

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 13/10/2021																					
2021/10/13	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	Edward Monaheng	2021/04/25															
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	175,5	Geordie Goliath	2021/04/25	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	201,5	Imdadullah Adam	2021/04/25	150,0			137,5			127,5			117,5		
Total	375,0	Dalvie Chaka	2017/09/17	447,5	Clint Williams	2014/06/01	481,5	Geordie Goliath	2021/04/25	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	202,5	Marcel Vorster	2021/04/25	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	165,5	Sechaba Mashinini	2021/04/25	215,0	Ruben van der Linde	2021/04/25	220,5	Andrew Ramsay	2017/05/07	212,5	Jacobus Phalatsi	2021/04/25	187,5	Ian Hacker	2020/01/01	137,5			133,5	Dan Oppenheim	2021/04/25
Bench Press	125,0	Ismael Aasif Ahmed	2013/12/08	135,5	Suvar Maharaj	2021/04/25	167,5	Ziyaad Samodien	2021/04/25	154,0	Jacobus Phalatsi	2021/04/25	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	222,5	Jacobus Phalatsi	2021/04/25	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	576,5	Suvar Maharaj	2021/04/25	675,0	Harry Shomalistos	2014/06/01	589,0	Jacobus Phalatsi	2021/04/25	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	215,0	Steve Ogunfemi	2021/04/25	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	137,5	Tommy de Nysschen	2021/04/25	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	266,0	Steve Ogunfemi	2021/04/25	266,0	Steve Ogunfemi	2021/04/25	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	581,0	Steve Ogunfemi	2021/04/25	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	145,0	Johnny Dam	2021/04/25	112,5	Robert Huff	2013/02/23	102,5		
Deadlift	262,5	Joshua Kiggen	2017/03/18	290,5	Zandre van der Berg	2021/04/25	311,0	Jean-Arthur Pretorius	2021/04/25	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	731,0	Jean-Arthur Pretorius	2021/04/25	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	247,5	Christo Schoonraad	2021/04/25	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	216,0	Denis Bensch	2021/04/25	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	275,0	Hermanus de Beer	2021/04/25	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	227,5	Francois Spamer	2021/04/25	270,0	Minal Raniqa	2014/06/01	318,0	Mathys Herbst	2020/01/01	318,0	Mathys Herbst	2020/01/01	270,0	Hercules van der Berg	2021/04/25	182,5			180		
Bench Press	170,0	Martin van der Merwe	2019/03/30	185,0	Juan Booyse	2013/02/23	215,0	Kyle Noonan	2021/04/25	210,0	Ian Mouton	2015/03/28	192,5	Hercules van der Berg	2021/04/25	127,5			120		
Deadlift	247,5	Johnde Victor	2016/05/28	300,0	William Shaw	2014/03/15	340,5	Kyle Noonan	2021/04/25	318,0	Mathys Herbst	2020/01/01	300,0	Hercules van der Berg	2021/04/25	197,5			215		
Total	615,0	Martin van der Merwe	2019/03/30	692,5	Minal Raniqa	2014/06/01	860,6	Kyle Noonan	2021/04/25	836,0	Mathys Herbst	2020/01/01	762,5	Hercules van der Berg	2021/04/25	507,5			475		

