

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 23/06/2019																						
23/06/2019	Sub-Junior				Junior			Senior			Master I			Master II			Master III			Master IV		
53 Div.																						
Squat	125.0	Damon Langeveld	19/03/2016	140.0	David Malefo	28/03/2015																
Bench Press	80.0	Damon Langeveld	19/03/2016	92.5																		
Deadlift	155.0	Chaka Dalfie	18/03/2017	145.0	Boitumelo Monaheng	30/03/2019																
Total	365.0	Damon Langeveld	19/03/2016	372.5																		
59 Div.																						
Squat	140.0	Dalvie Chaka	17/09/2017	155.0	Clint Williams	01/06/2014	172.5			137.5			127.5			115.0			102.5			
Bench Press	100.0	Thabang Modukanele	18/03/2018	102.5			120.0			97.5			87.5			80.0			77.5			
Deadlift	175.0	Emmanu Papala	27/03/2015	200.0	Clint Williams	01/06/2014	200.0	Clint Williams	01/06/2014	150.0			137.5			127.5			117.5			
Total	375.0	Dalvie Chaka	17/09/2017	447.5	Clint Williams	01/06/2014	477.5			385.0			352.5			322.5			292.5			
66 Div.																						
Squat	165.0	Ruben van der Linde	26/06/2016	200.0	Marcel Vorster	15/07/2017	200.0	Marcel Vorster	15/07/2017	157.5	Karl Christians	17/09/2017	157.5	Karl Christians	17/09/2017	127.5			116	Dan Oppenheim	18/03/2018	
Bench Press	107.5	Louis Moorcroft	18/03/2018	130.0	Marcel Vorster	15/07/2017	147.5	Michael Botha	27/03/2015	117.5	Moses Tsimane	18/03/2017	97.5			87.5			82.5	Dan Oppenheim	18/03/2018	
Deadlift	205.0	Ebrahim Pregnotato	15/03/2014	250.0	Brandon Samuels	30/03/2019	250.0	Brandon Samuels	30/03/2019	200.0	Moses Tsimane	18/03/2017	195.0	Karl Christians	17/09/2017	187.5	Yunus Hassen	27/02/2015	152.5	Dan Oppenheim	18/03/2018	
Total	447.5	Ebrahim Pregnotato	01/06/2014	545.0	Brandon Samuels	30/03/2019	545.0	Brandon Samuels	30/03/2019	435.0	Karl Christians	15/03/2014	435.0	Karl Christians	15/03/2014	355.0			351	Dan Oppenheim	18/03/2018	
74 Div.																						
Squat	165.0	Elan Donninger	19/03/2016	210.0	Sintewilles Pietersen	27/02/2015	220.5	Andrew Ramsay	07/05/2017	207.5	Marlon Daniels	15/06/2019	165.0	Stanley Lameyer	18/03/2017	137.5			133	Dan Oppenheim	30/03/2019	
Bench Press	125.0	Ismael Aasif Ahmed	08/12/2013	135.0	Dawood Abduragheem	19/03/2016	152.5	Marlon Daniels	15/06/2019	152.5	Marlon Daniels	15/06/2019	120.0	Tommy de Nysschen	28/05/2016	100.0	Dan Oppenheim	25/02/2012	97.5	Dan Oppenheim	06/06/2015	
Deadlift	215.0	Ismael Aasif Ahmed	08/12/2013	242.5	Jason Stolzenberg	19/03/2016	305.0	Harry Shomalistos	01/06/2014	215.0	Marlon Daniels	15/06/2019	210.0	David Quatse	15/03/2014	210.0	Yunus Hassen	30/03/2019	185.5	Dan Oppenheim	30/03/2019	
Total	480.0	Ismael Aasif Ahmed	08/12/2013	565.0	Japhta Khalapa	15/03/2014	675.0	Harry Shomalistos	01/06/2014	575.0	Marlon Daniels	15/06/2019	465.0	David Quatse	15/03/2014	415.0	Dan Oppenheim	25/02/2012	415	Dan Oppenheim	06/06/2015	
