

SA records broken during SA Raw Champs 2015:

Totals: 106 new SA records (43 women and 63 men)
6 lifts were unofficial Commonwealth records
2 lifts equalled the current Commonwealth records

Best Lifters - Women

Best Subjunior	- Rochelle de Beer
Best Junior	- Stacey Bryant
Best Senior	- Antoinette Kriel
Best Master 1	- Antoinette Kriel
Best Lifter Overall	- Antoinette Kriel

Best lifters - Men

Best Subjunior	- Diwan Kock
Best Junior	- Tshepo Rapoo
Best Senior	- Benedict Bucarizza
Best Master 1	- Ian Mouton
Best Master 2	- Gerhardus Oosthuizen
Best Master 3	- Robert Huff
Best Master 4	- Dan Oppenheim
Best Lifter Overall	- Benedict Bucarizza

SA Women Powerlifting (Unequipped) records

Senior 47kg Total - Mariska Casey 245kg
Senior 52kg Squat - Farana van Heerden 110kg
Senior 57kg Squat - Antoinette Kriel 127.5kg
Senior 57kg Bench - Antoinette Kriel 85kg
Senior 57kg Deadlift - Michelle Letcher 158kg
Senior 57kg Total - Antoinette Kriel 365kg
Senior 63kg Squat - Danel van Jaarsveld 125kg
Senior 63kg Bench - Danel van Jaarsveld 77.5kg
Senior 63kg Deadlift - Danel van Jaarsveld 163kg
Senior 63kg Total - Danel van Jaarsveld 365.5kg
Senior 72kg Squat - Laura de Wet 140kg
Senior 72kg Bench - Candice Coetzer 71kg
Senior 72kg Deadlift - Laura de Wet 170kg
Senior 72kg Total - Laura de Wet 380kg
Senior 84kg Deadlift - Sandri van Staden 177.5kg
Senior 84kg Total - Sandri van Staden 397.5kg

Sub junior 63kg Deadlift - Shelby Bruce 112.5kg
Sub junior 72kg Squat - Bronwyn Marshall 92.5kg

Junior 52kg Bench - Alushka September 53.5kg
Junior 52kg Deadlift - Alushka September 127.5kg
Junior 52kg Total - Alushka September 256kg
Junior 57kg Squat - Stacey Bryant 105kg
Junior 57kg Bench - Stacey Bryant 60kg
Junior 63kg Squat - Suzaan Jacobs 105kg
Junior 63kg Deadlift - Lericia Golden 133kg
Junior 63kg Total - Lericia Golden 285.5kg
Junior 84kg Bench - Leandre Swart 65kg
Junior 84kg Deadlift - Leandre Swart 147.5kg
Junior 84kg Total - Leandre Swart 332.5kg

Master 1 57kg Squat - Antoinette Kriel 127.5kg
Master 1 57kg Bench - Antoinette Kriel 85kg (equals the current Commonwealth record)
Master 1 57kg Deadlift - Michelle Letcher 158kg (unofficial Commonwealth record)
Master 1 57kg Total - Antoinette Kriel 365kg (unofficial Commonwealth record)
Master 1 72kg Squat - Laura de Wet 140kg
Master 1 72kg Bench - Laura de Wet 70kg
Master 1 72kg Deadlift - Laura de Wet 170kg
Master 1 72kg Total - Laura de Wet 380kg

SA Womens Benchpress (Unequipped) records

Senior 57kg Bench - Antoinette Kriel 85kg
Senior 63kg Bench - Danel van Jaarsveld 77.5kg

Junior 52kg Bench - Alushka September 53.5kg
Junior 57kg Bench - Stacey Bryant 60kg

Master 1 57kg Bench - Antoinette Kriel 85kg
Master 1 72kg Bench - Laura de Wet 70kg

