



## SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 09/09/2024

2024/09/09	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 Div.</b>																							
Squat	70,0	Mijuane de Wet	2016/10/22	72,5																			
Bench Press	32,5			37,5																			
Deadlift	82,5	Mijuane de Wet	2016/10/22	82,5	Mijuane de Wet	2016/10/22																	
Total	182,5	Mijuane de Wet	2016/10/22	192,5																			
<b>47 Div.</b>																							
Squat	75,0	Mijuane de Wet	2017/03/18	85,0	Christina Kyriocos	2023/04/02	115,0	Giulia Muto	2017/09/17	100,0	Mariska Casey	2018/03/18	80,0	Elisabeth Barry	2023/04/02								
Bench Press	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	Elisabeth Barry	2024/10/13								
Deadlift	107,5	Patricia Harding	2018/03/18	113,0	Christina Kyriocos	2023/04/02	142,5	Mariska Casey	2018/06/17	142,5	Mariska Casey	2018/06/17	115,0	Elisabeth Barry	2023/04/02								
Total	207,5	Pearl Bucwa	2023/04/02	240,5	Christina Kyriocos	2023/04/02	308,0	Mariska Casey	2018/03/18	308,0	Mariska Casey	2018/03/18	230,0	Elisabeth Barry	2023/04/02								
<b>52 Div.</b>																							
Squat	108,0	Mijuane de Wet	2019/03/30	108,0	Mijuane de Wet	2019/03/30	134,0	Giulia Muto	2024/04/07	120,0	Antoinette Kriel	2016/06/26	85,0	Elisabeth Barry	2024/07/13								
Bench Press	55,0	Grace Roberts	2024/04/07	65,0	Amber-Jade Meth	2018/03/18	85,0	Antoinette Kriel	2016/03/19	85,0	Antoinette Kriel	2016/03/19	47,5	Vanessa Schiebusch	2024/04/07								
Deadlift	127,5	Aimee Grefen	2021/04/25	132,5	Amber-Jade Meth	2018/03/18	160,5	Farzana Botha	2023/04/02	143,0	Tarryn Valle	2024/04/07	132,5	Carol Anthony	2018/03/18								
Total	277,5	Grace Roberts	2024/04/07	287,5	Rouxchelle Roux	2018/03/18	350,0	Nicole Warburg	2017/09/17	345,0	Antoinette Kriel	2016/06/26	258,0	Carol Anthony	2018/03/18								
<b>57 Div.</b>																							
Squat	115,0	Megan Stringer	2023/04/02	125,0	Nicole Hassell	2023/09/03	142,5	Chevonne Roos	2024/10/13	135,0	Vicki Botha	2021/04/25	130,0	Antoinette Kriel	2022/06/11	85,0	Miriam Sinclair	2021/04/25	70,0	Dulcie Duguid	2022/03/27		
Bench Press	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	2021/12/04	35,0	Dulcie Duguid	2022/03/27		
Deadlift	132,5	Megan Leighton	2013/12/08	160,0	Alexandra Mundell	2022/03/27	181,0	Antoinette Kriel	2024/10/13	181,0	Antoinette Kriel	2024/10/13	181,0	Antoinette Kriel	2024/10/13	122,5	Miriam Sinclair	2021/12/04	92,5	Dulcie Duguid	2022/03/27		
Total	290,0	Caitlin Poxon	2018/05/20	355,5	Alexandra Mundell	2022/03/27	388,5	Antoinette Kriel	2024/10/13	388,5	Antoinette Kriel	2024/10/13	388,5	Antoinette Kriel	2024/10/13	260,0	Miriam Sinclair	2021/12/04	197,5	Dulcie Duguid	2022/03/27		
<b>63 Div.</b>																							
Squat	156,0	Mijuane de Wet	2024/04/07	156,0	Mijuane de Wet	2024/04/07	156,0	Mijuane de Wet	2024/04/07	140,0	Sorah Garber	2022/03/27	110,0	Ronel Reyneke	2019/03/30	100,0	Susan Farrell	2019/06/15	70,0	Susan Farrell	2021/04/25		
Bench Press	72,5	Mijuane de Wet	2024/07/13	75,0	Gaia Mottalini	2024/10/13	90,5	Sorah Garber	2022/03/27	90,5	Sorah Garber	2022/03/27	65,5	Ronel Reyneke	2020/01/01	52,5	Susan Farrell	2019/06/15	45,0	Susan Farrell	2021/04/25		
Deadlift	172,5	Mijuane de Wet	2024/07/13	172,5	Mijuane de Wet	2024/07/13	180,0	Daniella da Silva	2023/04/02	165,5	Vicki Botha	2017/03/18	132,5	Susan Farrell	2018/06/17	132,5	Susan Farrell	2018/06/17	105,0	Susan Farrell	2021/04/25		
