

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 01/01/2021																					
2021/03/16	Sub-Junior			Junior			Senior			Master I			Master II			Master III			Master IV		
53 Div.																					
Squat	125,0	Damon Langeveld	2016/03/19	140,0	David Malefo	2015/03/28															
Bench Press	80,0	Damon Langeveld	2016/03/19	92,5																	
Deadlift	155,0	Dalvie Chaka	2017/03/18	155,0	Dalvie Chaka	2017/03/18															
Total	365,0	Damon Langeveld	2016/03/19	372,5																	
59 Div.																					
Squat	140,0	Dalvie Chaka	2017/09/17	155,0	Clint Williams	2014/06/01	172,5			137,5			127,5			115,0			102,5		
Bench Press	100,0	Thabang Modukanele	2018/03/18	102,5			120,0			97,5			87,5			80,0			77,5		
Deadlift	175,0	Emmanu Papala	2015/03/27	200,0	Clint Williams	2014/06/01	200,0	Clint Williams	2014/06/01	150,0			137,5			127,5			117,5		
Total	375,0	Dalvie Chaka	2017/09/17	447,5	Clint Williams	2014/06/01	477,5			385,0			352,5			322,5			292,5		
66 Div.																					
Squat	165,0	Ruben van der Linde	2016/06/26	200,0	Marcel Vorster	2017/07/15	200,0	Marcel Vorster	2017/07/15	157,5	Karl Christians	2017/09/17	157,5	Karl Christians	2017/09/17	127,5			116	Dan Oppenheim	2018/03/18
Bench Press	107,5	Louis Moorcroft	2018/03/18	130,0	Marcel Vorster	2017/07/15	147,5	Michael Botha	2015/03/27	117,5	Moses Tsimane	2017/03/18	97,5			87,5			82,5	Dan Oppenheim	2018/03/18
Deadlift	205,0	Ebrahim Pregnolato	2014/03/15	252,5	Brandon Samuels	2019/10/06	252,5	Brandon Samuels	2019/10/06	200,0	Moses Tsimane	2017/03/18	195,0	Karl Christians	2017/09/17	187,5	Yunus Hassen	2015/02/27	152,5	Dan Oppenheim	2018/03/18
Total	447,5	Ebrahim Pregnolato	2014/06/01	550,0	Brandon Samuels	2019/10/06	550,0	Brandon Samuels	2019/10/06	435,0	Karl Christians	2014/03/15	435,0	Karl Christians	2014/03/15	355,0			351	Dan Oppenheim	2018/03/18
74 Div.																					
Squat	165,0	Elan Donninger	2016/03/19	210,0	Sintewilles Pietersen	2015/02/27	220,5	Andrew Ramsay	2017/05/07	210,0	Marlon Daniels	2020/01/01	187,5	Ian Hacker	2020/01/01	137,5			133	Dan Oppenheim	2019/03/30
Bench Press	125,0	Ismael Aasif Ahmed	2013/12/08	135,0	Dawood Abduraqheem	2016/03/19	153,0	Marlon Daniels	2020/01/01	153,0	Marlon Daniels	2020/01/01	120,0	Tommy de Nysschen	2016/05/28	100,0	Dan Oppenheim	2012/02/25	97,5	Dan Oppenheim	2015/06/06
Deadlift	215,0	Ismael Aasif Ahmed	2013/12/08	260,0	Brandon Samuels	2020/01/01	305,0	Harry Shomalistos	2014/06/01	220,0	Marlon Daniels	2020/01/01	210,0	David Quatse	2014/03/15	210,0	Yunus Hassen	2019/03/30	185,5	Dan Oppenheim	2019/03/30
Total	480,0	Ismael Aasif Ahmed	2013/12/08	570,0	Brandon Samuels	2020/01/01	675,0	Harry Shomalistos	2014/06/01	583,0	Marlon Daniels	2020/01/01	492,5	Ian Hacker	2020/01/01	415,0	Dan Oppenheim	2012/02/25	415	Dan Oppenheim	2015/06/06
