

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 15/07/2017																					
2017/07/15	Sub-Junior			Junior			Senior			Master I			Master II			Master III			Master IV		
53 Div.																					
Squat	125.0	Damon Langeveld	2016/03/19	140.0	David Malefo	2015/03/28															
Bench Press	80.0	Damon Langeveld	2016/03/19	92.5																	
Deadlift	155.0	Chaka Dalfie	2017/03/18	145.0																	
Total	365.0	Damon Langeveld	2016/03/19	372.5																	
59 Div.																					
Squat	130.0	Marco Jacobs	2014/06/01	165.0	Revaldo Matras	2016/03/19	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	165.0	Ruben van der Linde	2016/06/26	200.0	Marcel Vorster	2017/07/15	200.0	Marcel Vorster	2017/07/15	155.0	Karl Christians	2014/03/15	155.0	Karl Christians	2014/03/15	127.5			112.5		
Bench Press	105.0	Mpho Hlanyane	2017/03/18	130.0	Marcel Vorster	2017/07/15	147.5	Michael Botha	2015/03/27	117.5	Moses Tsimane	2017/03/18	97.5			87.5			80		
Deadlift	205.0	Ebrahim Pregolato	2014/03/15	215.0	Arnold Vermeulen	2016/03/19	240.0	Remi Fredericks	2014/03/15	200.0	Moses Tsimane	2017/03/18	191.0	Karl Christians	2015/03/27	187.5	Yunus Hassen	2015/02/27	130		
Total	447.5	Ebrahim Pregolato	2014/06/01	525.0	Marcel Vorster	2017/07/15	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	165.0	Elan Donninger	2016/03/19	210.0	Sintewilles Pietersen	2015/02/27	220.5	Andrew Ramsay	2017/05/07	165.0	Stanley Lameyer	2017/03/18	165.0	Stanley Lameyer	2017/03/18	137.5			132.5	Dan Oppenheim	2015/06/06
Bench Press	125.0	Ismael Asaif Ahmed	2013/12/08	135.0	Dawood Abduragheem	2016/03/19	150.0	Harry Shomalistos	2014/06/01	117.5	Clifford Hayim	2013/02/23	120.0	Tommy de Nysschen	2016/05/28	100.0	Dan Oppenheim	2012/02/25	97.5	Dan Oppenheim	2015/06/06
Deadlift	215.0	Ismael Asaif Ahmed	2013/12/08	242.5	Jason Stolzenberg	2016/03/19	305.0	Harry Shomalistos	2014/06/01	210.0	David Quatse	2014/03/15	210.0	David Quatse	2014/03/15	186.0	Yunus Hassen	2016/03/19	185	Dan Oppenheim	2015/06/06
Total	480.0	Ismael Asaif 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	215.0	Joaquim de Jenga	2017/06/25	240.0	Jade Blake	2016/05/28	242.5	Mathew Coppenhall	2015/02/27	217.5	Marlon Daniels	2017/05/07	185.5	Ian Hacker	2017/03/18	152.5			141	Dan Oppenheim	2016/03/19
Bench Press	147.5	Joaquim de Jenga	2017/06/25	170.0	Jade Blake	2016/05/28	172.5	Ryan Miller	2014/03/15	162.5	Marlon Daniels	2017/05/07	115.0			105.0			102.5	Dan Oppenheim	2015/03/27
Deadlift	267.5	Joaquim de Jenga	2017/06/25	272.5	Jean Arthur Pretorius	2015/02/27	287.5	Dean Van Wyk	2014/03/15	230.0	Allistair Begg	2016/03/19	221.0	Patrick Banda	2017/05/07	182.5	Dan Oppenheim	2016/03/19	182.5	Dan Oppenheim	2016/03/19
Total	630.0	Joaquim de Jenga	2017/06/25	660.0	Jade Blake	2016/05/28	665.0	Mathew Coppenhall	2015/03/27	592.5	Marlon Daniels	2017/05/07	502.5	David Quatse	2016/03/19	423.5	Dan Oppenheim	2016/03/19	423.5	Dan Oppenheim	2016/03/19
