SOUTH AFRICAN MENS EQUIPPED POWERLIFTING RECORDS AS AT 13/11/2021

2021/11/13	Sub-Junior			Junior			Senior			Master I			Master II			Master III			Master IV		
53 Div.																					
Squat	160,0	Damon Langeveld	2015/06/26	185,0	Ivan Kotze	2016/07/30															
Bench Press	92,5			120,0	Ivan Kotze	2016/07/30															
Deadlift	165,0	Damon Langeveld	2015/06/26	180,0	Ivan Kotze	2015/06/26															
Total	405,0	Damon Langeveld	2015/06/26	485,0	Ivan Kotze	2016/07/30															
59 Div.																					
Squat	170,0	Marcel Vorster	2012/08/28	190,0	Clint Williams	2015/06/26	210,0			175,0			165,0			152,5			140,0		
Bench Press	105,0	Marcel Vorster	2012/08/28	127,5			140,0			120,0			110,0			102,5			95,0		
Deadlift	185,0	Themba Makubalo	2012/06/22	200,0	Clint Williams	2015/06/26	215,0			182,5			170,0			160,0			150,0		
Total	425,0	Marcel Vorster	2012/08/28	507,5			565,0			477,5			445,0			415,0			375,0		
66 Div.																					
Squat	200,0	Romeo Longo	2015/06/26	242,5	Marcel Vorster	2017/09/17	242,5	Marcel Vorster	2017/09/17	195,0			190,0	Karl Christians	2013/06/22	170,0			150,0		
Bench Press	115,0			173,0	Marcel Vorster	2017/09/17	173,0	Marcel Vorster	2017/09/17	132,5			122,5			115,0			107,5		
Deadlift	200,0	Jaques Fourie	2011/08/13	252,5	Kennedy Sekome	2011/08/13	252,5	Kennedy Sekome	2011/08/13	205,0	Karl Christians	2011/06/24	200,0	Karl Christians	2013/06/22	175,0			160,0	Dan Oppenheim	2018/06/30
Total	497,5	Romeo Longo	2015/06/26	605,5	Marcel Vorster	2017/09/17	625,0			527,5			492,5			460,0			427,5		
74 Div.																					
Squat	182,5			245,0	Keke Makuta	2013/06/22	251,0	Marcel Vorster	2018/06/30	242,5	Marlon Daniels	2019/07/06	200,0	David Quatse	2012/06/22	182,5			170,0	Dan Oppenheim	2016/10/03
Bench Press	122,5			152,5	Thabang Mpe	2011/08/13	200,5	Marlon Daniels	2019/07/06	200,5	Marlon Daniels	2019/07/06	132,5			122,5	Dan Oppenheim	2011/06/24	115,0	Dan Oppenheim	2016/10/03
Deadlift	190,0			250,0	Nick Stephanou	2013/06/22	260,0	Matthew Coppenhall	2011/06/24	227,5	Marlon Daniels	2019/10/11	220,0	David Quatse	2012/06/22	216,0	Dan Oppenheim	2016/10/03	216,0	Dan Oppenheim	2016/10/03
Total	495,0			637,5	Nick Stephanou	2013/06/22	680,0	Matthew Coppenhall	2012/08/10	663,5	Marlon Daniels	2019/07/06	532,5			502,5	Dan Oppenheim	2011/08/13	501,0	Dan Oppenheim	2016/10/03
83 Div.																					
Squat	220,0	Bryan Silkstone	2011/06/24	272,5	Nathan Valentine	2012/08/10	280,0	Mathew Coppenhall	2013/06/22	247,5	Steve Ogunfemi	2021/03/26	247,5	Steve Ogunfemi	2021/03/26	195,0			177,5	Dan Oppenheim	2016/07/30
Bench Press	135,0			187,5	Pieter Fourie	2011/06/24	200,0	Mathew Coppenhall	2013/06/22	160,0	Jacobus Phalatsi	2021/03/26	145,0			140,0			135,0		