83 Div.																					
Squat	217,5	Joaquim de Jenga	2017/09/17	240,0	Jade Blake	2016/05/28	243,0	Marlon Daniels	2018/03/18	243,0	Marlon Daniels	2018/03/18	195,0	Stanley Lameyer	2019/03/30	210,0	Stanley Lameyer	2020/01/01	141	Dan Oppenheim	2016/03/19
Bench Press	147,5	Joaquim de Jenga	2017/06/25	170,0	Jade Blake	2016/05/28	172,5	Ryan Miller	2014/03/15	163,0	Marlon Daniels	2017/09/17	130,0	Tommy de Nysschen	2020/01/01	105,0			102,5	Dan Oppenheim	2015/03/27
Deadlift	267,5	Joaquim de Jenga	2017/06/25	272,5	Jean Arthur Pretorius	2015/02/27	290,0	Jean-Arthur Pretorius	2020/01/01	247,5	Chris Forget	2020/01/01	226,0	Patrick Banda	2018/05/20	230,0	Stanley Lameyer	2020/01/01	182,5	Dan Oppenheim	2016/03/19
Total	630,0	Joaquim de Jenga	2017/06/25	660,0	Jade Blake	2016/05/28	677,5	Jean-Arthur Pretorius	2020/01/01	618,0	Marlon Daniels	2018/03/18	515,0	Ian Hacker	2017/09/17	540,0	Stanley Lameyer	2020/01/01	423,5	Dan Oppenheim	2016/03/19
93 Div.																					
Squat	247,5	Joshua Kiggen	2017/09/17	270,0	Jade Blake	2017/09/17	270,5	Jade Blake	2020/01/01	255,0	Sean Manders	2020/01/01	202,0	Ebrahim Mobara	2019/03/30	160,0	Robert Huff	2013/02/23	150		
Bench Press	152,5	Joshua Kiggen	2017/09/17	181,0	Elfranco Holder	2016/10/22	187,5	Elfranco Holder	2017/09/17	157,5	Sean Manders	2020/01/01	130,0	Donald Julius	2020/01/01	112,5	Robert Huff	2013/02/23	102,5		
Deadlift	262,5	Joshua Kiggen	2017/03/18	290,0	Nelson Sitsili	2014/06/01	300,0	Jean-Arthur Pretorius	2017/09/17	270,0	Henk de Wet	2015/03/28	232,5	Ebrahim Mobara	2019/03/30	185,0	Robert Huff	2013/02/23	160		
Total	660,0	Joshua Kiggen	2017/09/17	700,0	Jade Blake	2017/09/17	730,5	Jade Blake	2020/01/01	662,5	Sean Manders	2020/01/01	549,5	Ebrahim Mobara	2019/03/30	457,5	Robert Huff	2013/02/23	425		
105 Div.																					
Squat	225,0	Jandre Britz	2017/05/07	285,0	Francois Maritz	2016/10/22	300,0	Sean Manders	2016/03/19	300,0	Sean Manders	2016/03/19	247,0	Christo Schoonraad	2019/03/30	170,0			157,5		
Bench Press	132,5	Robert Kennedy	2013/12/08	205,0	Johan Smith	2014/06/01	205,0	Johan Smith	2014/06/01	177,5	Sean Manders	2016/06/26	167,0	Colin Young	2019/03/30	167,0	Colin Young	2019/03/30	110		
Deadlift	280,0	Robert Kennedy	2013/12/08	310,0	Gerhard Kruger	2018/03/18	330,0	Johann de Bruin	2018/03/18	315,0	Sean Manders	2016/05/28	261,5	Christo Schoonraad	2019/03/30	220,0	Colin Young	2018/10/20	195		
Total	632,5	Robert Kennedy	2013/12/08	760,0	Gerhard Kruger	2018/03/18	777,5	Nicholas Deetlefs	2017/03/18	775,0	Sean Manders	2016/05/28	638,5	Christo Schoonraad	2019/03/30	546,0	Colin Young	2018/10/20	435		
120 Div.																					
Squat	245,0	Liam Schultz	2015/12/01	295,0	Ricardo Baretto	2014/03/15	330,0	Francois Maritz	2019/09/22	237,5	Simon Breetzke	2019/06/15	215,0	Denis Bensch	2020/01/01	180,0			167,5		
Bench Press	155,0	Jerome Korf	2013/02/23	202,5	Benedict Buccarizza	2014/03/15	225,0	Benedict Buccarizza	2017/03/18	202,0	Malone Horn	2016/03/19	198,5	Gerhardus Oosthuizen	2020/01/01	135,5	Andre Ludik	2017/03/18	115		
Deadlift	270,0	Liam Schultz	2015/12/01	310,0	Benedict Buccarizza	2014/06/01	340,0	Benedict Buccarizza	2017/03/18	300,0	Malone Horn	2016/03/19	253,0	Gerhardus Oosthuizen	2020/01/01	215,0	Andre Ludik	2018/03/18	205		
Total	615,5	Liam Schultz	2015/12/01	802,5	Benedict Buccarizza	2014/06/01	890,0	Benedict Buccarizza	2017/03/18	720,0	Malone Horn	2017/03/18	653,0	Gerhardus Oosthuizen	2015/06/06	507,5	Andre Ludik	2017/03/18	455		
120+ Div.																					