93 Div.																					
Squat	240.0	Joshua Kiggen	2017/06/25	260.0	Jade Blake	2017/05/07	260.0	Jade Blake	2017/05/07	227.5	Victor Mapoo	2014/06/01	192.5	Ebrahim Mobara	2016/03/19	160.0	Robert Huff	2013/02/23	150		
Bench Press	150.0	Joshua Kiggen	2017/06/25	181.0	Elfranco Holder	2016/10/22	182.5	Elfranco Holder	2017/07/15	150.0	Henk de Wet	2015/03/28	122.5			112.5	Robert Huff	2013/02/23	102.5		
Deadlift	262.5	Joshua Kiggen	2017/03/18	290.0	Nelson Sitsili	2014/06/01	295.0	Jason Nisbet	2017/03/18	270.0	Henk de Wet	2015/03/28	213.0	Ebrahim Mobara	2016/10/22	185.0	Robert Huff	2013/02/23	160		
Total	650.0	Joshua Kiggen	2017/06/25	690.0	Jade Blake	2017/05/07	690.0	Darryn Anthony	2015/03/28	630.0	Henk de Wet	2015/03/28	508.0	Ebrahim Mobara	2016/10/22	457.5	Robert Huff	2013/02/23	425		
105 Div.																					
Squat	225.0	Jandre Britz	2017/05/07	285.0	Francois Maritz	2016/10/22	300.0	Sean Manders	2016/03/19	300.0	Sean Manders	2016/03/19	235.0	Christo Schoonraad	2016/10/22	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	177.5	Sean Manders	2016/06/26	160.0	Colin Young	2017/06/25	160.0	Colin Young	2017/06/25	110		
Deadlift	280.0	Robert Kennedy	2013/12/08	302.5	Terence Bosman	2016/06/26	315.0	Sean Manders	2016/05/28	315.0	Sean Manders	2016/05/28	251.0	Christo Schoonraad	2017/05/07	215.0	Theuns Naude	2014/06/01	195		
Total	632.5	Robert Kennedy	2013/12/08	757.5	Francois Maritz	2016/06/26	777.5	Nicholas Deetiefs	2017/03/18	775.0	Sean Manders	2016/05/28	620.5	Christo Schoonraad	2017/03/18	520.0	Colin Young	2017/06/25	435		
120 Div.																					
Squat	245.0	Liam Schultz	2015/12/01	295.0	Ricardo Baretto	2014/03/15	325.0	Benedict Buccarizza	2017/03/18	235.0	Madikane Faku	2017/03/18	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	225.0	Benedict Buccarizza	2017/03/18	202.0	Malone Horn	2016/03/19	198.0	Gerhardus Oosthuizen	2015/06/06	135.5	Andre Ludik	2017/03/18	115		
Deadlift	270.0	Liam Schultz	2015/12/01	310.0	Benedict Buccarizza	2014/06/01	340.0	Benedict Buccarizza	2017/03/18	300.0	Malone Horn	2016/03/19	252.5	Gerhardus Oosthuizen	2015/06/06	210.0	Andre Ludik	2017/03/18	205		
Total	615.5	Liam Schultz	2015/12/01	802.5	Benedict Buccarizza	2014/06/01	890.0	Benedict Buccarizza	2017/03/18	720.0	Malone Horn	2017/03/18	653.0	Gerhardus Oosthuizen	2015/06/06	507.5	Andre Ludik	2017/03/18	455		
120+ Div.																					
