

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 20/10/2018																					
2018/10/20	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																	
Deadlift	155.0	Chaka Dalfie	2017/03/18	145.0																	
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	172.5			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	200.0	Clint Williams	2014/06/01	150.0			137.5			127.5			117.5		
Total	375.0	Dalvie Chaka	2017/09/17	447.5	Clint Williams	2014/06/01	477.5			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	200.0	Marcel Vorster	2017/07/15	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 Pregolato	2014/03/15	230.0	Brandon Samuels	2018/03/18	240.0	Remi Fredericks	2014/03/15	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	450.0	Mpho Hlanyane	2017/09/17	525.0	Marcel Vorster	2017/07/15	535.0	Jacobus Philatsi	2014/06/01	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	165.0	Elan Donninger	2016/03/19	210.0	Sintewilles Pietersen	2015/02/27	220.5	Andrew Ramsay	2017/05/07	165.0	Stanley Lameyer	2017/03/18	165.0	Stanley Lameyer	2017/03/18	137.5			132.5	Dan Oppenheim	2015/06/06
Bench Press	125.0	Ismael Aasif Ahmed	2013/12/08	135.0	Dawood Abduragheem	2016/03/19	150.0	Harry Shomalistos	2014/06/01	120.0	Tommy de Nysschen	2016/05/28	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	242.5	Jason Stolzenberg	2016/03/19	305.0	Harry Shomalistos	2014/06/01	210.0	David Quatse	2014/03/15	210.0	David Quatse	2014/03/15	205kg	Yunus Hassen	2018/05/20	185	Dan Oppenheim	2015/06/06
Total	480.0	Ismael Aasif Ahmed	2013/12/08	565.0	Japhta Khalapa	2014/03/15	675.0	Harry Shomalistos	2014/06/01	465.0	David Quatse	2014/03/15	465.0	David Quatse	2014/03/15	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	187.5	Ian Hacker	2017/09/17	152.5			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	120.0	Tommy de Nysschen	2018/05/20	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	287.5	Dean Van Wyk	2014/03/15	235.0	Allistair Begg	2017/09/17	226.0	Patrick Banda	2018/05/20	182.5	Dan Oppenheim	2016/03/19	182.5	Dan Oppenheim	2016/03/19
Total	630.0	Joaquim de Jenga	2017/06/25	660.0	Jade Blake	2016/05/28	665.0	Mathew Coppenhall	2015/03/27	618.0	Marlon Daniels	2018/03/18	515.0	Ian Hacker	2017/09/17	423.5	Dan Oppenheim	2016/03/19	423.5	Dan Oppenheim	2016/03/19
93 Div.																					
Squat	247.5	Joshua Kiggen	2017/09/17	270.0	Jade Blake	2017/09/17	270.0	Jade Blake	2017/09/17	228.0	Henk de Wet	2018/05/20	200.0	Ebrahim Mobara	2018/03/18	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	150.0	Henk de Wet	2015/03/28	122.5			112.5	Robert Huff	2013/02/23	102.5		
Deadlift	262.5	Joshua Kiggen	2017/03/18	290.0	Nelson Sitsili	2014/06/01	300.0	Jean-Arthur Pretorius	2017/09/17	270.0	Henk de Wet	2015/03/28	230.0	Ebrahim Mobara	2018/03/18	185.0	Robert Huff	2013/02/23	160		
Total	660.0	Joshua Kiggen	2017/09/17	700.0	Jade Blake	2017/09/17	710.0	Jade Blake	2018/05/20	630.5	Henk de Wet	2018/05/20	545.0	Ebrahim Mobara	2018/03/18	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	245.0	Christo Schoonraad	2017/10/21	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	162.0	Colin Young	2018/10/20	166.0	Colin Young	2018/10/20	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	253.0	Christo Schoonraad	2018/03/18	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	638.0	Christo Schoonraad	2018/03/18	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	325.0	Benedict Buccarizza	2017/03/18	235.0	Madikane Faku	2017/03/18	202.5	Gerhardus Oosthuizen	2015/06/06	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	198.0	Gerhardus Oosthuizen	2015/06/06	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	252.5	Gerhardus Oosthuizen	2015/06/06	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	220.0	Johnde Victor	2016/05/28	275.0	Jerome Korf	2017/03/18	317.5	Mathys Herbst	2018/03/18	317.5	Mathys Herbst	2018/03/18	210.0	Burton Haupt	2017/03/18	182.5			180		
Bench Press	145.0	Johnde Victor	2015/12/01	190.0	Jerome Korf	2017/03/18	210.0	Ian Mouton	2015/03/28	210.0	Ian Mouton	2015/03/28	150.0	Burton Haupt	2017/09/17	127.5			120		
Deadlift	247.5	Johnde Victor	2016/05/28	305.0	Jerome Korf	2017/03/18	340.0	Kyle Noonan	2018/05/20	317.5	Mathys Herbst	2018/03/18	245.0	Burton Haupt	2017/09/17	197.5			215		
Total	612.5	Johnde Victor	2016/05/28	770.0	Jerome Korf	2017/03/18	825.5	Kyle Noonan	2018/05/20	820.0	Mathys Herbst	2018/03/18	600.0	Burton Haupt	2017/03/18	507.5			475		

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2018/10/20	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69		
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	107.5	Patricia Harding	2018/03/18	142.5	Mariska Casey	2018/06/17	142.5	Mariska Casey	2018/06/17	70.0					
Total	205.0	Patricia Harding	2018/03/18	207.5			308.0	Mariska Casey	2018/03/18	308.0	Mariska Casey	2018/03/18	170.0					
