

SUMMARY OF SA POWERLIFTING & BENCH PRESS RECORDS

<u>Lifter</u>	<u>Kg</u>		<u>Category</u>	<u>Division</u>	<u>Championship</u>	<u>Record Category</u>	<u>Date</u>
Alushka September	117.5kg	Deadlift	Sub-Junior	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2013
Andre Kloppers	240kg	Squat	Sub-Junior	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Benedict Bucarizza	870kg	Total	Junior	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Dan Oppenheim	207.5kg	Deadlift	Master III	83kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
David Diakowski	182.5kg	Bench Press	Junior	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
David Diakowski	300kg	Deadlift	Junior	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
David Diakowski	737.5kg	Total	Junior	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
David Diakowski	182.5kg	Bench Press	Junior	93kg Division	SA Powerlifting Championships	South African Mens Bench Press Record	22/06/2013
David Diakowski	300kg	Deadlift	Senior	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Etienne Potgieter	215kg	Bench Press	Senior	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Heinrich Van Tonder	215kg	Deadlift	Sub-Junior	83kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Jan Kruger	292.5kg	Deadlift	Master I	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Juan Booyse	257.5kg	Bench Press	Junior	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Juan Booyse	257.5kg	Bench Press	Junior	120+kg Division	SA Powerlifting Championships	South African Mens Bench Press Record	22/06/2013
Juan Booyse	257.5kg	Bench Press	Senior	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Juan Booyse	257.5kg	Bench Press	Senior	120+kg Division	SA Powerlifting Championships	South African Mens Bench Press Record	22/06/2013
Juanita Visser	95kg	Bench Press	Junior	84+kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2013
Karl Christians	190kg	Squat	Master II	66kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Karl Christians	200kg	Deadlift	Master II	66kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Keke Makuta	245kg	Squat	Junior	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Marelize Swart	97.5kg	Deadlift	Sub-Junior	43kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2013
Mathew Coppenhall	280kg	Squat	Senior	83kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Mathew Coppenhall	200kg	Bench Press	Senior	83kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Mathew Coppenhall	200kg	Bench Press	Senior	83kg Division	SA Powerlifting Championships	South African Mens Bench Press Record	22/06/2013
Mathew Cosmo	302.5kg	Squat	Master I	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Mathew Cosmo	232.5kg	Bench Press	Master I	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Mathew Cosmo	815kg	Total	Master I	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Megan Leighton	115kg	Deadlift	Sub-Junior	57kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2013
Michelle de Souza	170kg	Squat	Senior	72kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2013
Michelle de Souza	170kg	Squat	Master I	72kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2013
Michelle de Souza	77.5kg	Bench Press	Master I	72kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2013
Michelle de Souza	175kg	Deadlift	Master I	72kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2013
Michelle de Souza	422.5kg	Total	Master I	72kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2013
Nick Stephanou	250kg	Deadlift	Junior	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Nick Stephanou	637.5kg	Total	Junior	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Pieter Fourie	315kg	Squat	Senior	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Pieter Fourie	795kg	Total	Senior	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Revaldo Matras	150kg	Deadlift	Sub-Junior	53kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Ricardo Barreto	340kg	Squat	Junior	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Ricardo Barreto	310kg	Deadlift	Junior	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Ricardo Barreto	340kg	Squat	Senior	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Tamore Goosen	112.5kg	Bench Press	Junior	72kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2013
