

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 22/10/2016

2016/10/22	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	155.0			125.0			115.0			105.0					
Bench Press	80.0	Damon Langeveld	2016/03/19	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	365.0	Damon Langeveld	2016/03/19				430.0			345.0			317.5			290.0					
59 Div.	0.0			0.0			0.0			0.0			0.0			0.0					
Squat	130.0	Marco Jacobs	2014/06/01	165.0	Revaldo Matras	2016/03/19	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.	0.0			0.0			0.0			0.0			0.0			0.0					
Squat	165.0	Ruben van der Linde	2016/06/26	170.0	Marcel Vorster	2016/03/19	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 Pregniolato	2014/06/01	125.0	Ivan Vers	2014/03/15	147.5	Michael Botha	2015/03/27	110.0	Moses Tsimane	2016/03/19	97.5			87.5			80		
Deadlift	205.0	Ebrahim Pregniolato	2014/03/15	215.0	Arnold Vermeulen	2016/03/19	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 Pregniolato	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.	0.0			0.0			0.0			0.0			0.0			0.0					
Squat	165.0	Elan Donninger	2016/03/19	210.0	Sintewilles Pietersen	2015/02/27	220.0	Harry Shomalistos	2014/06/01	162.5	Stanley Lameyer	2016/03/19	162.5	Stanley Lameyer	2016/03/19	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	117.5	Clifford Hayim	2013/02/23	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	182.5	Spencer Hammond	2016/06/26	240.0	Jade Blake	2016/05/28	242.5	Mathew Coppenhall	2015/02/27	192.5	Allistair Begg	2016/03/19	185.0	David Quatse	2016/03/19	152.5			141	Dan Oppenheim	2016/03/19
Bench Press	125.0	Spencer Hammond	2016/03/19	170.0	Jade Blake	2016/05/28	172.5	Ryan Miller	2014/03/15	141.0	Allistair Begg	2016/10/22	115.0			105.0			102.5	Dan Oppenheim	2015/03/27
Deadlift	240.0	Spencer Hammond	2016/06/26	272.5	Jean Arthur Pretorius	2015/02/27	287.5	Dean Van Wyk	2014/03/15	230.0	Allistair Begg	2016/03/19	220.0	Patrick Banda	2016/05/28	165.0			182.5	Dan Oppenheim	2016/03/19
Total	537.5	Spencer Hammond	2016/06/26	660.0	Jade Blake	2016/05/28	665.0	Mathew Coppenhall	2015/03/27	552.5	Allistair Begg	2016/03/19	502.5	David Quatse	2016/03/19	422.5			423.5	Dan Oppenheim	2016/03/19
93 Div.	0.0			0.0			0.0			0.0			0.0			0.0					
Squat	192.5	Bulelani Ngaki	2016/03/19	232.5	Nelson Sitsili	2014/06/01	250.0	Darryn Anthony	2015/03/28	227.5	Victor Mapoo	2014/06/01	192.5	Ebrahim Mobara	2016/03/19	160.0	Robert Huff	2013/02/23	150		
Bench Press	122.5	Taulu Kriel	2016/05/28	181.0	Elfranco Holder	2016/10/22	181.0	Elfranco Holder	2016/10/22	150.0	Henk de Wet	2015/03/28	122.5			112.5	Robert Huff	2013/02/23	102.5		
Deadlift	232.5	Bulelani Ngaki	2016/03/19	290.0	Nelson Sitsili	2014/06/01	290.0	Nelson Sitsili	2014/06/01	270.0	Henk de Wet	2015/03/28	213.0	Ebrahim Mobara	2016/10/22	185.0	Robert Huff	2013/02/23	160		
Total	545.0	Bulelani Ngaki	2016/03/19	655.0	Nelson Sitsili	2014/06/01	690.0	Darryn Anthony	2015/03/28	630.0	Henk de Wet	2015/03/28	508.0	Ebrahim Mobara	2016/10/22	457.5	Robert Huff	2013/02/23	425		
105 Div.	0.0			0.0			0.0			0.0			0.0			0.0					
Squat	220.0	Robert Kennedy	2013/12/08	285.0	Francois Maritz	2016/10/22	300.0	Sean Manders	2016/03/19	300.0	Sean Manders	2016/03/19	235.0	Christo Schoonraad	2016/10/22	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	145.0	Colin Young	2014/03/15	120.0			110		
Deadlift	280.0	Robert Kennedy	2013/12/08	302.5	Terence Bosman	2016/06/26	315.0	Sean Manders	2016/05/28	315.0	Sean Manders	2016/05/28	240.0	Christo Schoonraad	2016/10/22	215.0	Theuns Naude	2014/06/01	195		
Total	632.5	Robert Kennedy	2013/12/08	757.5	Francois Maritz	2016/06/26	775.0	Sean Manders	2016/05/28	775.0	Sean Manders	2016/05/28	607.5	Christo Schoonraad	2016/10/22	475.0			435		
120 Div.	0.0			0.0			0.0			0.0			0.0			0.0					
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	202.0	Malone Horn	2016/03/19	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	320.0	Kyle Noonan	2016/03/19	300.0	Malone Horn	2016/03/19	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.	0.0			0.0			0.0			0.0			0.0			0.0					
Squat	220.0	Johnde Victor	2016/05/28	270.0	Minal Raniga	2014/06/01	287.5	Juan Booyse	2014/06/01	250.0	Mathys Herbst	2016/03/19	200.0	Burton Haupt	2016/03/19	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	145.0	Burton Haupt	2016/03/19	127.5			120		
Deadlift	247.5	Johnde Victor	2016/05/28	300.0	William Shaw	2014/03/15	325.0	Kyle Noonan	2015/06/14	313.0	Ian Mouton	2015/03/28	240.0	Burton Haupt	2016/03/19	197.5			215		
Total	612.5	Johnde Victor	2016/05/28	692.5	Minal Raniga	2014/06/01	765.0	Kyle Noonan	2015/06/14	763.0	Ian Mouton	2015/03/28	585.0	Burton Haupt	2016/03/19	507.5			475		

