

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 15/11/2015

2015/11/15	Sub-Junior		Junior		Senior		Master I		Master II		Master III		Master IV	
53 Div.														
Squat	120.0	Revaldo Matras 2014/03/15	140.0	David Malefo 2015/03/28	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 2014/06/01	172.5	Revaldo Matras 2014/06/01	172.5	Revaldo Matras 2014/06/01	132.5		122.5		112.5			
Total	360.0	Revaldo Matras 2014/06/01	372.5		430.0		345.0		317.5		290.0			
59 Div.														
Squat	130.0	Marco Jacobs 2014/06/01	155.0	Clint Williams 2014/06/01	172.5		137.5		127.5		115.0		102.5	
Bench Press	97.5	Eldeano Booyesen 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.														
Squat	145.0	Ebrahim Pregnolato 2014/06/01	165.0	Japhta Khalapa 2014/03/15	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 Pregnolato 2014/06/01	125.0	Ivan Vers 2014/03/15	147.5	Michael Botha 2015/03/27	107.5		97.5		87.5		80	
Deadlift	205.0	Ebrahim Pregnolato 2014/03/15	205.0	Ebrahim Pregnolato 2014/03/15	240.0	Remi Fredericks 2014/03/15	190.0	Karl Christians 2014/03/15	187.5	Karl Christians 2015/03/27	187.5	Yunus Hassen 2015/02/27	130	
Total	447.5	Ebrahim Pregnolato 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.														
Squat	162.5	Luke Routier 2014/06/01	210.0	Sintewilles Pietersen 2015/02/27	220.0	Harry Shomalistos 2014/06/01	162.5		160.0	David Quatse 2014/03/15	137.5		132.5	Dan Oppenheim 2015/06/06
Bench Press	125.0	Ismael Aasif Ahmed 2013/12/08	132.5	Umar Pregnolato 2014/03/15	150.0	Harry Shomalistos 2014/06/01	117.5	Clifford Hayim 2013/02/23	105.0		100.0	Dan Oppenheim 2012/02/25	97.5	Dan Oppenheim 2015/06/06
Deadlift	215.0	Ismael Aasif Ahmed 2013/12/08	240.0	Japhta Khalapa 2014/03/15	305.0	Harry Shomalistos 2014/06/01	210.0	David Quatse 2014/03/15	210.0	David Quatse 2014/03/15	185.0	Dan Oppenheim 2012/02/25	185	Dan Oppenheim 2015/06/06
Total	490.0	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	180.0	Paul Beresford 2014/06/01	232.5	Tshepo Rapoo 2015/03/27	242.5	Mathew Coppenhall 2015/02/27	190.0	Andre Gearing 2015/03/27	175.0	David Quatse 2015/03/27	152.5		140	Dan Oppenheim 2015/03/27
Bench Press	105.0		165.0	Franco Holder 2014/03/15	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	217.5	Paul Beresford 2014/06/01	272.5	Jean Arthur Pretorius 2015/02/27	287.5	Dean Van Wyk 2014/03/15	220.0	Andre Gearing 2015/03/27	217.5	Patrick Banda 2015/03/27	165.0		172.5	Dan Oppenheim 2015/03/27
Total	502.5	Paul Beresford 2014/06/01	617.5	Tshepo Rapoo 2015/03/27	665.0	Mathew Coppenhall 2015/03/27	550.0	Andre Gearing 2015/03/27	491.0	David Quatse 2015/03/27	422.5		415	Dan Oppenheim 2015/03/27
93 Div.														
Squat	190.0	Garth Homan 2013/06/11	232.5	Nelson Sitsili 2014/06/01	250.0	Darryn Anthony 2015/03/28	227.5	Victor Mapoo 2014/06/01	185.0	Mobara Ebrahim 2015/03/28	160.0	Robert Huff 2013/02/23	150	
Bench Press	112.5		175.0	Franco Holder 2015/02/28	175.0	Franco Holder 2015/02/28	150.0	Henk de Wet 2015/03/28	122.5		112.5	Robert Huff 2013/02/23	102.5	
Deadlift	230.0	Garth Homan 2013/06/11	290.0	Nelson Sitsili 2014/06/01	290.0	Nelson Sitsili 2014/06/01	270.0	Henk de Wet 2015/03/28	212.5	Mobara Ebrahim 2015/03/28	185.0	Robert Huff 2013/02/23	160	
Total	530.0	Garth Homan 2013/06/11	655.0	Nelson Sitsili 2014/06/01	690.0	Darryn Anthony 2015/03/28	630.0	Henk de Wet 2015/03/28	490.0	Mobara Ebrahim 2015/03/28	457.5	Robert Huff 2013/02/23	425	
105 Div.														
Squat	220.0	Robert Kennedy 2013/12/08	265.0	Francois Maritz 2015/03/28	265.0	Francois Maritz 2015/03/28	230.0	Jorncy Page 2013/02/23	187.5		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	165.0	Jorncy Page 2013/02/23	145.0	Colin Young 2014/03/15	120.0		110	
Deadlift	280.0	Robert Kennedy 2013/12/08	300.0	Mohammed Raees Dangor 2013/02/23	300.0	Mohammed Raees Dangor 2013/02/23	255.0	Jorncy Page 2013/02/23	215.0	Theuns Naude 2014/06/01	215.0	Theuns Naude 2014/06/01	195	
Total	632.5	Robert Kennedy 2013/12/08	755.0	Johan Smith 2014/06/01	755.0	Johan Smith 2014/06/01	650.0	Jorncy Page 2013/02/23	527.5	Colin Young 2014/06/01	475.0		435	
120 Div.														
Squat	232.5	Liam Schultz 2015/06/07	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	198.0	Gerhardus Oosthuizen 2015/06/06	198.0	Gerhardus Oosthuizen 2015/06/06	125.0		115	
Deadlift	255.0	Liam Schultz 2015/06/07	310.0	Benedict Buccarizza 2014/06/01	310.0	Benedict Buccarizza 2014/06/01	290.0	Quentin Kannemeyer 2014/03/15	252.5	Gerhardus Oosthuizen 2015/06/06	192.5		205	
Total	615.0	Jerome Korf 2013/02/23	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.														
Squat	200.0	Johnde Victor 2015/03/28	270.0	Minal Raniga 2014/06/01	287.5	Juan Booyse 2014/06/01	240.0	Ian Mouton 2015/03/28	200.0		182.5		180	
Bench Press	127.5	Johnde Victor 2015/03/28	185.0	Juan Booyse 2013/02/23	210.0	Ian Mouton 2015/03/28	210.0	Ian Mouton 2015/03/28	137.5		127.5		120	
Deadlift	225.0	Johnde Victor 2015/03/28	300.0	William Shaw 2014/03/15	325.0	Kyle Noonan 2015/06/14	313.0	Ian Mouton 2015/03/28	217.5		197.5		215	
Total	552.5	Johnde Victor 2015/03/28	692.5	Minal Raniga 2014/06/01	765.0	Kyle Noonan 2015/06/14	763.0	Ian Mouton 2015/03/28	555.0		507.5		475	

