

SOUTH AFRICAN MENS POWERLIFTING RECORDS

21/11/2010	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50-59		Master III 60+	
52 Div.												
Squat	147.5		160.0		170.0							
Bench	90.0		105.0 S Brokenshire 07/08/2010		105.0 S Brkenshire 07/08/2010							
Deadlift	157.5		177.5 S Brokenshire 07/08/2010		177.5 S Brkenshire 07/08/2010							
Total	395.0		435.0 S Brokenshire 28/08/2010		450.0						637.5	
56 Div.												
Squat	165.0 J Smith	02/04/05	165.0 J Smith	02/04/2005	200.0 J de Souza	01/10/1993	175.0		157.5		150.0	
Bench	100.0 W Simon	05/06/2009	105.0		110.0		105.0		97.5		87.5	
Deadlift	192.5 T Pedi	09/12/2009	192.5 J de Souza	01/10/1993	210.0 J de Souza	01/10/1993	202.5 K Christian	10/11/2004	167.5		157.5	
Total	427.5 T Pedi	09/12/2009	502.5 J de Souza	01/10/1993	502.5 J de Souza	01/10/1993	458.0 K Christian	10/10/2005	422.5		392.5	
60 Div.												
Squat	210.0 W Simon	07/05/2010	210.0 W Simon	07/05/2010	220.0 J de Souza	26/09/1993	180.0 K Christian	07/06/2008	170.0 M Philander	02/07/1994	157.5	
Bench	125.0 W Simon	07/05/2010	125.0 W Simon	07/05/2010	142.5 M Tshimane	08/11/2010	130.0 M Tsimane	07/05/2010	125.0 M Philander	02/07/1994	97.5	
Deadlift	210.0 W Simon	07/05/2010	215.0 M Tsimane	05/09/1998	227.5 S Moyo	01/09/2001	200.0 K Christian	07/06/2008	195.0 M Philander	02/07/1994	167.5	
Total	545.0 W Simon	07/05/2010	545.0 W Simon	07/05/2010	545.0 M Daniels	06/08/2005	485.0		480.0 M Philander	02/07/1994	420.0	
67.5 Div.												
Squat	225.0 J Smith	24/06/06	257.5 D Ramokgadi	11/09/2004	257.5 D Ramokgadi	11/09/2004	210.0 K Christian	07/05/2010	190.0 M Philander	15/07/1995	165.0	
Bench	120.0 S Coetzee	11/09/05	167.5 H Shomalistos	07/05/2010	167.5 H Shomalistos	07/05/2010	140.0 M Philander	15/07/1995	140.0 M Philander	15/07/1995	102.5	
Deadlift	220.0 K Sekome	28/08/2010	270.0 H Shomalistos	07/05/2010	270.0 H Shomalistos	07/05/2010	215.0		210.0 M Philander	15/07/1995	175.0	
Total	540.0 J Smith	24/06/06	647.5 H Shomalistos	07/05/2010	647.5 H Shomalistos	07/05/2010	537.5		525.0 M Philander	15/07/1995	467.5	
75 Div.												
Squat	240.0 J de Waal	10/09/06	260.0 D Ramokgadi	12/07/2003	260.0 D Ramokgadi	12/07/2003	245.0 W Schmidt	10/10/2005	237.5 W Schmidt	04/10/2008	187.5 D Oppenheim	04/10/2008
Bench	155.0 S Pretorius	06/09/08	175.0 M Coppenhall	28/08/2010	190.0 M Daniels	07/05/2010	165.0 W Schmidt	29/05/1999	150.0 W Schmidt	04/10/2008	125.0 D Oppenheim	04/10/2008
Deadlift	257.5 J de Waal	10/09/06	262.5 W Wessels	26/10/1995	282.5 W Schmidt	10/11/1998	282.5 W Schmidt	10/11/1998	275.0 W Schmidt	04/10/2008	215.0 D Oppenheim	04/10/2008
Total	645.0 J de Waal	10/09/06	647.5 D Ramokgadi	12/07/2003	685.0 W Schmidt	10/10/2005	685.0 W Schmidt	10/10/2005	662.5 W Schmidt	04/10/2008	525.0 D Oppenheim	04/10/2008
82.5 Div.												
Squat	270.0 J Smith	09/09/07	270.0 J Smith	09/09/2007	295.0 A Randall	31/07/2004	257.5 W Schmidt	24/06/2006	245.0 W Schmidt	07/06/2008	195.0	
Bench	158.5 J Smith	02/12/07	182.5 S PRETORUIS	09/10/2009	200.0 G Mahlakwane	01/04/2006	170.0 W Schmidt	10/06/2006	170.0 W Schmidt	06/06/2009	122.5 D Oppenheim	06/06/2009
Deadlift	255.0 J de Waal	26/05/07	262.5 S McCreedy	08/08/2003	295.0 A Randall	12/11/2004	280.0 W Schmidt	29/04/2006	265.0 W Schmidt	07/06/2008	217.5 D Oppenheim	06/06/2009
Total	670.0 J Smith	09/09/07	670.0 J Smith	09/09/2007	755.0 A Randall	31/07/2004	702.5 W Schmidt	24/06/2006	675.0 W Schmidt	07/06/2008	540.0	

