

SOUTH AFRICAN MENS POWERLIFTING RECORD STANDARD (UNEQUIPPED) AS AT 01/01/2012

01/01/2012	Sub-Junior	Junior	Senior	Master I	Master II	Master III
53 Div.						
Squat	105.0	135.0	155.0	125.0	115.0	105.0
Bench Press	72.5	92.5	107.5	87.5	80.0	72.5
Deadlift	112.5	145.0	167.5	132.5	122.5	112.5
Total	290.0	372.5	430.0	345.0	317.5	290.0
59 Div.						
Squat	115.0	150.0	172.5	137.5	127.5	115.0
Bench Press	80.0	102.5	120.0	97.5	87.5	80.0
Deadlift	127.5	162.5	185.0	150.0	137.5	127.5
Total	322.5	415.0	477.5	385.0	352.5	322.5
66 Div.						
Squat	127.5	165.0	190.0	152.5	140.0	127.5
Bench Press	87.5	115.0	132.5	107.5	97.5	87.5
Deadlift	140.0	180.0	205.0	165.0	152.5	140.0
Total	355.0	460.0	527.5	425.0	390.0	355.0
74 Div.						
Squat	137.5	177.5	207.5	162.5	152.5	137.5
Bench Press	95.0	122.5	142.5	115.0	105.0	95.0
Deadlift	150.0	195.0	222.5	177.5	162.5	150.0
Total	382.5	495.0	572.5	455.0	420.0	382.5
83 Div.						
Squat	152.5	195.0	225.0	180.0	165.0	152.5
Bench Press	105.0	135.0	155.0	125.0	115.0	105.0
Deadlift	165.0	212.5	242.5	195.0	180.0	165.0
Total	422.5	542.5	622.5	500.0	460.0	422.5
93 Div.						
Squat	160.0	207.5	237.5	190.0	177.5	160.0
Bench Press	112.5	142.5	165.0	132.5	122.5	112.5
Deadlift	175.0	225.0	257.5	207.5	190.0	175.0
Total	447.5	575.0	660.0	530.0	490.0	447.5
105 Div.						
Squat	170.0	220.0	252.5	202.5	187.5	170.0
Bench Press	120.0	152.5	175.0	142.5	130.0	120.0
Deadlift	185.0	237.5	275.0	220.0	202.5	185.0
Total	475.0	610.0	702.5	565.0	520.0	475.0
120 Div.						
Squat	180.0	230.0	262.5	212.5	197.5	180.0
Bench Press	125.0	160.0	182.5	147.5	135.0	125.0
Deadlift	192.5	247.5	287.5	230.0	212.5	192.5
Total	497.5	637.5	732.5	590.0	545.0	497.5
120+ Div.						
Squat	182.5	235.0	270.0	217.5	200.0	182.5
Bench Press	127.5	165.0	190.0	150.0	137.5	127.5
Deadlift	197.5	255.0	292.5	235.0	217.5	197.5
Total	507.5	655.0	752.5	607.5	555.0	507.5

SOUTH AFRICAN WOMENS POWERLIFTING RECORD STANDARD (UNEQUIPPED) AS AT 01/01/2012

01/01/2012	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	72.5	65.0
Bench Press	35.0	42.5	50.0	37.5	35.0
Deadlift	70.0	87.5	102.5	77.5	70.0
Total	170.0	207.5	245.0	187.5	170.0
52 Div.					
Squat	70.0	85.0	100.0	77.5	70.0
Bench Press	37.5	45.0	55.0	40.0	37.5
Deadlift	75.0	92.5	110.0	85.0	75.0
Total	182.5	222.5	265.0	202.5	182.5
57 Div.					
Squat	75.0	92.5	110.0	85.0	75.0
Bench Press	40.0	50.0	60.0	45.0	40.0
Deadlift	85.0	102.5	120.0	92.5	85.0
Total	200.0	245.0	270.0	222.5	200.0
63 Div.					
Squat	82.5	100.0	120.0	92.5	82.5
Bench Press	42.5	52.5	65.0	50.0	42.5
Deadlift	92.5	112.5	130.0	100.0	92.5
Total	217.5	265.0	315.0	242.5	217.5
72 Div.					
Squat	90.0	112.5	132.5	100.0	90.0
Bench Press	47.5	57.5	70.0	55.0	47.5
Deadlift	102.5	122.5	145.0	112.5	102.5
Total	265.0	292.5	347.5	267.5	265.0
84 Div.					
Squat	102.5	125.0	147.5	115.0	102.5
Bench Press	52.5	65.0	77.5	60.0	52.5
Deadlift	115.0	140.0	165.0	125.0	115.0
Total	270.0	330.0	390.0	300.0	270.0
84+ Div.					
Squat	107.5	130.0	157.5	120.0	107.5
Bench Press	57.5	70.0	82.5	65.0	57.5
Deadlift	120.0	147.5	172.5	132.5	120.0
Total	285.0	347.5	412.5	317.5	285.0

SOUTH AFRICAN MENS BENCH PRESS RECORD STANDARD (UNEQUIPPED) AS AT 01/01/2012

01/01/2012	Sub-Junior (14-18)	Junior (19-23)	Senior	Master I 40-49	Master II 50-59	Master III 60+
53	75.0	92.5	105.0	87.5	80.0	75.0
59	82.5	102.5	115.0	95.0	87.5	82.5
66	87.5	112.5	127.5	105.0	95.0	87.5
74	97.5	125.0	142.5	117.5	107.5	97.5
83	110.0	137.5	157.5	130.0	120.0	110.0
93	117.5	147.5	167.5	137.5	127.5	117.5
105	125.0	157.5	180.0	147.5	135.0	125.0
120	130.0	165.0	187.5	152.5	140.0	130.0
120+	132.5	170.0	192.5	157.5	145.0	132.5

SOUTH AFRICAN WOMENS BENCH PRESS RECORD STANDARD (UNEQUIPPED) AS AT 01/01/2012

01/01/2012	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	50.0	57.5	45.0	42.5
57	42.5	52.5	62.5	47.5	45.0
63	47.5	57.5	67.5	52.5	55.0
72	55.0	65.0	75.0	60.0	55.0
84	60.0	72.5	85.0	65.0	62.5
84+	65.0	77.5	90.0	70.0	65.0