83 Div.																						
Squat	217.5	Joaquim de Jenga	17/09/2017	240.0	Jade Blake	28/05/2016	243.0	Marlon Daniels	18/03/2018	243.0	Marlon Daniels	18/03/2018	195.0	Stanley Lameyer	30/03/2019	195.0	Stanley Lameyer	30/03/2019	141	Dan Oppenheim	19/03/2016	
Bench Press	147.5	Joaquim de Jenga	25/06/2017	170.0	Jade Blake	28/05/2016	172.5	Ryan Miller	15/03/2014	163.0	Marlon Daniels	17/09/2017	127.5	Tommy de Nysschen	18/05/2019	105.0			102.5	Dan Oppenheim	27/03/2015	
Deadlift	267.5	Joaquim de Jenga	25/06/2017	272.5	Jean Arthur Pretorius	27/02/2015	288.0	Jean-Arthur Pretorius	30/03/2019	245.0	Allistair Begg	30/03/2019	226.0	Patrick Banda	20/05/2018	200.0	Stanley Lameyer	30/03/2019	182.5	Dan Oppenheim	19/03/2016	
Total	630.0	Joaquim de Jenga	25/06/2017	660.0	Jade Blake	28/05/2016	665.5	Jean-Arthur Pretorius	30/03/2019	618.0	Marlon Daniels	18/03/2018	515.0	Ian Hacker	17/09/2017	495.0	Stanley Lameyer	30/03/2019	423.5	Dan Oppenheim	19/03/2016	
93 Div.																						
Squat	247.5	Joshua Kiggen	17/09/2017	270.0	Jade Blake	17/09/2017	270.0	Jade Blake	17/09/2017	235.0	Sean Manders	30/03/2019	202.0	Ebrahim Mobarra	30/03/2019	160.0	Robert Huff	23/02/2013	150			
Bench Press	152.5	Joshua Kiggen	17/09/2017	181.0	Elfranco Holder	22/10/2016	187.5	Elfranco Holder	17/09/2017	150.0	Henk de Wet	28/03/2015	122.5			112.5	Robert Huff	23/02/2013	102.5			
Deadlift	262.5	Joshua Kiggen	18/03/2017	290.0	Nelson Sitsili	01/06/2014	300.0	Jean-Arthur Pretorius	17/09/2017	270.0	Henk de Wet	28/03/2015	232.5	Ebrahim Mobarra	30/03/2019	185.0	Robert Huff	23/02/2013	160			
Total	660.0	Joshua Kiggen	17/09/2017	700.0	Jade Blake	17/09/2017	710.0	Jade Blake	20/05/2018	630.5	Henk de Wet	20/05/2018	549.5	Ebrahim Mobarra	30/03/2019	457.5	Robert Huff	23/02/2013	425			
105 Div.																						
Squat	225.0	Jandre Britz	07/05/2017	285.0	Francois Maritz	22/10/2016	300.0	Sean Manders	19/03/2016	300.0	Sean Manders	19/03/2016	247.0	Christo Schoonraad	30/03/2019	170.0			157.5			
Bench Press	132.5	Robert Kennedy	08/12/2013	205.0	Johan Smith	01/06/2014	205.0	Johan Smith	01/06/2014	177.5	Sean Manders	26/06/2016	167.0	Colin Young	30/03/2019	167.0	Colin Young	30/03/2019	110			
Deadlift	280.0	Robert Kennedy	08/12/2013	310.0	Gerhard Kruger	18/03/2018	330.0	Johann de Bruin	18/03/2018	315.0	Sean Manders	28/05/2016	261.5	Christo Schoonraad	30/03/2019	220.0	Colin Young	20/10/2018	195			
Total	632.5	Robert Kennedy	08/12/2013	760.0	Gerhard Kruger	18/03/2018	777.5	Nicholas Deetlefs	18/03/2017	775.0	Sean Manders	28/05/2016	638.5	Christo Schoonraad	30/03/2019	546.0	Colin Young	20/10/2018	435			
120 Div.																						
Squat	245.0	Liam Schultz	01/12/2015	295.0	Ricardo Baretto	15/03/2014	325.0	Benedict Buccarizza	18/03/2017	237.5	Simon Breetzke	15/06/2019	203.0	Cliff Mudge	30/03/2019	180.0			167.5			
Bench Press	155.0	Jerome Korf	23/02/2013	202.5	Benedict Buccarizza	15/03/2014	225.0	Benedict Buccarizza	18/03/2017	202.0	Malone Horn	19/03/2016	198.0	Gerhardus Oosthuizen	06/06/2015	135.5	Andre Ludik	18/03/2017	115			
Deadlift	270.0	Liam Schultz	01/12/2015	310.0	Benedict Buccarizza	01/06/2014	340.0	Benedict Buccarizza	18/03/2017	300.0	Malone Horn	19/03/2016	252.5	Gerhardus Oosthuizen	06/06/2015	215.0	Andre Ludik	18/03/2018	205			
Total	615.5	Liam Schultz	01/12/2015	802.5	Benedict Buccarizza	01/06/2014	890.0	Benedict Buccarizza	18/03/2017	720.0	Malone Horn	18/03/2017	653.0	Gerhardus Oosthuizen	06/06/2015	507.5	Andre Ludik	18/03/2017	455			
120+ Div.																						
