

| SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 26/06/2016 |            |                     |            |        |                       |            |        |                     |            |          |                 |            |           |                      |            |            |               |            |           |               |            |
|-----------------------------------------------------------------------|------------|---------------------|------------|--------|-----------------------|------------|--------|---------------------|------------|----------|-----------------|------------|-----------|----------------------|------------|------------|---------------|------------|-----------|---------------|------------|
| 2016/06/26                                                            | 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 | 372.5  |                       |            | 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 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      | 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 Pregmolato  | 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 Pregmolato  | 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 Pregmolato  | 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 Donniger       | 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    | Alistair 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 | 140.0    | Andre Gearing   | 2015/03/27 | 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    | Alistair 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    | Alistair 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 | 176.0  | Franco Holder         | 2016/05/28 | 176.0  | Franco Holder       | 2016/05/28 | 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 | 212.5     | Ebrahim Mobara       | 2015/03/28 | 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 | 500.0     | Ebrahim Mobara       | 2016/03/19 | 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 | 282.5  | Francois Maritz       | 2016/06/26 | 300.0  | Sean Manders        | 2016/03/19 | 300.0    | Sean Manders    | 2016/03/19 | 230.0     | Christo Schoonraad   | 2016/03/19 | 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 | 230.0     | Christo Schoonraad   | 2016/03/19 | 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 | 585.0     | Christo Schoonraad   | 2016/03/19 | 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 Booysse        | 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 Booysse          | 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 26/06/2016 |                    |                    |            |                |                   |            |        |                   |            |                |                  |            |                 |                 |            |
|-------------------------------------------------------------------------|--------------------|--------------------|------------|----------------|-------------------|------------|--------|-------------------|------------|----------------|------------------|------------|-----------------|-----------------|------------|
| 2016/06/26                                                              | Sub-Junior (14-18) |                    |            | Junior (19-23) |                   |            | Senior |                   |            | Master I 40-49 |                  |            | Master II 50-59 |                 |            |
| <b>43 Div.</b>                                                          |                    |                    |            |                |                   |            |        |                   |            |                |                  |            |                 |                 |            |
| Squat                                                                   | 60.0               |                    |            | 72.5           |                   |            | 87.5   |                   |            | 67.5           |                  |            | 60.0            |                 |            |
| Bench Press                                                             | 32.5               |                    |            | 37.5           |                   |            | 45.0   |                   |            | 35.0           |                  |            | 32.5            |                 |            |
| Deadlift                                                                | 75.0               | Mijuane de Wet     | 2016/03/19 | 82.5           |                   |            | 97.5   |                   |            | 72.5           |                  |            | 65.0            |                 |            |
| Total                                                                   | 160.0              | Mijuane de Wet     | 2016/03/19 | 192.5          |                   |            | 230.0  |                   |            | 175.0          |                  |            | 157.5           |                 |            |
| <b>47 Div.</b>                                                          | 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           |                   |            | 53.0   | Mariska Casey     | 2016/05/28 | 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           |                 |            |
| <b>52 Div.</b>                                                          | 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 |
| <b>57 Div.</b>                                                          | 0.0                |                    |            | 0.0            |                   |            | 0.0    |                   |            | 0.0            |                  |            | 0.0             |                 |            |
| Squat                                                                   | 100.0              | Megan Leighton     | 2014/06/01 | 110.0          | Megan Leighton    | 2016/06/26 | 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 | 165.0  | Michelle Letcher  | 2016/06/26 | 165.0          | Michelle Letcher | 2016/06/26 | 125.0           | Miriam Sinclair | 2014/06/01 |
| Total                                                                   | 282.5              | Megan Leighton     | 2014/03/15 | 297.5          | Megan Leighton    | 2016/06/26 | 365.0  | Antoinette Kriel  | 2015/03/27 | 365.0          | Antoinette Kriel | 2015/03/27 | 267.5           | Miriam Sinclair | 2014/06/01 |
| <b>63 Div.</b>                                                          |                    |                    |            |                |                   |            |        |                   |            |                |                  |            |                 |                 |            |
| Squat                                                                   | 102.5              | Anneke Jordaan     | 2013/02/23 | 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                                                             | 45.0               | Anneke Jordaan     | 2013/02/23 | 65.0           | Megan Leighton    | 2016/03/19 | 82.5   | Seritha Platjies  | 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                                                                   | 257.5              | Anneke Jordaan     | 2013/02/23 | 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 |
| <b>72 Div.</b>                                                          | 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 | 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 | 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 | 178.0  | Adderly Green     | 2016/03/19 | 175.5          | Laura de Wet     | 2016/03/19 | 102.5           |                 |            |
| Total                                                                   | 272.5              | Bronwyn Marshall   | 2016/06/26 | 330.0          | Kashka Hobbs      | 2016/03/19 | 397.5  | Storm Benjamin    | 2016/03/19 | 392.5          | Laura de Wet     | 2015/06/11 | 265.0           |                 |            |
| <b>84 Div.</b>                                                          | 0                  |                    |            | 0.0            |                   |            | 0.0    |                   |            | 0.0            |                  |            | 0               |                 |            |
| Squat                                                                   | 102.5              |                    |            | 125.0          |                   |            | 165.0  | Caileigh Dade     | 2016/06/26 | 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 | 185.0  | Caileigh Dade     | 2016/06/26 | 155.0          | Bonita Hein      | 2014/03/15 | 115.0           |                 |            |
| Total                                                                   | 270.0              |                    |            | 332.5          | Leandre Swart     | 2015/03/27 | 422.5  | Caileigh Dade     | 2016/06/26 | 337.5          | Bonita Hein      | 2014/03/15 | 270.0           |                 |            |
| <b>84+ Div.</b>                                                         | 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 26/06/2016