Squat	225,0	Martin van der Merwe	2019/06/15	270,0	Minal Raniqa	2014/06/01	318,0	Mathys Herbst	2020/01/01	318,0	Mathys Herbst	2020/01/01	240,0	Hercules van der Berg	2019/10/06	182,5			180		
Bench Press	170,0	Martin van der Merwe	2019/03/30	185,0	Juan Booyse	2013/02/23	210,0	Ian Mouton	2015/03/28	210,0	Ian Mouton	2015/03/28	180,0	Hercules van der Berg	2019/10/06	127,5			120		
Deadlift	247,5	Johnde Victor	2016/05/28	300,0	William Shaw	2014/03/15	340,0	Kyle Noonan	2018/05/20	318,0	Mathys Herbst	2020/01/01	270,0	Hercules van der Berg	2019/10/06	197,5			215		
Total	615,0	Martin van der Merwe	2019/03/30	692,5	Minal Raniqa	2014/06/01	836,0	Mathys Herbst	2020/01/01	836,0	Mathys Herbst	2020/01/01	690,0	Hercules van der Berg	2019/10/06	507,5			475		

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2021/03/16	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	2016/10/22	72,5														
Bench Press	32,5			37,5														
Deadlift	82,5	Mijuane de Wet	2016/10/22	82,5	Mijuane de Wet	2016/10/22												
Total	182,5	Mijuane de Wet	2016/10/22	192,5														
47 Div.																		
Squat	75,0	Mijuane de Wet	2017/03/18	77,5			115,0	Giulia Muto	2017/09/17	100,0	Mariska Casey	2018/03/18	65,0					
Bench Press	37,5	Rochelle de Beer	2014/03/15	42,5			70,5	Mariska Casey	2018/03/18	70,5	Mariska Casey	2018/03/18	35,0					
Deadlift	107,5	Patricia Harding	2018/03/18	108,0	Patricia Harding	2019/03/30	142,5	Mariska Casey	2018/06/17	142,5	Mariska Casey	2018/06/17	70,0					
Total	205,0	Patricia Harding	2018/03/18	215,5	Patricia Harding	2019/03/30	308,0	Mariska Casey	2018/03/18	308,0	Mariska Casey	2018/03/18	170,0					
52 Div.																		
Squat	108,0	Mijuane de Wet	2019/03/30	108,0	Mijuane de Wet	2019/03/30	133,0	Jeanri Bezuidenhout	2017/03/18	120,0	Antoinette Kriel	2016/06/26	82,5	Carol Anthony	2018/06/17			
Bench Press	42,0	Mijuane de Wet	2019/03/30	65,0	Amber-Jade Meth	2018/03/18	85,0	Antoinette Kriel	2016/03/19	85,0	Antoinette Kriel	2016/03/19	45,5	Carol Anthony	2018/03/18			
Deadlift	118,0	Mijuane de Wet	2019/03/30	132,5	Amber-Jade Meth	2018/03/18	145,0	Nicole Warburg	2017/03/18	142,5	Antoinette Kriel	2016/06/26	132,5	Carol Anthony	2018/03/18			
Total	268,0	Mijuane de Wet	2019/03/30	287,5	Rouxchelle Roux	2018/03/18	350,0	Nicole Warburg	2017/09/17	345,0	Antoinette Kriel	2016/06/26	258,0	Carol Anthony	2018/03/18			
