

--	--	--	--	--	--	--	--

Master II		Master III			Master IV		
7.5		115.0			102.5		
7.5		80.0			77.5		
7.5		127.5			117.5		
7.5		322.5			292.5		
1.0	Karl Christians	127.5			112.5		
7.5		87.5			80		
1.0	Karl Christians	187.5	Yunus Hassen	2015/02/27	130		
1.0	Karl Christians	2014/03/15	355.0		325.5		
1.0	Stanley Lameyer	2017/03/18	137.5		132.5	Dan Oppenheim	2015/06/06
1.0	Tommy de Nysschen	2016/05/28	100.0	Dan Oppenheim	2012/02/25	97.5	Dan Oppenheim
1.0	David Quatse	2014/03/15	186.0	Yunus Hassen	2016/03/19	185	Dan Oppenheim
1.0	David Quatse	2014/03/15	415.0	Dan Oppenheim	2012/02/25	415	Dan Oppenheim
7.5	Ian Hacker	2017/03/18	152.5			141	Dan Oppenheim
7.5			105.0			102.5	Dan Oppenheim
1.0	Patrick Banda	2017/05/07	182.5	Dan Oppenheim	2016/03/19	182.5	Dan Oppenheim
7.5	David Quatse	2016/03/19	423.5	Dan Oppenheim	2016/03/19	423.5	Dan Oppenheim
7.5	Ebrahim Mobara	2016/03/19	160.0	Robert Huff	2013/02/23	150	
7.5			112.5	Robert Huff	2013/02/23	102.5	
1.0	Ebrahim Mobara	2016/10/22	185.0	Robert Huff	2013/02/23	160	
1.0	Ebrahim Mobara	2016/10/22	457.5	Robert Huff	2013/02/23	425	
1.0	Christo Schoonraad	2016/10/22	170.0			157.5	
7.5	Colin Young	2017/06/25	160.0	Colin Young	2017/06/25	110	
1.0	Christo Schoonraad	2017/05/07	215.0	Theuns Naude	2014/06/01	195	
7.5	Christo Schoonraad	2017/03/18	520.0	Colin Young	2017/06/25	435	
7.5	Gerhardus Oosthuizen	2015/06/06	180.0			167.5	
7.5	Gerhardus Oosthuizen	2015/06/06	135.5	Andre Ludik	2017/03/18	115	
7.5	Gerhardus Oosthuizen	2015/06/06	210.0	Andre Ludik	2017/03/18	205	
1.0	Gerhardus Oosthuizen	2015/06/06	507.5	Andre Ludik	2017/03/18	455	
1.0	Burton Haupt	2017/03/18	182.5			180	
7.5	Burton Haupt	2017/03/18	127.5			120	
7.5	Burton Haupt	2017/03/18	197.5			215	
1.0	Burton Haupt	2017/03/18	507.5			475	

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 25/06/2017

2017/06/25	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			102.5	Rouxchelle Roux	2017/03/18	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	54.5	Rouxchelle Roux	2017/03/18	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	257.0	Rouxchelle Roux	2017/03/18	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	77.5	Lezaan Jordaan	2017/06/25	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 25/06/2017

2017/06/25	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	127.5	Jaco Strydom	2015/02/07	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	181.0	Elfranco Holder	2016/10/22	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 25/06/2017

2017/06/25	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	54.5	Rouxchelle Roux	2017/03/18	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	77.5	Lezaan Jordaan	2017/06/25	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					