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21/11/2010	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50-59		Master III 60+	
90 Div.												
Squat	305.0	J Smith 06/09/08	305.0	J Smith 06/09/2008	305.0	J Smith 06/09/2008	290.0	P Erasmus 07/05/2010	240.0	R Moore 11/07/1998	215.0	
Bench	180.0	J Smith 08/11/08	190.0	E Potgieter 09/09/2009	240.0	P Erasmus 31/07/2004	220.0	P Erasmus 07/05/2010	150.0	S Ludick 28/05/2005	135.0	
Deadlift	255.0	J Smith 08/11/08	285.0	F Rusch 26/05/2007	305.0	N Primich 08/08/2003	252.5	P Erasmus 07/05/2010	240.0	R Moore 10/05/1997	225.0	
Total	735.0	J Smith 06/09/08	735.0	J Smith 06/09/2008	820.0	P Erasmus 12/11/2004	762.5	P Erasmus 07/05/2010	607.5		565.0	
100 Div.												
Squat	312.5	J Smith 2009/06/06	330.0	J Smith 07/05/2010	330.0	J Smith 07/05/2010	295.0	A Ferguson 10/11/1998	295.0	A Ferguson 10/11/1998	225.0	
Bench	175.0	J Smith 06/06/2009	205.0	L Jacobs 28/05/2005	222.5	E Bitek 26/05/2007	190.0	J Hall 10/10/2005	185.0	A Ferguson 06/07/1996	145.0	P Jaffa 24/06/2006
Deadlift	285.0	JC Steyn 11/09/04	300.0	D van Niekerk 06/08/2005	315.0	A Ferguson 10/11/1998	315.0	A Ferguson 10/11/1998	315.0	A Ferguson 10/11/1998	237.5	T Naude 07/05/2010
Total	750.0	J Smith 06/06/2009	810.0	J Smith 07/05/2010	810.0	J Smith 05/07/2010	790.0	A Ferguson 10/11/1998	790.0	A Ferguson 10/11/1998	595.0	
110 Div.												
Squat	300.0	JC Steyn 28/05/2005	300.0	JC Steyn 28/05/2005	320.0	D Otto 31/07/2004	315.0	A Ferguson 00/11/1997	315.0	A Ferguson 01/11/1997	235.0	
Bench	170.0	JC Steyn 31/07/2004	217.5	G Correia 01/09/2001	240.0	M Cosmo 12/11/2004	207.5	I Buckle 29/04/2006	192.5	A Ferguson 04/10/1997	150.0	
Deadlift	315.0	JC Steyn 28/05/2005	315.0	JC Steyn 28/05/2005	315.0	JC Steyn 28/05/2005	310.0	A Ferguson 00/11/1997	310.0	A Ferguson 01/11/1997	250.0	
Total	785.0	JC Steyn 28/05/2005	785.0	JC Steyn 28/05/2005	830.0	D Otto 31/07/2004	815.0	A Ferguson 00/11/1997	815.0	A Ferguson 01/11/1997	622.5	
125 Div.												
Squat	310.0	JC Steyn 11/09/2005	320.0	J Claassen 26/05/2007	355.0	B Green 07/06/2008	320.0	P Botha 31/07/2004	315.0	A Ferguson 17/11/1999	240.0	
Bench	210.0	JC Steyn 11/09/2005	230.0	J Claassen 11/09/2005	255.0	B Green 26/05/2007	220.0	A de Noon 07/06/2008	187.5	A Ludick 07/08/2010	155.0	
Deadlift	335.0	JC Steyn 11/09/2005	337.5	J Claassen 26/05/2007	357.5	J Claassen 13/11/2010	317.5	A Ferguson 17/11/1999	317.5	A Ferguson 17/11/1999	255.0	
Total	855.0	JC Steyn 11/09/2005	877.5	J Claassen 26/05/2007	930.0	B Green 07/06/2008	817.5	A Ferguson 17/11/1999	817.5	A Ferguson 17/11/1999	645.0	
125+ Div.												
Squat	262.5		360.0	C Dranias 05/08/2006	405.0	A Lambrechts 06/08/2005	320.0	W Steyn 24/10/1999	320.0	W Steyn 24/10/1999	245.0	
Bench	170.0		242.5	Z v Pletsen 09/09/2007	260.0	A Lambrechts 06/08/2005	215.0	M Myburgh 08/08/1997	200.0	M Myburgh 24/06/2006	160.0	
Deadlift	270.0		365.0	C Dranias 05/08/2006	365.0	C Dranias 05/08/2006	290.0	J Cronje 24/10/1999	290.0	W Steyn 24/10/1999	260.0	
Total	697.5		935.0	C Dranias 05/08/2006	982.5	A Lambrechts 06/08/2005	782.5	W Steyn 24/10/1999	782.5	W Steyn 24/10/1999	662.5	