Squat	225.0	Martin van der Merwe	15/06/2019	270.0	Minal Raniga	01/06/2014	317.5	Mathys Herbst	18/03/2018	317.5	Mathys Herbst	18/03/2018	235.0	Hercules van der Berg	30/03/2019	182.5			180			
Bench Press	170.0	Martin van der Merwe	30/03/2019	185.0	Juan Booyse	23/02/2013	210.0	Ian Mouton	28/03/2015	210.0	Ian Mouton	28/03/2015	155.0	Hercules van der Berg	30/03/2019	127.5			120			
Deadlift	247.5	Johnde Victor	28/05/2016	300.0	William Shaw	15/03/2014	340.0	Kyle Noonan	20/05/2018	317.5	Mathys Herbst	18/03/2018	245.5	Hercules van der Berg	30/03/2019	197.5			215			
Total	615.0	Martin van der Merwe	30/03/2019	692.5	Minal Raniga	01/06/2014	825.5	Kyle Noonan	20/05/2018	820.0	Mathys Herbst	18/03/2018	635.5	Hercules van der Berg	30/03/2019	507.5			475			

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 23/06/2019																		
23/06/2019	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69		
43 Div.																		
Squat	70.0	Mijuane de Wet	22/10/2016	72.5														
Bench Press	32.5			37.5														
Deadlift	82.5	Mijuane de Wet	22/10/2016	82.5	Mijuane de Wet	22/10/2016												
Total	182.5	Mijuane de Wet	22/10/2016	192.5														
47 Div.																		
Squat	75.0	Mijuane de Wet	18/03/2017	77.5			115.0	Giulia Muto	17/09/2017	100.0	Mariska Casey	18/03/2018	65.0					
Bench Press	37.5	Rochelle de Beer	15/03/2014	42.5			70.5	Mariska Casey	18/03/2018	70.5	Mariska Casey	18/03/2018	35.0					
Deadlift	107.5	Patricia Harding	18/03/2018	108.0	Patricia Harding	30/03/2019	142.5	Mariska Casey	17/06/2018	142.5	Mariska Casey	17/06/2018	70.0					
Total	205.0	Patricia Harding	18/03/2018	215.5	Patricia Harding	30/03/2019	308.0	Mariska Casey	18/03/2018	308.0	Mariska Casey	18/03/2018	170.0					
52 Div.																		
Squat	108.0	Mijuane de Wet	30/03/2019	108.0	Mijuane de Wet	30/03/2019	133.0	Jeanri Bezuidenhout	18/03/2017	120.0	Antoinette Kriel	26/06/2016	82.5	Carol Anthony	17/06/2018			
Bench Press	42.0	Mijuane de Wet	30/03/2019	65.0	Amber-Jade Meth	18/03/2018	85.0	Antoinette Kriel	19/03/2016	85.0	Antoinette Kriel	19/03/2016	45.5	Carol Anthony	18/03/2018			
Deadlift	118.0	Mijuane de Wet	30/03/2019	132.5	Amber-Jade Meth	18/03/2018	145.0	Nicole Warburg	18/03/2017	142.5	Antoinette Kriel	26/06/2016	132.5	Carol Anthony	18/03/2018			
Total	268.0	Mijuane de Wet	30/03/2019	287.5	Rouxchelle Roux	18/03/2018	350.0	Nicole Warburg	17/09/2017	345.0	Antoinette Kriel	26/06/2016	258.0	Carol Anthony	18/03/2018			
57 Div.																		
Squat	112.5	Caitlin Poxon	20/05/2018	123.0	Megan Leighton	18/03/2017	135.0	Jeanri Bezuidenhout	17/09/2017	130.0	Vicki Botha	18/03/2018	105.0	Antoinette Abrahams	30/03/2019	75.0	Dulcie Duguid	18/03/2018
Bench Press	60.0	Caitlin Poxon	20/05/2018	70.5	Megan Leighton	18/03/2017	95.5	Antoinette Kriel	18/03/2017	95.5	Antoinette Kriel	18/03/2017	53.0	Joan Swart	20/05/2018	37.5	Dulcie Duguid	18/03/2018
Deadlift	132.5	Megan Leighton	08/12/2013	152.5	Megan Leighton	15/06/2019	170.0	Antoinette Kriel	17/09/2017	170.0	Antoinette Kriel	17/09/2017	127.5	Carol Anthony	22/10/2016	92.5	Dulcie Duguid	18/03/2018
Total	290.0	Caitlin Poxon	20/05/2018	340.0	Megan Leighton	22/10/2016	383.5	Antoinette Kriel	18/03/2017	383.5	Antoinette Kriel	18/03/2017	270.0	Antoinette Abrahams	30/03/2019	205.0	Dulcie Duguid	18/03/2018
