

SOUTH AFRICAN MENS POWERLIFTING RECORDS AS AT 17/09/2017																						
	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
2017/09/17	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	187.5				160.0				150.0							
Bench Press	92.5			120.0	Ivan Kotze	2016/07/30	127.5				107.5				100.0							
Deadlift	165.0	Damon Langeveld	2015/06/26	180.0	Ivan Kotze	2015/06/26	192.5				162.5				152.5							
Total	405.0	Damon Langeveld	2015/06/26	485.0	Ivan Kotze	2016/07/30	510.0				430.0				402.5							
59 Div.																						
Squat	170.0	Marcel Vorster	2012/08/28	190.0	Clint Williams	2015/06/26	210.0				175.0				165.0					140.0		
Bench Press	105.0	Marcel Vorster	2012/08/28	127.5			140.0				120.0				110.0					95.0		
Deadlift	185.0	Themba Makubalo	2012/06/22	200.0	Clint Williams	2015/06/26	215.0				182.5				170.0					150.0		
Total	425.0	Marcel Vorster	2012/08/28	507.5			565.0				477.5				445.0					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				150.0		
Total	497.5	Romeo Longo	2015/06/26	605.5	Marcel Vorster	2017/09/17	625.0				527.5				492.5					427.5		
74 Div.																						
Squat	182.5			245.0	Keke Makuta	2013/06/22	250.0	Marlon Daniels	2011/08/13	212.5				200.0	David Quatse	2012/06/22	182.5			170.0	Dan Oppenheim	2016/10/03
Bench Press	125.0	Umar Pregnalato	2012/08/28	152.5	Thabang Mpe	2011/08/13	195.0	Marlon Daniels	2011/08/13	142.5				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	220.0	David Quatse	2012/06/22	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	572.5				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	230.0				215.0	Louis Jacobs	2011/06/24	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	155.0				145.0			140.0			135.0		
Deadlift	215.0	Heinrich Van Tonder	2013/06/22	282.5	Nathan Valentine	2012/08/10	282.5	Nathan Valentine	2012/08/10	237.5				222.5			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	622.5				582.5			542.5			503.0	Dan Oppenheim	2016/07/30
93 Div.																						
Squat	212.5			265.0	Adrian Smith	2017/05/07	315.0	Pieter Fourie	2013/06/22	275.0	Pieter Erasmus	2011/06/24	240.0	Johny Hall	2011/08/13	212.5				192.5		
Bench Press	142.5			180.0	Adrian Smith	2017/05/07	215.0	Etienne Potgieter	2013/06/22	210.0	Pieter Erasmus	2011/06/24	170.0	Johny Hall	2011/08/13	150.0	Neal Coleman	2013/08/10	142.5			
Deadlift	235.0	Trent Williams	2011/06/24	267.5	Juan Fourie	2011/06/24	300.0			262.5	Mark Phillips	2012/06/23	260.0	Johny Hall	2011/08/13	220.0				210.0		
Total	575.0			705.0			795.0	Pieter Fourie	2013/06/22	735.0	Pieter Erasmus	2011/06/24	670.0	Johny Hall	2011/08/13	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	270.0	Mark Phillips	2013/08/10	242.5			225.0				215.0		
Bench Press	152.5			240.0	Johan Smith	2014/05/31	240.0	Johan Smith	2014/05/31	190.0	Johan Duvenage	2011/06/24	185.0	Ian Buckle	2011/08/13	152.5				150.0		
Deadlift	232.5			300.0	Johan Smith	2011/06/24	317.5			275.0	Mark Phillips	2013/08/10	250.0			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	705.0	Johan Duvenage	2011/06/24	655.0			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	2017/07/08	182.5				172.5	Andre Ludik	2011/08/13	160.0			155.0		
Deadlift	242.5			325.0	Benedict Bucarizza	2014/09/06	330.0			297.5	Madikane Faku	2015/06/27	260.0			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			355.0	Mathys Herbst	2017/09/17	355.0	Mathys Herbst	2017/09/17	260.0			242.5				230.0		
Bench Press	165.0			257.5	Juan Booyse	2013/06/22	270.0	Eugene Nolan	2014/05/31	240.0	Arno Lambrechts	2012/06/23	215.0	Willy Johnstone - Robertson	2013/06/22	162.5				160.0		
Deadlift	247.5			305.0			337.5			318.0	Mathys Herbst	2017/07/08	267.5			250.0				240.0		
Total	655.0			800.0			905.0	Mathys Herbst	2017/09/17	905.0	Mathys Herbst	2017/09/17	705.0			655.0				625.0		

