

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 28/03/2015

28/03/2015	Sub-Junior		Junior		Senior		Master I		Master II		Master III		Master IV	
53 Div.														
Squat	120.0	Revaldo Matras 15/03/2014	140.0 David Malefo 28/03/2015	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	97.5	Eldeano Booysen 27/03/2015	102.5	120.0	97.5	87.5	80.0	77.5						
Deadlift	175.0	Emmanu Papala 27/03/2015	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 Pregnatalo 01/06/2014	165.0 Japhta Khalapa 15/03/2014	190.0	155.0	155.0	127.5	112.5						
Bench Press	100.0	Ebrahim Pregnatalo 01/06/2014	125.0 Ivan Vers 15/03/2014	147.5 Michael Botha 27/03/2015	107.5	97.5	87.5	80						
Deadlift	205.0	Ebrahim Pregnatalo 15/03/2014	205.0 Ebrahim Pregnatalo 15/03/2014	240.0 Remi Fredericks 15/03/2014	190.0	191.0	187.5	130						
Total	447.5	Ebrahim Pregnatalo 01/06/2014	477.5 Ivan Vers 15/03/2014	535.0 Jacobus Philatsi 01/06/2014	435.0	435.0	355.0	325.5						
74 Div.														
Squat	162.5	Luke Routier 01/06/2014	210.0 Sintewilles Pietersen 27/02/2015	220.0 Harry Shomalistos 01/06/2014	162.5	160.0	137.5	127.5						
Bench Press	125.0	Ismael Aasif Ahmed 08/12/2013	132.5 Umar Pregnatalo 15/03/2014	150.0 Harry Shomalistos 01/06/2014	117.5	105.0	100.0	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	210.0	185.0	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	465.0	415.0	365						
83 Div.														
Squat	180.0	Paul Beresford 01/06/2014	232.5 Tshepo Rapoo 27/03/2015	242.5 Mathew Coppenhall 27/02/2015	190.0	175.0	152.5	140						
Bench Press	105.0		165.0 Franco Holder 15/03/2014	172.5 Ryan Miller 15/03/2014	140.0	115.0	105.0	102.5						
Deadlift	217.5	Paul Beresford 01/06/2014	272.5 Jean Arthur Pretorius 27/02/2015	287.5 Dean Van Wyk 15/03/2014	220.0	217.5	165.0	172.5						
Total	502.5	Paul Beresford 01/06/2014	617.5 Tshepo Rapoo 27/03/2015	665.0 Mathew Coppenhall 27/03/2015	550.0	491.0	422.5	415						
93 Div.														
Squat	190.0	Garth Homan 11/06/2013	232.5 Nelson Sitsili 01/06/2014	250.0 Darryn Anthony 28/03/2015	227.5	185.0	160.0	150						
Bench Press	112.5		175.0 Franco Holder 28/02/2015	175.0 Franco Holder 28/02/2015	150.0	122.5	112.5	102.5						
Deadlift	230.0	Garth Homan 11/06/2013	290.0 Nelson Sitsili 01/06/2014	290.0 Nelson Sitsili 01/06/2014	270.0	212.5	185.0	160						
Total	530.0	Garth Homan 11/06/2013	655.0 Nelson Sitsili 01/06/2014	690.0 Darryn Anthony 28/03/2015	630.0	490.0	457.5	425						
105 Div.														
Squat	220.0	Robert Kennedy 08/12/2013	265.0 Francois Maritz 28/03/2015	265.0 Francois Maritz 28/03/2015	230.0	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	145.0	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	215.0	215.0	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	527.5	475.0	435						
120 Div.														
Squat	220.0	Liam Schultz 28/02/2015	295.0 Ricardo Baretto 15/03/2014	312.5 Benedict Buccarizza 28/03/2015	305.0	197.5	180.0	167.5						
Bench Press	155.0	Jerome Korf 23/02/2013	202.5 Benedict Buccarizza 15/03/2014	215.0 Benedict Buccarizza 28/03/2015	197.5	197.5	125.0	115						
Deadlift	252.5	Liam Schultz 28/03/2015	310.0 Benedict Buccarizza 01/06/2014	310.0 Benedict Buccarizza 01/06/2014	290.0	245.0	192.5	205						
Total	615.0	Jerome Korf 23/02/2013	802.5 Benedict Buccarizza 01/06/2014	837.5 Benedict Buccarizza 28/03/2015	767.5	622.5	497.5	455						
120+ Div.														
Squat	200.0	Johnde Victor 28/03/2015	270.0 Minal Raniga 01/06/2014	287.5 Juan Booysse 01/06/2014	240.0	200.0	182.5	180						
Bench Press	127.5	Johnde Victor 28/03/2015	185.0 Juan Booysse 23/02/2013	210.0 Ian Mouton 28/03/2015	210.0	137.5	127.5	120						
Deadlift	225.0	Johnde Victor 28/03/2015	300.0 William Shaw 15/03/2014	313.0 Ian Mouton 28/03/2015	313.0	217.5	197.5	215						
Total	552.5	Johnde Victor 28/03/2015	692.5 Minal Raniga 01/06/2014	763.0 Ian Mouton 28/03/2015	763.0	555.0	507.5	475						