57 Div.																		
Squat	113,0	Mijuane de Wet	2020/01/01	123,0	Megan Leighton	2017/03/18	135,0	Jeanri Bezuidenhout	2017/09/17	130,0	Vicki Botha	2018/03/18	105,0	Antoinette Abrahams	2019/03/30	75,0	Dulcie Duguid	2018/03/18
Bench Press	60,0	Caitlin Poxon	2018/05/20	70,5	Megan Leighton	2017/03/18	95,5	Antoinette Kriel	2017/03/18	95,5	Antoinette Kriel	2017/03/18	53,0	Joan Swart	2018/05/20	37,5	Dulcie Duguid	2018/03/18
Deadlift	132,5	Megan Leighton	2013/12/08	152,5	Megan Leighton	2019/06/15	170,0	Antoinette Kriel	2017/09/17	170,0	Antoinette Kriel	2017/09/17	128,0	Antoinette Abrahams	2020/01/01	92,5	Dulcie Duguid	2018/03/18
Total	290,0	Caitlin Poxon	2018/05/20	340,0	Megan Leighton	2016/10/22	383,5	Antoinette Kriel	2017/03/18	383,5	Antoinette Kriel	2017/03/18	270,0	Antoinette Abrahams	2019/03/30	205,0	Dulcie Duguid	2018/03/18
63 Div.																		
Squat	120,0	Caitlin Poxon	2017/09/17	132,5	Caitlin Poxon	2020/01/01	150,0	Michelle Tromp	2018/05/20	133,0	Zanele Ngwenya	2020/01/01	110,0	Ronel Reyneke	2019/03/30	100,0	Susan Farrell	2019/06/15
Bench Press	57,5	Caitlin Poxon	2017/09/17	70,5	Caitlin Poxon	2020/01/01	85,0	Michelle Tromp	2018/05/20	75,0	Vicki Botha	2017/03/18	65,5	Ronel Reyneke	2020/01/01	52,5	Susan Farrell	2019/06/15
Deadlift	130,0	Lianka Wurth	2019/06/15	160,0	Megan Leighton	2019/03/30	168,0	Michelle Tromp	2018/05/20	165,5	Vicki Botha	2017/03/18	132,5	Susan Farrell	2018/06/17	132,5	Susan Farrell	2018/06/17
Total	297,5	Caitlin Poxon	2017/09/17	355,5	Megan Leighton	2019/03/30	403,0	Michelle Tromp	2018/05/20	368,0	Vicki Botha	2017/03/18	292,5	Ronel Reyneke	2019/03/30	277,5	Susan Farrell	2019/06/15
69 Div.																		
Squat	87,5			107,5			127,5			107,5			87,5					
Bench Press	45,0			55,0			67,5			55,0			45,0					
Deadlift	100,0			120,0			140,0			120,0			100,0					
Total	235,0			285,0			340,0			285,0			235,0					
76 Div.																		
Squat	95,0			115,0			137,5			115,0			95,0					
Bench Press	47,5			60,0			72,5						47,5					
Deadlift	107,5			130,0			152,5			130,0			107,5					
Total	252,5			307,5			365,0			307,5			252,5					
84 Div.																		
Squat	142,5	Jelhandri Rautenbach	2017/09/17	165,0	Lezaan Jordaan	2018/05/20	173,0	Naiema Noordien	2020/01/01	145,0	Pia Marangoni	2019/03/30	120,5	Fiona Hickman	2020/01/01			
Bench Press	77,5	Jelhandri Rautenbach	2017/09/17	80,0	Lezaan Jordaan	2017/07/15	100,0	Mariaan Conry	2020/01/01	67,5	Bonita Hein	2014/03/15	68,0	Fiona Hickman	2020/01/01			
Deadlift	160,0	Jelhandri Rautenbach	2017/09/17	202,5	Lezaan Jordaan	2018/05/20	202,5	Lezaan Jordaan	2018/05/20	165,0	Pia Marangoni	2020/01/01	150,0	Fiona Hickman	2020/01/01			
Total	380,0	Jelhandri Rautenbach	2017/09/17	442,5	Lezaan Jordaan	2018/05/20	447,5	Lezaan Jordaan	2020/01/01	370,0	Pia Marangoni	2019/06/15	338,5	Fiona Hickman	2020/01/01			
84+ Div.																		
