

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 02/12/2015

	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
	2015/12/02	Sub-Junior			Junior			Senior			Master I			Master II		Master III			Master IV			
53 Div.																						
Squat		120.0	Revaldo Matras	2014/03/15	140.0	David Malefo	2015/03/28	155.0		125.0			115.0		105.0							
Bench Press		72.5			92.5			107.5		87.5			80.0		72.5							
Deadlift		172.5	Revaldo Matras	2014/06/01	172.5	Revaldo Matras	2014/06/01	172.5	Revaldo Matras	2014/06/01	132.5		122.5		112.5							
Total		360.0	Revaldo Matras	2014/06/01	372.5			430.0		345.0			317.5		290.0							
59 Div.																						
Squat		130.0	Marco Jacobs	2014/06/01	155.0	Clint Williams	2014/06/01	172.5		137.5			127.5		115.0			102.5				
Bench Press		97.5	Eldeano Booyesen	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	Marco Jacobs	2014/03/15	447.5	Clint Williams	2014/06/01	477.5		385.0			352.5		322.5			292.5				
66 Div.																						
Squat		145.0	Ebrahim Pregnolato	2014/06/01	165.0	Japhta Khalapa	2014/03/15	190.0		155.0	Karl Christians	2014/03/15	155.0	Karl Christians	2014/03/15	127.5		112.5				
Bench Press		100.0	Ebrahim Pregnolato	2014/06/01	125.0	Ivan Vers	2014/03/15	147.5	Michael Botha	2015/03/27	107.5		97.5		87.5			80				
Deadlift		205.0	Ebrahim Pregnolato	2014/03/15	205.0	Ebrahim Pregnolato	2014/03/15	240.0	Remi Fredericks	2014/03/15	190.0	Karl Christians	2014/03/15	191.0	Karl Christians	2015/03/27	187.5	Yunus Hassen	2015/02/27	130		
Total		447.5	Ebrahim Pregnolato	2014/06/01	477.5	Ivan Vers	2014/03/15	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		162.5	Luke Routier	2014/06/01	210.0	Sintewilles Pietersen	2015/02/27	220.0	Harry Shomalistos	2014/06/01	162.5		160.0	David Quatse	2014/03/15	137.5		132.5	Dan Oppenheim	2015/06/06		
Bench Press		125.0	Ismael Aasif Ahmed	2013/12/08	132.5	Umar Pregnolato	2014/03/15	150.0	Harry Shomalistos	2014/06/01	117.5	Clifford Hayim	2013/02/23	105.0		100.0	Dan Oppenheim	2012/02/25	97.5	Dan Oppenheim	2015/06/06	
Deadlift		215.0	Ismael Aasif Ahmed	2013/12/08	240.0	Japhta Khalapa	2014/03/15	305.0	Harry Shomalistos	2014/06/01	210.0	David Quatse	2014/03/15	210.0	David Quatse	2014/03/15	185.0	Dan Oppenheim	2012/02/25	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		180.0	Paul Beresford	2014/06/01	232.5	Tshepo Rapoo	2015/03/27	242.5	Mathew Coppenhall	2015/02/27	190.0	Andre Gearing	2015/03/27	175.0	David Quatse	2015/03/27	152.5		140	Dan Oppenheim	2015/03/27	
Bench Press		105.0			165.0	Franco Holder	2014/03/15	172.5	Ryan Miller	2014/03/15	140.0	Andre Gearing	2015/03/27	115.0		105.0		102.5	Dan Oppenheim	2015/03/27		
Deadlift		217.5	Paul Beresford	2014/06/01	272.5	Jean Arthur Pretorius	2015/02/27	287.5	Dean Van Wyk	2014/03/15	220.0	Andre Gearing	2015/03/27	217.5	Patrick Banda	2015/03/27	165.0		172.5	Dan Oppenheim	2015/03/27	
