

SOUTH AFRICAN MENS EQUIPPED POWERLIFTING RECORDS AS AT 22/07/2023																					
2023/07/22	Sub-Junior			Junior			Senior			Master I			Master II			Master III			Master IV		
53 Div.																					
Squat	160,0	Damon Langeveld	2015/06/26	185,0	Ivan Kotze	2016/07/30															
Bench Press	92,5			120,0	Ivan Kotze	2016/07/30															
Deadlift	165,0	Damon Langeveld	2015/06/26	180,0	Ivan Kotze	2015/06/26															
Total	405,0	Damon Langeveld	2015/06/26	485,0	Ivan Kotze	2016/07/30															
59 Div.																					
Squat	170,0	Marcel Vorster	2012/08/28	190,0	Clint Williams	2015/06/26	210,0			175,0			165,0			152,5		140,0			
Bench Press	105,0	Marcel Vorster	2012/08/28	127,5			140,0			120,0			110,0			102,5		95,0			
Deadlift	185,0	Themba Makubalo	2012/06/22	200,0	Clint Williams	2015/06/26	215,0			182,5			170,0			160,0		150,0			
Total	425,0	Marcel Vorster	2012/08/28	507,5			565,0			477,5			445,0			415,0		375,0			
66 Div.																					
Squat	200,0	Romeo Longo	2015/06/26	242,5	Marcel Vorster	2017/09/17	242,5	Marcel Vorster	2017/09/17	195,0			190,0	Karl Christians	2013/06/22	170,0		150,0			
Bench Press	115,0			173,0	Marcel Vorster	2017/09/17	173,0	Marcel Vorster	2017/09/17	132,5			122,5			115,0		107,5			
Deadlift	200,0	Jaques Fourie	2011/08/13	252,5	Kennedy Sekome	2011/08/13	252,5	Kennedy Sekome	2011/08/13	205,0	Karl Christians	2011/06/24	200,0	Karl Christians	2013/06/22	175,0		160,0			
Total	497,5	Romeo Longo	2015/06/26	605,5	Marcel Vorster	2017/09/17	625,0			527,5			492,5			460,0		427,5			
74 Div.																					
Squat	182,5			245,0	Keke Makuta	2013/06/22	251,0	Marcel Vorster	2018/06/30	242,5	Marlon Daniels	2019/07/06	200,0	David Quatse	2012/06/22	182,5		170,0			
Bench Press	122,5			152,5	Thabang Mpe	2011/08/13	200,5	Marlon Daniels	2019/07/06	200,5	Marlon Daniels	2019/07/06	150,0	Tommié de Nysschen	2023/07/22	150,0	Tommié de Nysschen	2023/07/22			
Deadlift	190,0			250,0	Nick Stephanou	2013/06/22	260,0	Matthew Coppenhall	2011/06/24	227,5	Marlon Daniels	2019/10/11	220,0	David Quatse	2012/06/22	215,0	Dan Oppenheim	2016/10/03			
Total	495,0			637,5	Nick Stephanou	2013/06/22	680,0	Matthew Coppenhall	2012/08/10	663,5	Marlon Daniels	2019/07/06	532,5			502,5	Dan Oppenheim	2011/08/13			
83 Div.																					
Squat	220,0	Bryan Silkstone	2011/06/24	272,5	Nathan Valentine	2012/08/10	280,0	Mathew Coppenhall	2013/06/22	247,5	Steve Ogunfemi	2021/03/26	247,5	Steve Ogunfemi	2021/03/26	195,0		177,5			
Bench Press	135,0			187,5	Pieter Fourie	2011/06/24	200,0	Mathew Coppenhall	2013/06/22	165,0	Tommié de Nysschen	2022/08/06	165,0	Tommié de Nysschen	2022/08/06	140,0		135,0			
Deadlift	215,0	Heinrich Van Tonder	2013/06/22	282,5	Nathan Valentine	2012/08/10	283,0	Eugene Sadie	2021/03/26	265,5	Steve Ogunfemi	2021/03/26	265,5	Steve Ogunfemi	2021/03/26	210,0	Lawrence Arendse	2015/06/27			
Total	542,5			715,0	Nathan Valentine	2012/08/10	745,0	Mathew Coppenhall	2013/06/22	633,0	Steve Ogunfemi	2021/03/26	633,0	Steve Ogunfemi	2021/03/26	542,5		503,0			