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 15/11/2015

2015/11/15	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 Mariska Casey 2015/06/11		75.0 Elisabeth Barry 2013/12/08		65.0	
Bench Press	37.5 Rochell de Beer 2014/03/15		42.5		50.0 Mariska Casey 2015/06/11		40.0 Elisabeth Barry 2013/12/08		35.0	
Deadlift	90.0 Rochell de Beer 2014/03/15		95.0 Larisse du Preez 2014/03/15		125.0 Elisabeth Barry 2013/12/08		125.0 Elisabeth Barry 2013/12/08		70.0	
Total	187.5 Rochell de Beer 2014/03/15		207.5		262.5 Mariska Casey 2015/06/11		240.0 Elisabeth Barry 2013/12/08		170.0	
52 Div.										
Squat	70.0		85.0 Stacey Bryant 2014/03/15		112.5 Giulia Muto 2015/06/11		100.0 Antoinette Kriel 2013/06/11		70.0	
Bench Press	40.0 Rochell de Beer 2014/06/01		53.5 Alushka September 2015/03/27		72.5 Antoinette Kriel 2013/06/11		72.5 Antoinette Kriel 2013/06/11		37.5	
Deadlift	97.5 Rochell de Beer 2014/06/01		127.5 Alushka September 2015/03/27		130.0 Antoinette Kriel 2013/06/11		130.0 Antoinette Kriel 2013/06/11		75.0	
Total	205.0 Rochell de Beer 2014/06/01		256.0 Alushka September 2015/03/27		302.5 Antoinette Kriel 2013/06/11		302.5 Antoinette Kriel 2013/06/11		182.5	
57 Div.										
Squat	100.0 Megan Leighton 2014/06/01		105.0 Stacey Bryant 2015/03/27		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		158.0 Michelle Letcher 2015/03/27		158.0 Michelle Letcher 2015/03/27		125.0 Miriam Sinclair 2014/06/01	
Total	282.5 Megan Leighton 2014/03/15		285.0 Stacey Bryant 2015/03/27		365.0 Antoinette Kriel 2015/03/27		365.0 Antoinette Kriel 2015/03/27		267.5 Miriam Sinclair 2014/06/01	
63 Div.										
Squat	102.5 Anneke Jordaan 2013/02/23		105.0 Suzaan Jacobs 2015/03/27		127.5 Danel van Jaarsveld 2015/06/11		115.0 Vicky Botha 2014/06/01		82.5	
Bench Press	45.0 Anneke Jordaan 2013/02/23		52.5		80.0 Danel van Jaarsveld 2015/06/11		70.0 Vicky Botha 2014/06/01		42.5	
Deadlift	112.5 Shelby Bruce 2015/03/27		133.0 Lericia Golden 2015/03/27		163.0 Danel van Jaarsveld 2015/03/27		152.5 Vicky Botha 2014/06/01		92.5	
Total	257.5 Anneke Jordaan 2013/02/23		285.5 Lericia Golden 2015/02/27		365.5 Danel van Jaarsveld 2015/03/27		337.5 Vicky Botha 2014/06/01		217.5	
72 Div.										
Squat	100.0 Bronwyn Marshall 2015/06/12		112.5		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		57.5		72.5 Laura de Wet 2015/06/11		72.5 Laura de Wet 2015/06/11		47.5	
Deadlift	115.0 Bronwyn Marshall 2015/03/27		127.5 Tammy Goosen 2014/03/15		172.5 Laura de Wet 2015/06/11		172.5 Laura de Wet 2015/06/11		102.5	
Total	265.0		292.5		392.5 Laura de Wet 2015/06/11		392.5 Laura de Wet 2015/06/11		265.0	
84 Div.										
Squat	102.5		125.0		147.5		132.5 Janita Kruger 2014/06/01		102.5	
Bench Press	52.5		65.0 Leandre Swart 2015/03/27		77.5		67.5 Bonita Hein 2014/03/15		52.5	
Deadlift	115.0		147.5 Leandre Swart 2015/03/27		177.5 Sandri van Staden 2015/03/27		155.0 Bonita Hein 2014/03/15		115.0	
Total	270.0		332.5 Leandre Swart 2015/03/27		397.5 Sandri van Staden 2015/03/27		337.5 Bonita Hein 2014/03/15		270.0	
84+ Div.										
Squat	150.0		150.0 Juanita Visser 2014/06/01		175.0 Tracy Ludwig 2014/06/01		175.0 Tracy Ludwig 2014/06/01		107.5	
Bench Press	80.0		80.0 Juanita Visser 2014/06/01		82.5 Tracy Ludwig 2014/06/01		82.5 Tracy Ludwig 2014/06/01		57.5	
Deadlift	120.0		190.0 Juanita Visser 2014/06/01		200.0 Tracy Ludwig 2014/06/01		200.0 Tracy Ludwig 2014/06/01		120.0	
Total	285.0		420.0 Juanita Visser 2014/06/01		457.5 Tracy Ludwig 2014/06/01		457.5 Tracy Ludwig 2014/06/01		285.0	