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS

21/11/2010	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I		Master II	
44 Div.										
Squat	77.5		87.5		112.5 J Kitamura	25/05/2003	90.0		80.0	
Bench	37.5		47.5		72.5 J Kitamura	25/05/2003	45.0		40.0	
Deadlift	90.0		97.5		107.5 J Kitamura	25/05/2003	100.0		90.0	
Total	210.0		232.5		292.5 J Kitamura	25/05/2003	235.0		210.0	
48 Div.										
Squat	90.0		95.0		130.0 J Kitamura	06/08/2005	130.0 J Kitamura	06/08/2005	90.0	
Bench	40.0		50.0		82.5 J Kitamura	02/12/2007	82.5 J Kitamura	02/12/2007	45.0	
Deadlift	100.0		105.0		130.0 J Kitamura	02/12/2007	130.0 J Kitamura	02/12/2007	100.0	
Total	230.0		250.0		337.5 J Kitamura	02/12/2007	337.5 J Kitamura	02/12/2007	235.0	
52 Div.										
Squat	102.5 L Schmidt	11/09/2004	125.0 L Pretorius	07/05/2010	130.0 J Kitamura	10/10/2005	130.0 J Kitamura	10/10/2005	125.0 M Sinclair	07/05/2010
Bench	52.5 L Schmidt	11/09/2004	77.5 L Pretorius	07/11/2010	90.0 J Kitamura	07/06/2008	90.0 J Kitamura	07/06/2008	70.0 M Sinclair	05/06/2009
Deadlift	117.5 L Schmidt	11/09/2004	130.0 L Basson	26/05/2007	160.0 M Sinclair	05/06/2009	152.5 M Sinclair	02/12/2007	160.0 M Sinclair	05/06/2009
Total	272.5 L Schmidt	11/09/2004	320.0 L Pretorius	07/05/2010	345.0 M Sinclair	05/06/2009	335.0 J Kitamura	07/06/2008	345.0 M Sinclair	05/06/2009
56 Div.										
Squat	130.0 L Pretorius	06/09/2008	140.0 L Pretorius	05/06/2009	140.0 L Maree	06/08/2005	135.0 L Steenkamp	08/11/2008	107.5	
Bench	67.5 L Pretorius	06/09/2008	75.0 L Pretorius	05/06/2009	77.5 K Gilbert	26/07/1996	60.0 L Steenkamp	07/06/2008	55.0	
Deadlift	125.0 L Pretorius	06/09/2008	137.5 L Basson	04/08/2007	157.5 L Steenkamp	05/06/2009	157.5 L Steenkamp	05/06/2009	115.0	
Total	322.5 L Pretorius	06/09/2008	322.5 L Pretorius	06/09/2008	367.5 L Maree	06/08/2005	350.0 L Steenkamp	05/06/2009	270.0	
60 Div.										
Squat	117.5 S Viljoen	11/09/2004	135.0 W Hartman	00/04/1997	165.0 V Botha	31/07/2004	127.5 S de Waal	24/06/2006	115.0	
Bench	65.0 S Viljoen	11/09/2004	75.0 W Hartman	13/09/1997	105.0 V Botha	31/07/2004	100.0 S de Waal	20/05/2006	60.0	
Deadlift	142.5 V Saayman	01/09/2001	175.0 L De Bruin	03/07/1999	177.0 V Botha	31/07/2004	147.5 H Range	08/11/2010	122.5	
Total	317.5 S Viljoen	11/09/2004	362.5 L De Bruin	03/07/1999	447.0 V Botha	31/07/2004	362.5 S de Waal	24/06/2006	290.0	
67.5 Div.										
Squat	132.5 C De Wet	24/06/2006	152.5 C Pettit	05/06/2009	190.0 V Botha	12/07/2002	147.5 M De Souza	07/08/2010	125.0	
Bench	65.0 N Ellis	03/09/1994	77.5 N Ellis	23/09/1995	135.0 S Momberg	08/11/2010	90.0 S de Waal	01/04/2006	65.0	
Deadlift	137.5 C De Wet	29/04/2006	160.0 T Goosen	11/03/1995	175.0 M de Souza	07/08/2010	175.0 M De Souza	07/08/2010	132.5	
Total	322.5 N Ellis	03/09/1994	347.5 C Pettit	05/06/2009	452.5 V Botha	29/04/2006	385.0 M De Souza	07/08/2010	310.0	