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2021/10/13	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69			Master IV 70+		
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	47,5	Aimee Grefen	2021/04/25	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	127,5	Aimee Grefen	2021/04/25	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	275,0	Aimee Grefen	2021/04/25	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	135,0	Vicki Botha	2021/04/25	114,0	Antoinette Kriel	2021/04/25	82,5	Miriam Sinclair	2021/04/25			
Bench Press	60,0	Caitlin Poxon	2018/05/20	71,0	Alexandra Mundell	2021/04/25	95,5	Antoinette Kriel	2017/03/18	95,5	Antoinette Kriel	2017/03/18	80,5	Antoinette Kriel	2021/04/25	55,0	Miriam Sinclair	2021/04/25			
Deadlift	132,5	Megan Leighton	2013/12/08	158,0	Alexandra Mundell	2021/04/25	170,0	Antoinette Kriel	2017/09/17	170,0	Antoinette Kriel	2021/04/25	161,0	Antoinette Kriel	2021/04/25	120,0	Miriam Sinclair	2021/04/25			
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	355,5	Antoinette Kriel	2021/04/25	257,5	Miriam Sinclair	2021/04/25			
63 Div.																					
Squat	140,0	Mijuane de Wet	2021/10/03	140,0	Mijuane de Wet	2021/10/03	150,0	Michelle Tromp	2018/05/20	133,5	Sorah Garber	2021/04/25	110,0	Ronel Reyneke	2019/03/30	100,0	Susan Farrell	2019/06/15	70,0	Susan Farrell	2021/04/25
Bench Press	65,0	Mijuane de Wet	2021/10/03	70,5	Caitlin Poxon	2020/01/01	87,5	Sorah Garber	2021/04/25	87,5	Sorah Garber	2021/04/25	65,5	Ronel Reyneke	2020/01/01	52,5	Susan Farrell	2019/06/15	45,0	Susan Farrell	2021/04/25
Deadlift	145,0	Mijuane de Wet	2021/04/25	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	105,0	Susan Farrell	2021/04/25
Total	345,0	Mijuane de Wet	2021/10/03	355,5	Megan Leighton	2019/03/30	403,0	Michelle Tromp	2018/05/20	381,0	Sorah Garber	2021/04/25	292,5	Ronel Reyneke	2019/03/30	277,5	Susan Farrell	2019/06/15	220,0	Susan Farrell	2021/04/25
69 Div.																					
Squat	105,0	Gaia Mottalini	2021/04/25	120,0	Caitlin Poxon	2021/04/25	140,0	Amanda Meyer	2021/04/25	140,0	Amanda Meyer	2021/04/25	110,0	Lana Kleynhans	2021/04/25						
Bench Press	57,5	Gaia Mottalini	2021/04/25	68,0	Caitlin Poxon	2021/04/25	80,0	Amanda Meyer	2021/04/25	80,0	Amanda Meyer	2021/04/25	75,0	Lana Kleynhans	2021/04/25						
Deadlift	130,0	Heike Groenewald	2021/10/03	150,0	Caitlin Poxon	2021/04/25	167,5	Jessica Hill	2021/04/25	163,0	Lana Kleynhans	2021/04/25	163,0	Lana Kleynhans	2021/04/25						
Total	280,0	Heike Groenewald	2021/04/25	338,0	Caitlin Poxon	2021/04/25	370,0	Amanda Meyer	2021/04/25	370,0	Amanda Meyer	2021/04/25	348,0	Lana Kleynhans	2021/04/25						
76 Div.																					
Squat	95,0			115,0			148,0	Olivia Perotti	2021/04/25	137,5	Corien Potgieter	2021/04/25	137,5	Corien Potgieter	2021/04/25						
Bench Press	47,5			60,0			83,0	Corien Potgieter	2021/04/25	83,0	Corien Potgieter	2021/04/25	83,0	Corien Potgieter	2021/04/25						
Deadlift	107,5			130,0			175,0	Bianca Oosthuizen	2021/04/25	162,5	Pia Marangoni	2021/04/25	160,5	Corien Potgieter	2021/04/25						
Total	252,5			307,5			385,0	Bianca Oosthuizen	2021/04/25	381,0	Corien Potgieter	2021/04/25	381,0	Corien Potgieter	2021/04/25						
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	80,0	Patty Pretorius	2021/04/25	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	377,5	Patty Pretorius	2021/04/25	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	190,5	Kay-Lee Steyn	2021/04/25	177,5	Tracy Ludwig	2016/05/28	107,5			70,0	Samali Bosa	2021/04/25			
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			45,0	Samali Bosa	2021/04/25			
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			105,0	Samali Bosa	2021/04/25			
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			220,0	Samali Bosa	2021/04/25			

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 13/10/2021																			
2021/10/13	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	Edward Monaheng	2021/04/25													
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	154,0	Jacobus Phalatsi	2021/04/25	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	135,0	Steve Labson	2021/04/25	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 Booysse	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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2021/10/13	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+
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	47,5	Aimee Grefen	2021/04/25	65,0	Amber-Jade Meth	2018/03/18	87,5	Antoinette Kriel	2016/05/21	87,5	Antoinette Kriel	2016/05/21	62,5	Lilliana Coleman	2015/02/07				
57	60,0	Caitlin Poxon	2018/05/20	71,0	Alexandra Mundell	2021/04/25	95,5	Antoinette Kriel	2017/03/18	95,5	Antoinette Kriel	2017/03/18	80,5	Antoinette Kriel	2021/04/25	55,0	Miriam Sinclair	2021/03/13	
63	65,0	Mijuane de Wet	2021/10/03	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	45,0 Susan Farrell 2021/04/25
69	57,5	Heike Groenewald	2021/03/13	68,0	Caitlin Poxon	2021/04/25	80,0	Amanda Meyer	2021/04/25	80,0	Amanda Meyer	2021/04/25	75,0	Lana Kleynhans	2021/04/25				
76	57,5			67,5			83,0	Corien Potgieter	2021/04/25	83,0	Corien Potgieter	2021/04/25	83,0	Corien Potgieter	2021/04/25				
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			45,0	Samali Bosa	2021/04/25	