

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 21/10/2017									
Weight	Squat	Bench	Deadlift	Sumo	Snatch	Clean	Clean & Jerk	Squat	Bench
55	100	60	110	100	40	50	60	100	60
61	110	65	120	110	45	55	65	110	65
67	120	70	130	120	50	60	70	120	70
73	130	75	140	130	55	65	75	130	75
79	140	80	150	140	60	70	80	140	80
85	150	85	160	150	65	75	85	150	85
91	160	90	170	160	70	80	90	160	90
97	170	95	180	170	75	85	95	170	95
103	180	100	190	180	80	90	100	180	100
109	190	105	200	190	85	95	105	190	105
115	200	110	210	200	90	100	110	200	110
121	210	115	220	210	95	105	115	210	115
127	220	120	230	220	100	110	120	220	120
133	230	125	240	230	105	115	125	230	125
139	240	130	250	240	110	120	130	240	130
145	250	135	260	250	115	125	135	250	135
151	260	140	270	260	120	130	140	260	140
157	270	145	280	270	125	135	145	270	145
163	280	150	290	280	130	140	150	280	150
169	290	155	300	290	135	145	155	290	155
175	300	160	310	300	140	150	160	300	160
181	310	165	320	310	145	155	165	310	165
187	320	170	330	320	150	160	170	320	170
193	330	175	340	330	155	165	175	330	175
199	340	180	350	340	160	170	180	340	180
205	350	185	360	350	165	175	185	350	185
211	360	190	370	360	170	180	190	360	190
217	370	195	380	370	175	185	195	370	195
223	380	200	390	380	180	190	200	380	200
229	390	205	400	390	185	195	205	390	205
235	400	210	410	400	190	200	210	400	210
241	410	215	420	410	195	205	215	410	215
247	420	220	430	420	200	210	220	420	220
253	430	225	440	430	205	215	225	430	225
259	440	230	450	440	210	220	230	440	230
265	450	235	460	450	215	225	235	450	235
271	460	240	470	460	220	230	240	460	240
277	470	245	480	470	225	235	245	470	245
283	480	250	490	480	230	240	250	480	250
289	490	255	500	490	235	245	255	490	255
295	500	260	510	500	240	250	260	500	260
301	510								

2017/10/21	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	165.0	Revaldo Matras	2016/03/19	172.5			137.5		127.5			115.0			102.5			
Bench Press	97.5	Eldeano Booysen	2015/03/27	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			112.5		
Bench Press	105.0	Mpho Hlanyane	2017/03/18	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			80			
Deadlift	205.0	Ebrahim Pregnolato	2014/03/15	215.0	Arnold Vermeulen	2016/03/19	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	130		
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			325.5		
74 Div.																					
Squat	165.0	Elan Donniger	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	186.0	Yunus Hassen	2016/03/19	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	242.5	Mathew Coppenhall	2015/02/27	235.5	Marlon Daniels	2017/09/17	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	115.0	Ian Hacker	2017/09/17	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	Allstair Begg	2017/09/17	221.0	Patrick Banda	2017/05/07	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	616.0	Marlon Daniels	2017/09/17	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	227.5	Victor Mapoo	2014/06/01	197.5	Ebrahim Mobara	2017/09/17	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	225.0	Ebrahim Mobara	2017/09/17	185.0	Robert Huff	2013/02/23	160		
Total	660.0	Joshua Kiggen	2017/09/17	700.0	Jade Blake	2017/09/17	700.0	Jade Blake	2017/09/17	630.0	Henk de Wet	2015/03/28	537.5	Ebrahim Mobara	2017/09/17	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	160.5	Colin Young	2017/09/17	160.5	Colin Young	2017/09/17	110		