Squat	220.0	Johnde Victor	2016/05/28	275.0	Jerome Korf	2017/03/18	287.5	Juan Booyse	2014/06/01	285.0	Mathys Herbst	2017/03/18	210.0	Burton Haupt	2017/03/18	182.5			180		
Bench Press	145.0	Johnde Victor	2015/12/01	190.0	Jerome Korf	2017/03/18	210.0	Ian Mouton	2015/03/28	210.0	Ian Mouton	2015/03/28	147.5	Burton Haupt	2017/03/18	127.5			120		
Deadlift	247.5	Johnde Victor	2016/05/28	305.0	Jerome Korf	2017/03/18	313.0	Ian Mouton	2015/03/28	313.0	Ian Mouton	2015/03/28	242.5	Burton Haupt	2017/03/18	197.5			215		
Total	612.5	Johnde Victor	2016/05/28	770.0	Jerome Korf	2017/03/18	777.5	Mathys Herbst	2017/03/18	777.5	Mathys Herbst	2017/03/18	600.0	Burton Haupt	2017/03/18	507.5			475		

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2017/07/15	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69		
43 Div.																		
Squat	70.0	Mijuane de Wet	2016/10/22	72.5														
Bench Press	32.5			37.5														
Deadlift	82.5	Mijuane de Wet	2016/10/22	82.5	Mijuane de Wet	2016/10/22												
Total	182.5	Mijuane de Wet	2016/10/22	192.5														
47 Div.																		
Squat	75.0	Mijuane de Wet	2017/03/18	77.5			94.0	Mariska Casey	2017/05/07	85.0	Elisabeth Barry	2017/06/25	65.0					
Bench Press	37.5	Rochelle de Beer	2014/03/15	42.5			62.5	Mariska Casey	2017/05/07	40.0	Elisabeth Barry	2013/12/08	35.0					
Deadlift	92.0	Patricia Harding	2017/03/18	95.0	Larisse du Preez	2014/03/15	133.0	Mariska Casey	2017/05/07	125.0	Elisabeth Barry	2013/12/08	70.0					
Total	199.0	Mijuane de Wet	2017/03/18	207.5			289.5	Mariska Casey	2017/05/07	247.5	Elisabeth Barry	2017/06/25	170.0					
52 Div.																		
Squat	70.0			107.5	Rouxchelle Roux	2017/07/15	133.0	Jeanri Bezuidenhout	2017/03/18	120.0	Antoinette Kriel	2016/06/26	70.0					
Bench Press	40.0	Rochelle de Beer	2014/06/01	55.0	Rouxchelle Roux	2017/07/15	85.0	Antoinette Kriel	2016/03/19	85.0	Antoinette Kriel	2016/03/19	37.5	Carol Anthony	2016/06/26			
Deadlift	97.5	Rochelle de Beer	2014/06/01	127.5	Alushka September	2015/03/27	145.0	Nicole Warburg	2017/03/18	142.5	Antoinette Kriel	2016/06/26	120.0	Carol Anthony	2016/06/26			
Total	205.0	Rochelle de Beer	2014/06/01	282.5	Rouxchelle Roux	2017/07/15	347.5	Nicole Warburg	2017/03/18	345.0	Antoinette Kriel	2016/06/26	225.0	Carol Anthony	2016/06/26			
57 Div.																		
Squat	102.5	Rouxchelle Roux	2016/10/22	123.0	Megan Leighton	2017/03/18	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	70.5	Megan Leighton	2017/03/18	95.5	Antoinette Kriel	2017/03/18	95.5	Antoinette Kriel	2017/03/18	52.5	Miriam Sinclair	2014/06/01			
Deadlift	132.5	Megan Leighton	2013/12/08	147.5	Megan Leighton	2016/10/22	165.5	Antoinette Kriel	2017/03/18	165.5	Antoinette Kriel	2017/03/18	127.5	Carol Anthony	2016/10/22			
Total	282.5	Megan Leighton	2014/03/15	340.0	Megan Leighton	2016/10/22	383.5	Antoinette Kriel	2017/03/18	383.5	Antoinette Kriel	2017/03/18	267.5	Miriam Sinclair	2014/06/01			
