

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 15/06/2015

15/06/2015	Sub-Junior		Junior		Senior		Master I		Master II		Master III		Master IV	
53 Div.														
Squat	120.0	Revaldo Matras 15/03/2014	140.0	David Malefo 28/03/2015	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 01/06/2014	172.5	Revaldo Matras 01/06/2014	172.5	Revaldo Matras 01/06/2014	132.5		122.5		112.5			
Total	360.0	Revaldo Matras 01/06/2014	372.5		430.0		345.0		317.5		290.0			
59 Div.														
Squat	130.0	Marco Jacobs 01/06/2014	155.0	Clint Williams 01/06/2014	172.5		137.5		127.5		115.0		102.5	
Bench Press	97.5	Eldeano Booysen 27/03/2015	102.5		120.0		97.5		87.5		80.0		77.5	
Deadlift	175.0	Emmanu Papala 27/03/2015	200.0	Clint Williams 01/06/2014	200.0	Clint Williams 01/06/2014	150.0		137.5		127.5		117.5	
Total	375.0	Marco Jacobs 15/03/2014	447.5	Clint Williams 01/06/2014	477.5		385.0		352.5		322.5		292.5	
66 Div.														
Squat	145.0	Ebrahim Pregmolato 01/06/2014	165.0	Japhta Khalapa 15/03/2014	190.0		155.0	Karl Christians 15/03/2014	155.0	Karl Christians 15/03/2014	127.5		112.5	
Bench Press	100.0	Ebrahim Pregmolato 01/06/2014	125.0	Ivan Vers 15/03/2014	147.5	Michael Botha 27/03/2015	107.5		97.5		87.5		80	
Deadlift	205.0	Ebrahim Pregmolato 15/03/2014	205.0	Ebrahim Pregmolato 15/03/2014	240.0	Remi Fredericks 15/03/2014	190.0	Karl Christians 15/03/2014	191.0	Karl Christians 27/03/2015	187.5	Yunus Hassen 27/02/2015	130	
Total	447.5	Ebrahim Pregmolato 01/06/2014	477.5	Ivan Vers 15/03/2014	535.0	Jacobus Philatsi 01/06/2014	435.0	Karl Christians 15/03/2014	435.0	Karl Christians 15/03/2014	355.0		325.5	
74 Div.														
Squat	162.5	Luke Routier 01/06/2014	210.0	Sintewilles Pietersen 27/02/2015	220.0	Harry Shomalistos 01/06/2014	162.5		160.0	David Quatse 15/03/2014	137.5		132.5	Dan Oppenheim 06/06/2015
Bench Press	125.0	Ismael Aasif Ahmed 08/12/2013	132.5	Umar Pregmolato 15/03/2014	150.0	Harry Shomalistos 01/06/2014	117.5	Clifford Hayim 23/02/2013	105.0		100.0	Dan Oppenheim 25/02/2012	97.5	Dan Oppenheim 06/06/2015
Deadlift	215.0	Ismael Aasif Ahmed 08/12/2013	240.0	Japhta Khalapa 15/03/2014	305.0	Harry Shomalistos 01/06/2014	210.0	David Quatse 15/03/2014	210.0	David Quatse 15/03/2014	185.0	Dan Oppenheim 25/02/2012	185	Dan Oppenheim 06/06/2015
Total	480.0	Ismael Aasif Ahmed 08/12/2013	565.0	Japhta Khalapa 15/03/2014	675.0	Harry Shomalistos 01/06/2014	465.0	David Quatse 15/03/2014	465.0	David Quatse 15/03/2014	415.0	Dan Oppenheim 25/02/2012	415	Dan Oppenheim 06/06/2015
83 Div.														
Squat	180.0	Paul Beresford 01/06/2014	232.5	Tshepo Rapoo 27/03/2015	242.5	Mathew Coppenhall 27/02/2015	190.0	Andre Gearing 27/03/2015	175.0	David Quatse 27/03/2015	152.5		140	Dan Oppenheim 27/03/2015
Bench Press	105.0		165.0	Franco Holder 15/03/2014	172.5	Ryan Miller 15/03/2014	140.0	Andre Gearing 27/03/2015	115.0		105.0		102.5	Dan Oppenheim 27/03/2015
Deadlift	217.5	Paul Beresford 01/06/2014	272.5	Jean Arthur Pretorius 27/02/2015	287.5	Dean Van Wyk 15/03/2014	220.0	Andre Gearing 27/03/2015	217.5	Patrick Banda 27/03/2015	165.0		172.5	Dan Oppenheim 27/03/2015
