

<b>SOUTH AFRICAN MENS EQUIPPED POWERLIFTING RECORDS AS AT 13/07/2024</b>																					
<b>2024/07/13</b>	<b>Sub-Junior</b>			<b>Junior</b>			<b>Senior</b>			<b>Master I</b>			<b>Master II</b>			<b>Master III</b>			<b>Master IV</b>		
<b>53 Div.</b>																					
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															
<b>59 Div.</b>																					
Squat	170,0	Marcel Vorster	2012/08/28	190,0	Clint Williams	2015/06/26	210,0			175,0			165,0			152,5					
Bench Press	105,0	Marcel Vorster	2012/08/28	127,5			140,0			120,0			110,0			102,5					
Deadlift	185,0	Themba Makubalo	2012/06/22	200,0	Clint Williams	2015/06/26	215,0			182,5			170,0			160,0					
Total	425,0	Marcel Vorster	2012/08/28	507,5			565,0			477,5			445,0			415,0					
<b>66 Div.</b>																					
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					
Bench Press	115,0			173,0	Marcel Vorster	2017/09/17	173,0	Marcel Vorster	2017/09/17	132,5			122,5			115,0					
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	Dan Oppenheim				
Total	497,5	Romeo Longo	2015/06/26	605,5	Marcel Vorster	2017/09/17	625,0			527,5			492,5			460,0	Dan Oppenheim				
<b>74 Div.</b>																					
Squat	182,5			245,0	Keke Makuta	2013/06/22	260,0	Marcel Vorster	2024/04/27	242,5	Marlon Daniels	2019/07/06	200,0	David Quatse	2012/06/22	182,5					
Bench Press	127,5	Alex Collocott	2024/07/13	152,5	Thabang Mpe	2011/08/13	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				
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	216,0	Dan Oppenheim				
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				
<b>83 Div.</b>																					
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					
Bench Press	135,0			187,5	Pieter Fourie	2011/06/24	200,0	Mathew Coppenhall	2013/06/22	167,5	Tommie de Nysschen	2024/07/13	167,5	Tommie de Nysschen	2024/07/13	167,5	Tommie de Nysschen				
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				
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	Dan Oppenheim				
<b>93 Div.</b>																					
Squat	235,5	Jean-Pierre Blom	2024/04/27	270,0	Adrian Smith	2018/06/30	315,0	Pieter Fourie	2013/06/22	275,0	Pieter Erasmus	2011/06/24	245,0	Johnny Dam	2024/04/27	212,5					
Bench Press	142,5			187,5	Adrian Smith	2018/06/30	215,0	Etiene Potgieter	2013/06/22	210,0	Pieter Erasmus	2011/06/24	175,0	Johnny Dam	2022/08/06	150,0	Neal Coleman				
Deadlift	235,0	Trent Williams	2011/06/24	280,0	Kgotso Thekiso	2020/02/22	300,0			275,0	Jorncy Page	2019/10/11	272,5	Johnny Dam	2024/04/27	220,0					
Total	575,5	Jean-Pierre Blom	2024/04/27	707,5	Adrian Smith	2018/06/30	795,0	Pieter Fourie	2013/06/22	735,0	Pieter Erasmus	2011/06/24	687,5	Johnny Dam	2024/04/27	575,0					
<b>105 Div.</b>																					
Squat	245,0	Andre Kloppers	2013/12/08	337,5	Johan Smith	2012/11/03	337,5	Johan Smith	2012/11/03	270,0	Mark Phillips	2013/08/10	245,0	Mark Phillips	2018/05/20	225,0					
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	185,0	Ian Buckle	2011/08/13	152,5					
Deadlift	232,5			300,0	Johan Smith	2011/06/24	317,5			275,5	Graham Green	2020/02/22	255,0	Mark Phillips	2018/05/20	232,5					
Total	620,0	Andre Kloppers	2013/12/08	862,5	Johan Smith	2012/11/03	862,5	Johan Smith	2012/11/03	740,5	Graham Green	2020/02/22	660,0	Mark Phillips	2018/05/20	610,0					
<b>120 Div.</b>																					
Squat	235,0			340,0	Ricardo Barreto	2013/06/22	380,0	Francois Maritz	2017/09/17	272,5			252,5			235,0					
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					
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					
Total	637,5			885,0	Benedict Bucarizza	2014/09/06	900,0	Francois Maritz	2017/09/17	732,5			685,0			637,5					
<b>120+ Div.</b>																					
Squat	242,5			295,0			400,0	Mathys Herbst	2019/10/12	400,0	Mathys Herbst	2019/10/12	260,0			242,5					
Bench Press	165,0			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	162,5					
Deadlift	247,5			305,0			340,0	Kyle Noonan	2018/06/30	325,0	Mathys Herbst	2018/06/30	267,5			250,0					
Total	655,0			800,0			1005,0	Mathys Herbst	2019/10/12	1005,0	Mathys Herbst	2019/10/12	705,0			655,0					

