

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 21/05/2016																					
2016/05/21	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	155.0			125.0			115.0			105.0					
Bench Press	80.0	Damon Langeveld	2016/03/19	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	365.0	Damon Langeveld	2016/03/19	372.5			430.0			345.0			317.5			290.0					
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	152.5	Ruben van der Linde	2016/03/19	170.0	Marcel Vorster	2016/03/19	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	110.0	Moses Tsimane	2016/03/19	97.5			87.5			80		
Deadlift	205.0	Ebrahim Pregnolato	2014/03/15	215.0	Arnold Vermeulen	2016/03/19	240.0	Remi Fredericks	2016/03/19	190.0	Karl Christians	2014/03/15	191.0	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	165.0	Elan Donninger	2016/03/19	210.0	Sintewilles Pietersen	2015/02/27	220.0	Harry Shomalistos	2014/06/01	162.5	Stanley Lameyer	2016/03/19	162.5	Stanley Lameyer	2016/03/19	137.5			132.5	Dan Oppenheim	2015/06/06
Bench Press	125.0	Ismael Aasif 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	110.0	Tommy de Nysschen	2016/03/19	100.0	Dan Oppenheim	2012/02/25	97.5	Dan Oppenheim	2015/06/06
Deadlift	215.0	Ismael Aasif 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 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	192.5	Alistair Begg	2016/03/19	185.0	David Quatse	2016/03/19	152.5			141	Dan Oppenheim	2016/03/19
Bench Press	125.0	Spencer Hammond	2016/03/19	165.0	Franco Holder	2016/03/19	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	230.0	Spencer Hammond	2016/03/19	272.5	Jean Arthur Pretorius	2015/02/27	287.5	Dean Van Wyk	2014/03/15	230.0	Alistair Begg	2016/03/19	217.5	Patrick Banda	2015/03/27	165.0			182.5	Dan Oppenheim	2016/03/19
Total	525.0	Spencer Hammond	2016/03/19	620.0	Jade Blake	2016/03/19	665.0	Mathew Coppenhall	2015/03/27	552.5	Alistair Begg	2016/03/19	502.5	David Quatse	2016/03/19	422.5			423.5	Dan Oppenheim	2016/03/19
93 Div.																					
Squat	192.5	Bulelani Ngaki	2016/03/19	232.5	Nelson Sitsili	2014/06/01	250.0	Darryn Anthony	2015/03/28	227.5	Victor Mapoo	2014/06/01	192.5	Ebrahim Mobara	2016/03/19	160.0	Robert Huff	2013/02/23	150		
Bench Press	120.0	Bulelani Ngaki	2016/03/19	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	232.5	Bulelani Ngaki	2016/03/19	290.0	Nelson Sitsili	2014/06/01	290.0	Nelson Sitsili	2014/06/01	270.0	Henk de Wet	2015/03/28	212.5	Ebrahim Mobara	2015/03/28	185.0	Robert Huff	2013/02/23	160		
Total	545.0	Bulelani Ngaki	2016/03/19	655.0	Nelson Sitsili	2014/06/01	690.0	Darryn Anthony	2015/03/28	630.0	Henk de Wet	2015/03/28	500.0	Ebrahim Mobara	2016/03/19	457.5	Robert Huff	2013/02/23	425		
105 Div.																					
Squat	220.0	Robert Kennedy	2013/12/08	280.0	Francois Maritz	2016/03/19	300.0	Sean Manders	2016/03/19	300.0	Sean Manders	2016/03/19	230.0	Christo Schoonraad	2016/03/19	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	175.0	Sean Manders	2016/03/19	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	285.0	Sean Manders	2016/03/19	230.0	Christo Schoonraad	2016/03/19	215.0	Theuns Naude	2014/06/01	195		
Total	632.5	Robert Kennedy	2013/12/08	755.0	Johan Smith	2014/06/01	760.0	Sean Manders	2016/03/19	760.0	Sean Manders	2016/03/19	585.0	Christo Schoonraad	2016/03/19	475.0			435		
120 Div.																					
Squat	245.0	Liam Schultz	2015/12/01	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	202.0	Malone Horn	2016/03/19	198.0	Gerhardus Oosthuizen	2015/06/06	125.0			115		
Deadlift	270.0	Liam Schultz	2015/12/01	310.0	Benedict Buccarizza	2014/06/01	320.0	Kyle Noonan	2016/03/19	300.0	Malone Horn	2016/03/19	252.5	Gerhardus Oosthuizen	2015/06/06	192.5			205		
Total	615.5	Liam Schultz	2015/12/01	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	215.0	Johnde Victor	2015/12/01	270.0	Minal Raniga	2014/06/01	287.5	Juan Booyse	2014/06/01	250.0	Mathys Herbst	2016/03/19	200.0	Burton Haupt	2016/03/19	182.5			180		
Bench Press	145.0	Johnde Victor	2015/12/01	185.0	Juan Booyse	2013/02/23	210.0	Ian Mouton	2015/03/28	210.0	Ian Mouton	2015/03/28	145.0	Burton Haupt	2016/03/19	127.5			120		
Deadlift	245.0	Johnde Victor	2015/12/01	300.0	William Shaw	2014/03/15	325.0	Kyle Noonan	2015/06/14	313.0	Ian Mouton	2015/03/28	240.0	Burton Haupt	2016/03/19	197.5			215		
Total	595.0	Johnde Victor	2015/12/01	692.5	Minal Raniga	2014/06/01	765.0	Kyle Noonan	2015/06/14	763.0	Ian Mouton	2015/03/28	585.0	Burton Haupt	2016/03/19	507.5			475		