| 2016/06/26  | Sub-Junior (14-18) |                   |            | Junior (19-23) |                     |            | Senior |                     |            | Master I 40-49 |                |            | Master II 50-59 |                      |            | Master III 60+ |               |            | Master IV 70+ |               |            |
|-------------|--------------------|-------------------|------------|----------------|---------------------|------------|--------|---------------------|------------|----------------|----------------|------------|-----------------|----------------------|------------|----------------|---------------|------------|---------------|---------------|------------|
|             |                    |                   |            |                |                     |            |        |                     |            |                |                |            |                 |                      |            |                |               |            |               |               |            |
| <b>53</b>   | 80.0               | Damon Langeveld   | 2016/03/19 | 92.5           |                     |            | 105.0  |                     |            | 87.5           |                |            | 80.0            |                      |            | 75.0           |               |            |               |               |            |
| <b>59</b>   | 102.5              | Tashriq Hendriks  | 2013/02/23 | 102.5          | Tashriq Hendriks    | 2013/02/23 | 115.0  |                     |            | 95.0           |                |            | 87.5            |                      |            | 82.5           |               |            | 77.5          |               |            |
| <b>66</b>   | 100.0              | Ebrahim Pregoloto | 2014/06/01 | 127.5          | Jaco Strydom        | 2015/02/07 | 147.5  | Michael Botha       | 2015/03/28 | 105.0          |                |            | 95.0            |                      |            | 87.5           |               |            | 80            |               |            |
| <b>74</b>   | 160.0              | Yonela Mbembe     | 2016/05/21 | 160.0          | Yonela Mbembe       | 2016/05/21 | 160.0  | Yonela Mbembe       | 2016/05/21 | 145.0          | Marlon Daniels | 2016/05/21 | 117.5           | Tommy de Nysschen    | 2016/05/21 | 100.0          | Dan Oppenheim | 2012/02/25 | 97.5          | Dan Oppenheim | 2015/06/06 |
| <b>83</b>   | 125.0              | Spencer Hammond   | 2016/03/19 | 170.0          | Jade Blake          | 2016/05/28 | 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 |
| <b>93</b>   | 122.5              | Taulu Kriel       | 2016/05/28 | 176.0          | Franco Holder       | 2016/05/28 | 176.0  | Franco Holder       | 2016/05/28 | 175.0          | Pieter Erasmus | 2013/02/23 | 130.0           | Cedric Saffy         | 2013/02/23 | 125.0          | Neal Coleman  | 2014/02/15 | 120           |               |            |
| <b>105</b>  | 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 | 147.5           | Colin Young          | 2016/05/21 | 125.0          | Ado Krige     | 2012/02/25 | 120           |               |            |
| <b>120</b>  | 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           |               |            |
| <b>120+</b> | 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 26/06/2016

| 2016/06/26 | Sub-Junior (14-18) |                  |            | Junior (19-23) |                   |            | Senior |                     |            | Master I 40-49 |                  |            | Master II 50-59 |                 |            |
|------------|--------------------|------------------|------------|----------------|-------------------|------------|--------|---------------------|------------|----------------|------------------|------------|-----------------|-----------------|------------|
|            |                    |                  |            |                |                   |            |        |                     |            |                |                  |            |                 |                 |            |
| <b>43</b>  | 35.0               |                  |            | 42.5           |                   |            | 50.0   |                     |            | 37.5           |                  |            | 35.0            |                 |            |
| <b>47</b>  | 37.5               |                  |            | 42.5           |                   |            | 55.0   | Mariska Casey       | 2016/05/21 | 42.5           |                  |            | 37.5            |                 |            |
| <b>52</b>  | 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 |
| <b>57</b>  | 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 |
| <b>63</b>  | 47.5               |                  |            | 67.5           | Megan Leighton    | 2016/05/21 | 82.5   | Danel van Jaarsveld | 2015/11/21 | 70.0           | Vicky Botha      | 2014/06/01 | 55.0            |                 |            |
| <b>72</b>  | 55.0               |                  |            | 87.5           | Kim Halgreen      | 2016/05/21 | 87.5   | Kim Halgreen        | 2016/05/21 | 75.0           | Laura de Wet     | 2016/03/19 | 55.0            |                 |            |
| <b>84</b>  | 60.0               |                  |            | 72.5           |                   |            | 130.0  | Sanet Momberg       | 2016/05/21 | 130.0          | Sanet Momberg    | 2016/05/21 | 62.5            |                 |            |
| <b>84+</b> | 65.0               |                  |            | 80.0           | Juanita Visser    | 2014/06/01 | 90.0   | Christi de Jager    | 2016/05/21 | 90.0           | Tracy Ludwig     | 2016/05/28 | 65.0            |                 |            |