	185.0	147.5	135.0
Bench	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	77.5	90.0	105.0	82.5	77.5
Deadlift	157.5	187.5	215.0	172.5	157.5
Total	380.0	460.0 Esmay Smith	515.0	412.5	380.0

## SOUTH AFRICAN MENS BENCH PRESS RECORDS

15/12/2011	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	102.5	122.5	137.5	115.0	110.0	102.5
66	112.5	137.5	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	187.5 Pieter Fourie 24/06/2011	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	147.5
105	157.5	230.0 Tyrone Delaney 25/05/2011	230.0 Tyrone Delaney 25/05/2011	215.0 Yegi Williams 22/10/2011	187.5 Ian Buckle 22/10/2011	157.5
120	165.0	197.5	230.0 Mathew Cosmo 24/06/2011	250.0 Mathew Cosmo 22/10/2011	175.0 Andre Ludik 22/10/2011	165.0
120+	170.0	235.0 Eugene Nolan 15/12/2011	240.0 Jaco Claasens 13/08/2011	215.0 Arno Lambrechts 13/08/2011	210.0 Willy Johnstone - Robertson 24/06/2011	170.0

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15/12/2011	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	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	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