

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 01/06/2014

01/06/2014	Sub-Junior		Junior		Senior		Master I		Master II		Master III		Master IV	
53 Div.														
Squat	120.0	Revaldo Matras 15/03/2014	135.0		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 01/06/2014	172.5	Revaldo Matras 01/06/2014	172.5	Revaldo Matras 01/06/2014	132.5		122.5		112.5			
Total	360.0	Revaldo Matras 01/06/2014	372.5		430.0		345.0		317.5		290.0			
59 Div.														
Squat	130.0	Marco Jacobs 01/06/2014	155.0	Clint Williams 01/06/2014	172.5		137.5		127.5		115.0		102.5	
Bench Press	90.0	Marco Jacobs 01/06/2014	102.5		120.0		97.5		87.5		80.0		77.5	
Deadlift	160.0	Thladi Kgahliso 15/03/2014	200.0	Clint Williams 01/06/2014	200.0	Clint Williams 01/06/2014	150.0		137.5		127.5		117.5	
Total	375.0	Marco Jacobs 15/03/2014	447.5	Clint Williams 01/06/2014	477.5		385.0		352.5		322.5		292.5	
66 Div.														
Squat	145.0	Ebrahim Pregnolati 01/06/2014	165.0	Japhta Khalapa 15/03/2014	190.0		155.0	Karl Christians 15/03/2014	155.0	Karl Christians 15/03/2014	127.5		112.5	
Bench Press	100.0	Ebrahim Pregnolati 01/06/2014	125.0	Ivan Vers 15/03/2014	132.5	Jacobus Philatsi 15/03/2014	107.5		97.5		87.5		80	
Deadlift	205.0	Ebrahim Pregnolati 15/03/2014	205.0	Ebrahim Pregnolati 15/03/2014	240.0	Remi Fredericks 15/03/2014	190.0	Karl Christians 15/03/2014	190.0	Karl Christians 15/03/2014	140.0		130	
Total	447.5	Ebrahim Pregnolati 01/06/2014	477.5	Ivan Vers 15/03/2014	535.0	Jacobus Philatsi 01/06/2014	435.0	Karl Christians 15/03/2014	435.0	Karl Christians 15/03/2014	355.0		325.5	
74 Div.														
Squat	162.5	Luke Routier 01/06/2014	200.0	Japhta Khalapa 15/03/2014	220.0	Harry Shomalistos 01/06/2014	162.5		160.0	David Quatse 15/03/2014	137.5		127.5	
Bench Press	125.0	Ismael Aasif Ahmed 08/12/2013	132.5	Umar Pregnolati 15/03/2014	150.0	Harry Shomalistos 01/06/2014	117.5	Clifford Hayim 23/02/2013	105.0		100.0	Dan Oppenheim 25/02/2012	95	
Deadlift	215.0	Ismael Aasif Ahmed 08/12/2013	240.0	Japhta Khalapa 15/03/2014	305.0	Harry Shomalistos 01/06/2014	210.0	David Quatse 15/03/2014	210.0	David Quatse 15/03/2014	185.0	Dan Oppenheim 25/02/2012	160	
Total	480.0	Ismael Aasif Ahmed 08/12/2013	565.0	Japhta Khalapa 15/03/2014	675.0	Harry Shomalistos 01/06/2014	465.0	David Quatse 15/03/2014	465.0	David Quatse 15/03/2014	415.0	Dan Oppenheim 25/02/2012	365	
83 Div.														
Squat	180.0	Paul Beresford 01/06/2014	222.5	Jabulani Phantle 01/06/2014	240.0	Mathew Coppenhall 01/06/2014	180.0		165.0		152.5		140	
Bench Press	105.0		165.0	Franco Holder 15/03/2014	172.5	Ryan Miller 15/03/2014	125.0		115.0		105.0		100	