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 21/05/2016

2016/05/21	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	75.0	Mijuane de Wet	2016/03/19	82.5			97.5			72.5			65.0		
Total	160.0	Mijuane de Wet	2016/03/19	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			52.5	Mariska Casey	2016/03/19	40.0	Elisabeth Barry	2013/12/08	35.0		
Deadlift	90.0	Rochell de Beer	2014/03/15	95.0	Larissse du Preez	2014/03/15	130.0	Mariska Casey	2016/03/19	125.0	Elisabeth Barry	2013/12/08	70.0		
Total	187.5	Rochell de Beer	2014/03/15	207.5			272.5	Mariska Casey	2016/03/19	240.0	Elisabeth Barry	2013/12/08	170.0		
52 Div.															
Squat	70.0			85.0	Stacey Bryant	2014/03/15	117.5	Giulia Muto	2016/03/19	115.0	Antoinette Kriel	2016/03/19	70.0		
Bench Press	40.0	Rochell de Beer	2014/06/01	53.5	Alushka September	2015/03/27	85.0	Antoinette Kriel	2016/03/19	85.0	Antoinette Kriel	2016/03/19	37.5		
Deadlift	97.5	Rochell de Beer	2014/06/01	127.5	Alushka September	2015/03/27	140.0	Antoinette Kriel	2016/03/19	140.0	Antoinette Kriel	2016/03/19	75.0		
Total	205.0	Rochell de Beer	2014/06/01	256.0	Alushka September	2015/03/27	340.0	Antoinette Kriel	2016/03/19	340.0	Antoinette Kriel	2016/03/19	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	160.0	Mitchelle Letcher	2016/03/19	160.0	Mitchelle Letcher	2016/03/19	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	105.5	Megan Leighton	2016/03/19	135.0	Laura Newman	2015/12/01	115.0	Vicky Botha	2014/06/01	82.5		
Bench Press	45.0	Anneke Jordaan	2013/02/23	65.0	Megan Leighton	2016/03/19	82.5	Seritha Plaatjies	2016/03/19	70.0	Vicky Botha	2014/06/01	45.0	Carol Anthony	2016/03/19
Deadlift	112.5	Shelby Bruce	2015/03/27	135.0	Sasha Payne	2016/03/19	164.0	Laura Newman	2016/03/19	152.5	Vicky Botha	2014/06/01	127.5	Carol Anthony	2016/03/19
Total	257.5	Anneke Jordaan	2013/02/23	300.5	Megan Leighton	2016/03/19	365.5	Danel van Jaarsveld	2015/03/27	337.5	Vicky Botha	2014/06/01	247.5	Carol Anthony	2016/03/19
72 Div.															
Squat	102.5	Bronwyn Marshall	2015/12/01	112.5	Kashka Hobbs	2016/03/19	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	67.5	Kashka Hobbs	2016/03/19	80.0	Chantelle du Toit	2016/03/19	75.0	Laura de Wet	2016/03/19	47.5		
Deadlift	120.0	Bronwyn Marshall	2016/03/19	150.0	Kashka Hobbs	2016/03/19	178.0	Adderly Green	2016/03/19	175.5	Laura de Wet	2016/03/19	102.5		
Total	270.0	Bronwyn Marshall	2016/03/19	330.0	Kashka Hobbs	2016/03/19	397.5	Storm Benjamin	2016/03/19	392.5	Laura de Wet	2015/06/11	265.0		
84 Div.															
Squat	102.5			125.0			162.5	Cailleigh Dade	2016/03/19	132.5	Janita Kruger	2014/06/01	102.5		
Bench Press	52.5			65.0	Leandre Swart	2015/03/27	80.0	Sandri van Staden	2016/03/19	67.5	Bonita Hein	2014/03/15	52.5		
Deadlift	115.0			147.5	Leandre Swart	2015/03/27	182.5	Sandri van Staden	2016/03/19	155.0	Bonita Hein	2014/03/15	115.0		
Total	270.0			332.5	Leandre Swart	2015/03/27	412.5	Sandri van Staden	2016/03/19	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	85.0	Tracy Ludwig	2016/03/19	85.0	Tracy Ludwig	2016/03/19	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 21/05/2016																							
2016/05/21	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			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 Pregmolato	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	160.0	Yonela Mbembe	2016/05/21	160.0	Yonela Mbembe	2016/05/21	160.0	Yonela Mbembe	2016/05/21	145.0	Marlon Daniels	2016/05/21	117.5	Tommy de Nysschen	2016/05/21	100.0	Dan Oppenheim	2012/02/25	97.5	Dan Oppenheim	2015/06/06		
83	125.0	Spencer Hammond	2016/03/19	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	120.0	Bulelani Ngaki	2016/03/19	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	175.0	Sean Manders	2016/03/19	147.5	Colin Young	2016/05/21	125.0	Ado Krige	2012/02/25	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	130.0			125				
120+	150.0	Johnde Victor	2016/05/21	185.0	Juan Booyse	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				
SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 21/05/2016																							
2016/05/21	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			55.0	Mariska Casey	2016/05/21	42.5			37.5										
52	40.0	Rochell de Beer	2014/06/01	53.5	Alushka September	2015/03/27	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	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			67.5	Megan Leighton	2016/05/21	82.5	Danel van Jaarsveld	2015/11/21	70.0	Vicky Botha	2014/06/01	55.0										
72	55.0			87.5	Kim Halgreen	2016/05/21	87.5	Kim Halgreen	2016/05/21	75.0	Laura de Wet	2016/03/19	55.0										
84	60.0			72.5			130.0	Sanet Momberg	2016/05/21	130.0	Sanet Momberg	2016/05/21	62.5										
84+	65.0			80.0	Juanita Visser	2014/06/01	90.0	Christi de Jager	2016/05/21	85.0	Tracy Ludwig	2016/03/19	65.0										