

SOUTH AFRICAN MENS EQUIPPED BENCH PRESS RECORDS AS AT 03/03/2024

2024/03/03	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 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		
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	185,0	Colin Young	2019/02/23	150,0		
120	165,0			235,0	Juan Boooyse	2012/10/20	255,0	Andre Cloete	2012/10/20	226,0	Craig Masson	2024/03/02	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		

SOUTH AFRICAN WOMENS EQUIPPED BENCH PRESS RECORDS AS AT 03/03/2024

2024/03/03	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	Mijuane de Wet	2022/07/22	105,0	Megan Leighton	2019/10/06	110,0	Megan Leighton	2021/11/10	80,0	Vicky Botha	2014/02/15	72,5					
69	87,5	Chante Mulder	2024/03/02	90,0			120,0	Megan Leighton	2023/05/27	90,0	Vanessa Lessing	2023/01/08	77,5	69,0	Heather Leighton	2024/03/02		
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					