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 22/10/2016

2016/10/22	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59		
43 Div.															
Squat	70.0	Mijuane de Wet	2016/10/22	72.5			87.5			67.5			60.0		
Bench Press	32.5			37.5			45.0			35.0			32.5		
Deadlift	82.5	Mijuane de Wet	2016/10/22	82.5	Mijuane de Wet	2016/10/22	97.5			72.5			65.0		
Total	182.5	Mijuane de Wet	2016/10/22	192.5			230.0			175.0			157.5		
47 Div.	0.0			0.0			0.0			0.0			0.0		
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	Rochelle de Beer	2014/03/15	42.5			55.0	Mariska Casey	2016/10/22	40.0	Elisabeth Barry	2013/12/08	35.0		
Deadlift	90.0	Rochelle de Beer	2014/03/15	95.0	Larisse du Preez	2014/03/15	132.5	Mariska Casey	2016/06/26	125.0	Elisabeth Barry	2013/12/08	70.0		
Total	187.5	Rochelle de Beer	2014/03/15	207.5			272.5	Mariska Casey	2016/03/19	240.0	Elisabeth Barry	2013/12/08	170.0		
52 Div.	0.0			0.0			0.0			0.0			0.0		
Squat	70.0			85.0	Stacey Bryant	2014/03/15	120.0	Antoinette Kriel	2016/06/26	120.0	Antoinette Kriel	2016/06/26	70.0		
Bench Press	40.0	Rochelle de Beer	2014/06/01	53.5	Alushka September	2015/03/27	85.0	Antoinette Kriel	2016/03/19	85.0	Antoinette Kriel	2016/03/19	37.5	Carol Anthony	2016/06/26
Deadlift	97.5	Rochelle de Beer	2014/06/01	127.5	Alushka September	2015/03/27	142.5	Antoinette Kriel	2016/06/26	142.5	Antoinette Kriel	2016/06/26	120.0	Carol Anthony	2016/06/26
Total	205.0	Rochelle de Beer	2014/06/01	256.0	Alushka September	2015/03/27	345.0	Antoinette Kriel	2016/06/26	345.0	Antoinette Kriel	2016/06/26	225.0	Carol Anthony	2016/06/26
57 Div.	0.0			0.0			0.0			0.0			0.0		
Squat	102.5	Rouxchelle Roux	2016/10/22	122.5	Megan Leighton	2016/10/22	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	70.0	Megan Leighton	2016/10/22	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	147.5	Megan Leighton	2016/10/22	165.0	Michelle Letcher	2016/06/26	165.0	Michelle Letcher	2016/06/26	127.5	Carol Anthony	2016/10/22
Total	282.5	Megan Leighton	2014/03/15	340.0	Megan Leighton	2016/10/22	365.0	Antoinette Kriel	2015/03/27	365.0	Antoinette Kriel	2015/03/27	267.5	Miriam Sinclair	2014/06/01
63 Div.															
Squat	105.0	Caitlin Poxon	2016/10/22	120.0	Megan Leighton	2016/05/28	137.5	Laura Newman	2016/06/26	115.0	Vicky Botha	2014/06/01	82.5		
Bench Press	47.5	Caitlin Poxon	2016/10/22	65.0	Megan Leighton	2016/03/19	82.5	Seritha Plaatjies	2016/03/19	70.0	Vicky Botha	2014/06/01	45.0	Carol Anthony	2016/03/19
Deadlift	117.5	Caitlin Poxon	2016/06/26	135.0	Sasha Payne	2016/03/19	167.5	Laura Newman	2016/06/26	152.5	Vicky Botha	2014/06/01	127.5	Carol Anthony	2016/03/19
Total	265.0	Caitlin Poxon	2016/10/22	320.0	Megan Leighton	2016/05/28	367.5	Laura Newman	2016/06/26	337.5	Vicky Botha	2014/06/01	247.5	Carol Anthony	2016/03/19
72 Div.	0.0			0.0			0.0			0.0			0.0		
Squat	105.0	Bronwyn Marshall	2016/06/26	112.5	Kashka Hobbs	2016/03/19	148.0	Laura de Wet	2016/10/22	148.0	Laura de Wet	2016/10/22	90.0		
Bench Press	55.0	Geraldine Roelofse	2014/03/15	67.5	Kashka Hobbs	2016/03/19	80.0	Chantelle du Toit	2016/03/19	75.0	Laura de Wet	2016/03/19	47.5		
Deadlift	120.0	Bronwyn Marshall	2016/03/19	150.0	Kashka Hobbs	2016/03/19	180.0	Laura de Wet	2016/10/22	180.0	Laura de Wet	2016/10/22	102.5		
Total	272.5	Bronwyn Marshall	2016/06/26	330.0	Kashka Hobbs	2016/03/19	398.0	Laura de Wet	2016/10/22	398.0	Laura de Wet	2016/10/22	265.0		
84 Div.	0			0.0			0.0			0.0			0		
Squat	102.5			125.0			167.5	Cailleigh Dade	2016/10/22	132.5	Janita Kruger	2014/06/01	102.5		
Bench Press	52.5			65.0	Leandre Swart	2015/03/27	80.0	Sandri van Staden	2016/03/19	67.5	Bonita Hein	2014/03/15	52.5		
Deadlift	115.0			147.5	Leandre Swart	2015/03/27	187.5	Cailleigh Dade	2016/10/22	155.0	Bonita Hein	2014/03/15	115.0		
Total	270.0			332.5	Leandre Swart	2015/03/27	430.0	Cailleigh Dade	2016/10/22	337.5	Bonita Hein	2014/03/15	270.0		
84+ Div.	0			0.0			0.0			0.0			0		
Squat	150.0			150.0	Juanita Visser	2014/06/01	177.5	Tracy Ludwig	2016/05/28	177.5	Tracy Ludwig	2016/05/28	107.5		
Bench Press	80.0			80.0	Juanita Visser	2014/06/01	90.0	Tracy Ludwig	2016/05/28	90.0	Tracy Ludwig	2016/05/28	57.5		
Deadlift	120.0			190.0	Juanita Visser	2014/06/01	202.5	Tracy Ludwig	2016/05/28	202.5	Tracy Ludwig	2016/05/28	120.0		
Total	285.0			420.0	Juanita Visser	2014/06/01	470.0	Tracy Ludwig	2016/05/28	470.0	Tracy Ludwig	2016/05/28	285.0		