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2024/07/13	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	Rouxchelle Roux	2018/06/30	160,0	Alexa Pentapoulos	2024/04/27	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	Rouxchelle Roux	2018/06/30	85,0	Alexa Pentapoulos	2024/04/27	72,5	Miriam Sinclair	2011/06/24	72,5	Miriam Sinclair	2011/06/24							
Deadlift	120,0	Alushka September	2013/08/10	137,5	Rouxchelle Roux	2018/09/08	150,0	Alexa Pentapoulos	2024/04/27	145,0	Miriam Sinclair	2011/06/24	145,0	Miriam Sinclair	2011/06/24							
Total	242,5			360,0	Rouxchelle Roux	2018/06/30	395,0	Alexa Pentapoulos	2024/04/27	342,5	Miriam Sinclair	2011/06/24	342,5	Miriam Sinclair	2011/06/24							
<b>57 Div.</b>																						
Squat	120	Rouxchelle Roux	2016/07/30	147,5	Nicole Hassell	2024/04/27	165,0	Vicki Botha	2018/06/30	165,0	Vicki Botha	2018/06/30	150,0	Antoinette Kriel	2021/12/01					100,0	Dulcie Duguid	2019/10/09
Bench Press	60,0	Rouxchelle 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					42,5	Dulcie Duguid	2019/10/09
Deadlift	120,5	Rouxchelle Roux	2016/05/29	158,0	Nicole Hassell	2024/04/27	175,0	Vicki Botha	2018/06/30	175,0	Vicki Botha	2018/06/30	160,0	Antoinette Kriel	2021/12/01					107,5	Dulcie Duguid	2019/10/09
Total	295,0	Rouxchelle Roux	2016/07/30	388,0	Nicole Hassell	2024/04/27	415,0	Antoinette Kriel	2021/12/01	415,0	Antoinette Kriel	2021/12/01	415,0	Antoinette Kriel	2021/12/01					250,0	Dulcie Duguid	2019/10/09
<b>63 Div.</b>																						
Squat	200,0	Mijuane de Wet	2024/04/27	200,0	Mijuane de Wet	2024/04/27	200,0	Mijuane de Wet	2024/04/27	152,5	Michelle de Souza	2012/06/22	125,0	Marieke van Linge	2024/07/13							
Bench Press	100,0	Mijuane de Wet	2024/04/27	100,0	Mijuane de Wet	2024/04/27	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	140,0	Marieke van Linge	2024/07/13							
Total	470,0	Mijuane de Wet	2024/04/27	470,0	Mijuane de Wet	2024/04/27	470,0	Mijuane de Wet	2024/04/27	392,5	Michelle de Souza	2012/06/22	320,0									
<b>69 Div.</b>																						
Squat	145,0	Chante Mulder	2024/07/13	145,0	Chante Mulder	2024/07/13	190,0	Laura de Wet	2024/04/27	190,0	Laura de Wet	2024/04/27	190,0	Laura de Wet	2024/04/27	95,0	Heather Leighton	2024/04/27				
Bench Press	92,5	Chante Mulder	2024/07/13	92,5	Chante Mulder	2024/07/13	112,5	Megan Leighton	2022/08/06	90,5	Laura de Wet	2024/04/27	90,5	Laura de Wet	2024/04/27	65,0	Heather Leighton	2024/04/27				
Deadlift	142,5	Chante Mulder	2024/07/13	152,5			187,5	Laura de Wet	2024/04/27	187,5	Laura de Wet	2024/04/27	187,5	Laura de Wet	2024/04/27	105,5	Heather Leighton	2024/04/27				
Total	380,0	Chante Mulder	2024/07/13	380,0	Chante Mulder	2024/07/13	468,0	Laura de Wet	2024/04/27	468,0	Laura de Wet	2024/04/27	468,0	Laura de Wet	2024/04/27	265,5	Heather Leighton	2024/04/27				
<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	77,5	Anika Maree	2024/04/27	77,5	Anika Maree	2024/04/27	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	190,0	Jacqui Rees	2024/04/27	145,0									
Bench Press	77,5			95,0	Juanita Visser	2013/06/22	180,0	Christi Rees	2023/07/22	122,5	Jacqui Rees	2024/04/27	77,5									
Deadlift	157,5			187,5			215,0			185,5	Jacqui Rees	2024/04/27	157,5									
Total	380,0			460,0	Esmay Smith	2011/06/24	555,0	Christi Rees	2023/07/22	498,0	Jacqui Rees	2024/04/27	380,0									

### SOUTH AFRICAN MENS EQUIPPED BENCH PRESS RECORDS AS AT 13/07/2024

2024/07/13	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	167,5	Tommie de Nysschen	2024/07/13	167,5	Tommie de Nysschen	2024/07/13	132,5		
<b>93</b>	160,0	Sean Stander	2014/02/15	200,0	Adrian Smith	2016/11/27	225,0	Etienne Potgijter	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	Johnny Dam	2022/03/12	185,0	Colin Young	2019/02/23	150,0		
<b>120</b>	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		
<b>120+</b>	170,0			257,5	Juan Boooyse	2013/06/22	282,5	Simon Breetzke	2024/07/13	282,5	Simon Breetzke	2024/07/13	255,0	Ian Furman	2021/03/27	170,0			165,0		

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2024/07/13	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			75,0		70,0	Liliana Coleman	2011/10/22	55,0						
<b>52</b>	60,0	Alushka September	2013/08/10	75,0	Rouxhelle Roux	2018/06/30	85,0	Alexa Pentopoulos	2024/04/27	72,5	Miriam Sinclair	2011/06/24	72,5	Miriam Sinclair	2011/06/24			
<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	45,0	Dulcie Duguid	2020/02/22
<b>63</b>	100,0	Mijuane de Wet	2024/04/27	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>	92,5	Chante Mulder	2024/07/13	92,5	Chante Mulder	2024/07/13	120,0	Megan Leighton	2023/05/27	90,5	Laura de Wet	2024/04/27	90,5	Laura de Wet	2024/04/27	69,0	Heather Leighton	2024/03/02
<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	122,5	Jacqui Rees	2024/04/27	95,0					