Men

SA Men Powerlifting (Unequipped) records

Subjunior 59kg Bench - Eldeano Booysen 97.5kg
Subjunior 59kg Deadlift - Emmanu Papala 175kg (equals the current Commonwealth record)
Subjunior 120kg Squat - Liam Schultz 220kg
Subjunior 120kg Deadlift - Liam Schultz 252.5kg (unofficial Commonwealth record)
Subjunior +120kg Squat - Johnde Victor 200kg
Subjunior +120kg Bench - Johnde Victor 127.5kg
Subjunior +120kg Deadlift - Johnde Victor 225kg
Subjunior +120kg Total - Johnde Victor 552.5kg

Junior 53kg Squat - David Malefo 140kg
Junior 74kg Squat - Sintewilles Pietersen 210kg
Junior 83kg Squat - Tshepo Rapoo 232.5kg
Junior 83kg Deadlift - Jean-Arthur Pretorius 272.5kg
Junior 83kg Total - Tshepo Rapoo 617.5kg
Junior 93kg Bench - Franco Holder 175kg
Junior 105kg Squat - Francois Maritz 265kg

Senior 66kg Bench - Michael Botha 147.5kg (unofficial Commonwealth record)
Senior 83kg Squat - Matthew Coppenhall 242.5kg
Senior 83kg Total - Matthew Coppenhall 665kg
Senior 93kg Squat - Darryn Anthony 250kg
Senior 93kg Bench - Franco Holder 175kg
Senior 93kg Total - Darryn Anthony 690kg
Senior 105kg Squat - Francois Maritz 265kg
Senior 120kg Squat - Benedict Bucarizza 312.5kg
Senior 120kg Bench - Benedict Bucarizza 215kg
Senior 120kg Total - Benedict Bucarizza 837.5kg
Senior +120kg Bench - Ian Mouton 210kg
Senior +120kg Deadlift - Ian Mouton 313kg
Senior +120kg Total - Ian Mouton 763kg

Master 1 83kg Squat - Andrew Gearing 190kg
Master 1 83kg Bench - Andrew Gearing 140kg
Master 1 83kg Deadlift - Andrew Gearing 220kg
Master 1 83kg Total - Andrew Gearing 550kg
Master 1 93kg Bench - Henk de Wet 150kg
Master 1 93kg Deadlift - Henk de Wet 270kg
Master 1 93kg Total - Henk de Wet 630kg
Master 1 120kg Bench - Gerhardus Oosthuizen 197.5kg
Master 1 +120kg Squat - Ian Mouton 240kg
Master 1 +120kg Bench - Ian Mouton 210kg
Master 1 +120kg Deadlift - Ian Mouton 313kg
Master1 +120kg Total - Ian Mouton 763kg

Master 2 66kg Deadlift - Karl Christians 191kg
Master 2 83kg Squat - David Quatse 175kg
Master 2 83kg Deadlift - Patrick Banda 217.5kg
Master 2 83kg Total - David Quatse 491kg
Master 2 93kg Squat - Ebrahim Mobara 185kg
Master 2 93kg Deadlift - Ebrahim Mobara 212.5kg
Master 2 93kg Total - Ebrahim Mobara 490kg
Master 2 120kg Bench - Gerhardus Oosthuizen 197.5kg (unofficial Commonwealth record)
Master 2 120kg Deadlift - Gerhardus Oosthuizen 245kg
Master 2 120kg Total - Gerhardus Oosthuizen 622.5kg

Master 3 74kg Deadlift - Yunus Hassen 187.5kg

Master 4 83kg Squat - Dan Oppenheim 140kg
Master 4 83kg Bench - Dan Oppenheim 102.5kg (unofficial Commonwealth record)
Master 4 83kg Deadlift - Dan Oppenheim 172.5kg
Master 4 83kg Total - Dan Oppenheim 415kg

SA Mens Benchpress (Unequipped) records

Junior 93kg Bench - Franco Holder 175kg
Senior 66kg Bench - Michael Botha 147.5kg
Senior 120kg Bench - Benedict Bucarizza 215kg
Senior +120kg Bench - Ian Mouton 210kg
Master 1 83kg Bench - Andrew Gearing 140kg
Master 1 +120kg Bench - Ian Mouton 210kg
Master 2 120kg Bench - Gerhardus Oosthuizen 197.5kg
Master 4 83kg Bench - Dan Oppenheim 102.5kg