93 Div.																					
Squat	235,0	Marchelle Strydom	2021/12/01	270,0	Adrian Smith	2018/06/30	315,0	Pieter Fourie	2013/06/22	275,0	Pieter Erasmus	2011/06/24	241,0	Johnny Dam	2022/08/06	212,5		192,5			
Bench Press	142,5			187,5	Adrian Smith	2018/06/30	215,0	Etienne Potgieter	2013/06/22	210,0	Pieter Erasmus	2011/06/24	175,0	Johnny Dam	2022/08/06	150,0	Neal Coleman	2013/08/10			
Deadlift	235,0	Trent Williams	2011/06/24	280,0	Kgotso Thekiso	2020/02/22	300,0			275,0	Jorncy Page	2019/10/11	270,0	Johnny Dam	2022/08/06	220,0		210,0			
Total	575,0			707,5	Adrian Smith	2018/06/30	795,0	Pieter Fourie	2013/06/22	735,0	Pieter Erasmus	2011/06/24	686,0	Johnny Dam	2022/08/06	575,0		560,0			
105 Div.																					
Squat	245,0	Andre Kloppers	2013/12/08	337,5	Johan Smith	2012/11/03	337,5	Johan Smith	2012/11/03	287,5	Christo Schoonraad	2022/08/06	287,5	Christo Schoonraad	2022/08/06	260,0	Christo Schoonraad	2023/07/22			
Bench Press	152,5			240,0	Johan Smith	2014/05/31	240,0	Johan Smith	2014/05/31	195,0	Graham Green	2020/02/22	187,5	Christo Schoonraad	2019/05/19	170,0	Christo Schoonraad	2023/07/22			
Deadlift	232,5			300,0	Johan Smith	2011/06/24	317,5			278,0	Christo Schoonraad	2022/08/06	278,0	Christo Schoonraad	2022/08/06	260,0	Christo Schoonraad	2023/07/22			
Total	620,0	Andre Kloppers	2013/12/08	862,5	Johan Smith	2012/11/03	862,5	Johan Smith	2012/11/03	750,5	Christo Schoonraad	2022/08/06	750,5	Christo Schoonraad	2022/08/06	690,0	Christo Schoonraad	2023/07/22			
120 Div.																					
Squat	235,0			340,0	Ricardo Barreto	2013/06/22	380,0	Francois Maritz	2017/09/17	272,5			252,5			235,0		225,0			
Bench Press	160,0			230,0	Benedict Bucarizza	2014/09/06	220,0	Johan Smith	2017/07/09	190,0	Andrew Denoon	2019/07/06	190,0	Andrew Denoon	2019/07/06	160,0		155,0			
Deadlift	242,5			325,0	Benedict Bucarizza	2014/09/06	330,0			297,5	Madikane Faku	2015/06/27	290,0	Hermanus de Beer	2022/08/06	240,0		235,0			
Total	637,5			885,0	Benedict Bucarizza	2014/09/06	900,0	Francois Maritz	2017/09/17	732,5			685,0			637,5		600,0			
120+ Div.																					
Squat	242,5			295,0			400,0	Mathys Herbst	2019/10/12	400,0	Mathys Herbst	2019/10/12	260,0			242,5		230,0			
Bench Press	165,0			257,5	Juan Booysse	2013/06/22	280,0	Mathys Herbst	2019/10/12	280,0	Mathys Herbst	2019/10/12	255,0	Ian Furman	2021/03/27	162,5		160,0			
Deadlift	247,5			305,0			340,0	Kyle Noonan	2018/06/30	325,0	Mathys Herbst	2018/06/30	267,5			250,0		240,0			
Total	655,0			800,0			1005,0	Mathys Herbst	2019/10/12	1005,0	Mathys Herbst	2019/10/12	705,0			655,0		625,0			

SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 22/07/2023

2023/07/22	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50-59		Master III 60-69		Master IV 70-79		
43 Div.															
Squat	80,0			95,0											
Bench Press	42,5			50,0											
Deadlift	102,5	Marelize Swart	2013/08/10	102,5	Marelize Swart	2013/08/10									
Total	212,5			247,5											
47 Div.															
Squat	87,5			100,0		120,0	Elisabeth Barry	2019/07/06	120,0	Elisabeth Barry	2019/07/06	100,0	Elisabeth Barry	2023/07/22	
Bench Press	45,0	Tiffany Petrus	2012/08/10	50,0		60,0			50,5	Elisabeth Barry	2019/07/06	45,5	Elisabeth Barry	2023/07/22	
Deadlift	105,0	Tiffany Petrus	2012/08/10	105,0	Tiffany Petrus	2012/08/10	130,0	Elisabeth Barry	2017/09/17	130,0	Elisabeth Barry	2017/09/17	110,0	Elisabeth Barry	2023/07/22
Total	230,0	Patricia Harding	2018/06/30	250,0		305,0			295,0	Elisabeth Barry	2019/10/11	255,5	Elisabeth Barry	2023/07/22	
