

| 2023/11/03  | 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 | 155,5 | Tshepo Mulaudzi | 2022/03/27 |  |  |        |                   |            |  |          |                  |            |  |           |                   |            |  |            |                 |            |  |           |               |            |  |
| 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 | 102,0 |                 |            |  |  | 120,0  |                   |            |  | 97,5     |                  |            |  | 87,5      |                   |            |  | 80,0       |                 |            |  | 77,5      |               |            |  |
| Deadlift    | 182,5      | Rafi Saacks         | 2022/03/27 | 200,0 | Clint Williams  | 2014/06/01 |  |  | 252,5  | Imdadullah Adam   | 2021/04/25 |  | 150,0    |                  |            |  | 137,5     |                   |            |  | 127,5      |                 |            |  | 117,5     |               |            |  |
| Total       | 380,0      | Rafi Saacks         | 2022/09/04 | 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 |  |  | 215,0  | Marcel Vorster    | 2022/06/11 |  | 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 Pregniolato | 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 Pregniolato | 2014/06/01 | 550,0 | Brandon Samuels | 2019/10/06 |  |  | 552,5  | Marcel Vorster    | 2022/06/11 |  | 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       | 185,0      | Xander Nel          | 2022/09/04 | 230,0 | Suvar Maharaj   | 2021/12/04 |  |  | 230,0  | Suvar Maharaj     | 2021/12/04 |  | 212,5    | Jacobus Phalatsi | 2021/04/25 |  | 190,0     | Ian Hacker        | 2021/12/04 |  | 137,5      |                 |            |  | 133,5     | Dan Oppenheim | 2021/04/25 |  |
| Bench Press | 125,0      | Ismael Aasif Ahmed  | 2013/12/08 | 142,5 | Caneous Mdiluli | 2022/03/27 |  |  | 168,0  | Ziyaad Samodien   | 2022/03/27 |  | 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    | 220,0      | Sonu Singh          | 2022/09/04 | 270,0 | Wynand Kuhn     | 2022/09/04 |  |  | 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       | 490,0      | Sonu Singh          | 2022/09/04 | 607,5 | Suvar Maharaj   | 2021/12/04 |  |  | 675,0  | Harry Shomalistos | 2014/06/01 |  | 589,0    | Jacobus Phalatsi | 2021/04/25 |  | 512,5     | Ian Hacker        | 2021/12/04 |  | 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 |  |  | 247,5  | Marlon Daniels    | 2022/06/11 |  | 247,5    | Marlon Daniels   | 2022/06/11 |  | 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 |  | 145,0     | Tommy de Nysschen | 2022/03/27 |  | 105,0      |                 |            |  | 102,5     | Dan Oppenheim | 2015/03/27 |  |
|             |            |                     |            |       |                 |            |  |  |        |                   |            |  |          |                  |            |  |           |                   |            |  |            |                 |            |  |           |               |            |  |

# SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 11/03/2023

| 2023/11/03      | Sub-Junior (14-18) |                        |            | Junior (19-23) |                      |            | Senior |                     |            | Master I 40-49 |                  |            | Master II 50-59 |                  |            | Master III 60-69 |                 |            | Master IV 70+ |               |            |
|-----------------|--------------------|------------------------|------------|----------------|----------------------|------------|--------|---------------------|------------|----------------|------------------|------------|-----------------|------------------|------------|------------------|-----------------|------------|---------------|---------------|------------|
| <b>43 Div.</b>  |                    |                        |            |                |                      |            |        |                     |            |                |                  |            |                 |                  |            |                  |                 |            |               |               |            |
| 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          |                      |            |        |                     |            |                |                  |            |                 |                  |            |                  |                 |            |               |               |            |
| <b>47 Div.</b>  |                    |                        |            |                |                      |            |        |                     |            |                |                  |            |                 |                  |            |                  |                 |            |               |               |            |
| 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           |                  |            |                  |                 |            |               |               |            |
| <b>52 Div.</b>  |                    |                        |            |                |                      |            |        |                     |            |                |                  |            |                 |                  |            |                  |                 |            |               |               |            |
| 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 | 155,0  | Farzana Botha       | 2022/06/03 | 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 |                  |                 |            |               |               |            |
| <b>57 Div.</b>  |                    |                        |            |                |                      |            |        |                     |            |                |                  |            |                 |                  |            |                  |                 |            |               |               |            |
| Squat           | 113,0              | Mijuane de Wet         | 2020/01/01 | 123,0          | Megan Leighton       | 2017/03/18 | 140,0  | Sasha Payne         | 2022/03/27 | 135,0          | Vicki Botha      | 2021/04/25 | 130,0           | Antoinette Kriel | 2022/06/11 | 82,5             | Miriam Sinclair | 2021/04/25 | 70,0          | Dulcie Duguid | 2022/03/27 |
| Bench Press     | 60,0               | Caitlin Poxon          | 2018/05/20 | 78,0           | Alexandra Mundell    | 2022/03/27 | 95,5   | Antoinette Kriel    | 2017/03/18 | 95,5           | Antoinette Kriel | 2017/03/18 | 87,5            | Antoinette Kriel | 2022/03/27 | 57,5             | Miriam Sinclair | 2021/12/04 | 35,0          | Dulcie Duguid | 2022/03/27 |
| Deadlift        | 132,5              | Megan Leighton         | 2013/12/08 | 160,0          | Alexandra Mundell    | 2022/03/27 | 170,0  | Antoinette Kriel    | 2017/09/17 | 170,0          | Antoinette Kriel | 2022/06/11 | 122,5           | Miriam Sinclair  | 2021/12/04 | 92,5             | Dulcie Duguid   | 2022/03/27 |               |               |            |
| Total           | 290,0              | Caitlin Poxon          | 2018/05/20 | 355,5          | Alexandra Mundell    | 2022/03/27 | 383,5  | Antoinette Kriel    | 2017/03/18 | 383,5          | Antoinette Kriel | 2017/03/18 | 375,0           | Antoinette Kriel | 2022/06/11 | 260,0            | Miriam Sinclair | 2021/12/04 | 197,5         | Dulcie Duguid | 2022/03/27 |
| <b>63 Div.</b>  |                    |                        |            |                |                      |            |        |                     |            |                |                  |            |                 |                  |            |                  |                 |            |               |               |            |
| Squat           | 140,0              | Mijuane de Wet         | 2021/10/03 | 140,0          | Mijuane de Wet       | 2021/10/03 | 150,0  | Michelle Tromp      | 2018/05/20 | 140,0          | Sorah Garber     | 2022/03/27 | 110,0           | Ronel Reyneke    | 2019/03/30 | 100,0            | Susan Farrell   | 2019/06/15 | 70,0          | Susan Farrell | 2021/04/25 |
| Bench Press     | 66,0               | Mijuane de Wet         | 2022/03/27 | 70,5           | Caitlin Poxon        | 2020/01/01 | 90,5   | Sorah Garber        | 2022/03/27 | 90,5           | Sorah Garber     | 2022/03/27 | 65,5            | Ronel Reyneke    | 2020/01/01 | 52,5             | Susan Farrell   | 2019/06/15 | 45,0          | Susan Farrell | 2021/04/25 |
| Deadlift        | 160,5              | Mijuane de Wet         | 2022/03/27 | 160,5          | Mijuane de Wet       | 2022/03/27 | 170,0  | Daniella da Silva   | 2022/03/27 | 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           | 366,5              | Mijuane de Wet         | 2022/03/27 | 366,5          | Mijuane de Wet       | 2022/03/27 | 403,0  | Michelle Tromp      | 2018/05/20 | 385,5          | Sorah Garber     | 2022/03/27 | 292,5           | Ronel Reyneke    | 2019/03/30 | 277,5            | Susan Farrell   | 2019/06/15 | 220,0         | Susan Farrell | 2021/04/25 |