Deadlift	280.0	Robert Kennedy	2013/12/08	302.5	Terence Bosman	2016/06/26	317.5	Johann de Bruin	2017/09/17	315.0	Sean Manders	2016/05/28	252.5	Christo Schoonraad	2017/09/17	217.5	Colin Young	2017/09/17	195		
Total	632.5	Robert Kennedy	2013/12/08	757.5	Francois Maritz	2016/06/26	777.5	Nicholas Deetlefs	2017/03/18	775.0	Sean Manders	2016/05/28	625.0	Christo Schoonraad	2017/09/17	538.0	Colin Young	2017/09/17	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	212.5	Andre Ludik	2017/09/17	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	287.5	Juan Booyse	2014/06/01	285.0	Mathys Herbst	2017/03/18	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	313.0	Ian Mouton	2015/03/28	313.0	Ian Mouton	2015/03/28	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	777.5	Mathys Herbst	2017/03/18	777.5	Mathys Herbst	2017/03/18	600.0	Burton Haupt	2017/03/18	507.5			475		

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 21/10/2017												
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2017/10/21	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	85.0	Elisabeth Barry	2017/06/25	65.0					
Bench Press	37.5	Rochelle de Beer	2014/03/15	42.5			67.5	Giulia Muto	2017/09/17	40.0	Elisabeth Barry	2013/12/08	35.0					
Deadlift	97.5	Patricia Harding	2017/09/17	97.5	Patricia Harding	2017/09/17	133.0	Mariska Casey	2017/05/07	127.5	Elisabeth Barry	2017/09/17	70.0					
Total	199.0	Mijuane de Wet	2017/03/18	207.5			292.5	Giulia Muto	2017/09/17	250.0	Elisabeth Barry	2017/09/17	170.0					
52 Div.																		
Squat	70.0			107.5	Rouxchelle Roux	2017/07/15	133.0	Jeanri Bezuidenhout	2017/03/18	120.0	Antoinette Kriel	2016/06/26	75.0	Carol Anthony	2017/09/17			
Bench Press	40.0	Rochelle de Beer	2014/06/01	55.0	Rouxchelle Roux	2017/07/15	85.0	Antoinette Kriel	2016/03/19	85.0	Antoinette Kriel	2016/03/19	45.0	Carol Anthony	2017/09/17			
Deadlift	97.5	Rochelle de Beer	2014/06/01	127.5	Alushka September	2015/03/27	145.0	Nicole Warburg	2017/03/18	142.5	Antoinette Kriel	2016/06/26	122.5	Carol Anthony	2017/09/17			
Total	205.0	Rochelle de Beer	2014/06/01	282.5	Rouxchelle Roux	2017/07/15	350.0	Nicole Warburg	2017/09/17	345.0	Antoinette Kriel	2016/06/26	242.5	Carol Anthony	2017/09/17			
57 Div.																		
Squat	102.5	Rouxchelle Roux	2016/10/22	123.0	Megan Leighton	2017/03/18	135.0	Jeanri Bezuidenhout	2017/09/17	127.5	Antoinette Kriel	2015/03/27	90.0	Miriam Sinclair	2014/06/01			
Bench Press	57.5	Megan Leighton	2014/06/01	70.5	Megan Leighton	2017/03/18	95.5	Antoinette Kriel	2017/03/18	95.5	Antoinette Kriel	2017/03/18	52.5	Miriam Sinclair	2014/06/01			
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			
Total	282.5	Megan Leighton	2014/03/15	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			
63 Div.																		
Squat	120.0	Caitlin Poxon	2017/09/17	125.0	Megan Leighton	2017/05/07	137.5	Laura Newman	2016/06/26	127.5	Vicki Botha	2017/03/18	87.5	Candice Firmani	2017/09/17	85.0	Susan Farrell	2017/05/07
Bench Press	57.5	Caitlin Poxon	2017/09/17	67.5	Megan Leighton	2017/05/07	75.5	Lisa Basson	2017/03/18	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	150.0	Megan Leighton	2017/05/07	167.5	Laura Newman	2016/06/26	165.5	Vicki Botha	2017/03/18	127.5	Carol Anthony	2016/03/19	127.5	Susan Farrell	2017/09/17
Total	297.5	Caitlin Poxon	2017/09/17	342.5	Megan Leighton	2017/05/07	368.0	Vicki Botha	2017/03/18	368.0	Vicki Botha	2017/03/18	260.0	Susan Farrell	2017/09/17	260.0	Susan Farrell	2017/09/17