52 Div.																		
Squat	90.0	Mijuane de Wet	2018/03/18	107.5	Rouxchelle Roux	2017/07/15	133.0	Jeanri Bezuidenhout	2017/03/18	120.0	Antoinette Kriel	2016/06/26	82.5	Carol Anthony	2018/06/17			
Bench Press	40.0	Rochelle de Beer	2014/06/01	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	105.0	Mijuane de Wet	2018/03/18	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	230.0	Mijuane de Wet	2018/03/18	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	112.5	Caitlin Poxon	2018/05/20	123.0	Megan Leighton	2017/03/18	135.0	Jeanri Bezuidenhout	2017/09/17	130.0	Vicki Botha	2018/03/18	90.0	Miriam Sinclair	2014/06/01	75.0	Dulcie Duguid	2018/03/18
Bench Press	60.0	Caitlin Poxon	2018/05/20	70.5	Megan Leighton	2017/03/18	95.5	Antoinette Kriel	2017/03/18	95.5	Antoinette Kriel	2017/03/18	53.0	Joan Swart	2018/05/20	37.5	Dulcie Duguid	2018/03/18
Deadlift	132.5	Megan Leighton	2013/12/08	147.5	Megan Leighton	2016/10/22	170.0	Antoinette Kriel	2017/09/17	170.0	Antoinette Kriel	2017/09/17	127.5	Carol Anthony	2016/10/22	92.5	Dulcie Duguid	2018/03/18
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	267.5	Miriam Sinclair	2014/06/01	205.0	Dulcie Duguid	2018/03/18
63 Div.																		
Squat	120.0	Caitlin Poxon	2017/09/17	127.5	Sasha Payne	2018/05/20	150.0	Michelle Tromp	2018/05/20	127.5	Vicki Botha	2017/03/18	95.0	Susan Farrell	2018/05/20	95.0	Susan Farrell	2018/05/20
Bench Press	57.5	Caitlin Poxon	2017/09/17	68.5	Sasha Payne	2018/05/20	85.0	Michelle Tromp	2018/05/20	75.0	Vicki Botha	2017/03/18	57.5	Candice Firmani	2017/09/17	47.5	Susan Farrell	2017/09/17
Deadlift	125.0	Caitlin Poxon	2017/06/25	150.5	Sasha Payne	2018/05/20	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
Total	297.5	Caitlin Poxon	2017/09/17	346.5	Sasha Payne	2018/05/20	403.0	Michelle Tromp	2018/05/20	368.0	Vicki Botha	2017/03/18	272.5	Susan Farrell	2018/06/17	272.5	Susan Farrell	2018/06/17
72 Div.																		
Squat	137.5	Ciara Morley	2018/05/20	122.5	Dina Power	2017/09/17	157.5	Olivia Perotti	2018/05/20	148.0	Laura de Wet	2016/10/22	102.5	Candice Firmani	2017/06/25			
Bench Press	60.0	Nicole Ferreira	2017/06/25	67.5	Kashka Hobbs	2016/03/19	86.0	Chantelle du Toit	2018/03/18	75.0	Laura de Wet	2016/03/19	61.0	Lana Kleynhans	2018/03/18			
Deadlift	145.0	Nicole Ferreira	2017/03/18	160.0	Dina Power	2017/09/17	187.5	Laura de Wet	2017/09/17	187.5	Laura de Wet	2017/09/17	142.5	Lana Kleynhans	2018/03/18			
Total	335.0	Ciara Morley	2018/05/20	342.5	Dina Power	2017/09/17	410.0	Laura de Wet	2017/09/17	410.0	Laura de Wet	2017/09/17	282.5	Marion Tanzer	2018/06/17			
