

SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 13/04/2024

2024/04/13	Sub-Junior	Junior	Senior	Master I	Master II	Master III	Master IV
53 Div.							
Squat	125,0 Damon Langeveld 2016/03/19	140,0 David Malefo 2015/03/28					
Bench Press	80,0 Damon Langeveld 2016/03/19	92,5 Edward Monaheng 2021/04/25					
Deadlift	155,0 Dalvie Chaka 2017/03/18	155,5 Tshepo Mulaudzi 2022/03/27					
Total	365,0 Damon Langeveld 2016/03/19	372,5					
59 Div.							
Squat	140,0 Dalvie Chaka 2017/09/17	155,0 Clint Williams 2014/06/01	190,0 Geordie Goliath 2024/04/07	137,5	127,5	115,0	102,5
Bench Press	100,0 Thabang Modukanele 2018/03/18	102,5	120,0	97,5	87,5	80,0	77,5
Deadlift	200,0 Daniel Sowray 2023/04/02	200,0 Clint Williams 2014/06/01	215,5 Geordie Goliath 2024/04/07	150,0	137,5	127,5	117,5
Total	420,0 Daniel Sowray 2023/04/02	447,5 Clint Williams 2014/06/01	510,5 Geordie Goliath 2024/04/07	385,0	352,5	322,5	292,5
66 Div.							
Squat	165,0 Ruben van der Linde 2016/06/26	200,0 Marcel Vorster 2017/07/15	215,0 Marcel Vorster 2022/06/11	170,0 Enrico Johnson 2024/04/07	157,5 Karl Christians 2017/09/17	127,5	116 Dan Oppenheim 2018/03/18
Bench Press	107,5 Louis Moorcroft 2018/03/18	135,0 Caneous Mdluli 2023/04/02	147,5 Michael Botha 2015/03/27	123,5 Steven Coleman 2024/04/07	97,5	87,5	82,5 Dan Oppenheim 2018/03/18
Deadlift	220,0 Samuel Teeger 2023/09/03	252,5 Brandon Samuels 2019/10/06	252,5 Brandon Samuels 2019/10/06	225,0 Enrico Johnson 2024/04/07	195,0 Karl Christians 2017/09/17	187,5 Yunus Hassen 2015/02/27	152,5 Dan Oppenheim 2018/03/18
Total	490,0 Samuel Teeger 2023/09/03	550,0 Brandon Samuels 2019/10/06	552,5 Marcel Vorster 2022/06/11	507,5 Enrico Johnson 2024/04/07	435,0 Karl Christians 2014/03/15	355,0	351 Dan Oppenheim 2018/03/18
74 Div.							
Squat	187,0 John Evens 2024/04/07	242,0 Suvar Maharaj 2023/04/02	242,0 Suvar Maharaj 2023/04/02	212,5 Jacobus Phalatsi 2021/04/25	190,0 Ian Hacker 2021/12/04	185,0 Ian Hacker 2024/04/07	136 Dan Oppenheim 2024/04/07
Bench Press	125,0 Ismael Asif Ahmed 2013/12/08	148,0 Scott Pornss 2024/04/07	168,0 Ziyaaad Samodien 2022/03/27	154,0 Jacobus Phalatsi 2021/04/25	132,5 Tommie de Nysschen 2023/04/02	132,5 Tommie de Nysschen 2023/04/02	97,5 Dan Oppenheim 2015/06/06
Deadlift	223,0 John Evens 2024/04/07	290,0 Scott Pornss 2024/04/07	305,0 Harry Shomalistos 2014/06/01	222,5 Jacobus Phalatsi 2021/04/25	210,5 Ian Hacker 2023/04/02	210,0 Yunus Hassen 2019/03/30	185,5 Dan Oppenheim 2019/03/30
Total	520,0 Samuel Teeger 2024/04/07	660,5 Scott Pornss 2024/04/07	675,0 Harry Shomalistos 2014/06/01	589,0 Jacobus Phalatsi 2021/04/25	512,5 Ian Hacker 2021/12/04	492,5 Ian Hacker 2024/04/07	415 Dan Oppenheim 2015/06/06