52 Div.															
Squat	92,5			150,0	Rouxhelle Roux	2018/06/30	150,0	Rouxhelle Roux	2018/06/30	127,5	Elisabeth Barry	2018/06/30	125,0	Miriam Sinclair	2011/06/24
Bench Press	60,0	Alushka September	2013/08/10	75,0	Rouxhelle Roux	2018/06/30	75,5	Alexa Pentapoulos	2023/07/22	72,5	Miriam Sinclair	2011/06/24	72,5	Miriam Sinclair	2011/06/24
Deadlift	120,0	Alushka September	2013/08/10	137,5	Rouxhelle Roux	2018/09/08	145,5	Alexa Pentapoulos	2023/07/22	145,0	Miriam Sinclair	2011/06/24	145,0	Miriam Sinclair	2011/06/24
Total	242,5			360,0	Rouxhelle Roux	2018/06/30	361,0	Alexa Pentapoulos	2023/07/22	342,5	Miriam Sinclair	2011/06/24	342,5	Miriam Sinclair	2011/06/24
57 Div.															
Squat	120	Rouxhelle Roux	2016/07/30	140	Megan Leighton	2018/09/08	165,0	Vicki Botha	2018/06/30	165,0	Vicki Botha	2018/06/30	150,0	Antoinette Kriel	2021/12/01
Bench Press	60,0	Rouxhelle Roux	2016/07/30	95,0	Megan Leighton	2017/09/17	105,0	Antoinette Kriel	2021/12/01	105,0	Antoinette Kriel	2021/12/01	105,0	Antoinette Kriel	2021/12/01
Deadlift	120,5	Rouxhelle Roux	2016/05/29	157,5	Megan Leighton	2018/09/08	175,0	Vicki Botha	2018/06/30	175,0	Vicki Botha	2018/06/30	160,0	Antoinette Kriel	2021/12/01
Total	295,0	Rouxhelle Roux	2016/07/30	387,5	Megan Leighton	2017/09/17	415,0	Antoinette Kriel	2021/12/01	415,0	Antoinette Kriel	2021/12/01	415,0	Antoinette Kriel	2021/12/01
													100,0	Dulcie Duguid	2019/10/09
													42,5	Dulcie Duguid	2019/10/09
													107,5	Dulcie Duguid	2019/10/09
													250,0	Dulcie Duguid	2019/10/09
63 Div.															
Squat	178,0	Mijuane de Wet	2023/07/22	178,0	Mijuane de Wet	2023/07/22	178,0	Mijuane de Wet	2023/07/22	152,5	Michelle de Souza	2012/06/22	120,0		
Bench Press	94,5	Mijuane de Wet	2023/07/22	94,5	Mijuane de Wet	2023/07/22	110,0	Megan Leighton	2021/11/10	72,5	Michelle de Souza	2011/12/15	70,0	Joan Swart	2019/10/10
Deadlift	175,5	Mijuane de Wet	2023/07/22	175,5	Mijuane de Wet	2023/07/22	175,5	Mijuane de Wet	2023/07/22	175,0	Michelle de Souza	2011/12/15	137,5	Joan Swart	2019/10/10
Total	448,0	Mijuane de Wet	2023/07/22	448,0	Mijuane de Wet	2023/07/22	448,0	Mijuane de Wet	2023/07/22	392,5	Michelle de Souza	2012/06/22	320,0		
69 Div.															
Squat	135,0	Heike Groenwald	2022/09/04	140,0			160,0			140,0	Vanessa Lessing	2022/08/06	125,0		
Bench Press	80,0	Chante Mulder	2023/07/22	80,0	Chante Mulder	2023/07/22	112,5	Megan Leighton	2022/08/06	87,5	Vanessa Lessing	2022/08/06	66,0	Heather Leighton	2023/07/22
Deadlift	137,5	Heike Groenwald	2022/09/04	152,5			177,5			152,5	Vanessa Lessing	2021/03/26	137,5		
Total	337,5	Heike Groenwald	2022/09/04	367,5			422,5			380,0	Vanessa Lessing	2022/08/06	330,0		
76 Div.															
Squat	140,0	Anika Maree	2023/07/22	150,0			176,0	Chantelle du Toit	2023/07/22	150,0			130,0		
Bench Press	72,5	Anika Maree	2023/07/22	77,5			111,5	Chantelle du Toit	2023/07/22	77,5			67,5		
Deadlift	147,5			165,0			190,0			165,0			147,5		
Total	347,5	Anika Maree	2023/07/22	395,0			455,0	Chantelle du Toit	2023/07/22	395,0			345,0		
84 Div.															
Squat	135,0			192,5	Lezaan Jordaan	2018/09/08	202,5	Jacqui Rees	2022/08/06	202,5	Jacqui Rees	2022/08/06	135,0		
Bench Press	72,5			115,0	Lezaan Jordaan	2018/09/08	117,5	Nicola Green	2020/02/22	110,0	Jacqui Rees	2022/08/06	72,5		
Deadlift	152,5			192,5	Lezaan Jordaan	2018/09/08	205,0			190,0	Jacqui Rees	2021/11/13	152,5		
Total	360,0			500,0	Lezaan Jordaan	2018/09/08	500,0	Lezaan Jordaan	2018/09/08	492,5	Jacqui Rees	2022/08/06	360,0		
84+ Div.															