Deadlift	217.5	Paul Beresford 01/06/2014	265.0	Jean Arthur Pretorius 15/03/2014	287.5	Dean Van Wyk 15/03/2014	207.5	Patrick Banda 15/03/2014	207.5	Patrick Banda 15/03/2014	165.0		155	
Total	502.5	Paul Beresford 01/06/2014	610.0	Jabulani Phantle 01/06/2014	655.0	Mathew Coppenhall 01/06/2014	500.0		460.0		422.5		400	
93 Div.														
Squat	190.0	Garth Homan 11/06/2013	232.5	Nelson Sitsili 01/06/2014	237.5		227.5	Victor Mapoo 01/06/2014	180.0	Mobara Ebrahim 01/06/2014	160.0	Robert Huff 23/02/2013	150	
Bench Press	112.5		145.0	Gian Smit 11/06/2013	165.0		145.0	Henk de Wet 01/06/2014	122.5		112.5	Robert Huff 23/02/2013	102.5	
Deadlift	230.0	Garth Homan 11/06/2013	290.0	Nelson Sitsili 01/06/2014	290.0	Nelson Sitsili 01/06/2014	262.5	Henk de Wet 01/06/2014	210.0	Mobara Ebrahim 01/06/2014	185.0	Robert Huff 23/02/2013	160	
Total	530.0	Garth Homan 11/06/2013	655.0	Nelson Sitsili 01/06/2014	660.0		617.5	Henk de Wet 01/06/2014	490.0		457.5	Robert Huff 23/02/2013	425	
105 Div.														
Squat	220.0	Robert Kennedy 08/12/2013	255.0	Johan Smith 15/03/2014	255.0	Johan Smith 15/03/2014	230.0	Jorncy Page 23/02/2013	187.5		170.0		157.5	
Bench Press	132.5	Robert Kennedy 08/12/2013	205.0	Johan Smith 01/06/2014	205.0	Johan Smith 01/06/2014	165.0	Jorncy Page 23/02/2013	145.0	Colin Young 15/03/2014	120.0		110	
Deadlift	280.0	Robert Kennedy 08/12/2013	300.0	Mohammed Raees Dangor 23/02/2013	300.0	Mohammed Raees Dar 23/02/2013	255.0	Jorncy Page 23/02/2013	215.0	Theuns Naude 01/06/2014	215.0	Theuns Naude 01/06/2014	195	
Total	632.5	Robert Kennedy 08/12/2013	755.0	Johan Smith 01/06/2014	755.0	Johan Smith 01/06/2014	650.0	Jorncy Page 23/02/2013	527.5	Colin Young 01/06/2014	475.0		435	
120 Div.														
Squat	210.0	Jerome Korf 23/02/2013	295.0	Ricardo Baretto 15/03/2014	305.0	Mathew Cosmo 01/06/2014	305.0	Mathew Cosmo 01/06/2014	197.5		180.0		167.5	
Bench Press	155.0	Jerome Korf 23/02/2013	202.5	Benedict Buccarizza 15/03/2014	205.0	David Edwards 01/06/2014	185.0	Mathew Cosmo 15/03/2014	135.0		125.0		115	
Deadlift	250.0	Jerome Korf 23/02/2013	310.0	Benedict Buccarizza 01/06/2014	310.0	Benedict Buccarizza 01/06/2014	290.0	Quentin Kannemeyer 15/03/2014	212.5		192.5		205	
Total	615.0	Jerome Korf 23/02/2013	802.5	Benedict Buccarizza 01/06/2014	802.5	Benedict Buccarizza 01/06/2014	767.5	Mathew Cosmo 15/03/2014	545.0		497.5		455	
120+ Div.														
Squat	182.5		270.0	Minal Raniga 01/06/2014	287.5	Juan Booyse 01/06/2014	217.5		200.0		182.5		180	
Bench Press	127.5		185.0	Juan Booyse 23/02/2013	200.0	Juan Booyse 01/06/2014	150.0		137.5		127.5		120	
Deadlift	197.5		300.0	William Shaw 15/03/2014	300.0	William Shaw 15/03/2014	235.0		217.5		197.5		215	
Total	507.5		692.5	Minal Raniga 01/06/2014	752.5	Juan Booyse 01/06/2014	607.5		555.0		507.5		475	