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 28/03/2015

28/03/2015	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 Mariska Casey	27/03/2015	240.0 Elisabeth Barry	08/12/2013	170.0	
52 Div.										
Squat	70.0		85.0 Stacey Bryant	15/03/2014	110.0 Farana van Heerden	27/03/2015	100.0 Antoinette Kriel	11/06/2013	70.0	
Bench Press	40.0 Rochell de Beer	01/06/2014	53.5 Alushka September	27/03/2015	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	127.5 Alushka September	27/03/2015	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	256.0 Alushka September	27/03/2015	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	105.0 Stacey Bryant	27/03/2015	127.5 Antoinette Kriel	27/03/2015	127.5 Antoinette Kriel	27/03/2015	90.0 Miriam Sinclair	01/06/2014
Bench Press	57.5 Megan Leighton	01/06/2014	60.0 Stacey Bryant	27/03/2015	85.0 Antoinette Kriel	27/03/2015	85.0 Antoinette Kriel	27/03/2015	52.5 Miriam Sinclair	01/06/2014
Deadlift	132.5 Megan Leighton	08/12/2013	140.0 Storm Benjamin	23/02/2013	158.0 Michelle Letcher	27/03/2015	158.0 Michelle Letcher	27/03/2015	125.0 Miriam Sinclair	01/06/2014
Total	282.5 Megan Leighton	15/03/2014	285.0 Stacey Bryant	27/03/2015	365.0 Antoinette Kriel	27/03/2015	365.0 Antoinette Kriel	27/03/2015	267.5 Miriam Sinclair	01/06/2014
63 Div.										
Squat	102.5 Anneke Jordaan	23/02/2013	105.0 Suzaan Jacobs	27/03/2015	125.0 Danel van Jaarsveld	27/03/2015	115.0 Vicky Botha	01/06/2014	82.5	
Bench Press	45.0 Anneke Jordaan	23/02/2013	52.5		77.5 Danel van Jaarsveld	27/03/2015	70.0 Vicky Botha	01/06/2014	42.5	
Deadlift	112.5 Shelby Bruce	27/03/2015	133.0 Lericia Golden	27/03/2015	163.0 Danel van Jaarsveld	27/03/2015	152.5 Vicky Botha	01/06/2014	92.5	
Total	257.5 Anneke Jordaan	23/02/2013	285.5 Lericia Golden	27/02/2015	365.5 Danel van Jaarsveld	27/03/2015	337.5 Vicky Botha	01/06/2014	217.5	
72 Div.										
Squat	92.5 Bronwyn Marshall	27/03/2015	112.5		140.0 Laura de Wet	27/03/2015	140.0 Laura de Wet	27/03/2015	90.0	
Bench Press	55.0 Geraldine Roelofse	15/03/2014	57.5		71.0 Candice Coetzer	27/03/2015	70.0 Laura de Wet	27/03/2015	47.5	
Deadlift	115.0 Bronwyn Marshall	27/03/2015	127.5 Tammy Goosen	15/03/2014	170.0 Laura de Wet	27/03/2015	170.0 Laura de Wet	27/03/2015	102.5	
Total	265.0		292.5		380.0 Laura de Wet	27/03/2015	380.0 Laura de Wet	27/03/2015	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 Leandre Swart	27/03/2015	77.5		67.5 Bonita Hein	15/03/2014	52.5	
Deadlift	115.0		147.5 Leandre Swart	27/03/2015	177.5 Sandri van Staden	27/03/2015	155.0 Bonita Hein	15/03/2014	115.0	
Total	270.0		332.5 Leandre Swart	27/03/2015	397.5 Sandri van Staden	27/03/2015	337.5 Bonita Hein	15/03/2014	270.0	
84+ Div.										
Squat	150.0		150.0 Juanita Visser	01/06/2014	175.0 Tracy Ludwig	01/06/2014	175.0 Tracy Ludwig	01/06/2014	107.5	
Bench Press	80.0		80.0 Juanita Visser	01/06/2014	82.5 Tracy Ludwig	01/06/2014	82.5 Tracy Ludwig	01/06/2014	57.5	
Deadlift	120.0		190.0 Juanita Visser	01/06/2014	200.0 Tracy Ludwig	01/06/2014	200.0 Tracy Ludwig	01/06/2014	120.0	
Total	285.0		420.0 Juanita Visser	01/06/2014	457.5 Tracy Ludwig	01/06/2014	457.5 Tracy Ludwig	01/06/2014	285.0	

