

SUMMARY OF SA POWERLIFTING & BENCH PRESS RECORDS (UNEQUIPPED)

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<u>Lifter</u>	<u>Kg</u>		<u>Category</u>	<u>Division</u>	<u>Championship</u>	<u>Record Category</u>	<u>Date</u>
Cedric Saffy	130kg	Bench Press	Master II	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Clifford Hayim	117.5kg	Bench Press	Master I	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Clifford Hayim	117.5kg	Bench Press	Master I	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Darryn Anthony	265kg	Deadlift	Senior	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Dave Edwards	192.5kg	Bench Press	Senior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Garth Homan	182.5kg	Squat	Sub-Junior	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Garth Homan	220kg	Deadlift	Sub-Junior	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Garth Homan	507.5kg	Total	Sub-Junior	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Gian Smit	245kg	Deadlift	Junior	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Gian Smit	575kg	Total	Junior	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Ian Furman	195kg	Bench Press	Senior	120+kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Ian Furman	195kg	Bench Press	Master I	120+kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Ismael Aasif Ahmed	110kg	Bench Press	Sub-Junior	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Ismael Aasif Ahmed	200kg	Deadlift	Sub-Junior	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Ismael Aasif Ahmed	435kg	Total	Sub-Junior	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Ismail Aadil Ahmed	100kg	Bench Press	Sub-Junior	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Janita Kruger	60kg	Bench Press	Master I	84kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Jean Arthur Pretorius	235kg	Deadlift	Junior	83kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Jeffrey Cook	165kg	Bench Press	Junior	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Jerome Korf	210kg	Squat	Sub-Junior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Jerome Korf	155kg	Bench Press	Sub-Junior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Jerome Korf	250kg	Deadlift	Sub-Junior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Jerome Korf	615kg	Total	Sub-Junior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Jerome Korf	155kg	Bench Press	Sub-Junior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Johan Vorster	142.5kg	Bench Press	Master II	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Jorncy Page	230kg	Squat	Master I	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Jorncy Page	165kg	Bench Press	Master I	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Jorncy Page	255kg	Deadlift	Master I	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Jorncy Page	650kg	Total	Master I	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Jorncy Page	165kg	Bench Press	Master I	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Juan Booyse	255kg	Squat	Junior	120+kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Juan Booyse	185kg	Bench Press	Junior	120+kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Juan Booyse	690kg	Total	Junior	120+kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Juan Booyse	185kg	Bench Press	Junior	120+kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Juanita Visser	150kg	Deadlift	Junior	84+kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Mathew Cosmo	235kg	Squat	Master I	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Mathew Cosmo	175kg	Bench Press	Master I	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Mathew Cosmo	260kg	Deadlift	Master I	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Mathew Cosmo	670kg	Total	Master I	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Megan Leighton	77.5kg	Squat	Sub-Junior	57kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Megan Leighton	40kg	Bench Press	Sub-Junior	57kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Megan Leighton	102.5kg	Deadlift	Sub-Junior	57kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Megan Leighton	220kg	Total	Sub-Junior	57kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Mohammed Raees Dangor	300kg	Deadlift	Senior	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Pieter Erasmus	175kg	Bench Press	Senior	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Pieter Erasmus	175kg	Bench Press	Master I	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Robert Huff	160kg	Squat	Master III	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Robert Huff	112.5kg	Bench Press	Master III	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Robert Huff	185kg	Deadlift	Master III	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013

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<u>Lifter</u>	<u>Kg</u>		<u>Category</u>	<u>Division</u>	<u>Championship</u>	<u>Record Category</u>	<u>Date</u>
Robert Huff	457.5kg	Total	Master III	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Robert Kennedy	195kg	Squat	Sub-Junior	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Robert Kennedy	240kg	Deadlift	Sub-Junior	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Robert Kennedy	545kg	Total	Sub-Junior	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	23/02/2013
Ronel Reyneke	105kg	Deadlift	Master I	63kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Storm Benjamin	52.5kg	Bench Press	Junior	57kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Storm Benjamin	140kg	Deadlift	Junior	57kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Storm Benjamin	280kg	Total	Junior	57kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Storm Benjamin	52.5kg	Bench Press	Junior	57kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Bench Press Record	23/02/2013
Storm Benjamin	140kg	Deadlift	Senior	57kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Storm Benjamin	280kg	Total	Senior	57kg Division	SA Raw Powerlifting Championships	South African Womens Unequipped Powerlifting Record	23/02/2013
Tashriq Hendriks	102.5kg	Bench Press	Sub-Junior	59kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Tashriq Hendriks	102.5kg	Bench Press	Junior	59kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Terence Delaney	150kg	Bench Press	Master II	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	23/02/2013
Ado Krige	125kg	Bench Press	Master III	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	25/02/2012
Cornel Welgemoed	150kg	Bench Press	Master I	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Cornel Welgemoed	150kg	Bench Press	Master I	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	25/02/2012
Dan Oppenheim	185kg	Deadlift	Master I	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Dan Oppenheim	185kg	Deadlift	Master II	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Dan Oppenheim	185kg	Deadlift	Master III	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Dan Oppenheim	100kg	Bench Press	Master III	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Dan Oppenheim	100kg	Bench Press	Master III	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	25/02/2012
Dan Oppenheim	415kg	Total	Master III	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Douglas A'Bear	270kg	Deadlift	Junior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Dylon Bakos	192.5kg	Deadlift	Sub-Junior	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Gary Katzen	137.5kg	Bench Press	Master II	105kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	25/02/2012
Ian Furman	200kg	Bench Press	Senior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	25/02/2012
Ian Furman	200kg	Bench Press	Master I	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	25/02/2012
Jonathan Mentz	212.5kg	Deadlift	Sub-Junior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Jonathan Mentz	190kg	Squat	Sub-Junior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Jonathan Mentz	505kg	Total	Sub-Junior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Juan Booyse	230kg	Squat	Junior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Juan Booyse	160kg	Bench Press	Junior	120kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Kennedy Sekome	220kg	Deadlift	Junior	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Kgalisho Tladi	127.5kg	Deadlift	Sub-Junior	59kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Luke Routier	150kg	Deadlift	Sub-Junior	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Mark Phillips	250kg	Deadlift	Master I	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Mark Phillips	575kg	Total	Master I	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Nigel Moss	182.5kg	Bench Press	Master I	120+kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	25/02/2012
Ryan Miller	162.5kg	Bench Press	Senior	83kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	25/02/2012
Stuart Hughes	97.5kg	Bench Press	Sub-Junior	66kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Thabang Mpe	130kg	Bench Press	Junior	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Thembanani Makubalo	175kg	Deadlift	Sub-Junior	66kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Tyrone Seaton-Smith	225kg	Deadlift	Junior	93kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Powerlifting Record	25/02/2012
Thabang Mpe	130kg	Bench Press	Junior	74kg Division	SA Raw Powerlifting Championships	South African Mens Unequipped Bench Press Record	25/02/2012