

2022/03/12	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	235,0	Marchelle Strydom	2021/12/01	280,0	Adrian Smith	20															

SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 12/03/2022																					
2022/03/12	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	150,0	Antoinette Kriel	2021/12/01				100,0	Dulcie Duguid	2019/10/09
Bench Press	60,0	Rouxchelle Roux	2016/07/30	95,0	Megan Leighton	2017/09/17	105,0	Antoinette Kriel	2021/12/01	105,0	Antoinette Kriel	2021/12/01	105,0	Antoinette Kriel	2021/12/01				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	160,0	Antoinette Kriel	2021/12/01				107,5	Dulcie Duguid	2019/10/09
Total	295,0	Rouxchelle Roux	2016/07/30	387,5	Megan Leighton	2017/09/17	415,0	Antoinette Kriel	2021/12/01	415,0	Antoinette Kriel	2021/12/01	415,0	Antoinette Kriel	2021/12/01				250,0	Dulcie Duguid	2019/10/09
63 Div.																					
Squat	175,0	Mijuane de Wet	2021/12/01	175,0	Mijuane de Wet	2021/12/01	175,0	Mijuane de Wet	2021/12/01	152,5	Michelle de Souza	2012/06/22	120,0								
Bench Press	87,5	Mijuane de Wet	2021/12/01	94,0	Megan Leighton	2018/06/30	110,0	Meagan Leighton	2021/11/10	72,5	Michelle de Souza	2011/12/15	70,0	Joan Swart	2019/10/10						
Deadlift	167,5	Mijuane de Wet	2021/12/01	167,5	Mijuane de Wet	2021/12/01	175,0	Michelle de Souza	2011/12/15	175,0	Michelle de Souza	2011/12/15	137,5	Joan Swart	2019/10/10						
Total	430,0	Mijuane de Wet	2021/12/01	430,0	Mijuane de Wet	2021/12/01	430,0	Mijuane de Wet	2021/12/01	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 12/03/2022

2022/03/12	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	157,5	Tommie de Nysschen	2022/03/12	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 Potaleter	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	190,5	Johnny Dam	2022/03/12	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 12/03/2022

2022/03/12	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	105,0	Antoinette Kriel	2021/12/01	105,0	Antoinette Kriel	2021/12/01	105,0	Antoinette Kriel	2021/12/01				45,0	Dulcie Duguid	2020/02/22
63	87,5	Mijuane de Wet	2021/12/01	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								