Total	395,0	Mijuane de Wet	2023/04/02	395,0	Mijuane de Wet	2023/04/02	407,5	Daniella da Silva	2024/10/13	385,5	Sorah Garber	2022/03/27	292,5	Ronel Reyneke	2019/03/30	277,5	Susan Farrell	2019/06/15	220,0	Susan Farrell	2021/04/25		
<b>69 Div.</b>																							
Squat	142,5	Charmleigh Kotzé	2022/03/27	161,0	Charmleigh Kotzé	2024/10/13	161,0	Charmleigh Kotzé	2024/10/13	150,0	Astrid Schwarz	2024/04/07	110,0	Lana Kleynhans	2021/04/25								
Bench Press	75,0	Gila Smith	2024/04/07	95,0	Charmleigh Kotzé	2024/09/09	102,5	Sasha Gadney	2024/10/13	82,5	Monica Longhurst	2021/12/04	75,0	Lana Kleynhans	2021/04/25								
Deadlift	147,5	Charmleigh Kotzé	2022/03/27	182,5	Charmleigh Kotzé	2024/10/13	185,0	Sasha Gadney	2024/10/13	182,5	Laura de Wet	2023/04/02	163,0	Lana Kleynhans	2021/04/25								
Total	362,5	Charmleigh Kotzé	2022/03/27	438,5	Charmleigh Kotzé	2024/10/13	447,5	Sasha Gadney	2024/10/13	400,0	Laura de Wet	2023/04/02	348,0	Lana Kleynhans	2021/04/25								
<b>76 Div.</b>																							
Squat	145,0	Rochelle van der Merwe	2024/10/13	155,0	Olivia White	2022/12/03	165,0	Nicole Cooposamy	2023/04/02	152,5	Pia Marangoni	2024/10/13	137,5	Corien Potgieter	2021/04/25								
Bench Press	75,0	Rochelle van der Merwe	2024/10/13	92,5	Olivia White	2023/04/02	92,5	Nicole Cooposamy	2023/06/17	85,0	Monica Longhurst	2022/03/27	83,0	Corien Potgieter	2021/04/25								
Deadlift	190,0	Lisa Stander	2024/10/13	190,0	Lisa Stander	2024/10/13	210,0	Nicole Cooposamy	2023/04/02	180,0	Pia Marangoni	2024/10/13	160,5	Corien Potgieter	2021/04/25								
Total	402,5	Lisa Stander	2024/10/13	420,0	Olivia White	2023/04/02	462,5	Nicole Cooposamy	2023/04/02	410,0	Pia Marangoni	2024/10/13	381,0	Corien Potgieter	2021/04/25								
<b>84 Div.</b>																							
Squat	142,5	Jelhandri Rautenbach	2017/09/17	165,0	Lezaan Jordaan	2018/05/20	198,0	Megan Faul	2024/04/07	176,0	Naiema Mohammed	2024/04/07	120,5	Fiona Hickman	2020/01/01								
Bench Press	77,5	Jelhandri Rautenbach	2017/09/17	80,0	Lezaan Jordaan	2017/07/15	112,5	Megan Faul	2024/06/23	98,0	Naiema Mohammed	2024/04/07	68,0	Fiona Hickman	2020/01/01								
Deadlift	160,0	Jelhandri Rautenbach	2017/09/17	202,5	Lezaan Jordaan	2018/05/20	233,0	Nicole Cooposamy	2024/10/13	185,0	Marina van der Linde	2023/04/02	150,0	Fiona Hickman	2020/01/01								
Total	380,0	Jelhandri Rautenbach	2017/09/17	442,5	Lezaan Jordaan	2018/05/20	538,0	Nicole Cooposamy	2024/10/13	449,0	Naiema Mohammed	2024/04/07	338,5	Fiona Hickman	2020/01/01								
<b>84+ Div.</b>																							
Squat	135,0	Jelhandri Rautenbach	2019/03/30	156,0	Karin du Plessis	2023/04/02	212,5	Danielle Waldeck	2024/10/13	185,0	Marina van der Linde	2024/10/13	115,0	Buyisile Ngubane	2024/07/13	80,0	Samali Bosa	2022/03/27					
Bench Press	90,0	Jelhandri Rautenbach	2019/03/30	90,0	Jelhandri Rautenbach	2019/03/30	115,0	Lauren Norton	2019/05/17	102,5	Marina van der Linde	2024/10/13	57,5			52,5	Samali Bosa	2022/03/27					
Deadlift	165,0	Jelhandri Rautenbach	2019/03/30	190,0	Juanita Visser	2014/06/01	205,0	Lauren Norton	2017/09/17	205,0	Marina van der Linde	2024/07/13	150,0	Buyisile Ngubane	2024/07/13	115,0	Samali Bosa	2022/03/27					
Total	390,0	Jelhandri Rautenbach	2019/03/30	420,0	Juanita Visser	2014/06/01	515,0	Olivia Perotti	2024/06/23	487,5	Marina van der Linde	2024/10/13	320,0	Buyisile Ngubane	2024/07/13	247,5	Samali Bosa	2022/03/27					