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS

21/11/2010	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I		Master II	
75 Div.										
Squat	130.0 C De Wet	20/05/2006	155.0 J Parnell	26/09/1993	185.0 V Botha	25/05/2003	155.0		145.0 E Schutte	23/09/1995
Bench	70.0		77.5		120.0 S Glazer	07/05/2010	77.5		70.0 E Schutte	23/09/1995
Deadlift	142.5 C De Wet	10/09/2006	150.0		180.0 E Schutte	23/09/1995	180.0 E Schutte	23/09/1995	180.0 E Schutte	23/09/1995
Total	330.0 C De Wet	10/09/2006	357.5		472.5 V Botha	25/05/2003	395.0 E Schutte	23/09/1995	395.0 E Schutte	23/09/1995
82.5 Div.										
Squat	165.0 E Smith	09/09/2009	165.0 E Smith	09/09/2009	170.0		160.0		150.0 A Bruwer	15/07/1995
Bench	75.0 E Smith	06/09/2008	82.5		115.0 S Glazier	07/08/2010	85.0		75.0 A Bruwer	15/07/1995
Deadlift	155.0 E Smith	09/09/2009	157.5		177.5		172.5		150.0 A Bruwer	15/07/1995
Total	387.5 E Smith	09/09/2009	387.5 E Smith	09/09/2009	450.0		417.5		375.0 A Bruwer	15/07/1995
90 Div.										
Squat	190.0 E Smith	28/08/2010	190.0 E Smith	28/08/2010	190.0 E Smith	28/08/2010	172.5		150.0	
Bench	80.0 E Smith	13/11/2010	87.5		110.0		90.0		80.0	
Deadlift	170.0 E Smith	07/05/2010	170.0 E Smith	07/05/2010	190.0		182.5		160.0	
Total	430.0 E Smith	28/08/2010	430.0 E Smith	28/08/2010	480.0		445.0		390.0	
90+ Div.										
Squat	170.0 R Roets	12/07/2002	172.5 R Roets	29/03/2003	185.0		182.5		155.0	
Bench	87.5 R Roets	15/06/2002	92.5		117.5		95.0		85.0	
Deadlift	177.5 R Roets	12/07/2002	177.5 R Roets	12/07/2002	192.5		192.5		170.0	
Total	430.0 R Roets	12/07/2002	435.0		505.0		470.0		410.0	