Tamore Goosen	112.5kg	Bench Press	Junior	72kg Division	SA Powerlifting Championships	South African Womens Bench Press Record	22/06/2013
Tamore Goosen	112.5kg	Bench Press	Senior	72kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2013
Willy Johnstone - Robertson	215kg	Bench Press	Master II	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2013
Willy Johnstone - Robertson	215kg	Bench Press	Master II	120+kg Division	SA Powerlifting Championships	South African Mens Bench Press Record	22/06/2013

SUMMARY OF SA POWERLIFTING & BENCH PRESS RECORDS

<u>Lifter</u>	<u>Kg</u>		<u>Category</u>	<u>Division</u>	<u>Championship</u>	<u>Record Category</u>	<u>Date</u>
Ricardo Fitzpatrick	190kg	Bench Press	Senior	83kg Division	World Bench Press Championships	South African Mens Bench Press Record	20/05/2013
Johan Smith	337.5kg	Squat	Junior (19-23)	105kg Division	World Powerlifting Championships	South African Mens Powerlifting Record	03/11/2012
Johan Smith	225kg	Bench Press	Junior (19-23)	105kg Division	World Powerlifting Championships	South African Mens Powerlifting Record	03/11/2012
Johan Smith	862.5kg	Total	Junior (19-23)	105kg Division	World Powerlifting Championships	South African Mens Powerlifting Record	03/11/2012
Johan Smith	337.5kg	Squat	Senior	105kg Division	World Powerlifting Championships	South African Mens Powerlifting Record	03/11/2012
Johan Smith	225kg	Bench Press	Senior	105kg Division	World Powerlifting Championships	South African Mens Powerlifting Record	03/11/2012
Johan Smith	862.5kg	Total	Senior	105kg Division	World Powerlifting Championships	South African Mens Powerlifting Record	03/11/2012
Andre Cloete	255kg	Bench Press	Senior	120kg Division	SA Bench Press Championships	South African Mens Bench Press Record	20/10/2012
Ian Buckle	190kg	Bench Press	Master II (50-59)	105kg Division	SA Bench Press Championships	South African Mens Bench Press Record	20/10/2012
Jacques Fourie	122.5kg	Bench Press	Junior (19-23)	59kg Division	SA Bench Press Championships	South African Mens Bench Press Record	20/10/2012
Juan Booyse	235kg	Bench Press	Junior (19-23)	120kg Division	SA Bench Press Championships	South African Mens Bench Press Record	20/10/2012
Marcel Vorster	117.5kg	Bench Press	Sub-Junior (14-18)	66kg Division	SA Bench Press Championships	South African Mens Bench Press Record	20/10/2012
Willy Johnstone - Robertson	212.5kg	Bench Press	Master II (50-59)	120+kg Division	SA Bench Press Championships	South African Mens Bench Press Record	20/10/2012
Marcel Vorster	170kg	Squat	Sub-Junior (14-18)	59kg Division	World Junior and Sub Junior Powerlifting Championships	South African Mens Powerlifting Record	28/08/2012
Marcel Vorster	105kg	Bench Press	Sub-Junior (14-18)	59kg Division	World Junior and Sub Junior Powerlifting Championships	South African Mens Powerlifting Record	28/08/2012
Marcel Vorster	425kg	Total	Sub-Junior (14-18)	59kg Division	World Junior and Sub Junior Powerlifting Championships	South African Mens Powerlifting Record	28/08/2012
Marcel Vorster	105kg	Bench Press	Sub-Junior (14-18)	59kg Division	World Junior and Sub Junior Powerlifting Championships	South African Mens Bench Press Record	28/08/2012
Natalie Mohr	82.5kg	Bench Press	Junior (19-23)	63kg Division	World Junior and Sub Junior Powerlifting Championships	South African Womens Bench Press Record	28/08/2012
Natalie Mohr	150kg	Squat	Junior (19-23)	72kg Division	World Junior and Sub Junior Powerlifting Championships	South African Womens Powerlifting Record	28/08/2012
Natalie Mohr	82.5kg	Bench Press	Junior (19-23)	72kg Division	World Junior and Sub Junior Powerlifting Championships	South African Womens Powerlifting Record	28/08/2012
Natalie Mohr	180kg	Deadlift	Junior (19-23)	72kg Division	World Junior and Sub Junior Powerlifting Championships	South African Womens Powerlifting Record	28/08/2012
Natalie Mohr	412.5kg	Total	Junior (19-23)	72kg Division	World Junior and Sub Junior Powerlifting Championships	South African Womens Powerlifting Record	28/08/2012
