

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 15/02/2014

15/02/2014	Sub-Junior		Junior		Senior		Master I		Master II		Master III	
53 Div.												
Squat	105.0		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	112.5		145.0		167.5		132.5		122.5		112.5	
Total	290.0		372.5		430.0		345.0		317.5		290.0	
59 Div.												
Squat	115.0		150.0		172.5		137.5		127.5		115.0	
Bench Press	80.0		102.5		120.0		97.5		87.5		80.0	
Deadlift	155.0 Bonolo Lizwe	23/02/2013	162.5		185.0		150.0		137.5		127.5	
Total	322.5		415.0		477.5		385.0		352.5		322.5	
66 Div.												
Squat	127.5		165.0		190.0		152.5		140.0		127.5	
Bench Press	97.5 Stuart Hughes	25/02/2012	115.0		132.5		107.5		97.5		87.5	
Deadlift	175.0 Themba Makhubada	25/02/2012	180.0		205.0		165.0		152.5		140.0	
Total	355.0		460.0		527.5		425.0		390.0		355.0	
74 Div.												
Squat	147.5 Luke Routier	11/06/2013	177.5		207.5		162.5		152.5		137.5	
Bench Press	125.0 Ismael Aasif Ahmed	08/12/2013	130.0 Thabang Mpe	25/02/2012	142.5		117.5 Clifford Hayim	23/02/2013	105.0		100.0 Dan Oppenheim	25/02/2012
Deadlift	215.0 Ismael Aasif Ahmed	08/12/2013	220.0 Kennedy Sekome	25/02/2012	222.5		185.0 Dan Oppenheim	25/02/2012	185.0	Dan Oppenheim	25/02/2012	185.0 Dan Oppenheim
Total	480.0 Ismael Aasif Ahmed	08/12/2013	495.0		572.5		455.0		420.0		415.0 Dan Oppenheim	25/02/2012
83 Div.												
Squat	152.5		195.0		225.0		180.0		165.0		152.5	
Bench Press	105.0		135.0		155.0		125.0		115.0		105.0	
Deadlift	165.0		235.0 Jean Arthur Pretorius	23/02/2013	242.5		195.0		180.0		165.0	
Total	422.5		542.5		622.5		500.0		460.0		422.5	
93 Div.												
Squat	190.0 Garth Homan	11/06/2013	210.0 Gian Smit	11/06/2013	237.5		190.0		177.5		160.0 Robert Huff	23/02/2013
Bench Press	112.5		145.0 Gian Smit	11/06/2013	165.0		132.5		122.5		112.5 Robert Huff	23/02/2013
Deadlift	230.0 Garth Homan	11/06/2013	250.0 Gian Smit	11/06/2013	265.0 Darryn Anthony	23/02/2013	250.0 Mark Phillips	25/02/2012	190.0		185.0 Robert Huff	23/02/2013
Total	530.0 Garth Homan	11/06/2013	605.0 Gian Smit	11/06/2013	660.0		575.0 Mark Phillips	25/02/2012	490.0		457.5 Robert Huff	23/02/2013
105 Div.												
Squat	220.0 Robert Kennedy	08/12/2013	230.0 Mohammed Raees Dangor	23/02/2013	252.5		230.0 Jorncy Page	23/02/2013	187.5		170.0	
Bench Press	132.5 Robert Kennedy	08/12/2013	165.0 Jeffrey Cook	23/02/2013	175.0		165.0 Jorncy Page	23/02/2013	130.0		120.0	
Deadlift	280.0 Robert Kennedy	08/12/2013	300.0 Mohammed Raees Dangor	23/02/2013	300.0 Mohammed Raees Dai	23/02/2013	255.0 Jorncy Page	23/02/2013	202.5		185.0	
Total	632.5 Robert Kennedy	08/12/2013	685.0 Mohammed Raees Dangor	23/02/2013	702.5		650.0 Jorncy Page	23/02/2013	520.0		475.0	
120 Div.												
Squat	210.0 Jerome Korf	23/02/2013	255.0 Benedict Buccarizza	23/02/2013	262.5		235.0 Mathew Cosmo	23/02/2013	197.5		180.0	
Bench Press	155.0 Jerome Korf	23/02/2013	187.5 Benedict Buccarizza	23/02/2013	192.5 Dave Edwards	23/02/2013	175.0 Mathew Cosmo	23/02/2013	135.0		125.0	
Deadlift	250.0 Jerome Korf	23/02/2013	290.0 Benedict Buccarizza	23/02/2013	290.0 Benedict Buccarizza	23/02/2013	260.0 Mathew Cosmo	23/02/2013	212.5		192.5	
Total	615.0 Jerome Korf	23/02/2013	732.5 Benedict Buccarizza	23/02/2013	732.5 Benedict Buccarizza	23/02/2013	670.0 Mathew Cosmo	23/02/2013	545.0		497.5	
120+ Div.												
Squat	182.5		255.0 Juan Booyse	23/02/2013	270.0		217.5		200.0		182.5	
Bench Press	127.5		185.0 Juan Booyse	23/02/2013	190.0		150.0		137.5		127.5	
Deadlift	197.5		255.0		292.5		235.0		217.5		197.5	
Total	507.5		690.0 Juan Booyse	23/02/2013	752.5		607.5		555.0		507.5	