Total		502.5	Paul Beresford	2014/06/01	617.5	Tshepo Rapoo	2015/03/27	665.0	Mathew Coppenhall	2015/03/27	550.0	Andre Gearing	2015/03/27	491.0	David Quatse	2015/03/27	422.5		415	Dan Oppenheim	2015/03/27	
93 Div.																						
Squat		190.0	Garth Homan	2013/06/11	232.5	Nelson Sitsili	2014/06/01	250.0	Darryn Anthony	2015/03/28	227.5	Victor Mapoo	2014/06/01	185.0	Mobara Ebrahim	2015/03/28	160.0	Robert Huff	2013/02/23	150		
Bench Press		112.5			175.0	Franco Holder	2015/02/28	175.0	Franco Holder	2015/02/28	150.0	Henk de Wet	2015/03/28	122.5		112.5	Robert Huff	2013/02/23	102.5			
Deadlift		230.0	Garth Homan	2013/06/11	290.0	Nelson Sitsili	2014/06/01	290.0	Nelson Sitsili	2014/06/01	270.0	Henk de Wet	2015/03/28	212.5	Mobara Ebrahim	2015/03/28	185.0	Robert Huff	2013/02/23	160		
Total		530.0	Garth Homan	2013/06/11	655.0	Nelson Sitsili	2014/06/01	690.0	Darryn Anthony	2015/03/28	630.0	Henk de Wet	2015/03/28	490.0	Mobara Ebrahim	2015/03/28	457.5	Robert Huff	2013/02/23	425		
105 Div.																						
Squat		220.0	Robert Kennedy	2013/12/08	270.0	Francois Maritz	2015/12/01	270.0	Francois Maritz	2015/12/01	230.0	Jorncy Page	2013/02/23	187.5		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	165.0	Jorncy Page	2013/02/23	145.0	Colin Young	2014/03/15	120.0		110			
Deadlift		280.0	Robert Kennedy	2013/12/08	300.0	Mohammed Raees Dangor	2013/02/23	300.0	Mohammed Raees Dangor	2013/02/23	255.0	Jorncy Page	2013/02/23	215.0	Theuns Naude	2014/06/01	215.0	Theuns Naude	2014/06/01	195		
Total		632.5	Robert Kennedy	2013/12/08	755.0	Johan Smith	2014/06/01	755.0	Johan Smith	2014/06/01	650.0	Jorncy Page	2013/02/23	527.5	Colin Young	2014/06/01	475.0		435			
120 Div.																						
Squat		245.0	Liam Schultz	2015/12/01	295.0	Ricardo Baretto	2014/03/15	312.5	Benedict Buccarizza	2015/03/28	305.0	Mathew Cosmo	2014/06/01	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	215.0	Benedict Buccarizza	2015/03/28	198.0	Gerhardus Oosthuizen	2015/06/06	198.0	Gerhardus Oosthuizen	2015/06/06	125.0		115			
Deadlift		270.0	Liam Schultz	2015/12/01	310.0	Benedict Buccarizza	2014/06/01	310.0	Benedict Buccarizza	2014/06/01	290.0	Quentin Kannemeyer	2014/03/15	252.5	Gerhardus Oosthuizen	2015/06/06	192.5		205			
Total		615.5	Liam Schultz	2015/12/01	802.5	Benedict Buccarizza	2014/06/01	837.5	Benedict Buccarizza	2015/03/28	767.5	Mathew Cosmo	2014/03/15	653.0	Gerhardus Oosthuizen	2015/06/06	497.5		455			
120+ Div.																						
Squat		215.0	Johnde Victor	2015/12/01	270.0	Minal Raniga	2014/06/01	287.5	Juan Booyse	2014/06/01	240.0	Ian Mouton	2015/03/28	200.0		182.5			180			
Bench Press		145.0	Johnde Victor	2015/12/01	185.0	Juan Booyse	2013/02/23	210.0	Ian Mouton	2015/03/28	210.0	Ian Mouton	2015/03/28	137.5		127.5			120			
Deadlift		245.0	Johnde Victor	2015/12/01	300.0	William Shaw	2014/03/15	325.0	Kyle Noonan	2015/06/14	313.0	Ian Mouton	2015/03/28	217.5		197.5			215			
Total		595.0	Johnde Victor	2015/12/01	692.5	Minal Raniga	2014/06/01	765.0	Kyle Noonan	2015/06/14	763.0	Ian Mouton	2015/03/28	555.0		507.5			475			