63 Div.																		
Squat	110.0	Caitlin Poxon	2017/06/25	125.0	Megan Leighton	2017/05/07	137.5	Laura Newman	2016/06/26	127.5	Vicki Botha	2017/03/18	85.0	Susan Farrell	2017/05/07	85.0	Susan Farrell	2017/05/07
Bench Press	55.0	Caitlin Poxon	2017/06/25	67.5	Megan Leighton	2017/05/07	75.5	Lisa Basson	2017/03/18	75.0	Vicki Botha	2017/03/18	45.0	Carol Anthony	2016/03/19	45.0	Susan Farrell	2017/03/18
Deadlift	125.0	Caitlin Poxon	2017/06/25	150.0	Megan Leighton	2017/05/07	167.5	Laura Newman	2016/06/26	165.5	Vicki Botha	2017/03/18	127.5	Carol Anthony	2016/03/19	120.0	Susan Farrell	2017/05/07
Total	290.0	Caitlin Poxon	2017/06/25	342.5	Megan Leighton	2017/05/07	368.0	Vicki Botha	2017/03/18	368.0	Vicki Botha	2017/03/18	250.0	Susan Farrell	2017/05/07	250.0	Susan Farrell	2017/05/07
72 Div.																		
Squat	113.0	Nicole Ferreira	2017/03/18	117.5	Dina Power	2017/06/25	148.0	Laura de Wet	2016/10/22	148.0	Laura de Wet	2016/10/22	102.5	Candice Firmani	2017/06/25			
Bench Press	60.0	Nicole Ferreira	2017/06/25	67.5	Kashka Hobbs	2016/03/19	85.5	Chantelle du Toit	2017/03/18	75.0	Laura de Wet	2016/03/19	58.5	Candice Firmani	2017/05/07			
Deadlift	145.0	Nicole Ferreira	2017/03/18	157.5	Dina Power	2017/05/07	182.5	Laura de Wet	2017/06/25	182.5	Laura de Wet	2017/06/25	125.5	Janita Kruger	2017/03/18			
Total	315.5	Nicole Ferreira	2017/03/18	332.5	Dina Power	2017/06/25	400.5	Laura de Wet	2017/03/18	400.5	Laura de Wet	2017/03/18	275.0	Candice Firmani	2017/06/25			
84 Div.																		
Squat	140.0	Jelhandrie Rautenbach	2017/06/25	150.0	Lezaan Jordaan	2017/03/18	167.5	Caileigh Dade	2016/10/22	132.5	Janita Kruger	2014/06/01	102.5					
Bench Press	72.5	Jelhandrie Rautenbach	2017/06/25	80.0	Lezaan Jordaan	2017/07/15	87.5	Sandri van Staden	2017/03/18	67.5	Bonita Hein	2014/03/15	55.0	Bridgette Quagliani	2017/03/18			
Deadlift	152.5	Jelhandrie Rautenbach	2017/06/25	190.0	Lezaan Jordaan	2017/06/25	190.0	Lezaan Jordaan	2017/06/25	157.5	Bonita Hein	2017/05/07	115.0					
Total	365.0	Jelhandrie Rautenbach	2017/06/25	417.5	Lezaan Jordaan	2017/06/25	432.5	Sandri van Staden	2017/03/18	342.5	Bonita Hein	2017/05/07	270.0					
84+ Div.																		