Deadlift	215,0	Heinrich Van Tonder	2013/06/22	282,5	Nathan Valentine	2012/08/10	283,0	Eugene Sadie	2021/03/26	265,5	Steve Ogunfemi	2021/03/26	265,5	Steve Ogunfemi	2021/03/26	210,0	Lawrence Arendse	2015/06/27	203,0	Dan Oppenheim	2016/07/30
Total	542,5			715,0	Nathan Valentine	2012/08/10	745,0	Mathew Coppenhall	2013/06/22	633,0	Steve Ogunfemi	2021/03/26	633,0	Steve Ogunfemi	2021/03/26	542,5			503,0	Dan Oppenheim	2016/07/30
93 Div.																					
Squat	212,5			270,0	Adrian Smith	2018/06/30	315,0	Pieter Fourie	2013/06/22	275,0	Pieter Erasmus	2011/06/24	240,0	Johny Hall	2011/08/13	212,5			192,5		
Bench Press	142,5			187,5	Adrian Smith	2018/06/30	215,0	Etienne Potgieter	2013/06/22	210,0	Pieter Erasmus	2011/06/24	170,5	Johnny Dam	2021/03/27	150,0	Neal Coleman	2013/08/10	142,5		
Deadlift	235,0	Trent Williams	2011/06/24	280,0	Kgotso Thekiso	2020/02/22	300,0			275,0	Jorncy Page	2019/10/11	260,0	Johny Hall	2011/08/13	220,0			210,0		
Total	575,0			707,5	Adrian Smith	2018/06/30	795,0	Pieter Fourie	2013/06/22	735,0	Pieter Erasmus	2011/06/24	670,0	Johny Hall	2011/08/13	575,0			560,0		
105 Div.																					
Squat	245,0	Andre Kloppers	2013/12/08	337,5	Johan Smith	2012/11/03	337,5	Johan Smith	2012/11/03	282,5	Christo Schoonraad	2019/10/11	282,5	Christo Schoonraad	2019/10/11	225,0			215,0		
Bench Press	152,5			240,0	Johan Smith	2014/05/31	240,0	Johan Smith	2014/05/31	195,0	Graham Green	2020/02/22	187,5	Christo Schoonraad	2019/05/19	152,5			150,0		
Deadlift	232,5			300,0	Johan Smith	2011/06/24	317,5			275,5	Graham Green	2020/02/22	272,5	Christo Schoonraad	2019/10/11	232,5			220,0		
Total	620,0	Andre Kloppers	2013/12/08	862,5	Johan Smith	2012/11/03	862,5	Johan Smith	2012/11/03	740,5	Graham Green	2020/02/22	740,0	Christo Schoonraad	2019/10/11	610,0			580,0		
120 Div.																					
Squat	235,0			340,0	Ricardo Barreto	2013/06/22	380,0	Francois Maritz	2017/09/17	272,5			252,5			235,0			225,0		
Bench Press	160,0			230,0	Benedict Bucarizza	2014/09/06	220,0	Johan Smith	2017/07/09	190,0	Andrew Denoon	2019/07/06	190,0	Andrew Denoon	2019/07/06	160,0			155,0		
Deadlift	242,5			325,0	Benedict Bucarizza	2014/09/06	330,0			297,5	Madikane Faku	2015/06/27	260,0			240,0			235,0		
Total	637,5			885,0	Benedict Bucarizza	2014/09/06	900,0	Francois Maritz	2017/09/17	732,5			685,0			637,5			600,0		
120+ Div.																					
Squat	242,5			295,0			400,0	Mathys Herbst	2019/10/12	400,0	Mathys Herbst	2019/10/12	260,0			242,5			230,0		
Bench Press	165,0			257,5	Juan Booyse	2013/06/22	280,0	Mathys Herbst	2019/10/12	280,0	Mathys Herbst	2019/10/12	255,0	Ian Furman	2021/03/27	162,5			160,0		
Deadlift	247,5			305,0			340,0	Kyle Noonan	2018/06/30	325,0	Mathys Herbst	2018/06/30	267,5			250,0			240,0		
Total	655,0			800,0			1005,0	Mathys Herbst	2019/10/12	1005,0	Mathys Herbst	2019/10/12	705,0			655,0			625,0		

SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 13/11/2021

2021/11/13	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69			Master IV 70-79		
43 Div.																					
Squat	80,0			95,0																	
Bench Press	42,5			50,0																	
Deadlift	102,5	Marelize Swart	2013/08/10	102,5	Marelize Swart	2013/08/10															
Total	212,5			247,5																	
47 Div.																					
Squat	87,5			100,0			120,0	Elisabeth Barry	2019/07/06	120,0	Elisabeth Barry	2019/07/06	87,5								
Bench Press	45,0	Tiffany Petrus	2012/08/10	50,0			60,0			50,5	Elisabeth Barry	2019/07/06	45,0								
Deadlift	105,0	Tiffany Petrus	2012/08/10	105,0	Tiffany Petrus	2012/08/10	130,0	Elisabeth Barry	2017/09/17	130,0	Elisabeth Barry	2017/09/17	95,0								
Total	230,0	Patricia Harding	2018/06/30	250,0			305,0			295,0	Elisabeth Barry	2019/10/11	227,5								
52 Div.																					
Squat	92,5			150,0	Rouxchelle Roux	2018/06/30	150,0	Rouxchelle Roux	2018/06/30	127,5	Elisabeth Barry	2018/06/30	125,0	Miriam Sinclair	2011/06/24						
Bench Press	60,0	Alushka September	2013/08/10	75,0	Rouxchelle Roux	2018/06/30	75,0	Rouxchelle Roux	2018/06/30	72,5	Miriam Sinclair	2011/06/24	72,5	Miriam Sinclair	2011/06/24						
Deadlift	120,0	Alushka September	2013/08/10	137,5	Rouxchelle Roux	2018/09/08	145,0	Miriam Sinclair	2011/06/24	145,0	Miriam Sinclair	2011/06/24	145,0	Miriam Sinclair	2011/06/24						
Total	242,5			360,0	Rouxchelle Roux	2018/06/30	360,0	Rouxchelle Roux	2018/06/30	342,5	Miriam Sinclair	2011/06/24	342,5	Miriam Sinclair	2011/06/24						
57 Div.																					
Squat	120	Rouxchelle Roux	2016/07/30	140	Megan Leighton	2018/09/08	165,0	Vicki Botha	2018/06/30	165,0	Vicki Botha	2018/06/30	123,0	Carol Anthony	2021/03/26				100,0	Dulcie Duguid	2019/10/09
Bench Press	60,0	Rouxchelle Roux	2016/07/30	95,0	Megan Leighton	2017/09/17	98,0	Antoinette Kriel	2019/07/06	98,0	Antoinette Kriel	2019/07/06	60,0	Joan Swart	2018/06/30				42,5	Dulcie Duguid	2019/10/09
Deadlift	120,5	Rouxchelle Roux	2016/05/29	157,5	Megan Leighton	2018/09/08	175,0	Vicki Botha	2018/06/30	175,0	Vicki Botha	2018/06/30	135,0	Joan Swart	2018/10/20				107,5	Dulcie Duguid	2019/10/09
Total	295,0	Rouxchelle Roux	2016/07/30	387,5	Megan Leighton	2017/09/17	410,0	Vicki Botha	2018/06/30	410,0	Vicki Botha	2018/06/30	305,5	Carol Anthony	2021/03/26				250,0	Dulcie Duguid	2019/10/09
63 Div.																					
Squat	172,5	Mijuane de Wet	2021/11/10	172,5	Mijuane de Wet	2021/11/10	172,5	Mijuane de Wet	2021/11/10	152,5	Michelle de Souza	2012/06/22	120,0								
Bench Press	80,0	Mijuane de Wet	2021/03/26	94,0	Megan Leighton	2018/06/30	110,0	Megan Leighton	2021/11/10	72,5	Michelle de Souza	2011/12/15	70,0	Joan Swart	2019/10/10						
Deadlift	162,5	Mijuane de Wet	2021/11/10	162,5	Mijuane de Wet	2021/11/10	175,0	Michelle de Souza	2011/12/15	175,0	Michelle de Souza	2011/12/15	137,5	Joan Swart	2019/10/10						
Total	415,0	Mijuane de Wet	2021/11/10	415,0	Mijuane de Wet	2021/11/10	415,0	Mijuane de Wet	2021/11/10	392,5	Michelle de Souza	2012/06/22	320,0								
69 Div.																					
Squat	125,0			140,0			160,0			140,0			125,0								
Bench Press	65,0			72,5			82,5			80,0	Vanessa Lessing	2021/03/26	65,0								
Deadlift	137,5			152,5			177,5			152,5	Vanessa Lessing	2021/03/26	137,5								
Total	330,0			367,5			422,5			367,5			330,0								
76 Div.																					
Squat	130,0			150,0			172,5			150,0			130,0								
Bench Press	67,5			77,5			90			77,5			67,5								
Deadlift	177,5			165,0			190,0			165,0			177,5								
Total	245,0			395,0			455,0			395,0			345,0								
84 Div.																					
Squat	135,0			192,5	Lezaan Jordaan	2018/09/08	193,0	Jacqui Rees	2021/03/26	193,0	Jacqui Rees	2021/03/26	135,0								
Bench Press	72,5			115,0	Lezaan Jordaan	2018/09/08	117,5	Nicola Green	2020/02/22	107,5	Jacqui Rees	2021/03/26	72,5								
Deadlift	152,5			192,5	Lezaan Jordaan	2018/09/08	205,0			190,0	Jacqui Rees	2021/11/13	152,5								
Total	360,0			500,0	Lezaan Jordaan	2018/09/08	500,0	Lezaan Jordaan	2018/09/08	488,0	Jacqui Rees	2021/03/26	360,0								
84+ Div.																					
Squat	145,0			200,0	Esmay Smith	2011/06/24	205,0	Christi Rees	2021/03/26	185,0	Jacqui Rees	2020/02/22	145,0								
Bench Press	77,5			95,0	Juanita Visser	2013/06/22	170,0	Christi Rees	2021/11/13	110,0	Jacqui Rees	2020/02/22	77,5								
Deadlift	157,5			187,5			215,0			185,0	Jacqui Rees	2020/02/22	157,5								
Total	380,0			460,0	Esmay Smith	2011/06/24	550,0	Christi Rees	2021/03/26	480,0	Jacqui Rees	2020/02/22	380,0								