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS AS AT 17/09/2017																
2017/09/17	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			
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			115.0	Elisabeth Barry	2017/09/17	115.0	Elisabeth Barry	2017/09/17	87.5			
Bench Press	45.0	Tiffany Petrus	2012/08/10	50.0			60.0			50.0	Elisabeth Barry	2013/09/27	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	227.5			250.0			305.0			292.5	Elisabeth Barry	2017/09/17	227.5			
52 Div.																
Squat	92.5			142.5	Rouxchelle Roux	2017/09/17	142.5	Rouxchelle Roux	2017/09/17	125.0	Miriam Sinclair	2011/06/24	125.0	Miriam Sinclair	2011/06/24	
Bench Press	60.0	Alushka September	2013/08/10	67.5	Rouxchelle Roux	2017/09/17	72.5	Miriam Sinclair	2011/06/24	72.5	Miriam Sinclair	2011/06/24	72.5	Miriam Sinclair	2011/06/24	
Deadlift	120.0	Alushka September	2013/08/10	127.5	Rouxchelle Roux	2017/09/17	145.0	Miriam Sinclair	2011/06/24	145.0	Miriam Sinclair	2011/06/24	145.0	Miriam Sinclair	2011/06/24	
Total	242.5			337.5	Rouxchelle Roux	2017/09/17	342.5	Miriam Sinclair	2011/06/24	342.5	Miriam Sinclair	2011/06/24	342.5	Miriam Sinclair	2011/06/24	
57 Div.																
Squat	120	Rouxchelle Roux	2016/07/30	137.5	Megan Leighton	2017/09/17	137.5	Megan Leighton	2017/09/17	135.0	Lizette Steyn	2012/06/22	100.0			
Bench Press	60.0	Rouxchelle Roux	2016/07/30	95.0	Megan Leighton	2017/09/17	95.0	Megan Leighton	2017/09/17	72.5	Hesterki Range	2012/06/22	55.0			
Deadlift	120.5	Rouxchelle Roux	2016/05/29	155.0	Megan Leighton	2017/09/17	155.0	Megan Leighton	2017/09/17	152.5	Hesterki Range	2011/06/24	112.5			
Total	295.0	Rouxchelle Roux	2016/07/30	387.5	Megan Leighton	2017/09/17	387.5	Megan Leighton	2017/09/17	345.0	Hesterki Range	2012/06/22	267.5			
63 Div.																
Squat	110.0	Jerain Hunt	2011/06/24	130.0			152.5	Michelle de Souza	2012/06/22	152.5	Michelle de Souza	2012/06/22	120.0			
Bench Press	60.0	Jerain Hunt	2011/06/24	93.5	Megan Leighton	2017/07/08	93.5	Megan Leighton	2017/07/08	72.5	Michelle de Souza	2011/12/15	65.0			
Deadlift	125.0	Jerain Hunt	2011/06/24	142.5	Megan Leighton	2017/07/08	175.0	Michelle de Souza	2011/12/15	175.0	Michelle de Souza	2011/12/15	135.0			
Total	295.0	Jerain Hunt	2011/06/24	356.0	Megan Leighton	2017/07/08	400.5	Lisa Basson	2017/07/08	392.5	Michelle de Souza	2012/06/22	320.0			
72 Div.																
Squat	120.0			150.0	Natalie Mohr	2012/08/28	172.5	Chantelle Du Toit	2017/09/17	170.0	Michelle de Souza	2013/06/22	120.0			
Bench Press	67.5	Havannah Hunt	2011/06/24	82.5	Natalie Mohr	2012/08/28	110	Chantelle Du Toit	2017/07/25	80.0	Michelle de Souza	2013/09/27	65.0			
Deadlift	135.0			180.0	Natalie Mohr	2012/08/28	180.0	Natalie Mohr	2012/08/28	175.0	Michelle de Souza	2013/06/22	135.0			
Total	320.0			412.5	Natalie Mohr	2012/08/28	442.5	Chantelle Du Toit	2017/09/17	422.5	Michelle de Souza	2013/06/22	320.0			
84 Div.																
Squat	135.0			160.0			185.0			147.5			135.0			
Bench Press	72.5			85.0			97.5			77.5			72.5			
Deadlift	152.5			177.5			205.0			165.0			152.5			
Total	360.0			422.5			487.5			390.0			360.0			
84+ Div.																
Squat	145.0			200.0	Esmay Smith	2011/06/24	200.0	Esmay Smith	2011/06/24	157.5			145.0			
Bench Press	77.5			95.0	Juanita Visser	2013/06/22	105.0			82.5			77.5			
Deadlift	157.5			187.5			215.0			172.5			157.5			
Total	380.0			460.0	Esmay Smith	2011/06/24	515.0			412.5			380.0			