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 15/02/2014

15/02/2014	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	35.0		42.5		50.0		40.0 Elisabeth Barry	08/12/2013	35.0	
Deadlift	70.0		87.5		125.0 Elisabeth Barry	08/12/2013	125.0 Elisabeth Barry	08/12/2013	70.0	
Total	170.0		207.5		245.0		240.0 Elisabeth Barry	08/12/2013	170.0	
52 Div.										
Squat	70.0		85.0		100.0 Antoinette Kriel	11/06/2013	100.0 Antoinette Kriel	11/06/2013	70.0	
Bench Press	37.5		45.0		72.5 Antoinette Kriel	11/06/2013	72.5 Antoinette Kriel	11/06/2013	37.5	
Deadlift	75.0		92.5		130.0 Antoinette Kriel	11/06/2013	130.0 Antoinette Kriel	11/06/2013	75.0	
Total	182.5		222.5		302.5 Antoinette Kriel	11/06/2013	302.5 Antoinette Kriel	11/06/2013	182.5	
57 Div.										
Squat	90.0 Megan Leighton	08/12/2013	92.5		110.0		85.0		75.0	
Bench Press	52.5 Megan Leighton	08/12/2013	52.5 Storm Benjamin	23/02/2013	60.0		45.0		40.0	
Deadlift	132.5 Megan Leighton	08/12/2013	140.0 Storm Benjamin	23/02/2013	140.0 Storm Benjamin	23/02/2013	92.5		85.0	
Total	275.0 Megan Leighton	08/12/2013	280.0 Storm Benjamin	23/02/2013	280.0 Storm Benjamin	23/02/2013	222.5		200.0	
63 Div.										
Squat	102.5 Anneke Jordaan	23/02/2013	102.5 Anneke Jordaan	23/02/2013	120.0		92.5		82.5	
Bench Press	45.0 Anneke Jordaan	23/02/2013	52.5		65.0		50.0		42.5	
Deadlift	110.0 Anneke Jordaan	23/02/2013	112.5		130.0		105.0 Ronel Reyneke	23/02/2013	92.5	
Total	257.5 Anneke Jordaan	23/02/2013	265.0		315.0		242.5		217.5	
72 Div.										
Squat	90.0		112.5		132.5		100.0		90.0	
Bench Press	47.5		57.5		70.0		55.0		47.5	
Deadlift	102.5		122.5		145.0		112.5		102.5	
Total	265.0		292.5		347.5		267.5		265.0	
84 Div.										
Squat	102.5		125.0		147.5		115.0		102.5	
Bench Press	52.5		65.0		77.5		62.5 Janita Kruger	10/08/2013	52.5	
Deadlift	115.0		140.0		165.0		125.0 Janita Kruger	10/08/2013	115.0	
Total	270.0		330.0		390.0		300.0		270.0	
84+ Div.										
Squat	107.5		130.0		157.5		120.0		107.5	
Bench Press	57.5		70.0		82.5		65.0		57.5	
Deadlift	120.0		150.0 Juanita Visser	23/02/2013	172.5		132.5		120.0	
Total	285.0		347.5		412.5		317.5		285.0	

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 15/02/2014

15/02/2014	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+
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
66	90.0 Shange Lehohonolo 15/02/2014	112.5	127.5	105.0	95.0	87.5
74	100.0 Ismail Aadil Ahmed 23/02/2013	130.0 Thabang Mpe	142.5	117.5 Clifford Hayim 23/02/2013	107.5	100.0 Dan Oppenheim 25/02/2012
83	110.0	137.5	162.5 Ryan Miller 25/02/2012	130.0	120.0	110.0
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
105	140.0 Berto Smith 15/02/2014	200.0 Johan Smith 15/02/2014	200.0 Johan Smith 15/02/2014	165.0 Jorncy Page 23/02/2013	142.5 Johan Vorster 23/02/2013	125.0 Ado Krige 25/02/2012
120	155.0 Jerome Korf 23/02/2013	187.5 Benedict Buccarizza 23/02/2013	202.5 Dave Edwards 15/02/2014	200.0 Ian Furman 25/02/2012	151.0 Johan Vorster 15/02/2014	130.0
120+	132.5	185.0 Juan Booyse 23/02/2013	195.0 Ian Furman 23/02/2013	195.0 Ian Furman 23/02/2013	162.5 Terence De Laney 15/02/2014	132.5

SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 15/02/2014

15/02/2014	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	50.0 Stacey Bryant 15/02/2015	72.5 Antoinette Kriel 11/06/2013	72.5 Antoinette Kriel 11/06/2013	60.0 Liliana Coleman 15/02/2014
57	52.5 Megan Leighton 08/12/2013	52.5 Storm Benjamin 23/02/2013	80.0 Antoinette Kriel 15/02/2014	80.0 Antoinette Kriel 15/02/2014	45.0
63	47.5	57.5	67.5	65.0 Vicky Botha 15/02/2014	55.0
72	55.0	65.0	75.0	60.0 Laura de Wet 15/02/2014	55.0
84	60.0	72.5	85.0	65.0	62.5
84+	65.0	77.5	90.0	70.0	65.0