Natalie Mohr	180kg	Deadlift	Senior	72kg Division	World Junior and Sub Junior Powerlifting Championships	South African Womens Powerlifting Record	28/08/2012
Umar Pregnatalo	125kg	Bench Press	Sub-Junior (14-18)	74kg Division	World Junior and Sub Junior Powerlifting Championships	South African Mens Powerlifting Record	28/08/2012
Benedict Bucarizza	297.5kg	Deadlift	Junior (19-23)	120kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	18/08/2012
Benedict Bucarizza	827.5kg	Total	Junior (19-23)	120kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	18/08/2012
Ian Furman	252.5kg	Bench Press	Senior	120+kg Division	SA Inter Provincial Championships	South African Mens Bench Press Record	18/08/2012
Ian Furman	252.5kg	Bench Press	Master I (40-49)	120+kg Division	SA Inter Provincial Championships	South African Mens Bench Press Record	18/08/2012
Jorncy Page	262.5kg	Squat	Master I (40-49)	105kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	18/08/2012
Jorncy Page	272.5kg	Deadlift	Master I (40-49)	105kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	18/08/2012
Jorncy Page	715kg	Total	Master I (40-49)	105kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	18/08/2012
Juan Booyse	225kg	Bench Press	Junior (19-23)	120kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	18/08/2012
Eugene Nolan	237.5kg	Bench Press	Junior (19-23)	120+kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	10/08/2012
Eugene Nolan	237.5kg	Bench Press	Junior (19-23)	120+kg Division	SA Inter Provincial Championships	South African Mens Bench Press Record	10/08/2012
Matthew Coppenhall	680kg	Total	Senior	74kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	10/08/2012
Nathan Valentine	282.5kg	Deadlift	Junior (19-23)	83kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	10/08/2012
Nathan Valentine	715kg	Total	Junior (19-23)	83kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	10/08/2012
Nathan Valentine	282.5kg	Deadlift	Senior	83kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	10/08/2012
Nathan Valentine	272.5kg	Squat	Junior (19-23)	83kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	10/08/2012
Tiffany Petrus	45kg	Bench Press	Sub-Junior (14-18)	47kg Division	SA Inter Provincial Championships	South African Womens Powerlifting Record	10/08/2012
Tiffany Petrus	105kg	Deadlift	Sub-Junior (14-18)	47kg Division	SA Inter Provincial Championships	South African Womens Powerlifting Record	10/08/2012
Tiffany Petrus	105kg	Deadlift	Junior (19-23)	47kg Division	SA Inter Provincial Championships	South African Womens Powerlifting Record	10/08/2012
Arno Lambrechts	350kg	Squat	Senior	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012

SUMMARY OF SA POWERLIFTING & BENCH PRESS RECORDS

<u>Lifter</u>	<u>Kg</u>		<u>Category</u>	<u>Division</u>	<u>Championship</u>	<u>Record Category</u>	<u>Date</u>
Arno Lambrechts	900kg	Total	Senior	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Arno Lambrechts	350kg	Squat	Master I (40-49)	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Arno Lambrechts	240kg	Bench Press	Master I (40-49)	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Arno Lambrechts	900kg	Total	Master I (40-49)	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Arno Lambrechts	240kg	Bench Press	Master I (40-49)	120+kg Division	SA Powerlifting Championships	South African Mens Bench Press Record	23/06/2012
Benjamin Coetsee	260kg	Squat	Junior (19-23)	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Etienne Potgieter	212.5kg	Bench Press	Senior	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Eugene Nolan	232.5kg	Bench Press	Junior (19-23)	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Johan Smith	330kg	Squat	Junior (19-23)	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Johan Smith	212.5kg	Bench Press	Junior (19-23)	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Johan Smith	330kg	Squat	Senior	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Jorncy Page	260kg	Squat	Master I (40-49)	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Jorncy Page	270kg	Deadlift	Master I (40-49)	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Juan Booyse	200kg	Bench Press	Junior (19-23)	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Mark Phillips	262.5kg	Deadlift	Master I (40-49)	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Ricardo Barreto	320kg	Squat	Junior (19-23)	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	23/06/2012