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 01/06/2014

01/06/2014	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		75.0 Elisabeth Barry	08/12/2013	65.0	
Bench Press	37.5 Rochell de Beer	15/03/2014	42.5		50.0		40.0 Elisabeth Barry	08/12/2013	35.0	
Deadlift	90.0 Rochell de Beer	15/03/2014	95.0 Larisse du Preez	15/03/2014	125.0 Elisabeth Barry	08/12/2013	125.0 Elisabeth Barry	08/12/2013	70.0	
Total	187.5 Rochell de Beer	15/03/2014	207.5		245.0		240.0 Elisabeth Barry	08/12/2013	170.0	
52 Div.										
Squat	70.0		85.0 Stacey Bryant	15/03/2014	105.0 Farana van Heerden	01/06/2014	100.0 Antoinette Kriel	11/06/2013	70.0	
Bench Press	40.0 Rochell de Beer	01/06/2014	52.5 Stacey Bryant	01/06/2014	72.5 Antoinette Kriel	11/06/2013	72.5 Antoinette Kriel	11/06/2013	37.5	
Deadlift	97.5 Rochell de Beer	01/06/2014	120.0 Alushka September	15/03/2014	130.0 Antoinette Kriel	11/06/2013	130.0 Antoinette Kriel	11/06/2013	75.0	
Total	205.0 Rochell de Beer	01/06/2014	252.5 Stacey Bryant	15/03/2014	302.5 Antoinette Kriel	11/06/2013	302.5 Antoinette Kriel	11/06/2013	182.5	
57 Div.										
Squat	100.0 Megan Leighton	01/06/2014	100.0 Megan Leighton	01/06/2014	122.5 Antoinette Kriel	15/03/2014	122.5 Antoinette Kriel	15/03/2014	90.0 Miriam Sinclair	01/06/2014
Bench Press	57.5 Megan Leighton	01/06/2014	57.5 Megan Leighton	01/06/2014	80.0 Antoinette Kriel	15/03/2014	80.0 Antoinette Kriel	15/03/2014	52.5 Miriam Sinclair	01/06/2014
Deadlift	132.5 Megan Leighton	08/12/2013	140.0 Storm Benjamin	23/02/2013	147.5 Ilona Wilson	01/06/2014	145.0 Antoinette Kriel	15/03/2014	125.0 Miriam Sinclair	01/06/2014
Total	282.5 Megan Leighton	15/03/2014	282.5 Megan Leighton	15/03/2014	347.5 Antoinette Kriel	15/03/2014	347.5 Antoinette Kriel	15/03/2014	267.5 Miriam Sinclair	01/06/2014
63 Div.										
Squat	102.5 Anneke Jordaan	23/02/2013	102.5 Anneke Jordaan	23/02/2013	120.0		115.0 Vicky Botha	01/06/2014	82.5	
Bench Press	45.0 Anneke Jordaan	23/02/2013	52.5		75.0 Lisa Basson	15/03/2014	70.0 Vicky Botha	01/06/2014	42.5	
Deadlift	110.0 Anneke Jordaan	23/02/2013	112.5		162.5 Lisa Basson	01/06/2014	152.5 Vicky Botha	01/06/2014	92.5	
Total	257.5 Anneke Jordaan	23/02/2013	265.0		347.5 Lisa Basson	01/06/2014	337.5 Vicky Botha	01/06/2014	217.5	
72 Div.										
Squat	90.0		112.5		132.5		130.0 Laura de Wet	01/06/2014	90.0	
Bench Press	55.0 Geraldine Roelofse	15/03/2014	57.5		70.0		65.0 Laura de Wet	01/06/2014	47.5	
Deadlift	125.0		127.5 Tammy Goosen	15/03/2014	160.0 Tarryn-Leigh Merifield	01/06/2014	150.0 Laura de Wet	01/06/2014	102.5	
Total	265.0		292.5		347.5 Tarryn-Leigh Merifield	01/06/2014	345.0 Laura de Wet	01/06/2014	265.0	
84 Div.										
Squat	102.5		125.0		147.5		132.5 Janita Kruger	01/06/2014	102.5	
Bench Press	52.5		65.0		77.5		67.5 Bonita Hein	15/03/2014	52.5	
Deadlift	115.0		140.0		165.0		155.0 Bonita Hein	15/03/2014	115.0	
Total	270.0		330.0		390.0		337.5 Bonita Hein	15/03/2014	270.0	
84+ Div.										
Squat	150.0		150.0 Juanita Visser	01/06/2014	175.0 Tracey Ludwig	01/06/2014	175.0 Tracey Ludwig	01/06/2014	107.5	
Bench Press	80.0		80.0 Juanita Visser	01/06/2014	82.5 Tracey Ludwig	01/06/2014	82.5 Tracey Ludwig	01/06/2014	57.5	
Deadlift	120.0		190.0 Juanita Visser	01/06/2014	200.0 Tracey Ludwig	01/06/2014	200.0 Tracey Ludwig	01/06/2014	120.0	
Total	285.0		420.0 Juanita Visser	01/06/2014	457.5 Tracey Ludwig	01/06/2014	457.5 Tracey Ludwig	01/06/2014	285.0	