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 02/12/2015

2015/12/02	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50-59	
43 Div.										
Squat	60.0		72.5		87.5		67.5		60.0	
Bench Press	32.5		37.5		45.0		35.0		32.5	
Deadlift	65.0		82.5		97.5		72.5		65.0	
Total	157.5		192.5		230.0		175.0		157.5	
47 Div.										
Squat	65.0		77.5		92.5 Mariska Casey	2015/06/11	75.0 Elisabeth Barry	2013/12/08	65.0	
Bench Press	37.5 Rochell de Beer	2014/03/15	42.5		50.0 Mariska Casey	2015/06/11	40.0 Elisabeth Barry	2013/12/08	35.0	
Deadlift	90.0 Rochell de Beer	2014/03/15	95.0 Larissse du Preez	2014/03/15	125.0 Elisabeth Barry	2013/12/08	125.0 Elisabeth Barry	2013/12/08	70.0	
Total	187.5 Rochell de Beer	2014/03/15	207.5		262.5 Mariska Casey	2015/06/11	240.0 Elisabeth Barry	2013/12/08	170.0	
52 Div.										
Squat	70.0		85.0 Stacey Bryant	2014/03/15	112.5 Giulia Muto	2015/06/11	100.0 Antoinette Kriel	2013/06/11	70.0	
Bench Press	40.0 Rochell de Beer	2014/06/01	53.5 Alushka September	2015/03/27	72.5 Antoinette Kriel	2013/06/11	72.5 Antoinette Kriel	2013/06/11	37.5	
Deadlift	97.5 Rochell de Beer	2014/06/01	127.5 Alushka September	2015/03/27	130.0 Antoinette Kriel	2013/06/11	130.0 Antoinette Kriel	2013/06/11	75.0	
Total	205.0 Rochell de Beer	2014/06/01	256.0 Alushka September	2015/03/27	302.5 Antoinette Kriel	2013/06/11	302.5 Antoinette Kriel	2013/06/11	182.5	
57 Div.										
Squat	100.0 Megan Leighton	2014/06/01	105.0 Stacey Bryant	2015/03/27	127.5 Antoinette Kriel	2015/03/27	127.5 Antoinette Kriel	2015/03/27	90.0 Miriam Sinclair	2014/06/01
Bench Press	57.5 Megan Leighton	2014/06/01	62.5 Megan Leighton	2015/10/27	90.0 Antoinette Kriel	2015/06/13	90.0 Antoinette Kriel	2015/06/13	52.5 Miriam Sinclair	2014/06/01
Deadlift	132.5 Megan Leighton	2013/12/08	140.0 Storm Benjamin	2013/02/23	158.0 Michelle Letcher	2015/03/27	158.0 Michelle Letcher	2015/03/27	125.0 Miriam Sinclair	2014/06/01
Total	282.5 Megan Leighton	2014/03/15	285.0 Stacey Bryant	2015/03/27	365.0 Antoinette Kriel	2015/03/27	365.0 Antoinette Kriel	2015/03/27	267.5 Miriam Sinclair	2014/06/01
63 Div.										
Squat	102.5 Anneke Jordaan	2013/02/23	105.0 Suzaan Jacobs	2015/03/27	135.0 Laura Newman	2015/12/01	115.0 Vicky Botha	2014/06/01	82.5	
Bench Press	45.0 Anneke Jordaan	2013/02/23	52.5		80.0 Danel van Jaarsveld	2015/06/11	70.0 Vicky Botha	2014/06/01	42.5	
Deadlift	112.5 Shelby Bruce	2015/03/27	133.0 Lericia Golden	2015/03/27	163.0 Danel van Jaarsveld	2015/03/27	152.5 Vicky Botha	2014/06/01	92.5	
Total	257.5 Anneke Jordaan	2013/02/23	285.5 Lericia Golden	2015/02/27	365.5 Danel van Jaarsveld	2015/03/27	337.5 Vicky Botha	2014/06/01	217.5	
72 Div.										
Squat	102.5 Bronwyn Marshall	2015/12/01	112.5		147.5 Laura de Wet	2015/06/11	147.5 Laura de Wet	2015/06/11	90.0	
Bench Press	55.0 Geraldine Roelofse	2014/03/15	57.5		72.5 Laura de Wet	2015/06/11	72.5 Laura de Wet	2015/06/11	47.5	
Deadlift	117.5 Bronwyn Marshall	2015/12/01	127.5 Tammy Goosen	2014/03/15	172.5 Laura de Wet	2015/06/11	172.5 Laura de Wet	2015/06/11	102.5	
Total	267.5 Bronwyn Marshall	2015/12/01	292.5		392.5 Laura de Wet	2015/06/11	392.5 Laura de Wet	2015/06/11	265.0	
84 Div.										
Squat	102.5		125.0		147.5		132.5 Janita Kruger	2014/06/01	102.5	
Bench Press	52.5		65.0 Leandre Swart	2015/03/27	77.5 Sandri van Staden	2015/12/01	67.5 Bonita Hein	2014/03/15	52.5	
Deadlift	115.0		147.5 Leandre Swart	2015/03/27	177.5 Sandri van Staden	2015/03/27	155.0 Bonita Hein	2014/03/15	115.0	
Total	270.0		332.5 Leandre Swart	2015/03/27	397.5 Sandri van Staden	2015/03/27	337.5 Bonita Hein	2014/03/15	270.0	
84+ Div.										
Squat	150.0		150.0 Juanita Visser	2014/06/01	175.0 Tracy Ludwig	2014/06/01	175.0 Tracy Ludwig	2014/06/01	107.5	
Bench Press	80.0		80.0 Juanita Visser	2014/06/01	82.5 Tracy Ludwig	2014/06/01	82.5 Tracy Ludwig	2014/06/01	57.5	
Deadlift	120.0		190.0 Juanita Visser	2014/06/01	200.0 Tracy Ludwig	2014/06/01	200.0 Tracy Ludwig	2014/06/01	120.0	
Total	285.0		420.0 Juanita Visser	2014/06/01	457.5 Tracy Ludwig	2014/06/01	457.5 Tracy Ludwig	2014/06/01	285.0	

