

99 New SA records set at SA Raw Champs 2016:

Men - 50 Powerlifting records and 4 Benchpress Only records

Women - 40 Powerlifting records and 5 Benchpress Only records

Damon Langeveld – Subjunior 53kg Squat - 125kg

Damon Langeveld – Subjunior 53kg Bench – 80kg

Damon Langeveld – Subjunior 53kg Total – 365

Ruben van der Linde – Subjunior 66kg Squat – 152.5kg

Elan Donninger – Subjunior 74kg Squat – 165kg

Spencer Hammond – Subjunior 83kg Bench – 125kg

Spencer Hammond – Subjunior 83kg Deadlift – 230kg

Spencer Hammond – Subjunior 83kg Total – 252kg

Bulelani Ngaki – Subjunior 93kg Squat – 192.5kg

Bulelani Ngaki – Subjunior 93kg Bench – 120kg

Bulelani Ngaki – Subjunior 93kg Deadlift – 232.5kg

Bulelani Ngaki – Subjunior 93kg Total – 545kg

Revaldo Matras– Junior 59kg Squat - 165kg

Marcel Vorster – Junior 66kg Squat – 170kg

Arnold Vermeulen – Junior 66kg Deadlift – 215kg

Dawood Abduragheem – Junior 74kg Bench – 135kg

Jason Stolzenberg – Junior 74kg Deadlift – 242.5kg

Francois Maritz – Junior 105kg Squat – 280kg

Sean Manders – Senior 105kg Squat – 300kg

Sean Manders – Senior 105kg Total – 760kg

Kyle Noonan – Senior 120kg Deadlift – 320kg

Moses Tsimane – Master 1 66kg Bench – 110kg

Stanley Lameyer – Master 1 73kg Squat – 162.5kg

Allistair Begg – Master 1 83kg Squat – 192.5kg

Allistair Begg – Master 1 83kg Deadlift – 230kg

Allistair Begg – Master 1 83kg Total – 552.5kg

Sean Manders – Master 1 105kg Squat – 300kg

Sean Manders – Master 1 105kg Bench – 175kg

Sean Manders – Master 1 105kg Deadlift – 285kg

Sean Manders – Master 1 105kg Total – 760kg

Malone Horn – Master 1 120kg Bench – 202kg

Malone Horn – Master 1 120kg Deadlift – 300kg

Mathys Herbst – Master 1 120+kg Squat – 250kg

Stanley Lameyer – Master 2 74kg Squat – 162.5kg

Tommy de Nysschen – Master 2 74kg Bench – 110kg

David Quatse – Master 2 83kg Squat – 185kg

David Quatse – Master 2 83kg Total – 502.5kg

Ebrahim Mobarra – Master 2 93kg Squat – 192.5kg

Ebrahim Mobara – Master 2 93kg Total – 500kg
Christo Schoonraad – Master 2 105kg Squat – 230kg
Christo Schoonraad – Master 2 105kg Deadlift – 230kg
Christo Schoonraad – Master 2 105kg Total - 585kg
Burton Haupt – Master 2 120+kg Squat – 200kg
Burton Haupt – Master 2 120+kg Bench – 145kg
Burton Haupt – Master 2 120+kg Deadlift – 240kg
Burton Haupt – Master 2 120+kg Total – 585kg

Yunus Hassen – Master 3 74kg Deadlift – 186kg

Dan Oppenheim – Master 4 83kg Squat – 141kg
Dan Oppenheim – Master 4 83kg Deadlift – 182.5kg
Dan Oppenheim – Master 4 83kg Total – 423.5kg

Women:

Mijuane de Wet – Subjunior 43kg Deadlift – 75kg
Mijuane de Wet – Subjunior 43kg Total – 160kg
Bronwyn Marshall – Subjunior 72kg Deadlift – 120kg
Bronwyn Marshall – Subjunior 72kg Total – 270kg

Megan Leighton – Junior 63kg Squat – 105.5kg
Megan Leighton – Junior 63kg Bench – 65kg
Sasha Payne – Junior 63kg Deadlift – 135kg
Megan Leighton – Junior 63kg Total – 300.5kg
Kashka Hobbs – Junior 72kg Squat – 112.5kg
Kashka Hobbs – Junior 72kg Bench – 67.5kg
Kashka Hobbs – Junior 72kg Deadlift – 150kg
Kashka Hobbs – Junior 72kg Total – 330kg

Mariska Casey – Senior 47kg Bench – 52.5kg
Mariska Casey – Senior 47kg Deadlift – 130kg
Mariska Casey – Senior 47kg Total – 272.5kg
Giulia Muto – Senior 52kg Squat – 117.5kg
Antoinette Kriel – Senior 52kg Bench – 85kg
Antoinette Kriel – Senior 52kg Deadlift – 140kg
Antoinette Kriel – Senior 52kg Total – 340kg
Michelle Letcher – Senior 57kg Deadlift – 160kg
Seritha Plaatjies – Senior 63kg Bench – 82.5kg
Laura Newman – Senior 63kg Deadlift – 164kg
Chantelle du Toit – Senior 72kg Bench – 80kg
Adderley Green – Senior 72kg Deadlift – 178kg
Storm Benjamin – Senior 72kg Total – 397.5
Caileigh Dade – Senior 84kg Squat – 162.5kg
Sandri van Staden – Senior 84kg Bench – 80kg

Sandri van Staden – Senior 84kg Deadlift – 182.5kg
Sandri van Staden – Senior 84kg Total – 412.5kg
Tracy Ludwig – Senior 84+kg Bench – 85kg

Antoinette Kriel – Master 1 52kg Squat – 115kg
Antoinette Kriel – Master 1 52kg Bench – 85kg
Antoinette Kriel – Master 1 52kg Deadlift – 140kg
Antoinette Kriel – Master 1 52kg Total – 340kg
Michelle Letcher – Master 1 57kg Deadlift – 160kg
Laura de Wet – Master 1 72kg Bench – 75kg
Laura de Wet – Master 1 72kg Deadlift – 175.5kg

Carol Anthony – Master 2 63kg Bench – 45kg
Carol Anthony – Master 2 63kg Deadlift – 127.5kg
Carol Anthony – Master 2 63kg Total – 247.5kg

Bench Only records:

Damon Langeveld – Subjunior 53kg Bench – 80kg
Spencer Hammond – Subjunior 83kg Bench – 125kg
Bulelani Ngaki – Subjunior 93kg Bench – 120kg

Sean Manders – Master 1 105kg Bench – 175kg

Megan Leighton – Junior 63kg Bench – 65kg

Mariska Casey – Senior 47kg Bench – 52.5kg
Antoinette Kriel – Senior 52kg Bench – 85kg
Antoinette Kriel – Master 1 52kg Bench – 85kg
Laura de Wet – Master 1 72kg Bench – 75kg