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 01/06/2014

01/06/2014	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 23/02/2013	102.5 Tashriq Hendriks 23/02/2013	115.0	95.0	87.5	82.5	77.5
66	100.0 Ebrahim Pregnolato 01/06/2014		132.5 Jacobus Philatsi 15/03/2014	105.0	95.0	87.5	80
74	125.0 Ismael Aasif Ahmed 08/12/2013	130.0 Thabang Mpe	150.0 Harry Shomalistos 01/06/2014	117.5 Clifford Hayim 23/02/2013	107.5	100.0 Dan Oppenheim 25/02/2012	92.5
83	110.0	165.0 Franco Holder 15/03/2014	172.5 Ryan Miller 15/03/2014	130.0	120.0	110.0	100
93	117.5	160.0 Jeffrey Cook 08/12/2013	175.0 Pieter Erasmus 23/02/2013	175.0 Pieter Erasmus 23/02/2013	130.0 Cedric Saffy 23/02/2013	125.0 Neal Coleman 15/02/2014	120
105	140.0 Berto Smith 15/02/2014	205.0 Johan Smith 01/06/2014	205.0 Johan Smith 01/06/2014	165.0 Jorncy Page 23/02/2013	142.5 Johan Vorster 23/02/2013	125.0 Ado Krige 25/02/2012	120
120	155.0 Jerome Korf 23/02/2013	202.5 Benedict Buccarizza 15/03/2014	205.0 David Edwards 01/06/2014	200.0 Ian Furman 25/02/2012	151.0 Johan Vorster 15/02/2014	130.0	125
120+	132.5	185.0 Juan Booyse 23/02/2013	200.0 Juan Booyse 01/06/2014	195.0 Ian Furman 23/02/2013	162.5 Terence De Laney 15/02/2014	132.5	127.5

SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 01/06/2014

01/06/2014	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 01/06/2014	52.5 Stacey Bryant 01/06/2014	72.5 Antoinette Kriel 11/06/2013	72.5 Antoinette Kriel 11/06/2013	60.0 Liliana Coleman 15/02/2014
57	57.5 Megan Leighton 01/06/2014	57.5 Megan Leighton 01/06/2014	80.0 Antoinette Kriel 15/03/2014	80.0 Antoinette Kriel 15/02/2014	52.5 Miriam Sinclair 01/06/2014
63	47.5	57.5	75.0 Lisa Basson 15/03/2014	70.0 Vicky Botha 01/06/2014	55.0
72	55.0	65.0	75.0	65.0 Laura de Wet 01/06/2014	55.0
84	60.0	72.5	85.0	65.0	62.5
84+	65.0	80.0 Juanita Visser 01/06/2014	90.0	82.5 Tracey Ludwig 01/06/2014	65.0