SOUTH AFRICAN MENS BENCH PRESS RECORDS AS AT 17/09/2017

2017/09/17	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	125.0			105.0			100.0			92.5					
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	117.5	Marcel Vorster	2012/10/20	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	195.0	Marlon Daniels	2011/08/13	175.0	Marlon Daniels	2016/10/22	135.0			125.0			115.0	Dan Oppenheim	2016/10/03
83	137.5			187.5	Pieter Fourie	2011/06/24	200.0	Mathew Coppenhall	2013/06/22	185.0	Marlon Daniels	2016/11/27	150.0	Peter Vermaak	2015/02/07	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	170.0	Johny Hall	2011/08/13	170.0	Johny Hall	2011/08/13	153.0	Neal Coleman	2014/02/15	145.0		
105	160.0	Berto Smith	2014/02/15	245.0	Johan Smith	2014/02/15	245.0	Johan Smith	2014/02/15	215.0	Yegi Williams	2011/10/22	190.0	Ian Buckle	2012/10/20	157.5			150.0		
120	165.0			235.0	Juan Booyse	2012/10/20	255.0	Andre Cloete	2012/10/20	187.5			175.0	Andre Ludik	2011/10/22	165.0			160.0		
120+	170.0			257.5	Juan Booyse	2013/06/22	270.0	Eugene Nolan	2014/05/31	252.5	Ian Furman	2012/08/18	215.0	Willy Johnstone - Robertson	2013/06/22	170.0			165.0		

SOUTH AFRICAN WOMENS BENCH PRESS RECORDS AS AT 17/09/2017

2017/09/17	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59		
43	50.0			60.0			67.5			55.0			50.0		
47	55.0			65.0			75.0			70.0	Liliana Coleman	2011/10/22	55.0		
52	60.0	Alushka September	2013/08/10	70.0			80.0			72.5	Miriam Sindair	2011/06/24	72.5	Miriam Sinclair	2011/06/24
57	68.0	Rouxchelle Roux	2016/11/27	95.0	Megan Leighton	2017/09/17	95.0	Megan Leighton	2017/09/17	72.5			67.5		
63	72.5			95.0	Megan Leighton	2017/05/07	95.0	Megan Leighton	2017/05/07	80.0	Vicky Botha	2014/02/15	72.5		
72	82.5			92.5			112.5	Chantelle Du Toit	2017/05/07	87.5			82.5		
84	90.0			105.0			122.5	Christi De Jager	2017/09/17	97.5			90.0		
84+	95.0			112.5			127.5			102.5			95.0		