SOUTH AFRICAN MENS EQUIPPED BENCH PRESS RECORDS AS AT 13/11/2021

2021/11/13	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+		
53	92,5			120,0	Ivan Kotze	2016/07/30															
59	105,0	Marcel Vorster	2012/08/28	122,5	Jacques Fourie	2012/10/20	137,5			115,0			110,0			102,5			95,0		
66	125,0	Louis Moorcroft	2018/04/28	173,0	Marcel Vorster	2017/09/17	173,0	Marcel Vorster	2017/09/17	127,5			120,0			112,5			105,0		
74	145,0	Christo Gerber	2011/10/22	185,0	Jason Meyer	2011/12/15	200,5	Marlon Daniels	2019/07/06	200,5	Marlon Daniels	2019/07/06	135,0			125,0			115,0	Dan Oppenheim	2016/10/03
83	137,5			187,5	Pieter Fourie	2011/06/24	202,5	Marlon Daniels	2018/04/28	202,5	Marlon Daniels	2018/04/28	150,0	Peter Vermaak	2015/02/07	150,0	Peter Vermaak	2015/02/07	132,5		
93	160,0	Sean Stander	2014/02/15	200,0	Adrian Smith	2016/11/27	225,0	Etienne Potgieter	2014/02/15	215,0	Pieter Erasmus	2018/04/28	190,0	Mark Phillips	2019/05/25	153,0	Neal Coleman	2014/02/15	145,0		
105	165,0	Ruben Snyman	2018/04/28	245,0	Johan Smith	2014/02/15	245,0	Johan Smith	2014/02/15	215,0	Yegi Williams	2011/10/22	190,0	Ian Buckle	2012/10/20	185,0	Colin Young	2019/02/23	150,0		
120	165,0			235,0	Juan Booyse	2012/10/20	255,0	Andre Cloete	2012/10/20	200,0	Craig Van Wyk	2018/02/17	200,0	Craig Van Wyk	2018/02/17	165,0			160,0		
120+	170,0			257,5	Juan Booyse	2013/06/22	280,0	Mathys Herbst	2019/10/12	280,0	Mathys Herbst	2019/10/12	255,0	Ian Furman	2021/03/27	170,0			165,0		

SOUTH AFRICAN WOMENS EQUIPPED BENCH PRESS RECORDS AS AT 13/11/2021

2021/11/13	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69			Master IV 70+		
43	50,0			60,0																	
47	55,0			65,0			75,0			70,0	Liliana Coleman	2011/10/22	55,0								
52	60,0	Alushka September	2013/08/10	75,0	Rouxchelle Roux	2018/06/30	80,0			72,5	Miriam Sinclair	2011/06/24	72,5	Miriam Sinclair	2011/06/24						
57	68,0	Rouxchelle Roux	2016/11/27	102,5	Megan Leighton	2018/04/28	102,5	Megan Leighton	2018/04/28	98,0	Antoinette Kriel	2019/07/06	67,5						45,0	Dulcie Duguid	2020/02/22
63	80,0	Mijuane de Wet	2021/03/26	105,0	Megan Leighton	2019/10/06	110,0	Megan Leighton	2021/11/10	80,0	Vicky Botha	2014/02/15	72,5								
69	77,5			90,0			100,0			90,0			77,5								
76	82,5			97,5			105,0			97,5			82,5								
84	90,0			115,0	Lezaan Jordaan	2018/09/08	125,0	Nicola Green	2019/10/06	107,5	Jacqui Rees	2021/03/26	90,0								
84+	95,0			112,5			170,0	Christi Rees	2021/11/13	110,0	Jacqui Rees	2020/02/22	95,0								