Total	502.5	Paul Beresford 01/06/2014	617.5	Tshepo Rapoo 27/03/2015	665.0	Mathew Coppenhall 27/03/2015	550.0	Andre Gearing 27/03/2015	491.0	David Quatse 27/03/2015	422.5		415	Dan Oppenheim 27/03/2015
93 Div.														
Squat	190.0	Garth Homan 11/06/2013	232.5	Nelson Sitsili 01/06/2014	250.0	Darryn Anthony 28/03/2015	227.5	Victor Mapoo 01/06/2014	185.0	Mobara Ebrahim 28/03/2015	160.0	Robert Huff 23/02/2013	150	
Bench Press	112.5		175.0	Franco Holder 28/02/2015	175.0	Franco Holder 28/02/2015	150.0	Henk de Wet 28/03/2015	122.5		112.5	Robert Huff 23/02/2013	102.5	
Deadlift	230.0	Garth Homan 11/06/2013	290.0	Nelson Sitsili 01/06/2014	290.0	Nelson Sitsili 01/06/2014	270.0	Henk de Wet 28/03/2015	212.5	Mobara Ebrahim 28/03/2015	185.0	Robert Huff 23/02/2013	160	
Total	530.0	Garth Homan 11/06/2013	655.0	Nelson Sitsili 01/06/2014	690.0	Darryn Anthony 28/03/2015	630.0	Henk de Wet 28/03/2015	490.0	Mobara Ebrahim 28/03/2015	457.5	Robert Huff 23/02/2013	425	
105 Div.														
Squat	220.0	Robert Kennedy 08/12/2013	265.0	Francois Maritz 28/03/2015	265.0	Francois Maritz 28/03/2015	230.0	Jorncy Page 23/02/2013	187.5		170.0		157.5	
Bench Press	132.5	Robert Kennedy 08/12/2013	205.0	Johan Smith 01/06/2014	205.0	Johan Smith 01/06/2014	165.0	Jorncy Page 23/02/2013	145.0	Colin Young 15/03/2014	120.0		110	
Deadlift	280.0	Robert Kennedy 08/12/2013	300.0	Mohammed Raees Dangor 23/02/2013	300.0	Mohammed Raees Dai 23/02/2013	255.0	Jorncy Page 23/02/2013	215.0	Theuns Naude 01/06/2014	215.0	Theuns Naude 01/06/2014	195	
Total	632.5	Robert Kennedy 08/12/2013	755.0	Johan Smith 01/06/2014	755.0	Johan Smith 01/06/2014	650.0	Jorncy Page 23/02/2013	527.5	Colin Young 01/06/2014	475.0		435	
120 Div.														
Squat	232.5	Liam Schultz 07/06/2015	295.0	Ricardo Baretto 15/03/2014	312.5	Benedict Buccarizza 28/03/2015	305.0	Mathew Cosmo 01/06/2014	202.5	Gerhardus Oosthuizen 06/06/2015	180.0		167.5	
Bench Press	155.0	Jerome Korf 23/02/2013	202.5	Benedict Buccarizza 15/03/2014	215.0	Benedict Buccarizza 28/03/2015	198.0	Gerhardus Oosthuizen 06/06/2015	198.0	Gerhardus Oosthuizen 06/06/2015	125.0		115	
Deadlift	255.0	Liam Schultz 07/06/2015	310.0	Benedict Buccarizza 01/06/2014	310.0	Benedict Buccarizza 01/06/2014	290.0	Quentin Kannemeyer 15/03/2014	252.5	Gerhardus Oosthuizen 06/06/2015	192.5		205	
Total	615.0	Jerome Korf 23/02/2013	802.5	Benedict Buccarizza 01/06/2014	837.5	Benedict Buccarizza 28/03/2015	767.5	Mathew Cosmo 15/03/2014	653.0	Gerhardus Oosthuizen 06/06/2015	497.5		455	
120+ Div.														
Squat	200.0	Johnde Victor 28/03/2015	270.0	Minal Raniga 01/06/2014	287.5	Juan Booysse 01/06/2014	240.0	Ian Mouton 28/03/2015	200.0		182.5		180	
Bench Press	127.5	Johnde Victor 28/03/2015	185.0	Juan Booysse 23/02/2013	210.0	Ian Mouton 28/03/2015	210.0	Ian Mouton 28/03/2015	137.5		127.5		120	
Deadlift	225.0	Johnde Victor 28/03/2015	300.0	William Shaw 15/03/2014	325.0	Kyle Noonan 14/06/2015	313.0	Ian Mouton 28/03/2015	217.5		197.5		215	
Total	552.5	Johnde Victor 28/03/2015	692.5	Minal Raniga 01/06/2014	765.0	Kyle Noonan 14/06/2015	763.0	Ian Mouton 28/03/2015	555.0		507.5		475	