| <b>69 Div.</b>  |                    |                        |            |                |                      |            |        |                     |            |                |                  |            |                 |                  |            |                  |                 |            |               |               |            |
| Squat           | 142,5              | Charmleigh Kotzé       | 2022/03/27 | 142,5          | Charmleigh Kotzé     | 2022/03/27 | 142,5  | Charmleigh Kotzé    | 2022/03/27 | 140,0          | Amanda Meyer     | 2021/04/25 | 110,0           | Lana Kleynhans   | 2021/04/25 |                  |                 |            |               |               |            |
| Bench Press     | 72,5               | Charmleigh Kotzé       | 2022/03/27 | 77,5           | Tyla Coetsee         | 2021/12/04 | 82,5   | Monica Longhurst    | 2021/12/04 | 82,5           | Monica Longhurst | 2021/12/04 | 75,0            | Lana Kleynhans   | 2021/04/25 |                  |                 |            |               |               |            |
| Deadlift        | 147,5              | Charmleigh Kotzé       | 2022/03/27 | 150,5          | Caitlin Poxon        | 2022/03/27 | 175,0  | Kimberley Beyl      | 2022/06/11 | 170,0          | Laura de Wet     | 2022/03/27 | 163,0           | Lana Kleynhans   | 2021/04/25 |                  |                 |            |               |               |            |
| Total           | 362,5              | Charmleigh Kotzé       | 2022/03/27 | 362,5          | Charmleigh Kotzé     | 2022/03/27 | 392,5  | Kimberley Beyl      | 2022/06/11 | 380,0          | Laura de Wet     | 2022/03/27 | 348,0           | Lana Kleynhans   | 2021/04/25 |                  |                 |            |               |               |            |
| <b>76 Div.</b>  |                    |                        |            |                |                      |            |        |                     |            |                |                  |            |                 |                  |            |                  |                 |            |               |               |            |
| Squat           | 132,5              | Rochelle van der Merwe | 2022/12/03 | 155,0          | Olivia White         | 2022/12/03 | 160,0  | Nicole Cooposamy    | 2022/06/11 | 137,5          | Corien Potgieter | 2021/04/25 | 137,5           | Corien Potgieter | 2021/04/25 |                  |                 |            |               |               |            |
| Bench Press     | 65,0               | Rochelle van der Merwe | 2022/12/03 | 90,0           | Olivia White         | 2022/12/03 | 90,0   | Nicole Cooposamy    | 2022/06/11 | 85,0           | Monica Longhurst | 2022/03/27 | 83,0            | Corien Potgieter | 2021/04/25 |                  |                 |            |               |               |            |
| Deadlift        | 155,5              | Rochelle van der Merwe | 2022/12/03 | 162,5          | Olivia White         | 2022/12/03 | 197,5  | Nicole Cooposamy    | 2022/06/11 | 163,0          | Pia Marangoni    | 2022/03/27 | 160,5           | Corien Potgieter | 2021/04/25 |                  |                 |            |               |               |            |
| Total           | 353,0              | Rochelle van der Merwe | 2022/12/03 | 407,5          | Olivia White         | 2022/12/03 | 447,5  | Nicole Cooposamy    | 2022/06/11 | 381,0          | Corien Potgieter | 2021/04/25 | 381,0           | Corien Potgieter | 2021/04/25 |                  |                 |            |               |               |            |
| <b>84 Div.</b>  |                    |                        |            |                |                      |            |        |                     |            |                |                  |            |                 |                  |            |                  |                 |            |               |               |            |
| 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 | 82,5           | Patty Pretorius  | 2021/12/04 | 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 | 167,5          | Patty Pretorius  | 2021/12/04 | 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 | 380,0          | Patty Pretorius  | 2021/12/04 | 338,5           | Fiona Hickman    | 2020/01/01 |                  |                 |            |               |               |            |
| <b>84+ Div.</b> |                    |                        |            |                |                      |            |        |                     |            |                |                  |            |                 |                  |            |                  |                 |            |               |               |            |
| Squat           | 135,0              | Jelhandri Rautenbach   | 2019/03/30 | 155,5          | Karin du Plessis     | 2022/03/27 | 190,5  | Kay-Lee Steyn       | 2021/04/25 | 177,5          | Tracy Ludwig     | 2016/05/28 | 107,5           |                  |            | 80,0             | Samali Bosa     | 2022/03/27 |               |               |            |
| 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            |                  |            | 52,5             | Samali Bosa     | 2022/03/27 |               |               |            |
| 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           |                  |            | 115,0            | Samali Bosa     | 2022/03/27 |               |               |            |
| 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           |                  |            | 247,5            | Samali Bosa     | 2022/03/27 |               |               |            |

## SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 33/01/2023

| 2023/11/03  | Sub-Junior (14-18) |                      |            | Junior (19-23) |                     |            | Senior |                     |            | Master I 40-49 |                  |            | Master II 50-59 |                      |            | Master III 60+ |                   |            | Master IV 70+ |               |            |
|-------------|--------------------|----------------------|------------|----------------|---------------------|------------|--------|---------------------|------------|----------------|------------------|------------|-----------------|----------------------|------------|----------------|-------------------|------------|---------------|---------------|------------|
| <b>53</b>   | 80,0               | Damon Langeveld      | 2016/03/19 | 92,5           | Edward Monaheng     | 2021/04/25 |        |                     |            |                |                  |            |                 |                      |            |                |                   |            |               |               |            |
| <b>59</b>   | 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          |               |            |
| <b>66</b>   | 107,5              | Faraz Hamayun        | 2023/01/07 | 130,0          | Marcel Vorster      | 2017/07/15 | 147,5  | Michael Botha       | 2015/03/28 | 117,5          | Steven Coleman   | 2023/01/07 | 95,0            |                      |            | 87,5           |                   |            | 82,5          | Dan Oppenheim | 2018/03/18 |
| <b>74</b>   | 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 | 132,5           | Tommy de Nysschen    | 2023/01/07 | 132,5          | Tommy de Nysschen | 2023/01/07 | 97,5          | Dan Oppenheim | 2015/06/06 |
| <b>83</b>   | 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 | 145,0           | Tommy de Nysschen    | 2022/03/27 | 135,0          | Steve Labson      | 2021/04/25 | 102,5         | Dan Oppenheim | 2015/03/27 |
| <b>93</b>   | 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 | 152,5           | Johnny Dam           | 2022/03/27 | 130,0          | Glen Thomas       | 2021/03/13 | 120           |               |            |
| <b>105</b>  | 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           |               |            |
| <b>120</b>  | 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           |               |            |
| <b>120+</b> | 170,0              | Martin van der Merwe | 2019/03/30 | 185,0          | Juan Booyse         | 2013/02/23 | 223,0  | Stefan Schroder     | 2023/01/07 | 210,0          | Ian Mouton       | 2015/03/28 | 200,0           | Ian Furman           | 2017/09/17 | 132,5          |                   |            | 127,5         |               |            |

## SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 11/03/2022

| 2023/11/03 | Sub-Junior (14-18) |                        |            | Junior (19-23) |                   |            | Senior |                    |            | Master I 40-49 |                  |            | Master II 50-59 |                  |            | Master III 60+ |                 |            | Master IV 70+ |               |            |
|------------|--------------------|------------------------|------------|----------------|-------------------|------------|--------|--------------------|------------|----------------|------------------|------------|-----------------|------------------|------------|----------------|-----------------|------------|---------------|---------------|------------|
| <b>43</b>  | 35,0               |                        |            | 42,5           |                   |            |        |                    |            |                |                  |            |                 |                  |            |                |                 |            |               |               |            |
| <b>47</b>  | 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            |                  |            |                |                 |            |               |               |            |
| <b>52</b>  | 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 |                |                 |            |               |               |            |
| <b>57</b>  | 60,0               | Caitlin Poxon          | 2018/05/20 | 78,0           | Alexandra Mundell | 2022/03/27 | 95,5   | Antoinette Kriel   | 2017/03/18 | 95,5           | Antoinette Kriel | 2017/03/18 | 87,5            | Antoinette Kriel | 2022/03/27 | 57,5           | Miriam Sinclair | 2021/11/30 | 35,0          | Dulcie Duguid | 2022/03/27 |
| <b>63</b>  | 66,0               | Mijuanne de Wet        | 2022/03/27 | 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 |
| <b>69</b>  | 72,5               | Charnleigh Kotzé       | 2022/03/27 | 85,0           | Charnleigh Kotzé  | 2023/01/07 | 85,0   | Charnleigh Kotzé   | 2023/01/07 | 82,5           | Monica Longhurst | 2021/12/03 | 75,0            | Lana Kleynhans   | 2021/04/25 |                |                 |            |               |               |            |
| <b>76</b>  | 67,5               | Rochelle van der Merwe | 2023/03/11 | 90,0           | Olivia White      | 2022/12/03 | 90,0   | Nicole Coopoomsamy | 2022/06/11 | 85,0           | Monica Longhurst | 2022/03/27 | 83,0            | Corien Potgieter | 2021/04/25 |                |                 |            |               |               |            |
| <b>84</b>  | 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 |                |                 |            |               |               |            |
| <b>84+</b> | 90,0               | Jelhandri Rautenbach   | 2019/03/30 | 92,5           | Sunelle Putter    | 2023/03/11 | 115,0  | Lauren Norton      | 2019/05/17 | 90,0           | Tracy Ludwig     | 2016/05/28 | 65,0            |                  |            | 52,5           | Samali Bosa     | 2022/03/27 |               |               |            |