

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 30/03/2019																		
2019/03/30	Sub-Junior			Junior			Senior			Master I			Master II			Master III		
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	Boitumelo Monaheng	2019/03/30												
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
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
Deadlift	205,0	Ebrahim Pregnotato	2014/03/15	250,0	Brandon Samuels	2019/03/30	250,0	Brandon Samuels	2019/03/30	200,0	Moses Tsimane	2017/03/18	195,0	Karl Christians	2017/09/17	187,5	Yunus Hassen	2015/02/27
Total	447,5	Ebrahim Pregnotato	2014/06/01	545,0	Brandon Samuels	2019/03/30	545,0	Brandon Samuels	2019/03/30	435,0	Karl Christians	2014/03/15	435,0	Karl Christians	2014/03/15	355,0		351
74 Div.																		
Squat	165,0	Elan Donninger	2016/03/19	210,0	Sintewilles Pietersen	2015/02/27	220,5	Andrew Ramsay	2017/05/07	200,0	Marlon Daniels	2019/03/30	165,0	Stanley Lameyer	2017/03/18	137,5		133
Bench Press	125,0	Ismael Aasif Ahmed	2013/12/08	135,0	Dawood Abduragheem	2016/03/19	150,0	Harry Shomalistos	2014/06/01	145,0	Marlon Daniels	2019/03/30	120,0	Tommy de Nysschen	2016/05/28	100,0	Dan Oppenheim	2012/02/25
Deadlift	215,0	Ismael Aasif Ahmed	2013/12/08	242,5	Jason Stolzenberg	2016/03/19	305,0	Harry Shomalistos	2014/06/01	213,0	Marlon Daniels	2019/03/30	210,0	David Quatse	2014/03/15	210,0	Yunus Hassen	2019/03/30
Total	480,0	Ismael Aasif Ahmed	2013/12/08	565,0	Japhta Khalapa	2014/03/15	675,0	Harry Shomalistos	2014/06/01	558,0	Marlon Daniels	2019/03/30	465,0	David Quatse	2014/03/15	415,0	Dan Oppenheim	2012/02/25
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	195,0	Stanley Lameyer	2019/03/30	195,0	Stanley Lameyer	2019/03/30
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	120,5	Tommy de Nysschen	2019/03/30	105,0		102,5
Deadlift	267,5	Joaquim de Jenga	2017/06/25	272,5	Jean Arthur Pretorius	2015/02/27	288,0	Jean-Arthur Pretorius	2019/03/30	245,0	Allistair Begg	2019/03/30	226,0	Patrick Banda	2018/05/20	200,0	Stanley Lameyer	2019/03/30
Total	630,0	Joaquim de Jenga	2017/06/25	660,0	Jade Blake	2016/05/28	665,5	Jean-Arthur Pretorius	2019/03/30	618,0	Marlon Daniels	2018/03/18	515,0	Ian Hacker	2017/09/17	495,0	Stanley Lameyer	2019/03/30
93 Div.																		
Squat	247,5	Joshua Kiggen	2017/09/17	270,0	Jade Blake	2017/09/17	270,0	Jade Blake	2017/09/17	235,0	Sean Manders	2019/03/30	202,0	Ebrahim Mobara	2019/03/30	160,0	Robert Huff	2013/02/23
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
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	232,5	Ebrahim Mobara	2019/03/30	185,0	Robert Huff	2013/02/23
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	549,5	Ebrahim Mobara	2019/03/30	457,5	Robert Huff	2013/02/23
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	247,0	Christo Schoonraad	2019/03/30	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	167,0	Colin Young	2019/03/30	167,0	Colin Young	2019/03/30
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	261,5	Christo Schoonraad	2019/03/30	220,0	Colin Young	2018/10/20
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	638,5	Christo Schoonraad	2019/03/30	546,0	Colin Young	2018/10/20
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	203,0	Cliff Mudge	2019/03/30	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
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
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
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	235,0	Hercules van der Berg	2019/03/30	182,5		180
Bench Press	170,0	Martin van der Merwe	2019/03/30	190,0	Jerome Korf	2017/03/18	210,0	Ian Mouton	2015/03/28	210,0	Ian Mouton	2015/03/28	155,0	Hercules van der Berg	2019/03/30	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	245,5	Hercules van der Berg	2019/03/30	197,5		215
Total	615,0	Martin van der Merwe	2019/03/30	770,0	Jerome Korf	2017/03/18	825,5	Kyle Noonan	2018/05/20	820,0	Mathys Herbst	2018/03/18	635,5	Hercules van der Berg	2019/03/30	507,5		475