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 15/06/2015

15/06/2015	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 11/06/2015		75.0 Elisabeth Barry 08/12/2013		65.0	
Bench Press	37.5 Rochell de Beer 15/03/2014		42.5		50.0 Mariska Casey 11/06/2015		40.0 Elisabeth Barry 08/12/2013		35.0	
Deadlift	90.0 Rochell de Beer 15/03/2014		95.0 Larisse du Preez 15/03/2014		125.0 Elisabeth Barry 08/12/2013		125.0 Elisabeth Barry 08/12/2013		70.0	
Total	187.5 Rochell de Beer 15/03/2014		207.5		262.5 Mariska Casey 11/06/2015		240.0 Elisabeth Barry 08/12/2013		170.0	
52 Div.										
Squat	70.0		85.0 Stacey Bryant 15/03/2014		112.5 Giulia Muto 11/06/2015		100.0 Antoinette Kriel 11/06/2013		70.0	
Bench Press	40.0 Rochell de Beer 01/06/2014		53.5 Alushka September 27/03/2015		72.5 Antoinette Kriel 11/06/2013		72.5 Antoinette Kriel 11/06/2013		37.5	
Deadlift	97.5 Rochell de Beer 01/06/2014		127.5 Alushka September 27/03/2015		130.0 Antoinette Kriel 11/06/2013		130.0 Antoinette Kriel 11/06/2013		75.0	
Total	205.0 Rochell de Beer 01/06/2014		256.0 Alushka September 27/03/2015		302.5 Antoinette Kriel 11/06/2013		302.5 Antoinette Kriel 11/06/2013		182.5	
57 Div.										
Squat	100.0 Megan Leighton 01/06/2014		105.0 Stacey Bryant 27/03/2015		127.5 Antoinette Kriel 27/03/2015		127.5 Antoinette Kriel 27/03/2015		90.0 Miriam Sinclair 01/06/2014	
Bench Press	57.5 Megan Leighton 01/06/2014		60.0 Stacey Bryant 27/03/2015		90.0 Antoinette Kriel 13/06/2015		90.0 Antoinette Kriel 13/06/2015		52.5 Miriam Sinclair 01/06/2014	
Deadlift	132.5 Megan Leighton 08/12/2013		140.0 Storm Benjamin 23/02/2013		158.0 Michelle Letcher 27/03/2015		158.0 Michelle Letcher 27/03/2015		125.0 Miriam Sinclair 01/06/2014	
Total	282.5 Megan Leighton 15/03/2014		285.0 Stacey Bryant 27/03/2015		365.0 Antoinette Kriel 27/03/2015		365.0 Antoinette Kriel 27/03/2015		267.5 Miriam Sinclair 01/06/2014	
63 Div.										
Squat	102.5 Anneke Jordaan 23/02/2013		105.0 Suzaan Jacobs 27/03/2015		127.5 Danel van Jaarsveld 11/06/2015		115.0 Vicky Botha 01/06/2014		82.5	
Bench Press	45.0 Anneke Jordaan 23/02/2013		52.5		80.0 Danel van Jaarsveld 11/06/2015		70.0 Vicky Botha 01/06/2014		42.5	
Deadlift	112.5 Shelby Bruce 27/03/2015		133.0 Lericia Golden 27/03/2015		163.0 Danel van Jaarsveld 27/03/2015		152.5 Vicky Botha 01/06/2014		92.5	
Total	257.5 Anneke Jordaan 23/02/2013		285.5 Lericia Golden 27/02/2015		365.5 Danel van Jaarsveld 27/03/2015		337.5 Vicky Botha 01/06/2014		217.5	
72 Div.										
Squat	100.0 Bronwyn Marshall 12/06/2015		112.5		147.5 Laura de Wet 11/06/2015		147.5 Laura de Wet 11/06/2015		90.0	
Bench Press	55.0 Geraldine Roelofse 15/03/2014		57.5		72.5 Laura de Wet 11/06/2015		72.5 Laura de Wet 11/06/2015		47.5	
Deadlift	115.0 Bronwyn Marshall 27/03/2015		127.5 Tammy Goosen 15/03/2014		172.5 Laura de Wet 11/06/2015		172.5 Laura de Wet 11/06/2015		102.5	
Total	265.0		292.5		392.5 Laura de Wet 11/06/2015		392.5 Laura de Wet 11/06/2015		265.0	
84 Div.										
Squat	102.5		125.0		147.5		132.5 Janita Kruger 01/06/2014		102.5	
Bench Press	52.5		65.0 Leandre Swart 27/03/2015		77.5		67.5 Bonita Hein 15/03/2014		52.5	
Deadlift	115.0		147.5 Leandre Swart 27/03/2015		177.5 Sandri van Staden 27/03/2015		155.0 Bonita Hein 15/03/2014		115.0	
Total	270.0		332.5 Leandre Swart 27/03/2015		397.5 Sandri van Staden 27/03/2015		337.5 Bonita Hein 15/03/2014		270.0	
84+ Div.										
Squat	150.0		150.0 Juanita Visser 01/06/2014		175.0 Tracy Ludwig 01/06/2014		175.0 Tracy Ludwig 01/06/2014		107.5	
Bench Press	80.0		80.0 Juanita Visser 01/06/2014		82.5 Tracy Ludwig 01/06/2014		82.5 Tracy Ludwig 01/06/2014		57.5	
Deadlift	120.0		190.0 Juanita Visser 01/06/2014		200.0 Tracy Ludwig 01/06/2014		200.0 Tracy Ludwig 01/06/2014		120.0	
Total	285.0		420.0 Juanita Visser 01/06/2014		457.5 Tracy Ludwig 01/06/2014		457.5 Tracy Ludwig 01/06/2014		285.0	