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 15/11/2015

2015/11/15	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 2013/02/23	102.5 Tashriq Hendriks 2013/02/23	115.0	95.0	87.5	82.5	77.5
66	100.0 Ebrahim Pregnotato 2014/06/01	127.5 Jaco Strydom 2015/02/07	147.5 Michael Botha 2015/03/28	105.0	95.0	87.5	80
74	140.0 Yonela Mbembe 2015/11/21	140.0 Yonela Mbembe 2015/11/21	150.0 Harry Shomalistos 2014/06/01	117.5 Clifford Hayim 2013/02/23	110.0 Tommy de Nysschen 2015/11/21	100.0 Dan Oppenheim 2012/02/25	97.5 Dan Oppenheim 2015/06/06
83	110.0	165.0 Franco Holder 2014/03/15	172.5 Ryan Miller 2014/03/15	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
93	117.5 Bulelani Ngaki 2015/11/21	175.0 Franco Holder 2015/03/28	175.0 Pieter Erasmus 2013/02/23	175.0 Pieter Erasmus 2013/02/23	130.0 Cedric Saffy 2013/02/23	125.0 Neal Coleman 2014/02/15	120
105	140.0 Berto Smith 2014/02/15	205.0 Johan Smith 2014/06/01	205.0 Johan Smith 2014/06/01	165.0 Jorncy Page 2013/02/23	145.0 Colin Young 2014/03/15	125.0 Ado Krige 2012/02/25	120
120	155.0 Jerome Korf 2013/02/23	202.5 Benedict Buccarizza 2014/03/15	215.0 Benedict Buccarizza 2015/03/28	210.0 Malone Horn 2015/11/21	198.0 Gerhardus Oosthuizen 2015/06/06	130.0	125
120+	142.5 Jonde Victor 2015-11-21	185.0 Juan Booysse 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

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2015/11/15	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 2014/06/01	53.5 Alushka September 2015/03/27	72.5 Antoinette Kriel 2013/06/11	72.5 Antoinette Kriel 2013/06/11	62.5 Liliana Coleman 2015/02/07
57	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
63	47.5	57.5	82.5 Danel van Jaarsveld 2015/11/21	70.0 Vicky Botha 2014/06/01	55.0
72	55.0	85.0 Kim Halgreen 2015/11/21	85.0 Kim Halgreen 2015/11/21	65.0	55.0
84	60.0	72.5	122.5 Sanet Momberg 2015/11/21	122.5 Sanet Momberg 2015/11/21	62.5
84+	65.0	80.0 Juanita Visser 2014/06/01	90.0	82.5 Tracey Ludwig 2014/06/01	65.0