83 Div.							
Squat	222,5 Ewan Boschhoff 2024/04/07	240,0 Jade Blake 2016/05/28	255,5 Marlon Daniels 2024/04/07	255,5 Marlon Daniels 2024/04/07	230,0 Steve Ogunfemi 2023/04/02	210,0 Stanley Lameyer 2020/01/01	141 Dan Oppenheim 2016/03/19
Bench Press	147,5 Joaquin de Jenga 2017/06/25	170,0 Jade Blake 2016/05/28	172,5 Ryan Miller 2014/03/15	163,0 Marlon Daniels 2017/09/17	145,5 Tommy de Nysschen 2024/04/07	145,5 Tommy de Nysschen 2024/04/07	102,5 Dan Oppenheim 2015/03/27
Deadlift	267,5 Joaquin de Jenga 2017/06/25	293,0 Arno Nieuwenhuizen 2022/03/27	293,0 Arno Nieuwenhuizen 2022/03/27	270,0 Steve Ogunfemi 2023/04/02	270,0 Steve Ogunfemi 2023/04/02	230,0 Stanley Lameyer 2020/01/01	182,5 Dan Oppenheim 2016/03/19
Total	630,0 Joaquin de Jenga 2017/06/25	660,5 Arno Nieuwenhuizen 2022/03/27	677,5 Jean-Arthur Pretorius 2020/01/01	660,5 Marlon Daniels 2024/04/07	602,5 Steve Ogunfemi 2023/04/02	540,0 Stanley Lameyer 2020/01/01	423,5 Dan Oppenheim 2016/03/19
93 Div.							
Squat	247,5 Joshua Kiggen 2017/09/17	270,0 Jade Blake 2017/09/17	275,0 Jade Blake 2022/06/03	255,5 Deon Smedley 2024/04/07	232,5 Johnny Dam 2024/04/07	175,0 Ebrahim Mobarra 2024/04/07	150
Bench Press	152,5 Joshua Kiggen 2017/09/17	181,0 Elfranco Holder 2016/10/22	187,5 Elfranco Holder 2017/09/17	157,5 Sean Manders 2020/01/01	155,0 Johnny Dam 2024/04/07	112,5 Robert Huff 2013/02/23	102,5
Deadlift	262,5 Joshua Kiggen 2017/03/18	300,5 Zandre van der Berg 2022/03/27	312,5 Nkosinathi Ntuli 2024/06/23	270,0 Henk de Wet 2015/03/28	260,0 Johnny Dam 2024/04/07	215,0 Ebrahim Mobarra 2024/04/07	160
Total	660,0 Joshua Kiggen 2017/09/17	700,5 Zandre van der Berg 2022/03/27	731,0 Jean-Arthur Pretorius 2021/04/25	668,0 Deon Smedley 2024/04/07	647,5 Johnny Dam 2024/04/07	490,0 Ebrahim Mobarra 2024/04/07	425
105 Div.							
Squat	225,0 Jandre Britz 2017/05/07	285,0 Francois Maritz 2016/10/22	300,5 Simbayi Bvumburai 2024/04/07	300,0 Sean Manders 2016/03/19	247,0 Christo Schoonraad 2019/03/30	170,0	157,5
Bench Press	148,0 Richard Steenekamp 2024/04/07	205,0 Johan Smith 2014/06/01	205,5 Tom Wewege 2023/04/02	177,5 Sean Manders 2016/06/26	167,0 Colin Young 2019/03/30	167,0 Colin Young 2019/03/30	110
Deadlift	280,0 Robert Kennedy 2013/12/08	310,0 Gerhard Kruger 2018/03/18	330,0 Johann de Bruin 2018/03/18	315,0 Sean Manders 2016/05/28	261,5 Christo Schoonraad 2019/03/30	220,0 Colin Young 2018/10/20	195
Total	632,5 Robert Kennedy 2013/12/08	760,0 Gerhard Kruger 2018/03/18	788,0 Tom Wewege 2023/04/02	775,0 Sean Manders 2016/05/28	642,5 Johnny Dam 2023/04/02	546,0 Colin Young 2018/10/20	435