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 28/03/2015

28/03/2015	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	127.5 Jaco Strydom 07/02/2015	147.5 Michael Botha 28/03/2015	105.0	95.0	87.5	80
74	125.0 Ismael Aasif Ahmed 08/12/2013	130.0 Thabang Mpe 25/02/2014	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	140.0 Andre Gearing 28/03/2015	133.5 Peter Vermaak 07/02/2015	133.5 Peter Vermaak 07/02/2015	102.5 Dan Oppenheim 27/03/2015
93	117.5	175.0 Franco Holder 28/03/2015	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	145.0 Colin Young 15/03/2014	125.0 Ado Krige 25/02/2012	120
120	155.0 Jerome Korf 23/02/2013	202.5 Benedict Buccarizza 15/03/2014	215.0 Benedict Buccarizza 28/03/2015	200.0 Ian Furman 25/02/2012	197.5 Gerhardus Oosthuizen 28/03/2015	130.0	125
120+	132.5	185.0 Juan Booyse 23/02/2013	210.0 Ian Mouton 28/03/2015	210.0 Ian Mouton 28/03/2015	162.5 Terence De Laney 15/02/2014	132.5	127.5

SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 28/03/2015

28/03/2015	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	53.5 Alushka September 27/03/2015	72.5 Antoinette Kriel 11/06/2013	72.5 Antoinette Kriel 11/06/2013	62.5 Liliana Coleman 07/02/2015
57	57.5 Megan Leighton 01/06/2014	60.0 Stacey Bryant 27/03/2015	85.0 Antoinette Kriel 27/03/2015	85.0 Antoinette Kriel 27/03/2015	52.5 Miriam Sinclair 01/06/2014
63	47.5	57.5	77.5 Danel van Jaarsveld 27/03/2015	70.0 Vicky Botha 01/06/2014	55.0
72	55.0	65.0	75.0	70.0 Laura de Wet 27/03/2015	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