63 Div.																		
Squat	120.0	Caitlin Poxon	17/09/2017	127.5	Sasha Payne	20/05/2018	150.0	Michelle Tromp	20/05/2018	132.5	Tanya van Lill	30/03/2019	110.0	Ronel Reyneke	30/03/2019	100.0	Susan Farrell	15/06/2019
Bench Press	57.5	Caitlin Poxon	17/09/2017	69.0	Megan Leighton	30/03/2019	85.0	Michelle Tromp	20/05/2018	75.0	Vicki Botha	18/03/2017	62.5	Ronel Reyneke	30/03/2019	52.5	Susan Farrell	15/06/2019
Deadlift	130.0	Lianka Wurth	15/06/2019	160.0	Megan Leighton	30/03/2019	168.0	Michelle Tromp	20/05/2018	165.5	Vicki Botha	18/03/2017	132.5	Susan Farrell	17/06/2018	132.5	Susan Farrell	17/06/2018
Total	297.5	Caitlin Poxon	17/09/2017	355.5	Megan Leighton	30/03/2019	403.0	Michelle Tromp	20/05/2018	368.0	Vicki Botha	18/03/2017	292.5	Ronel Reyneke	30/03/2019	277.5	Susan Farrell	15/06/2019
72 Div.																		
Squat	137.5	Clara Morley	20/05/2018	137.5	Clara Morley	20/05/2018	165.0	Olivia Perotti	15/06/2019	148.5	Laura de Wet	30/03/2019	105.5	Fiona Hickman	30/03/2019			
Bench Press	67.5	Erin Collins	15/06/2019	67.5	Kashka Hobbs	19/03/2016	87.0	Olivia Perotti	17/05/2019	75.0	Laura de Wet	19/03/2016	62.5	Lana Kleynhans	30/03/2019			
Deadlift	165.0	Erin Collins	15/06/2019	165.0	Erin Collins	15/06/2019	187.5	Laura de Wet	17/09/2017	187.5	Laura de Wet	17/09/2017	145.0	Lana Kleynhans	15/06/2019			
Total	365.0	Erin Collins	15/06/2019	365.0	Erin Collins	15/06/2019	419.5	Olivia Perotti	17/05/2019	410.0	Laura de Wet	17/09/2017	305.5	Lana Kleynhans	30/03/2019			
84 Div.																		
Squat	142.5	Jelhandri Rautenbach	17/09/2017	165.0	Lezaan Jordaan	20/05/2018	170.5	Naiema Noordien	30/03/2019	145.0	Pia Marangoni	30/03/2019	105.0	Penelope Rimmer	20/10/2018			
Bench Press	77.5	Jelhandri Rautenbach	17/09/2017	80.0	Lezaan Jordaan	15/07/2017	90.5	Naiema Noordien	30/03/2019	67.5	Bonita Hein	15/03/2014	55.0	Bridgette Quagliani	18/03/2017			
Deadlift	160.0	Jelhandri Rautenbach	17/09/2017	202.5	Lezaan Jordaan	20/05/2018	202.5	Lezaan Jordaan	20/05/2018	162.5	Pia Marangoni	15/06/2019	125.0	Penelope Rimmer	20/10/2018			
Total	380.0	Jelhandri Rautenbach	17/09/2017	442.5	Lezaan Jordaan	20/05/2018	442.5	Calleigh Dade	17/09/2017	370.0	Pia Marangoni	15/06/2019	277.5	Penelope Rimmer	20/10/2018			
84+ Div.																		
