



## SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 23/10/2023

2023/10/23	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50-59		Master III 60-69		Master IV 70-79		
<b>43 Div.</b>															
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											
<b>47 Div.</b>															
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	
<b>52 Div.</b>															
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 Pentopoulos	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 Pentopoulos	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 Pentopoulos	2023/07/22	342,5	Miriam Sinclair	2011/06/24	342,5	Miriam Sinclair	2011/06/24
<b>57 Div.</b>															
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
<b>63 Div.</b>															
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		
<b>69 Div.</b>															
Squat	135,0	Heike Groenwald	2022/09/04	140,0			160,0			140,0	Vanessa Lessing	2022/08/06	125,0		
Bench Press	85,0	Chante Mulder	2023/09/03	85,0	Chante Mulder	2023/09/03	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	350,0	Chante Mulder	2023/09/03	367,5			422,5			380,0	Vanessa Lessing	2022/08/06	330,0		
<b>76 Div.</b>															
Squat	145,0	Anika Maree	2023/09/03	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	352,5	Anika Maree	2023/09/03	395,0			455,0	Chantelle du Toit	2023/07/22	395,0			345,0		
<b>84 Div.</b>															
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		
<b>84+ Div.</b>															
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 23/10/2023

2023/10/23	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50-59		Master III 60+		Master IV 70+								
<b>53</b>	92,5		120,0	Ivan Kotze	2016/07/30																
<b>59</b>	105,0	Marcel Vorster	2012/08/28	122,5	Jacques Fourie	2012/10/20	137,5		115,0		110,0		102,5	95,0							
<b>66</b>	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							
<b>74</b>	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
<b>83</b>	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		
<b>93</b>	160,0	Sean Stander	2014/02/15	200,0	Adrian Smith	2016/11/27	225,0	Etienne Potqleter	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		
<b>105</b>	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	Johanny Dam	2022/03/12	185,0	Colin Young	2019/02/23	150,0		
<b>120</b>	165,0			235,0	Juan Booyse	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		
<b>120+</b>	170,0			257,5	Juan Booyse	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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2023/10/23	Sub-Junior (14-18)		Junior (19-23)		Senior		Master I 40-49		Master II 50-59		Master III 60-69		Master IV 70+							
<b>43</b>	50,0			60,0																
<b>47</b>	55,0			65,0																
<b>52</b>	60,0	Alushka September	2013/08/10	75,0	Rouxhelle Roux	2018/06/30	80,0		70,0	Liliana Coleman	2011/10/22	55,0								
<b>57</b>	68,0	Rouxhelle 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					
<b>63</b>	94,5	Mijuane 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							
<b>69</b>	85,0	Chante Mulder	2023/09/03	90,0			120,0	Megan Leighton	2023/05/27	90,0	Vanessa Lessing	2023/01/08	77,5							
<b>76</b>	82,5			97,5			111,5	Chantelle du Toit	2023/07/22	97,5			82,5							
<b>84</b>	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							
<b>84+</b>	95,0			112,5			182,5	Christi Rees	2023/05/27	120,0	Jacqui Rees	2023/05/27	95,0							