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 22/10/2016																							
2016/10/22	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			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 Pregnotato	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	160.0	Yonela Mbembe	2016/05/21	160.0	Yonela Mbembe	2016/05/21	160.0	Yonela Mbembe	2016/05/21	147.5	Marlon Daniels	2016/10/22	117.5	Tommy de Nysschen	2016/05/21	100.0	Dan Oppenheim	2012/02/25	97.5	Dan Oppenheim	2015/06/06		
83	125.0	Spencer Hammond	2016/03/19	172.5	Jade Blake	2016/10/22	175.0	Ricardo Fitzpatrick	2016/05/28	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	122.5	Taulu Kriel	2016/05/28	181.0	Elfranco Holder	2016/10/22	181.0	Elfranco Holder	2016/10/22	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	150.0	Colin Young	2016/10/22	125.0	Ado Krige	2012/02/25	120				
120	155.0	Jerome Korf	2013/02/23	202.5	Benedict Buccarizza	2014/03/15	230.0	Benedict Buccarizza	2016/05/21	210.0	Malone Horn	2015/11/21	205.0	Gerhardus Oosthuizen	2016/05/21	130.0			125				
120+	150.0	Johnde Victor	2016/05/21	185.0	Juan Booyse	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				
SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 22/10/2016																							
2016/10/22	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			55.0	Mariska Casey	2016/05/21	42.5			37.5										
52	40.0	Rochelle de Beer	2014/06/01	53.5	Alushka September	2015/03/27	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	70.0	Megan Leighton	2016/10/22	90.0	Antoinette Kriel	2015/06/13	90.0	Antoinette Kriel	2015/06/13	52.5	Miriam Sinclair	2014/06/01								
63	47.5	Caitlin Poxon	2016/10/22	67.5	Megan Leighton	2016/05/21	82.5	Danel van Jaarsveld	2015/11/21	70.0	Vicky Botha	2014/06/01	55.0										
72	55.0			87.5	Kim Halgreen	2016/05/21	87.5	Kim Halgreen	2016/05/21	85.0	Corien Potgieter	2016/10/22	55.0										
84	60.0			72.5			130.0	Sanet Momberg	2016/05/21	130.0	Sanet Momberg	2016/05/21	62.5										
84+	65.0			80.0	Juanita Visser	2014/06/01	92.5	Christi de Jager	2016/10/22	90.0	Tracy Ludwig	2016/05/28	65.0										