Squat	135.0	Jelhandri Rautenbach	30/03/2019	155.0	Kay-Lee Steyn	17/09/2017	190.0	Lauren Norton	18/03/2018	177.5	Tracy Ludwig	28/05/2016	107.5					
Bench Press	90.0	Jelhandri Rautenbach	30/03/2019	90.0	Jelhandri Rautenbach	30/03/2019	115.0	Lauren Norton	17/05/2019	90.0	Tracy Ludwig	28/05/2016	57.5					
Deadlift	165.0	Jelhandri Rautenbach	30/03/2019	190.0	Juanita Visser	01/06/2014	205.0	Lauren Norton	17/09/2017	202.5	Tracy Ludwig	28/05/2016	120.0					
Total	390.0	Jelhandri Rautenbach	30/03/2019	420.0	Juanita Visser	01/06/2014	500.0	Lauren Norton	18/03/2018	470.0	Tracy Ludwig	28/05/2016	285.0					

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 23/06/2019																					
23/06/2019	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+		
53	80.0	Damon Langeveld	19/03/2016	92.5																	
59	102.5	Tashriq Hendriks	23/02/2013	102.5	Tashriq Hendriks	23/02/2013	115.0			95.0			87.5			82.5			77.5		
66	107.5	Louis Moorcroft	18/03/2018	130.0	Marcel Vorster	15/07/2017	147.5	Michael Botha	28/03/2015	105.0			95.0			87.5			82.5	Dan Oppenheim	18/03/2018
74	160.0	Yonela Mbembe	21/05/2016	170.0	Yonela Mbembe	07/05/2017	170.0	Yonela Mbembe	07/05/2017	152.5	Marlon Daniels	15/06/2019	120.0	Tommy de Nysschen	28/05/2016	100.0	Dan Oppenheim	25/02/2012	97.5	Dan Oppenheim	06/06/2015
83	147.5	Joaquim de Jenga	25/06/2017	172.5	Jade Blake	22/10/2016	172.5	Ryan Miller	15/03/2014	165.0	Marlon Daniels	17/02/2018	133.5	Peter Vermaak	07/02/2015	133.5	Peter Vermaak	07/02/2015	102.5	Dan Oppenheim	27/03/2015
93	152.5	Joshua Kiggen	17/09/2017	181.0	Elfranco Holder	22/10/2016	187.5	Elfranco Holder	17/09/2017	175.0	Pieter Erasmus	23/02/2013	130.0	Cedric Saffy	23/02/2013	125.0	Neal Coleman	15/02/2014	120		
105	140.0	Berto Smith	15/02/2014	205.0	Johan Smith	01/06/2014	205.0	Johan Smith	01/06/2014	180.0	Colin Young	23/02/2019	180.0	Colin Young	23/02/2019	180.0	Colin Young	23/02/2019	120		
120	155.0	Jerome Korf	23/02/2013	202.5	Benedict Buccarizza	15/03/2014	232.5	Benedict Buccarizza	17/09/2017	210.0	Malone Horn	21/11/2015	205.0	Gerhardus Oosthuizen	21/05/2016	137.5	Andre Ludik	18/03/2017	125		
120+	170.0	Martin van der Merwe	30/03/2019	185.0	Juan Booyse	23/02/2013	210.0	Ian Mouton	28/03/2015	210.0	Ian Mouton	28/03/2015	200.0	Ian Furman	17/09/2017	132.5			127.5		
SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 23/06/2019																					
23/06/2019	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+					
43	35.0			42.5																	
47	37.5	Rochelle de Beer	15/03/2014	42.5			70.5	Mariska Casey	18/03/2018	70.5	Mariska Casey	18/03/2018	37.5								
52	42.0	Mijuane de Wet	30/03/2019	65.0	Amber-Jade Meth	18/03/2018	87.5	Antoinette Kriel	21/05/2016	87.5	Antoinette Kriel	21/05/2016	62.5	Liliana Coleman	07/02/2015						
57	60.0	Caitlin Poxon	20/05/2018	70.5	Megan Leighton	18/03/2017	95.5	Antoinette Kriel	18/03/2017	95.5	Antoinette Kriel	18/03/2017	53.0	Joan Swart	20/05/2018						
63	62.5	Caitlin Poxon	17/02/2018	72.5	Megan Leighton	27/11/2016	95.0	Antoinette Kriel	27/11/2016	95.0	Antoinette Kriel	27/11/2016	62.5	Ronel Reyneke	30/03/2019	52.5	Susan Farrell	15/06/2019			
72	70.0	Mbasa Qlingele	19/05/2018	87.5	Kim Halgreen	21/05/2016	87.5	Kim Halgreen	21/05/2016	85.0	Corien Potgieter	22/10/2016	62.5	Lana Kleynhans	30/03/2019						
84	75.0	Jelhandri Rautenbach	17/09/2017	80.0	Lezaan Jordaan	15/07/2017	115.0	Lizelle Cruz	17/09/2017	115.0	Lizelle Cruz	17/09/2017	62.5								
84+	90.0	Jelhandri Rautenbach	30/03/2019	90.0	Jelhandri Rautenbach	30/03/2019	115.0	Lauren Norton	17/05/2019	90.0	Tracy Ludwig	28/05/2016	65.0								