

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 11/06/2013

11/06/2013	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	110.0 Ismael Aasif Ahmed 23/02/2013	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	200.0 Ismael Aasif Ahmed 23/02/2013	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 25/02/2012
Total	435.0 Ismael Aasif Ahmed 23/02/2013	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	210.0 Robert Kennedy 11/06/2013	230.0 Mohammed Raees Dangor 23/02/2013	252.5	230.0 Jorncy Page 23/02/2013	187.5	170.0
Bench Press	127.5 Robert Kennedy 11/06/2013	165.0 Jeffrey Cook 23/02/2013	175.0	165.0 Jorncy Page 23/02/2013	130.0	120.0
Deadlift	255.0 Robert Kennedy 11/06/2013	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	592.5 Robert Kennedy 11/06/2013	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 11/06/2013

11/06/2013	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 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	85.0 Megan Leighton 11/06/2013		92.5		110.0		85.0		75.0	
Bench Press	50.0 Megan Leighton 11/06/2013		52.5 Storm Benjamin 23/02/2013		60.0		45.0		40.0	
Deadlift	112.5 Megan Leighton 11/06/2013		140.0 Storm Benjamin 23/02/2013		140.0 Storm Benjamin 23/02/2013		92.5		85.0	
Total	247.5 Megan Leighton 11/06/2013		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		60.0 Janita Kruger 23/02/2013		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		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 11/06/2013

11/06/2013	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	87.5	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	147.5	175.0 Pieter Erasmus 23/02/2013	175.0 Pieter Erasmus 23/02/2013	130.0 Cedric Saffy 23/02/2013	117.5
105	127.5 Robert Kennedy 11/06/2013	165.0 Jeffrey Cook 23/02/2013	180.0	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	200.0 Ian Furman 25/02/2012	200.0 Ian Furman 25/02/2012	150.0 Terence Delaney 23/02/2013	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	145.0	132.5

SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 11/06/2013

11/06/2013	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	72.5 Antoinette Kriel 11/06/2013	72.5 Antoinette Kriel 11/06/2013	42.5
57	42.5	52.5 Storm Benjamin 23/02/2013	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