84 Div.																		
Squat	142.5	Jelhandri Rautenbach	2017/09/17	165.0	Lezaan Jordaan	2018/05/20	170.0	Cailleigh Dade	2017/09/17	142.5	Pia Marangoni	2018/06/17	105.0	Penelope Rimmer	2018/10/20			
Bench Press	77.5	Jelhandri Rautenbach	2017/09/17	80.0	Lezaan Jordaan	2017/07/15	90.0	Sandri van Staden	2017/09/17	67.5	Bonita Hein	2014/03/15	55.0	Bridgette Quagliani	2017/03/18			
Deadlift	160.0	Jelhandri Rautenbach	2017/09/17	202.5	Lezaan Jordaan	2018/05/20	202.5	Lezaan Jordaan	2018/05/20	157.5	Bonita Hein	2017/05/07	125.0	Penelope Rimmer	2018/10/20			
Total	380.0	Jelhandri Rautenbach	2017/09/17	442.5	Lezaan Jordaan	2018/05/20	442.5	Cailleigh Dade	2017/09/17	347.5	Pia Marangoni	2018/06/17	277.5	Penelope Rimmer	2018/10/20			
84+ Div.																		
Squat	127.5	Megan Rogers	2017/09/17	155.0	Kay-Lee Steyn	2017/09/17	190.0	Lauren Norton	2018/03/18	177.5	Tracy Ludwig	2016/05/28	107.5					
Bench Press	62.5	Megan Rogers	2017/09/17	80.0	Juanita Visser	2014/06/01	110.0	Lauren Norton	2018/03/18	90.0	Tracy Ludwig	2016/05/28	57.5					
Deadlift	132.5	Megan Rogers	2017/09/17	190.0	Juanita Visser	2014/06/01	205.0	Lauren Norton	2017/09/17	202.5	Tracy Ludwig	2016/05/28	120.0					
Total	322.5	Megan Rogers	2017/09/17	420.0	Juanita Visser	2014/06/01	500.0	Lauren Norton	2018/03/18	470.0	Tracy Ludwig	2016/05/28	285.0					

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 20/10/2018																					
2018/10/20	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																	
59	102.5	Tashriq Hendriks	2013/02/23	102.5	Tashriq Hendriks	2013/02/23	115.0			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				95.0			87.5			82.5	
74	160.0	Yonela Mbembe	2016/05/21	170.0	Yonela Mbembe	2017/05/07	170.0	Yonela Mbembe	2017/05/07	147.5	Marlon Daniels	2016/10/22	120.0	Tommy de Nysschen	2016/05/28	100.0	Dan Oppenheim	2012/02/25	97.5	Dan Oppenheim	
83	147.5	Joaquim de Jenga	2017/06/25	172.5	Jade Blake	2016/10/22	175.0	Ricardo Fitzpatrick	2016/05/28	165.0	Marlon Daniels	2018/02/17	133.5	Peter Vermaak	2015/02/07	133.5	Peter Vermaak	2015/02/07	102.5	Dan Oppenheim	
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	130.0	Cedric Saffy	2013/02/23	125.0	Neal Coleman	2014/02/15	120		
105	140.0	Berto Smith	2014/02/15	205.0	Johan Smith	2014/06/01	205.0	Johan Smith	2014/06/01	177.5	Sean Manders	2016/06/26	166.0	Colin Young	2018/10/20	166.0	Colin Young	2018/10/20	120		
120	155.0	Jerome Korf	2013/02/23	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+	150.0	Johnde Victor	2016/05/21	190.0	Jerome Korf	2017/03/18	210.0	Ian Mouton	2015/03/28	210.0	Ian Mouton	2015/03/28	200.0	Ian Furman	2017/09/17	132.5			127.5		
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2018/10/20	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+					
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	40.0	Rochelle de Beer	2014/06/01	65.0	Amber-Jade Meth	2018/03/18	87.5	Antoinette Kriel	2016/05/21	87.5	Antoinette Kriel	2016/05/21	62.5	Liliana Coleman	2015/02/07						
57	60.0	Caitlin Poxon	2018/05/20	70.5	Megan Leighton	2017/03/18	95.5	Antoinette Kriel	2017/03/18	95.5	Antoinette Kriel	2017/03/18	53.0	Joan Swart	2018/05/20						
63	62.5	Caitlin Poxon	2018/02/17	72.5	Megan Leighton	2016/11/27	95.0	Antoinette Kriel	2016/11/27	95.0	Antoinette Kriel	2016/11/27	60.0	Candice Firmani	2018/02/17	47.5	Susan Farrell	2017/09/17			
72	70.0	Mbasa Qilingele	2018/05/19	87.5	Kim Halgreen	2016/05/21	87.5	Kim Halgreen	2016/05/21	85.0	Corien Potgieter	2016/10/22	61.0	Lana Kleynhans	2018/03/18						
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	62.5								
84+	65.0			80.0	Juanita Visser	2014/06/01	110.0	Lauren Norton	2018/03/18	90.0	Tracy Ludwig	2016/05/28	65.0								