120 Div.							
Squat	245,5 Taariq Osman 2022/03/27	295,0 Ricardo Baretto 2014/03/15	340,0 Francois Maritz 2022/06/11	270,5 Newton Mudau 2023/04/02	240,0 Mogamat Kader 2024/04/07	180,0	167,5
Bench Press	155,0 Jerome Korf 2013/02/23	202,5 Benedict Buccarizza 2014/03/15	225,5 Francois Maritz 2022/03/27	202,0 Malone Horn 2016/03/19	198,5 Gerhardus Oosthuizen 2020/01/01	135,5 Andre Ludik 2017/03/18	115
Deadlift	270,0 Liam Schultz 2015/12/01	310,0 Benedict Buccarizza 2014/06/01	340,0 Benedict Buccarizza 2017/03/18	305,0 Madikane Faku 2022/03/27	290,0 Hermanus de Beer 2021/12/04	215,0 Andre Ludik 2018/03/18	205
Total	618,0 Taariq Osman 2022/03/27	802,5 Benedict Buccarizza 2014/06/01	890,0 Benedict Buccarizza 2017/03/18	720,0 Malone Horn 2017/03/18	662,5 Hermanus de Beer 2022/03/27	507,5 Andre Ludik 2017/03/18	455
120+ Div.							
Squat	227,5 Francois Spamer 2021/04/25	270,5 Justin Furman 2023/04/02	320,0 Kyle Noonan 2022/06/11	318,0 Mathys Herbst 2020/01/01	242,5 Denis Bensch 2023/04/02	182,5	180
Bench Press	170,0 Martin van der Merwe 2019/03/30	185,0 Juan Booysse 2013/02/23	230,5 Stefan Schroder 2024/04/07	210,0 Ian Mouton 2015/03/28	200,0 Ian Furman 2021/12/04	127,5	120
Deadlift	247,5 Johnde Victor 2016/05/28	300,0 William Shaw 2014/03/15	351,0 Kyle Noonan 2022/03/27	318,0 Mathys Herbst 2020/01/01	250,0 John Crain 2024/04/07	197,5	215
Total	615,0 Martin van der Merwe 2019/03/30	693,0 Justin Furman 2023/04/02	870,0 Kyle Noonan 2021/12/04	836,0 Mathys Herbst 2020/01/01	640,0 John Crain 2024/04/07	507,5	475

SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 13/04/2024

2024/04/13	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+			
53	80,0	Damon Langeveld	2016/03/19	92,5	Edward Monaheng	2021/04/25																
59	102,5	Tashriq Hendriks	2013/02/23	102,5	Tashriq Hendriks	2013/02/23	115,0	Jacques Fourie	2021/03/13	95,0				87,5			82,5				77,5	
66	107,5	Faraz Hamayun	2023/01/07	135,0	Caneous Mdluli	2023/04/02	147,5	Michael Botha	2015/03/28	123,5	Steven Coleman	2024/04/07	95,0			87,5				82,5	Dan Oppenheim	2018/03/18
74	160,0	Yonela Mbembe	2016/05/21	170,0	Yonela Mbembe	2017/05/07	170,0	Yonela Mbembe	2017/05/07	154,0	Jacobus Phalatsi	2021/04/25	135,0	Tommy de Nysschen	2023/05/27	135,0	Tommy de Nysschen	2023/05/27	97,5	Dan Oppenheim	2015/06/06	
83	147,5	Joaquim de Jenga	2017/06/25	172,5	Jade Blake	2016/10/22	172,5	Ryan Miller	2014/03/15	165,0	Marion Daniels	2018/02/17	145,5	Tommy de Nysschen	2024/04/07	145,5	Tommy de Nysschen	2024/04/07	102,5	Dan Oppenheim	2015/03/27	