72 Div.																		
Squat	115.0	Ciara Morley	2017/09/17	122.5	Dina Power	2017/09/17	148.0	Laura de Wet	2016/10/22	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	85.5	Chantelle du Toit	2017/03/18	75.0	Laura de Wet	2016/03/19	58.5	Candice Firmani	2017/05/07			
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	125.5	Janita Kruger	2017/03/18			
Total	315.5	Nicole Ferreira	2017/03/18	342.5	Dina Power	2017/09/17	410.0	Laura de Wet	2017/09/17	410.0	Laura de Wet	2017/09/17	275.0	Candice Firmani	2017/06/25			
84 Div.																		
Squat	142.5	Jelhandri Rautenbach	2017/09/17	157.5	Lezaan Jordaan	2017/09/17	170.0	Caileigh Dade	2017/09/17	132.5	Janita Kruger	2014/06/01	102.5					
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	192.5	Lezaan Jordaan	2017/09/17	192.5	Caileigh Dade	2017/09/17	157.5	Bonita Hein	2017/05/07	115.0					
Total	380.0	Jelhandri Rautenbach	2017/09/17	425.0	Lezaan Jordaan	2017/09/17	442.5	Caileigh Dade	2017/09/17	342.5	Bonita Hein	2017/05/07	270.0					
84+ Div.																		
Squat	127.5	Megan Rogers	2017/09/17	155.0	Kay-Lee Steyn	2017/09/17	177.5	Tracy Ludwig	2016/05/28	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	105.0	Lauren Norton	2017/09/17	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	485.0	Lauren Norton	2017/09/17	470.0	Tracy Ludwig	2016/05/28	285.0					

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 21/10/2017																					
2017/10/21	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	105.0	Mpho Hlanyane	2017/03/18	130.0	Marcel Vorster	2017/07/15	147.5	Michael Botha	2015/03/28	105.0			95.0			87.5			80		
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	2015/06/06
83	147.5	Joaquim de Jenga	2017/06/25	172.5	Jade Blake	2016/10/22	175.0	Ricardo Fitzpatrick	2016/05/28	163.0	Marlon Daniels	2017/09/17	133.5	Peter Vermaak	2015/02/07	133.5	Peter Vermaak	2015/02/07	102.5	Dan Oppenheim	2015/03/27
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	160.5	Colin Young	2017/09/17	160.5	Colin Young	2017/09/17	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		
SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 21/10/2017																					
2017/10/21	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			42.5			67.5	Giulia Muto	2017/09/17	42.5			37.5								
52	40.0	Rochelle de Beer	2014/06/01	55.0	Rouxchelle Roux	2017/07/15	87.5	Antoinette Kriel	2016/05/21	87.5	Antoinette Kriel	2016/05/21	62.5	Liliana Coleman	2015/02/07						
57	57.5	Megan Leighton	2014/06/01	70.5	Megan Leighton	2017/03/18	95.5	Antoinette Kriel	2017/03/18	95.5	Antoinette Kriel	2017/03/18	52.5	Miriam Sinclair	2014/06/01						
63	60.0	Caitlin Poxon	2017/09/17	72.5	Megan Leighton	2016/11/27	95.0	Antoinette Kriel	2016/11/27	95.0	Antoinette Kriel	2016/11/27	57.5	Candice Firmani	2017/09/17	47.5	Susan Farrell	2017/09/17			
72	60.0	Nicole Ferreira	2017/06/25	87.5	Kim Halgreen	2016/05/21	87.5	Kim Halgreen	2016/05/21	85.0	Corien Potgieter	2016/10/22	58.5	Candice Firmani	2017/05/07						
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	105.0	Lauren Norton	2017/09/17	90.0	Tracy Ludwig	2016/05/28	65.0								