Squat	115.0	Megan Rogers	2017/06/25	150.0	Juanita Visser	2014/06/01	177.5	Tracy Ludwig	2016/05/28	177.5	Tracy Ludwig	2016/05/28	107.5					
Bench Press	60.0	Megan Rogers	2017/06/25	80.0	Juanita Visser	2014/06/01	95.0	Lauren Norton	2017/03/18	90.0	Tracy Ludwig	2016/05/28	57.5					
Deadlift	130.0	Megan Rogers	2017/06/25	190.0	Juanita Visser	2014/06/01	202.5	Tracy Ludwig	2016/05/28	202.5	Tracy Ludwig	2016/05/28	120.0					
Total	305.0	Megan Rogers	2017/06/25	420.0	Juanita Visser	2014/06/01	470.0	Tracy Ludwig	2016/05/28	470.0	Tracy Ludwig	2016/05/28	285.0					

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 15/07/2017																					
2017/07/15	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+		
53	80.0	Damon Langeveld	2016/03/19	92.5																	
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	105.0	Mpho Hlanyane	2017/03/18	130.0	Marcel Vorster	2017/07/15	147.5	Michael Botha	2015/03/28	105.0			95.0			87.5			80		
74	160.0	Yonela Mbembe	2016/05/21	170.0	Yonela Mbembe	2017/05/07	170.0	Yonela Mbembe	2017/05/07	147.5	Marlon Daniels	2016/10/22	117.5	Tommy de Nysschen	2016/05/21	100.0	Dan Oppenheim	2012/02/25	97.5	Dan Oppenheim	2015/06/06
83	147.5	Joaquim de Jenga	2017/06/25	172.5	Jade Blake	2016/10/22	175.0	Ricardo Fitzpatrick	2016/05/28	162.5	Marlon Daniels	2017/05/07	133.5	Peter Vermaak	2015/02/07	133.5	Peter Vermaak	2015/02/07	102.5	Dan Oppenheim	2015/03/27
93	150.0	Joshua Kiggen	2017/06/25	181.0	Elfranco Holder	2016/10/22	182.5	Elfranco Holder	2017/07/15	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	177.5	Sean Manders	2016/06/26	160.0	Colin Young	2017/06/25	160.0	Colin Young	2017/06/25	120		
120	155.0	Jerome Korf	2013/02/23	202.5	Benedict Buccarizza	2014/03/15	230.0	Benedict Buccarizza	2016/05/21	210.0	Malone Horn	2015/11/21	205.0	Gerhardus Oosthuizen	2016/05/21	137.5	Andre Ludik	2017/03/18	125		
120+	150.0	Johnde Victor	2016/05/21	190.0	Jerome Korf	2017/03/18	210.0	Ian Mouton	2015/03/28	210.0	Ian Mouton	2015/03/28	197.5	Ian Furman	2017/05/07	132.5			127.5		
SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 15/07/2017																					
2017/07/15	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+					
43	35.0			42.5																	
47	37.5			42.5			62.5	Mariska Casey	2017/05/07	42.5			37.5								
52	40.0	Rochelle de Beer	2014/06/01	55.0	Rouxchelle Roux	2017/07/15	87.5	Antoinette Kriel	2016/05/21	87.5	Antoinette Kriel	2016/05/21	62.5	Liliana Coleman	2015/02/07						
57	57.5	Megan Leighton	2014/06/01	70.5	Megan Leighton	2017/03/18	95.5	Antoinette Kriel	2017/03/18	95.5	Antoinette Kriel	2017/03/18	52.5	Miriam Sinclair	2014/06/01						
63	55.0	Caitlin Poxon	2017/06/25	72.5	Megan Leighton	2016/11/27	95.0	Antoinette Kriel	2016/11/27	95.0	Antoinette Kriel	2016/11/27	55.0								
72	60.0	Nicole Ferreira	2017/06/25	87.5	Kim Halgreen	2016/05/21	87.5	Kim Halgreen	2016/05/21	85.0	Corien Potgieter	2016/10/22	57.5	Candice Firmani	2017/03/18						
84	72.5	Jelhandrie Rautenbach	2017/06/25	80.0	Lezaan Jordaan	2017/07/15	105.0	Lizelle Cruz	2017/05/07	105.0	Lizelle Kruz	2017/05/07	62.5								
84+	65.0			80.0	Juanita Visser	2014/06/01	100.0	Lauren Norton	2017/05/07	90.0	Tracy Ludwig	2016/05/28	65.0								