93	152,5	Joshua Kiggen	2017/09/17	181,0	Eifranco Holder	2016/10/22	187,5	Eifranco Holder	2017/09/17	175,0	Pieter Erasmus	2013/02/23	155,0	Johanny Dam	2024/04/07	130,0	Glen Thomas	2021/03/13	120			
105	148,0	Richard Steenekamp	2024/04/07	205,0	Johan Smith	2014/06/01	205,5	Tom Wewege	2023/04/02	182,5	Charles Johnson	2023/05/27	182,5	Charles Johnson	2023/05/27	180,0	Colin Young	2019/02/23	120			
120	130,0			202,5	Benedict Buccarizza	2014/03/15	232,5	Benedict Buccarizza	2017/09/17	210,0	Malone Horn	2015/11/21	205,0	Gerhardus Oosthuizen	2016/05/21	137,5	Andre Ludik	2017/03/18	125			
120+	170,0	Martin van der Merwe	2019/03/30	185,0	Juan Booyse	2013/02/23	230,5	Stefan Schroder	2024/04/07	210,0	Ian Mouton	2015/03/28	200,0	Ian Furman	2017/09/17	132,5			127,5			

SOUTH AFRICAN WOMENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 13/04/2024

2024/04/13	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+		
43	35,0			42,5																	
47	37,5	Rochelle de Beer	2014/03/15	42,5	Christina Kyriocos	2023/04/02	70,5	Mariska Casey	2018/03/18	70,5	Mariska Casey	2018/03/18	37,5								
52	55,0	Grace Roberts	2024/04/07	65,0	Amber-Jade Meth	2018/03/18	87,5	Antoinette Kriel	2016/05/21	87,5	Antoinette Kriel	2016/05/21	62,5	Lilliana Coleman	2015/02/07						
57	60,0	Caitlin Poxon	2018/05/20	78,0	Alexandra Mundell	2022/03/27	95,5	Antoinette Kriel	2017/03/18	95,5	Antoinette Kriel	2017/03/18	87,5	Antoinette Kriel	2022/03/27	57,5	Miriam Sinclair	2021/11/30	35,0	Dulcie Duguid	2022/03/27
63	71,5	Mijuane de Wet	2024/04/07	72,5	Megan Leighton	2016/11/27	95,0	Antoinette Kriel	2016/11/27	95,0	Antoinette Kriel	2016/11/27	65,5	Ronel Reyneke	2020/01/01	52,5	Susan Farrell	2019/06/15	45,0	Susan Farrell	2021/04/25
69	75,0	Gila Smith	2024/04/07	85,0	Charmleigh Kotzé	2023/01/07	100,0	Sasha Gadney	2024/04/07	82,5	Monica Longhurst	2021/12/03	75,0	Lana Kleynhans	2021/04/25						
76	72,5	Rochelle van der Merwe	2023/09/03	92,5	Olivia White	2023/04/02	92,5	Nicole Coopoomamy	2023/06/17	85,0	Monica Longhurst	2022/03/27	83,0	Corien Potgieter	2021/04/25	40,0	Linda Rubin	2024/03/02			
84	75,0	Jelhandri Rautenbach	2017/09/17	80,0	Lezaan Jordaan	2017/07/15	115,0	Lizelle Cruz	2017/09/17	115,0	Lizelle Cruz	2017/09/17	68,0	Fiona Hickman	2020/01/01						
84+	90,0	Jelhandri Rautenbach	2019/03/30	92,5	Sunelle Putter	2023/03/11	115,0	Lauren Norton	2019/05/17	90,0	Tracy Ludwig	2016/05/28	65,0			52,5	Samali Bosa	2022/03/27			