Alushka September	110kg	Deadlift	Sub-Junior (14-18)	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2012
David Quatse	220kg	Deadlift	Master I (40-49)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2012
David Quatse	200kg	Squat	Master II (50-59)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2012
David Quatse	220kg	Deadlift	Master II (50-59)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2012
Hesterki Range	72.5kg	Bench Press	Master I (40-49)	57kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2012
Hesterki Range	345kg	Total	Master I (40-49)	57kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2012
Ilze-Mari Maritz	92.5kg	Bench Press	Senior	63kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2012
Lizette Steyn	135kg	Squat	Master I (40-49)	57kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2012
Michelle de Souza	152.5kg	Squat	Senior	63kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2012
Michelle de Souza	392.5kg	Total	Senior	63kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2012
Michelle de Souza	152.5kg	Squat	Master I (40-49)	63kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2012
Michelle de Souza	392.5kg	Total	Master I (40-49)	63kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2012
Stuart Murchie	160kg	Bench Press	Junior (19-23)	66kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2012
Stuart Murchie	160kg	Bench Press	Junior (19-23)	66kg Division	SA Powerlifting Championships	South African Mens Bench Press Record	22/06/2012
Stuart Murchie	160kg	Bench Press	Senior	66kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2012
Thembanani Makubalo	185kg	Deadlift	Sub-Junior (14-18)	59kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2012
Tiffany Petrus	102.5kg	Deadlift	Sub-Junior (14-18)	47kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	22/06/2012
Umar Pregalato	122.5kg	Bench Press	Sub-Junior (14-18)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	22/06/2012
Eugene Nolan	235kg	Bench Press	Junior (19-23)	120+kg Division	Commonwealth Powerlifting Championships	South African Mens Bench Press Record	15/12/2011
Hesterki Range	65kg	Bench Press	Master I (40-49)	57kg Division	Commonwealth Powerlifting Championships	South African Womens Powerlifting Record	15/12/2011
Jason Meyer	185kg	Bench Press	Junior (19-23)	74kg Division	Commonwealth Powerlifting Championships	South African Mens Bench Press Record	15/12/2011
Nathan Valentine	270kg	Squat	Junior (19-23)	83kg Division	Commonwealth Powerlifting Championships	South African Mens Powerlifting Record	15/12/2011
Nathan Valentine	270kg	Deadlift	Junior (19-23)	83kg Division	Commonwealth Powerlifting Championships	South African Mens Powerlifting Record	15/12/2011
Andre Ludik	175kg	Bench Press	Master II (50-59)	120kg Division	SA Bench Press Championships	South African Mens Bench Press Record	22/10/2011
Christo Gerber	145kg	Bench Press	Sub-Junior (14-18)	74kg Division	SA Bench Press Championships	South African Mens Bench Press Record	22/10/2011
Etienne Potgieter	215kg	Bench Press	Senior	93kg Division	SA Bench Press Championships	South African Mens Bench Press Record	22/10/2011
Eugene Nolan	232.5kg	Bench Press	Junior (19-23)	120+kg Division	SA Bench Press Championships	South African Mens Bench Press Record	22/10/2011
Ian Buckle	187.5kg	Bench Press	Master II (50-59)	105kg Division	SA Bench Press Championships	South African Mens Bench Press Record	22/10/2011
Ilze-Mari Maritz	77.5kg	Bench Press	Junior (19-23)	57kg Division	SA Bench Press Championships	South African Womens Bench Press Record	22/10/2011
Jacques Knoesen	165kg	Bench Press	Master I (40-49)	83kg Division	SA Bench Press Championships	South African Mens Bench Press Record	22/10/2011

SUMMARY OF SA POWERLIFTING & BENCH PRESS RECORDS

<u>Lifter</u>	<u>Kg</u>		<u>Category</u>	<u>Division</u>	<u>Championship</u>	<u>Record Category</u>	<u>Date</u>