Squat	135,0	Jelhandri Rautenbach	2019/03/30	155,0	Kay-Lee Steyn	2017/09/17	190,0	Lauren Norton	2018/03/18	177,5	Tracy Ludwig	2016/05/28	107,5					
Bench Press	90,0	Jelhandri Rautenbach	2019/03/30	90,0	Jelhandri Rautenbach	2019/03/30	115,0	Lauren Norton	2019/05/17	90,0	Tracy Ludwig	2016/05/28	57,5					
Deadlift	165,0	Jelhandri Rautenbach	2019/03/30	190,0	Juanita Visser	2014/06/01	205,0	Lauren Norton	2017/09/17	202,5	Tracy Ludwig	2016/05/28	120,0					
Total	390,0	Jelhandri Rautenbach	2019/03/30	420,0	Juanita Visser	2014/06/01	500,0	Lauren Norton	2018/03/18	470,0	Tracy Ludwig	2016/05/28	285,0					

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 16/03/2021

2021/03/16	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	2016/03/19	92,5																	
59	102,5	Tashriq Hendriks	2013/02/23	102,5	Tashriq Hendriks	2013/02/23	115,0	Jacques Fourie	2021/03/13	95,0			87,5			82,5			77,5		
66	107,5	Louis Moorcroft	2018/03/18	130,0	Marcel Vorster	2017/07/15	147,5	Michael Botha	2015/03/28	105,0	Moses Tsimane	2019/10/06	95,0			87,5			82,5	Dan Oppenheim	2018/03/18
74	160,0	Yonela Mbembe	2016/05/21	170,0	Yonela Mbembe	2017/05/07	170,0	Yonela Mbembe	2017/05/07	153,0	Marlon Daniels	2020/01/01	120,0	Tommy de Nysschen	2016/05/28	100,0	Dan Oppenheim	2012/02/25	97,5	Dan Oppenheim	2015/06/06
83	147,5	Joaquim de Jenga	2017/06/25	172,5	Jade Blake	2016/10/22	172,5	Ryan Miller	2014/03/15	165,0	Marlon Daniels	2018/02/17	137,5	Tommy de Nysschen	2021/03/13	133,5	Peter Vermaak	2015/02/07	102,5	Dan Oppenheim	2015/03/27
93	152,5	Joshua Kiggen	2017/09/17	181,0	Elfranco Holder	2016/10/22	187,5	Elfranco Holder	2017/09/17	175,0	Pieter Erasmus	2013/02/23	145,0	Johnny Dam	2021/03/13	130,0	Glen Thomas	2021/03/13	120		
105	140,0	Berto Smith	2014/02/15	205,0	Johan Smith	2014/06/01	205,0	Johan Smith	2014/06/01	180,0	Colin Young	2019/02/23	180,0	Colin Young	2019/02/23	180,0	Colin Young	2019/02/23	120		
120	130,0			202,5	Benedict Buccarizza	2014/03/15	232,5	Benedict Buccarizza	2017/09/17	210,0	Malone Horn	2015/11/21	205,0	Gerhardus Oosthuizen	2016/05/21	137,5	Andre Ludik	2017/03/18	125		
120+	170,0	Martin van der Merwe	2019/03/30	185,0	Juan Booyse	2013/02/23	217,5	Jared Leask	2021/03/13	210,0	Ian Mouton	2015/03/28	200,0	Ian Furman	2017/09/17	132,5			127,5		

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2021/03/16	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	2014/03/15	42,5			70,5	Mariska Casey	2018/03/18	70,5	Mariska Casey	2018/03/18	37,5					
52	42,0	Mijuane de Wet	2019/03/30	65,0	Amber-Jade Meth	2018/03/18	87,5	Antoinette Kriel	2016/05/21	87,5	Antoinette Kriel	2016/05/21	62,5	Liliana Coleman	2015/02/07			
57	60,0	Caitlin Poxon	2018/05/20	70,5	Megan Leighton	2017/03/18	95,5	Antoinette Kriel	2017/03/18	95,5	Antoinette Kriel	2017/03/18	55,0	Miriam Sinclair	2021/03/13	55,0	Miriam Sinclair	2021/03/13
63	62,5	Caitlin Poxon	2018/02/17	72,5	Megan Leighton	2016/11/27	95,0	Antoinette Kriel	2016/11/27	95,0	Antoinette Kriel	2016/11/27	65,5	Ronel Reyneke	2020/01/01	52,5	Susan Farrell	2019/06/15
69	57,5	Heike Groenewald	2021/03/13	65,0	Tyla Coetsee	2021/03/13	72,5			68,0	Vanessa Lessing	2021/03/13	55,0					
76	57,5			67,5			77,5			67,5			57,5					
84	75,0	Jelhandri Rautenbach	2017/09/17	80,0	Lezaan Jordaan	2017/07/15	115,0	Lizelle Cruz	2017/09/17	115,0	Lizelle Cruz	2017/09/17	68,0	Fiona Hickman	2020/01/01			
84+	90,0	Jelhandri Rautenbach	2019/03/30	90,0	Jelhandri Rautenbach	2019/03/30	115,0	Lauren Norton	2019/05/17	90,0	Tracy Ludwig	2016/05/28	65,0					