

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 25/02/2012

25/02/2012	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	127.5 Kgalisho Tladi 25/02/2012	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	137.5	177.5	207.5	162.5	152.5	137.5
Bench Press	95.0	130.0 Thabang Mpe 25/02/2012	142.5	115.0	105.0	100.0 Dan Oppenheim 25/02/2012
Deadlift	150.0 Luke Routier 25/02/2012	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 25/02/2012
Total	382.5	495.0	572.5	455.0	420.0	382.5
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	212.5	242.5	195.0	180.0	165.0
Total	422.5	542.5	622.5	500.0	460.0	422.5
93 Div.						
Squat	160.0	207.5	237.5	190.0	177.5	160.0
Bench Press	112.5	142.5	165.0	132.5	122.5	112.5
Deadlift	175.0	225.0 Tyrone Seaton-Smith 25/02/2012	257.5	250.0 Mark Phillips 25/02/2012	190.0	175.0
Total	447.5	575.0	660.0	575.0 Mark Phillips 25/02/2012	490.0	447.5
105 Div.						
Squat	170.0	220.0	252.5	202.5	187.5	170.0
Bench Press	120.0	152.5	175.0	150.0 Cornel Welgemoed 25/02/2012	130.0	120.0
Deadlift	192.5 Dylon Bakos 25/02/2012	237.5	275.0	220.0	202.5	185.0
Total	475.0	610.0	702.5	565.0	520.0	475.0
120 Div.						
Squat	190.0 Jonathan Mentz 25/02/2012	230.0 Juan Booyse 25/02/2012	262.5	212.5	197.5	180.0
Bench Press	125.0	160.0 Juan Booyse 25/02/2012	182.5	147.5	135.0	125.0
Deadlift	212.5 Jonathan Mentz 25/02/2012	270.0 Douglas A'Bear 25/02/2012	287.5	230.0	212.5	192.5
Total	505.0 Jonathan Mentz 25/02/2012	637.5	732.5	590.0	545.0	497.5
120+ Div.						
Squat	182.5	235.0	270.0	217.5	200.0	182.5
Bench Press	127.5	165.0	190.0	150.0	137.5	127.5
Deadlift	197.5	255.0	292.5	235.0	217.5	197.5
Total	507.5	655.0	752.5	607.5	555.0	507.5

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 25/02/2012

25/02/2012	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	72.5	65.0
Bench Press	35.0	42.5	50.0	37.5	35.0
Deadlift	70.0	87.5	102.5	77.5	70.0
Total	170.0	207.5	245.0	187.5	170.0
52 Div.					
Squat	70.0	85.0	100.0	77.5	70.0
Bench Press	37.5	45.0	55.0	40.0	37.5
Deadlift	75.0	92.5	110.0	85.0	75.0
Total	182.5	222.5	265.0	202.5	182.5
57 Div.					
Squat	75.0	92.5	110.0	85.0	75.0
Bench Press	40.0	50.0	60.0	45.0	40.0
Deadlift	85.0	102.5	120.0	92.5	85.0
Total	200.0	245.0	270.0	222.5	200.0
63 Div.					
Squat	82.5	100.0	120.0	92.5	82.5
Bench Press	42.5	52.5	65.0	50.0	42.5
Deadlift	92.5	112.5	130.0	100.0	92.5
Total	217.5	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	60.0	52.5
Deadlift	115.0	140.0	165.0	125.0	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	147.5	172.5	132.5	120.0
Total	285.0	347.5	412.5	317.5	285.0

SOUTH AFRICAN MENS BENCH PRESS RECORD STANDARD (UNEQUIPPED) AS AT 25/02/2012

25/02/2012	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	82.5	102.5	115.0	95.0	87.5	82.5
66	87.5	112.5	127.5	105.0	95.0	87.5
74	97.5	130.0 Thabang Mpe	142.5	117.5	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	147.5	167.5	137.5	127.5	117.5
105	125.0	157.5	180.0	150.0 Cornel Welgemoed 25/02/2012	137.5 Gary Katzen 25/02/2012	125.0 Ado Krige 25/02/2012
120	130.0	165.0	200.0 Ian Furman 25/02/2012	200.0 Ian Furman 25/02/2012	140.0	130.0
120+	132.5	170.0	192.5	182.5 Nigel Moss 25/02/2012	145.0	132.5

SOUTH AFRICAN WOMENS BENCH PRESS RECORD STANDARD (UNEQUIPPED) AS AT 25/02/2012

25/02/2012	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	57.5	45.0	42.5
57	42.5	52.5	62.5	47.5	45.0
63	47.5	57.5	67.5	52.5	55.0
72	55.0	65.0	75.0	60.0	55.0
84	60.0	72.5	85.0	65.0	62.5
84+	65.0	77.5	90.0	70.0	65.0