Liliana Coleman	70kg	Bench Press	Master I (40-49)	47kg Division	SA Bench Press Championships	South African Womens Bench Press Record	22/10/2011
Mathew Cosmo	250kg	Bench Press	Master I (40-49)	120kg Division	SA Bench Press Championships	South African Mens Bench Press Record	22/10/2011
Mathew Cosmo	250kg	Bench Press	Senior	120kg Division	SA Bench Press Championships	South African Mens Bench Press Record	22/10/2011
Sanet Momberg	140kg	Bench Press	Senior	72kg Division	SA Bench Press Championships	South African Womens Bench Press Record	22/10/2011
Sue Glazier	110kg	Bench Press	Senior	84kg Division	SA Bench Press Championships	South African Womens Bench Press Record	22/10/2011
Yegi Williams	215kg	Bench Press	Master I (40-49)	105kg Division	SA Bench Press Championships	South African Mens Bench Press Record	22/10/2011
Arno Lambrechts	305kg	Squat	Master I (40-49)	120+kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Arno Lambrechts	215kg	Bench Press	Master I (40-49)	120+kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Arno Lambrechts	317.5kg	Deadlift	Master I (40-49)	120+kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Arno Lambrechts	847.5kg	Total	Master I (40-49)	120+kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Arno Lambrechts	215kg	Bench Press	Master I (40-49)	120+kg Division	SA Inter Provincial Championships	South African Mens Bench Press Record	13/08/2011
Eugene Nolan	220kg	Bench Press	Junior (19-23)	120+kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Eugene Nolan	220kg	Bench Press	Junior (19-23)	120+kg Division	SA Inter Provincial Championships	South African Mens Bench Press Record	13/08/2011
Helgard Coertze	290kg	Deadlift	Master I (40-49)	120kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Ilze-Mari Maritz	72.5kg	Bench Press	Junior (19-23)	57kg Division	SA Inter Provincial Championships	South African Womens Powerlifting Record	13/08/2011
Ilze-Mari Maritz	72.5kg	Bench Press	Senior	57kg Division	SA Inter Provincial Championships	South African Womens Powerlifting Record	13/08/2011
Jaco Claasens	240kg	Bench Press	Senior	120+kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Jaco Claasens	240kg	Bench Press	Senior	120+kg Division	SA Inter Provincial Championships	South African Mens Bench Press Record	13/08/2011
Jacques Fourie	200kg	Deadlift	Sub-Junior (14-18)	66kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Johny Hall	260kg	Deadlift	Master I (40-49)	93kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Johny Hall	170kg	Bench Press	Master I (40-49)	93kg Division	SA Inter Provincial Championships	South African Mens Bench Press Record	13/08/2011
Kennedy Sekome	252.5kg	Deadlift	Junior (19-23)	66kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Marlon Daniels	250kg	Squat	Senior	74kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Marlon Daniels	195kg	Bench Press	Senior	74kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Marlon Daniels	195kg	Bench Press	Senior	74kg Division	SA Inter Provincial Championships	South African Mens Bench Press Record	13/08/2011
Peter Vermaak	140kg	Bench Press	Master III (60+)	83kg Division	SA Inter Provincial Championships	South African Mens Bench Press Record	13/08/2011
Pieter Fourie	267.5kg	Squat	Junior (19-23)	83kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Pieter Fourie	265kg	Deadlift	Junior (19-23)	83kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Pieter Fourie	712.5kg	Total	Junior (19-23)	83kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Thabang Mpe	152.5kg	Bench Press	Junior (19-23)	74kg Division	SA Inter Provincial Championships	South African Mens Powerlifting Record	13/08/2011
Thabang Mpe	152.5kg	Bench Press	Junior (19-23)	74kg Division	SA Inter Provincial Championships	South African Mens Bench Press Record	13/08/2011