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 15/06/2015

15/06/2015	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 23/02/2013	102.5 Tashriq Hendriks 23/02/2013	115.0	95.0	87.5	82.5	77.5
66	100.0 Ebrahim Pregnolato 01/06/2014	127.5 Jaco Strydom 07/02/2015	147.5 Michael Botha 28/03/2015	105.0	95.0	87.5	80
74	125.0 Ismael Aasif Ahmed 08/12/2013	130.0 Thabang Mpe 25/02/2014	150.0 Harry Shomalistos 01/06/2014	117.5 Clifford Hayim 23/02/2013	107.5	100.0 Dan Oppenheim 25/02/2012	97.5 Dan Oppenheim 06/06/2015
83	110.0	165.0 Franco Holder 15/03/2014	172.5 Ryan Miller 15/03/2014	140.0 Andre Gearing 28/03/2015	133.5 Peter Vermaak 07/02/2015	133.5 Peter Vermaak 07/02/2015	102.5 Dan Oppenheim 27/03/2015
93	117.5	175.0 Franco Holder 28/03/2015	175.0 Pieter Erasmus 23/02/2013	175.0 Pieter Erasmus 23/02/2013	130.0 Cedric Saffy 23/02/2013	125.0 Neal Coleman 15/02/2014	120
105	140.0 Berto Smith 15/02/2014	205.0 Johan Smith 01/06/2014	205.0 Johan Smith 01/06/2014	165.0 Jorncy Page 23/02/2013	145.0 Colin Young 15/03/2014	125.0 Ado Krige 25/02/2012	120
120	155.0 Jerome Korf 23/02/2013	202.5 Benedict Buccarizza 15/03/2014	215.0 Benedict Buccarizza 28/03/2015	200.0 Ian Furman 25/02/2012	198.0 Gerhardus Oosthuizen 06/06/2015	130.0	125
120+	132.5	185.0 Juan Booyse 23/02/2013	210.0 Ian Mouton 28/03/2015	210.0 Ian Mouton 28/03/2015	162.5 Terence De Laney 15/02/2014	132.5	127.5

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15/06/2015	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 01/06/2014	53.5 Alushka September 27/03/2015	72.5 Antoinette Kriel 11/06/2013	72.5 Antoinette Kriel 11/06/2013	62.5 Lillian Coleman 07/02/2015
57	57.5 Megan Leighton 01/06/2014	60.0 Stacey Bryant 27/03/2015	90.0 Antoinette Kriel 13/06/2015	90.0 Antoinette Kriel 13/06/2015	52.5 Miriam Sinclair 01/06/2014
63	47.5	57.5	80.0 Danel van Jaarsveld 14/06/2015	70.0 Vicky Botha 01/06/2014	55.0
72	55.0	65.0	75.0	72.5 Laura de Wet 11/06/2015	55.0
84	60.0	72.5	85.0	65.0	62.5
84+	65.0	80.0 Juanita Visser 01/06/2014	90.0	82.5 Tracey Ludwig 01/06/2014	65.0