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 02/12/2015

2015/12/02	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+	Master IV 70+
53	75.0	92.5	105.0	87.5	80.0	75.0	
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	100.0 Ebrahim Pregnolato 2014/06/01	127.5 Jaco Strydom 2015/02/07	147.5 Michael Botha 2015/03/28	105.0	95.0	87.5	80
74	140.0 Yonela Mbembe 2015/11/21	140.0 Yonela Mbembe 2015/11/21	150.0 Harry Shomalistos 2014/06/01	117.5 Clifford Hayim 2013/02/23	110.0 Tommy de Nysschen 2015/11/21	100.0 Dan Oppenheim 2012/02/25	97.5 Dan Oppenheim 2015/06/06
83	110.0	165.0 Franco Holder 2014/03/15	172.5 Ryan Miller 2014/03/15	157.5 Marlon Daniels 2015/11/21	133.5 Peter Vermaak 2015/02/07	133.5 Peter Vermaak 2015/02/07	102.5 Dan Oppenheim 2015/03/27
93	117.5 Bulelani Ngaki 2015/11/21	175.0 Franco Holder 2015/03/28	175.0 Pieter Erasmus 2013/02/23	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	165.0 Jorncy Page 2013/02/23	145.0 Colin Young 2014/03/15	125.0 Ado Krige 2012/02/25	120
120	155.0 Jerome Korf 2013/02/23	202.5 Benedict Buccarizza 2014/03/15	215.0 Benedict Buccarizza 2015/03/28	210.0 Malone Horn 2015/11/21	198.0 Gerhardus Oosthuizen 2015/06/06	130.0	125
120+	145.0 Jonde Victor 2015-12-01	185.0 Juan Booysse 2013/02/23	210.0 Ian Mouton 2015/03/28	210.0 Ian Mouton 2015/03/28	162.5 Terence De Laney 2014/02/15	132.5	127.5

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2015/12/02	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59
43	35.0	42.5	50.0	37.5	35.0
47	37.5	42.5	52.5	42.5	37.5
52	40.0 Rochell de Beer 2014/06/01	53.5 Alushka September 2015/03/27	72.5 Antoinette Kriel 2013/06/11	72.5 Antoinette Kriel 2013/06/11	62.5 Liliana Coleman 2015/02/07
57	57.5 Megan Leighton 2014/06/01	62.5 Megan Leighton 2015/10/27	90.0 Antoinette Kriel 2015/06/13	90.0 Antoinette Kriel 2015/06/13	52.5 Miriam Sinclair 2014/06/01
63	47.5	57.5	82.5 Danel van Jaarsveld 2015/11/21	70.0 Vicky Botha 2014/06/01	55.0
72	55.0	85.0 Kim Halgreen 2015/11/21	85.0 Kim Halgreen 2015/11/21	65.0	55.0
84	60.0	72.5	122.5 Sanet Momberg 2015/11/21	122.5 Sanet Momberg 2015/11/21	62.5
84+	65.0	80.0 Juanita Visser 2014/06/01	90.0	82.5 Tracey Ludwig 2014/06/01	65.0