Bonita Hein	140kg	Squat	Master I (40-49)	72kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Bonita Hein	160kg	Deadlift	Master I (40-49)	72kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Bonita Hein	355kg	Total	Master I (40-49)	72kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Bryan Silkstone	220kg	Squat	Sub-Junior (14-18)	83kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Dan Oppenheim	202.5kg	Deadlift	Master II (50-59)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Dan Oppenheim	122.5kg	Bench Press	Master III (60+)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Dan Oppenheim	202.5kg	Deadlift	Master III (60+)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Dan Oppenheim	495kg	Total	Master III (60+)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Dave Edwards	217.5kg	Bench Press	Senior	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Esmay Smith	200kg	Squat	Junior (19-23)	84+kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Esmay Smith	460kg	Total	Junior (19-23)	84+kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Esmay Smith	200kg	Squat	Senior	84+kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Eugene Nolan	210kg	Bench Press	Junior (19-23)	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Eugene Nolan	210kg	Bench Press	Junior (19-23)	120+kg Division	SA Powerlifting Championships	South African Mens Bench Press Record	24/06/2011
Havannah Hunt	67.5kg	Bench Press	Sub-Junior (14-18)	72kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Hesterki Range	125kg	Squat	Master I (40-49)	57kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011

SUMMARY OF SA POWERLIFTING & BENCH PRESS RECORDS

<u>Lifter</u>	<u>Kg</u>		<u>Category</u>	<u>Division</u>	<u>Championship</u>	<u>Record Category</u>	<u>Date</u>
Hesterki Range	60kg	Bench Press	Master I (40-49)	57kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Hesterki Range	152.5kg	Deadlift	Master I (40-49)	57kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Hesterki Range	337.5kg	Total	Master I (40-49)	57kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Ilze-Mari Maritz	62.5kg	Bench Press	Junior (19-23)	57kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Jacques Fourie	190kg	Deadlift	Sub-Junior (14-18)	66kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Japhta Khalapa	240kg	Deadlift	Junior (19-23)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Jerain Hunt	110kg	Squat	Sub-Junior (14-18)	63kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Jerain Hunt	60kg	Bench Press	Sub-Junior (14-18)	63kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Jerain Hunt	125kg	Deadlift	Sub-Junior (14-18)	63kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Jerain Hunt	295kg	Total	Sub-Junior (14-18)	63kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Johan Duvenhage	190kg	Bench Press	Master I (40-49)	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Johan Duvenhage	705kg	Total	Master I (40-49)	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Johan Smith	320kg	Squat	Junior (19-23)	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Johan Smith	210kg	Bench Press	Junior (19-23)	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Johan Smith	300kg	Deadlift	Junior (19-23)	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Johan Smith	830kg	Total	Junior (19-23)	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Johan Smith	320kg	Squat	Senior	105kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Juan Fourie	267.5kg	Deadlift	Junior (19-23)	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Karl Christians	205kg	Deadlift	Master I (40-49)	66kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Kennedy Sekome	240kg	Deadlift	Junior (19-23)	66kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Louis Jacobs	215kg	Squat	Master II (50-59)	83kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Mathew Cosmo	230kg	Bench Press	Senior	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Mathew Cosmo	300kg	Squat	Master I (40-49)	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Mathew Cosmo	230kg	Bench Press	Master I (40-49)	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Mathew Cosmo	277.5kg	Deadlift	Master I (40-49)	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Mathew Cosmo	807.5kg	Total	Master I (40-49)	120kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Matthew Coppenhall	260kg	Deadlift	Senior	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Michelle de Souza	150kg	Squat	Senior	63kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Michelle de Souza	165kg	Deadlift	Senior	63kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	125kg	Squat	Senior	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	72.5kg	Bench Press	Senior	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	145kg	Deadlift	Senior	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	342.5kg	Total	Senior	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	125kg	Squat	Master I (40-49)	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	72.5kg	Bench Press	Master I (40-49)	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	145kg	Deadlift	Master I (40-49)	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	342.5kg	Total	Master I (40-49)	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	125kg	Squat	Master II (50-59)	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	72.5kg	Bench Press	Master II (50-59)	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	145kg	Deadlift	Master II (50-59)	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	342.5kg	Total	Master II (50-59)	52kg Division	SA Powerlifting Championships	South African Womens Powerlifting Record	24/06/2011
Miriam Sinclair	72.5kg	Bench Press	Master II (50-59)	52kg Division	SA Powerlifting Championships	South African Womens Bench Press Record	24/06/2011
Miriam Sinclair	72.5kg	Bench Press	Master I (40-49)	52kg Division	SA Powerlifting Championships	South African Womens Bench Press Record	24/06/2011
Nathan Valentine	260kg	Squat	Junior (19-23)	83kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Pieter Erasmus	275kg	Squat	Master I (40-49)	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Pieter Erasmus	210kg	Bench Press	Master I (40-49)	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Pieter Erasmus	250kg	Deadlift	Master I (40-49)	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011

SUMMARY OF SA POWERLIFTING & BENCH PRESS RECORDS

<u>Lifter</u>	<u>Kg</u>		<u>Category</u>	<u>Division</u>	<u>Championship</u>	<u>Record Category</u>	<u>Date</u>
Pieter Erasmus	735kg	Total	Master I (40-49)	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Pieter Fourie	187.5kg	Bench Press	Junior (19-23)	83kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Pieter Fourie	262.5kg	Deadlift	Junior (19-23)	83kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Pieter Fourie	710kg	Total	Junior (19-23)	83kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Pieter Fourie	187.5kg	Bench Press	Junior (19-23)	83kg Division	SA Powerlifting Championships	South African Mens Bench Press Record	24/06/2011
Pieter Fourie	187.5kg	Bench Press	Senior	83kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Pieter Fourie	187.5kg	Bench Press	Senior	83kg Division	SA Powerlifting Championships	South African Mens Bench Press Record	24/06/2011
Thando Makheta	340kg	Squat	Senior	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Trent Williams	235kg	Deadlift	Sub-Junior (14-18)	93kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Tshepo Rapoo	230kg	Squat	Sub-Junior (14-18)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Tshepo Rapoo	220kg	Deadlift	Sub-Junior (14-18)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Tshepo Rapoo	560kg	Total	Sub-Junior (14-18)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Tshepo Rapoo	230kg	Squat	Junior (19-23)	74kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Willy Johnstone - Robertson	210kg	Bench Press	Master I (40-49)	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Willy Johnstone - Robertson	210kg	Bench Press	Master II (50-59)	120+kg Division	SA Powerlifting Championships	South African Mens Powerlifting Record	24/06/2011
Willy Johnstone - Robertson	210kg	Bench Press	Master II (50-59)	120+kg Division	SA Powerlifting Championships	South African Mens Bench Press Record	24/06/2011
Christo Gerber	132.5kg	Bench Press	Sub-Junior (14-18)	74kg Division	World Bench Press Championships	South African Mens Bench Press Record	25/05/2011
Tyrone Delaney	230kg	Bench Press	Junior (19-23)	105kg Division	World Bench Press Championships	South African Mens Bench Press Record	25/05/2011
Tyrone Delaney	230kg	Bench Press	Senior	105kg Division	World Bench Press Championships	South African Mens Bench Press Record	25/05/2011