SOUTH AFRICAN BENCH PRESS RECORDS

MENS

21/11/2010	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50+		Master III 60+	
52 Div.	107.5 K Wright	29/04/2006	122.5 K Wright	04/08/2007	122.5 K Wright	04/08/2007						
56 Div.	100.0 T Pedi	07/05/2010	105.0		125.0 R Fitzpatrick	06/12/2002	105.0		97.5			
60 Div.	125.0 W Simon	07/05/2010	125.0 W Simon	07/05/2010	142.5 M Tshimane	10/11/2010	130.0 M Tsimane	07/05/2010	125.0 M Philander	02/07/1994		
67.5 Div.	120.0 S Coetzee	11/09/2005	167.5 H Shomalistos	28/11/2009	167.5 H Shomalistos	28/11/2009	140.0 M Phillander	07/10/1995	140.0 M Philander	07/10/1995	107.5 H Redman	23/02/2008
75 Div.	155.0 S Pretorius	23/02/2008	180.0 J Meyer	27/11/2010	190.0 M Daniels	07/05/2010	165.0 W Schmidt	29/05/1999	150.0 W Schmidt	04/10/2008	132.5 D Oppenheim	26/02/2005
82.5 Div.	180.0 H Sparmer	28/11/2009	182.5 S Pretorius	10/10/2009	215.0 G Mahlakwane	25/02/2006	182.5 K vd Walt	09/02/2009	165.0 W Schmidt	07/06/2008	137.5 N Coleman	07/08/2010
90 Div.	182.5 J Smith	09/02/2009	192.5 E Potgieter	28/11/2009	252.5 P Erasmus	22/10/2005	220.0 P Erasmus	07/05/2010	155.0 L de Rose	01/04/2006	135.0 B Kempen	25/02/2006
100 Div.	160.0 J Delport	23/02/2008	205.0 L Jacobs	28/05/2005	230.0 Y Williams	22/10/2005	230.0 Y Williams	22/10/2005	192.5 D Allen	23/02/2008	150.0 P Jaffa	25/02/2006
110 Div.	170.0 JC Steyn	31/07/2004	217.5 G Correia	01/09/2001	247.5 M Cosmo	29/05/2006	215.0 Ian Buckle	03/11/2004	207.5 I Buckle	09/02/2009		
125 Div.	210.0 JC Steyn	11/09/2005	230.0 J Claasen	11/09/2005	260.0 C Muller	01/04/2006	255.0 I Furman	09/02/2009	187.5 W Robertson	28/11/2009		
125+ Div.	175.0		242.5 Z Van Pletsen	09/09/2007	292.5 C Muller	03/03/2007	225.0 M Van Rooyen	10/10/2009	205.0 M Myburgh	03/02/2001		

WOMENS

21/11/2010	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50+	
44 Div.	40.0		47.5		72.5 J Kitamura	25/05/2003	45.0		40.0	
48 Div.	42.5		50.0		87.5 J Kitamura	03/11/2004	82.5 J Kitamura	02/12/2007	45.0	
52 Div.	52.5 L Schmidt	11/09/2004	77.5 L Pretorius	07/11/2010	90.0 M Groblaar	04/10/1997	90.0 J Kitamura	07/06/2008	67.5 M Sinclair	08/11/2008
56 Div.	70.0 L Pretorius	07/06/2008	75.0 L Pretorius	28/02/2009	92.5 M Groblaar	01/11/2000	95.0 M Groblaar	25/02/2006	55.0	
60 Div.	65.0 S Viljoen	11/09/2004	75.0 W Hartman	13/09/1997	105.0 V Botha	31/07/2004	100.0 S de Waal	24/06/2006	60.0	
67.5 Div.	70.0		77.5 N Ellis	23/09/1995	135.0 S Momberg	08/11/2010	90.0 S de Waal	01/04/2006	65.0	
75 Div.	75.0		77.5		120.0 S Glazier	07/05/2010	87.5 J Jacobs	16/03/2002	70.0 E Schutte	23/09/1995
82.5 Div.	80.0		82.5		102.5		85.0		75.0 A Bruwer	15/07/1995
90 Div.	85.0		87.5		110.0		90.0		80.0	
90+ Div.	90.0		92.5		132.5 R Kruger	21/09/2002	95.0 Y Coetzee	28/11/2009	85.0	