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2019/03/30	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	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					
52 Div.																		
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	42,0 Mijuane de Wet	2019/03/30		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	118,0 Mijuane de Wet	2019/03/30		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	268,0 Mijuane de Wet	2019/03/30		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	105,0 Antoinette Abrahams	2019/03/30	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	
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	
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	270,0 Antoinette Abrahams	2019/03/30	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	132,5 Tanya van Lill	2019/03/30	110,0	Ronel Reyneke	2019/03/30	95,0	Susan Farrell	2018/05/20	
Bench Press	57,5 Caitlin Poxon	2017/09/17		69,0 Megan Leighton	2019/03/30		85,0	Michelle Tromp	2018/05/20	75,0	Vicki Botha	2017/03/18	62,5	Ronel Reyneke	2019/03/30	50,0	Susan Farrell	
Deadlift	127,0 Lianka Wurth	2019/03/30		160,0 Megan Leighton	2019/03/30		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	
Total	297,5 Caitlin Poxon	2017/09/17		355,5 Megan Leighton	2019/03/30		403,0	Michelle Tromp	2018/05/20	368,0	Vicki Botha	2017/03/18	292,5	Ronel Reyneke	2019/03/30	272,5	Susan Farrell	
72 Div.																		
Squat	137,5 Ciara Morley	2018/05/20		137,5 Ciara Morley	2018/05/20		160,0	Olivia Perotti	2019/03/30	148,5	Laura de Wet	2019/03/30	105,5	Fiona Hickman	2019/03/30			
Bench Press	65,5 Erin Collins	2019/03/30		67,5 Kashka Hobbs	2016/03/19		86,5	Olivia Perotti	2019/03/30	75,0	Laura de Wet	2016/03/19	62,5	Lana Kleynhans	2019/03/30			
Deadlift	156,0 Erin Collins	2019/03/30		160,0 Dina Power	2017/09/17		187,5	Laura de Wet	2017/09/17	187,5	Laura de Wet	2017/09/17	143,0	Lana Kleynhans	2019/03/30			
Total	346,5 Erin Collins	2019/03/30		346,5 Erin Collins	2019/03/30		410,0	Laura de Wet	2017/09/17	410,0	Laura de Wet	2017/09/17	305,5	Lana Kleynhans	2019/03/30			
84 Div.																		
Squat	142,5 Jelhandri Rautenbach	2017/09/17		165,0 Lezaan Jordaan	2018/05/20		170,5	Naiema Noordien	2019/03/30	145,0	Pia Marangoni	2019/03/30	105,0	Penelope Rimmer	2018/10/20			
Bench Press	77,5 Jelhandri Rautenbach	2017/09/17		80,0 Lezaan Jordaan	2017/07/15		90,5	Naiema Noordien	2019/03/30	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	160,0	Pia Marangoni	2019/03/30	125,0	Penelope Rimmer	2018/10/20			
Total	380,0 Jelhandri Rautenbach	2017/09/17		442,5 Lezaan Jordaan	2018/05/20		442,5	Caileigh Dade	2017/09/17	367,5	Pia Marangoni	2019/03/30	277,5	Penelope Rimmer	2018/10/20			
84+ Div.																		
Squat	135,0 Jelhandri Rautenbach	2019/03/30		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	90,0 Jelhandri Rautenbach	2019/03/30		90,0 Jelhandri Rautenbach	2019/03/30		110,5	Lauren Norton	2019/03/30	90,0	Tracy Ludwig	2016/05/28	57,5					
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					
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					

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 30/03/2019																					
2019/03/30	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	190,0	Eben Boooyens	2019/02/23	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	180,0	Colin Young	2019/02/23	180,0	Colin Young	2019/02/23	180,0	Colin Young	2019/02/23	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+	170,0	Martin van der Merwe	2019/03/30	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 30/03/2019																					
2019/03/30	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	42,0	Mijuane de Wet	2019/03/30	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	62,5	Ronel Reyneke	2019/03/30	50,0	Susan Farrell	2019/03/30			
72	70,0	Mbasa Qlingele	2018/05/19	87,5	Kim Halgreen	2016/05/21	87,5	Kim Halgreen	2016/05/21	85,0	Corien Potgieter	2016/10/22	62,5	Lana Kleynhans	2019/03/30						
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+	90,0	Jelhandri Rautenbach	2019/03/30	90,0	Jelhandri Rautenbach	2019/03/30	110,5	Lauren Norton	2019/03/30	90,0	Tracy Ludwig	2016/05/28	65,0								