SOUTH AFRICAN MENS EQUIPPED POWERLIFTING RECORDS AS AT 06/08/2022

2022/08/06	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	165,0	Tommie de Nysschen	2022/08/06	165,0	Tommie de Nysschen	2022/08/06	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	270,0	Adrian Smith	2018/06/30	315,0	Pieter Fourie	2013/06/22	275,0	Pieter Erasmus	2011/06/24	241,0	Johnny Dam	2022/08/06	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	175,0	Johnny Dam	2022/08/06	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	Joncy Page	2019/10/11	270,0	Johnny Dam	2022/08/06	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	686,0	Johnny Dam	2022/08/06	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	287,5	Christo Schoonraad	2022/08/06	287,5	Christo Schoonraad	2022/08/06	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			278,0	Christo Schoonraad	2022/08/06	278,0	Christo Schoonraad	2022/08/06	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	750,5	Christo Schoonraad	2022/08/06	750,5	Christo Schoonraad	2022/08/06	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	290,0	Hermanus de Beer	2022/08/06	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 06/08/2022

2022/08/06	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	Megan 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	130,0	Heike Groenwald	2022/08/06	140,0			160,0			140,0	Vanessa Lessing	2022/08/06	125,0								
Bench Press	65,0	Heike Groenwald	2022/08/06	72,5			112,5	Megan Leighton	2022/08/06	87,5	Vanessa Lessing	2022/08/06	65,0								
Deadlift	137,5			152,5			177,5			152,5	Vanessa Lessing	2021/03/26	137,5								
Total	330,0	Heike Groenwald	2022/08/06	367,5			422,5			380,0	Vanessa Lessing	2022/08/06	330,0								
76 Div.																					
Squat	130,0			150,0			172,5			150,0			130,0								
Bench Press	67,5			77,5			107,5	Chantelle du Toit	2022/08/06	77,5			67,5								
Deadlift	177,5			165,0			190,0			165,0			177,5								
Total	345,0			395,0			455,0			395,0			345,0								
84 Div.																					
Squat	135,0			192,5	Lezaan Jordaan	2018/09/08	202,5	Jacqui Rees	2022/08/06	202,5	Jacqui Rees	2022/08/06	135,0								
Bench Press	72,5			115,0	Lezaan Jordaan	2018/09/08	117,5	Nicola Green	2020/02/22	110,0	Jacqui Rees	2022/08/06	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	492,5	Jacqui Rees	2022/08/06	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 06/08/2022

2022/08/06	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	165,0	Tommie de Nysschen	2022/08/06	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	190,5	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 06/08/2022

2022/08/06	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			112,5	Megan Leighton	2022/08/06	90,0			77,5								
76	82,5			97,5			107,5	Chantelle du Toit	2022/08/06	97,5			82,5								
84	90,0			115,0	Lezaan Jordaan	2018/09/08	125,0	Nicola Green	2019/10/06	110,0	Jacqui Rees	2022/08/06	90,0								
84+	95,0			112,5			170,0	Christi Rees	2021/11/13	110,0	Jacqui Rees	2020/02/22	95,0								