Squat	145,0			200,0	Esmay Smith	2011/06/24	210,0	Christi Rees	2023/07/22	185,0	Jacqui Rees	2020/02/22	145,0		
Bench Press	77,5			95,0	Juanita Visser	2013/06/22	180,0	Christi Rees	2023/07/22	110,0	Jacqui Rees	2020/02/22	77,5		
Deadlift	157,5			187,5			215,0			185,0	Jacqui Rees	2020/02/22	157,5		
Total	380,0			460,0	Esmay Smith	2011/06/24	555,0	Christi Rees	2023/07/22	480,0	Jacqui Rees	2020/02/22	380,0		

SOUTH AFRICAN MENS EQUIPPED BENCH PRESS RECORDS AS AT 22/07/2023

2023/07/22	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50-59		Master III 60+		Master IV 70+								
53	92,5		120,0	Ivan Kotze	2016/07/30																
59	105,0	Marcel Vorster	2012/08/28	122,5	Jacques Fourie	2012/10/20	137,5		115,0		110,0	102,5		95,0							
66	125,0	Louis Moorcroft	2018/04/28	173,0	Marcel Vorster	2017/09/17	173,0	Marcel Vorster	2017/09/17	127,5	120,0	112,5		105,0							
74	145,0	Christo Gerber	2011/10/22	185,0	Jason Meyer	2011/12/15	200,5	Marlon Daniels	2019/07/06	200,5	Marlon Daniels	2019/07/06	150,0	Tommie de Nysschen	2023/07/22	150,0	Tommie de Nysschen	2023/07/22	115,0	Dan Oppenheim	2016/10/03
83	137,5			187,5	Pieter Fourie	2011/06/24	202,5	Marlon Daniels	2018/04/28	202,5	Marlon Daniels	2018/04/28	165,0	Tommie de Nysschen	2022/08/06	150,0	Peter Vermaak	2015/02/07	132,5		
93	160,0	Sean Stander	2014/02/15	200,0	Adrian Smith	2016/11/27	225,0	Etienne Potgietler	2014/02/15	215,0	Pieter Erasmus	2018/04/28	190,0	Mark Phillips	2019/05/25	153,0	Neal Coleman	2014/02/15	145,0		
105	165,0	Ruben Snyman	2018/04/28	245,0	Johan Smith	2014/02/15	245,0	Johan Smith	2014/02/15	217,5	Craig Masson	2023/03/11	190,5	Johnny Dam	2022/03/12	185,5	Christo Schoonraad	2023/01/08	150,0		
120	165,0			235,0	Juan Boooyse	2012/10/20	255,0	Andre Cloete	2012/10/20	225,0	Craig Masson	2023/05/27	200,0	Craig Van Wyk	2018/02/17	165,0			160,0		
120+	170,0			257,5	Juan Boooyse	2013/06/22	280,0	Mathys Herbst	2019/10/12	280,0	Mathys Herbst	2019/10/12	255,0	Ian Furman	2021/03/27	170,0			165,0		

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2023/07/22	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50-59		Master III 60-69		Master IV 70+					
43	50,0			60,0														
47	55,0			65,0			75,0		70,0	Liliana Coleman	2011/10/22	55,0						
52	60,0	Alushka September	2013/08/10	75,0	Rouxchelle Roux	2018/06/30	80,0		72,5	Miriam Sinclair	2011/06/24	72,5	Miriam Sinclair	2011/06/24				
57	68,0	Rouxchelle Roux	2016/11/27	102,5	Megan Leighton	2018/04/28	105,0	Antoinette Kriel	2021/12/01	105,0	Antoinette Kriel	2021/12/01	105,0	Antoinette Kriel	2021/12/01	45,0	Dulcie Duguid	2020/02/22
63	94,5	Milwane de Wet	2023/07/22	105,0	Megan Leighton	2019/10/06	110,0	Megan Leighton	2021/11/10	80,0	Vicky Botha	2014/02/15	72,5					
69	80,0	Chante Mulder	2023/07/22	90,0			120,0	Megan Leighton	2023/05/27	90,0	Vanessa Lessing	2023/01/08	77,5					
76	82,5			97,5			111,5	Chantelle du Toit	2023/07/22	97,5		82,5						
84	90,0			115,0	Lezaan Jordaan	2018/09/08	125,0	Nicola Green	2019/10/06	110,0	Jacqui Rees	2022/08/06	90,0					
84+	95,0			112,5			182,5	Christi Rees	2023/05/27	120,0	Jacqui Rees	2023/05/27	95,0					