

SOUTH AFRICAN MENS POWERLIFTING RECORDS

25/06/2011	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+
53 Div.						
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
59 Div.						
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
66 Div.						
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	190.0 Jacques Fourie 24/06/2011	240.0 Kennedy Sekome 24/06/2011	237.5	205.0 Karl Christians 24/06/2011	187.5	175.0
Total	460.0	560.0	625.0	527.5	492.5	460.0
74 Div.						
Squat	230.0 Tshepo Rapoo 24/06/2011	230.0 Tshepo Rapoo 24/06/2011	250.0	212.5	197.5	182.5
Bench	122.5	152.5	170.0	142.5	132.5	122.5 Dan Oppenheim 24/06/2011
Deadlift	220.0 Tshepo Rapoo 24/06/2011	240.0 Japhta Khalapa 24/06/2011	260.0 Matthew Coppenhall 24/06/2011	217.5	202.5 Dan Oppenheim 24/06/2011	202.5 Dan Oppenheim 24/06/2011
Total	560.0 Tshepo Rapoo 24/06/2011	607.5	680.0	572.5	532.5	495.0 Dan Oppenheim 24/06/2011

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83 Div.						
Squat	220.0 Bryan Silkstone 24/06/2011	260.0 Nathan Valentine 24/06/2011	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	135.0
Deadlift	207.5	262.5 Pieter Fourie 24/06/2011	280.0	237.5	222.5	207.5
Total	542.5	710.0 Pieter Fourie 24/06/2011	740.0	622.5	582.5	542.5
93 Div.						
Squat	212.5	260.0	290.0	275.0 Pieter Erasmus 24/06/2011	227.5	212.5
Bench	142.5	177.5	197.5	210.0 Pieter Erasmus 24/06/2011	155.0	142.5
Deadlift	235.0 Trent Williams 24/06/2011	267.5 Juan Fourie 24/06/2011	300.0	250.0 Pieter Erasmus 24/06/2011	235.0	220.0
Total	575.0	705.0	787.5	735.0 Pieter Erasmus 24/06/2011	617.5	575.0
105 Div.						
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	162.5	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
120 Div.						
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	160.0
Deadlift	242.5	297.5	330.0	277.5 Mathew Cosmo 24/06/2011	260.0	424.5
Total	637.5	780.0	872.5	807.5 Mathew Cosmo 24/06/2011	685.0	637.5
120+ Div.						
Squat	242.5	295.0	340.0 Thando Makheta 24/06/2011	280.0	260.0	242.5
Bench	165.0	210.0 Eugene Nolan 24/06/2011	225.0	210.0 Willy Johnstone - Robertson 24/06/2011	210.0 Willy Johnstone - Robertson 24/06/2011	162.5
Deadlift	247.5	305.0	337.5	285.0	267.5	250.0
Total	655.0	800.0	892.5	752.5	705.0	655.0

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25/06/2011	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	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
47 Div.					
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
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	47.5	57.5	67.5 Miriam Sinclair 24/06/2011	72.5 Miriam Sinclair 24/06/2011	72.5 Miriam Sinclair 24/06/2011
Deadlift	102.5	120.0	137.5 Miriam Sinclair 24/06/2011	145.0 Miriam Sinclair 24/06/2011	145.0 Miriam Sinclair 24/06/2011
Total	242.5	287.5	330.0 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	125.0 Hesterki Range 24/06/2011	100.0
Bench	52.5	62.5 Ilze-Mari Maritz 24/06/2011	72.5	60.0 Hesterki Range 24/06/2011	55.0
Deadlift	112.5	132.5	152.5	152.5 Hesterki Range 24/06/2011	112.5
Total	267.5	312.5	362.5	337.5 Hesterki Range 24/06/2011	267.5

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63 Div.					
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	70.0 Michelle de Souza 24/06/2011	65.0
Deadlift	125.0 Jerain Hunt 24/06/2011	142.5	165.0 Michelle de Souza 24/06/2011	165.0 Michelle de Souza 24/06/2011	135.0
Total	295.0 Jerain Hunt 24/06/2011	340.0	392.5	385.0 Michelle de Souza 24/06/2011	320.0
72 Div.					
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
84 Div.					
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
84+ Div.					
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

25/06/2011	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	132.5 Christo Gerber 25/05/2011	150.0	170.0	142.5	135.0	125.0
83	137.5	187.5 Pieter Fourie 24/06/2011	187.5 Pieter Fourie 24/06/2011	157.5	147.5	137.5
93	147.5	177.5	197.5	167.5	160.0	147.5
105	157.5	230.0 Tyrone Delaney 25/05/2011	230.0 Tyrone Delaney 25/05/2011	190.0 Johan Duvenhage 24/06/2011	170.0	157.5
120	165.0	197.5	220.0	230.0 Mathew Cosmo 24/06/2011	175.0	165.0
120+	170.0	210.0 Eugene Nolan 24/06/2011	225.0	210.0 Willy Johnstone - Robertson 24/06/2011	210.0 Willy Johnstone - Robertson 24/06/2011	170.0

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25/06/2011	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	60.0	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	87.5	72.5	67.5
63	72.5	82.5	95.0	77.5	72.5
72	82.5	92.5	105.0	87.5	82.5
84	90.0	105.0	102.5	97.5	90.0
84+	95.0	112.5	127.5	102.5	95.0