### SOUTH AFRICAN MENS BENCH PRESS RECORDS (UNEQUIPPED) AS AT 09/09/2024

2024/09/09	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>	80,0	Damon Langeveld	2016/03/19	92,5	Edward Monaheng	2021/04/25																
<b>59</b>	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	
<b>66</b>	107,5	Faraz Hamayun	2023/01/07	135,0	Caneous Mdluli	2023/04/02	147,5	Michael Botha	2015/03/28	125,0	Steven Coleman	2024/07/13	95,0			87,5				82,5	Dan Oppenheim	2018/03/18
<b>74</b>	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	Tommie de Nysschen	2023/05/27	135,0	Tommie de Nysschen	2023/05/27	97,5	Dan Oppenheim	2015/06/06	
<b>83</b>	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	Tommie de Nysschen	2024/04/07	145,5	Tommie de Nysschen	2024/04/07	102,5	Dan Oppenheim	2015/03/27	
<b>93</b>	155,0	Eduard Retief	2024/07/13	181,0	Eifranco Holder	2016/10/22	190,0	Maahir Martin	2024/10/13	175,0	Pieter Erasmus	2013/02/23	155,0	Johnny Dam	2024/04/07	148,0	Tommie de Nysschen	2024/10/13	120			
<b>105</b>	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			
<b>120</b>	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			
<b>120+</b>	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 09/09/2024

2024/09/09	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60+			Master IV 70+		
<b>43</b>	35,0			42,5																	
<b>47</b>	37,5	Rochelle de Beer	2014/03/15	42,5	Christina Kyriacos	2023/04/02	70,5	Mariska Casey	2018/03/18	70,5	Mariska Casey	2018/03/18	37,5	Elisabeth Barry	2024/10/13						
<b>52</b>	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	Liliana Coleman	2015/02/07						
<b>57</b>	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
<b>63</b>	72,5	Mijuane de Wet	2024/07/13	75,0	Gaia Mottalini	2024/10/13	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
<b>69</b>	75,0	Gila Smith	2024/04/07	95,0	Charnleigh Kotzé	2024/09/09	102,5	Sasha Gadney	2024/10/13	82,5	Monica Longhurst	2021/12/03	75,0	Lana Kleynhans	2021/04/25						
<b>76</b>	75,0	Rochelle van der Merwe	2024/10/13	92,5	Olivia White	2023/04/02	92,5	Nicole Cooposamy	2023/06/17	85,0	Monica Longhurst	2022/03/27	83,0	Corien Potgieter	2021/04/25	40,0	Linda Rubin	2024/03/02			
<b>84</b>	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						
<b>84+</b>	90,0	Jelhandri Rautenbach	2019/03/30	92,5	Sunelle Putter	2023/03/11	115,0	Lauren Norton	2019/05/17	100,0	Marina van der Linde	2024/07/13	65,0			52,5	Samali Bosa	2022/03/27			