

| SOUTH AFRICAN MENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 2025/03/08 |            |                      |            |        |                     |            |        |                       |            |          |                  |            |           |                      |            |            |                    |            |           |               |            |          |  |  |  |
|-----------------------------------------------------------------------|------------|----------------------|------------|--------|---------------------|------------|--------|-----------------------|------------|----------|------------------|------------|-----------|----------------------|------------|------------|--------------------|------------|-----------|---------------|------------|----------|--|--|--|
| 2025/03/08                                                            | Sub-Junior |                      |            | Junior |                     |            | Senior |                       |            | Master I |                  |            | Master II |                      |            | Master III |                    |            | Master IV |               |            | Master V |  |  |  |
| 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 | 200,0  | Geordie Goliath       | 2024/10/13 | 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                                                                 | 177,5      | Jaden Madhav         | 2024/10/13 | 200,0  | Marcel Vorster      | 2017/07/15 | 215,0  | Marcel Vorster        | 2022/06/11 | 185,0    | Enrico Johnson   | 2024/11/02 | 157,5     | Karl Christians      | 2017/09/17 | 127,5      |                    |            | 116,0     | 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 | 226,0    | Enrico Johnson   | 2024/11/02 | 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 | 526,0    | Enrico Johnson   | 2024/11/02 | 435,0     | Karl Christians      | 2014/03/15 | 355,0      |                    |            | 351,0     | Dan Oppenheim | 2018/03/18 |          |  |  |  |
| 74 Div.                                                               |            |                      |            |        |                     |            |        |                       |            |          |                  |            |           |                      |            |            |                    |            |           |               |            |          |  |  |  |
| Squat                                                                 | 192,5      | John Evens           | 2024/10/13 | 242,0  | Suvar Maharaj       | 2023/04/02 | 242,0  | Suvar Maharaj         | 2023/04/02 | 212,5    | Jacobus Phalatsi | 2021/04/25 | 205,0     | Ian Hacker           | 2024/10/13 | 205,0      | Ian Hacker         | 2024/10/13 | 136,0     | Dan Oppenheim | 2024/04/07 |          |  |  |  |
| Bench Press                                                           | 125,0      | Ismael Aasif Ahmed   | 2013/12/08 | 160,0  | Scott Pornss        | 2024/07/13 | 168,0  | Ziyaad 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                                                              | 225,0      | John Evens           | 2024/10/13 | 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                                                                 | 535,0      | John Evens           | 2024/10/13 | 665,0  | Scott Pornss        | 2024/07/13 | 675,0  | Harry Shomalistos     | 2014/06/01 | 589,0    | Jacobus Phalatsi | 2021/04/25 | 525,0     | Ian Hacker           | 2024/10/13 | 525,0      | Ian Hacker         | 2024/10/13 | 415,0     | Dan Oppenheim | 2015/06/06 |          |  |  |  |
| 83 Div.                                                               |            |                      |            |        |                     |            |        |                       |            |          |                  |            |           |                      |            |            |                    |            |           |               |            |          |  |  |  |
| Squat                                                                 | 222,5      | Ewan Boschhoff       | 2024/04/07 | 240,0  | Jade Blake          | 2016/05/28 | 257,5  | Chris Forget          | 2024/10/13 | 257,5    | Chris Forget     | 2024/10/13 | 230,0     | Steve Ogunfemi       | 2023/04/02 | 210,0      | Stanley Lameyer    | 2020/01/01 | 141,0     | Dan Oppenheim | 2016/03/19 |          |  |  |  |
| Bench Press                                                           | 147,5      | Joaquim 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 | 151,5     | Tommie de Nysschen   | 2024/11/02 | 151,5      | Tommie de Nysschen | 2024/11/02 | 102,5     | Dan Oppenheim | 2015/03/27 |          |  |  |  |
| Deadlift                                                              | 267,5      | Joaquim de Jenga     | 2017/06/25 | 293,0  | Arno Nieuwenhuizen  | 2022/03/27 | 293,0  | Arno Nieuwenhuizen    | 2022/03/27 | 272,5    | Chris Forget     | 2024/10/13 | 270,0     | Steve Ogunfemi       | 2023/04/02 | 230,0      | Stanley Lameyer    | 2020/01/01 | 182,5     | Dan Oppenheim | 2016/03/19 |          |  |  |  |
| Total                                                                 | 630,0      | Joaquim de Jenga     | 2017/06/25 | 660,5  | Arno Nieuwenhuizen  | 2022/03/27 | 677,5  | Jean-Arthur Pretorius | 2020/01/01 | 662,5    | Chris Forget     | 2024/10/13 | 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 Mobara     | 2024/04/07 | 150,0     |               |            |          |  |  |  |
| Bench Press                                                           | 155,0      | Eduard Retief        | 2024/07/13 | 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 | 148,0      | Tommie de Nysschen | 2024/10/13 | 102,5     |               |            |          |  |  |  |
| Deadlift                                                              | 265,0      | Eduard Retief        | 2024/07/13 | 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 Mobara     | 2024/04/07 | 160,0     |               |            |          |  |  |  |
| 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 | 490,5      | Tommie de Nysschen | 2024/10/13 | 425,0     |               |            |          |  |  |  |
| 105 Div.                                                              |            |                      |            |        |                     |            |        |                       |            |          |                  |            |           |                      |            |            |                    |            |           |               |            |          |  |  |  |
| Squat                                                                 | 227,5      | Richard Steenekamp   | 2024/11/02 | 285,0  | Francois Maritz     | 2016/10/22 | 302,5  | Simbayi Bvumburai     | 2024/12/02 | 300,0    | Sean Manders     | 2016/03/19 | 247,0     | Christo Schoonraad   | 2019/03/30 | 170,0      |                    |            | 157,5     |               |            |          |  |  |  |
| Bench Press                                                           | 160,0      | Richard Steenekamp   | 2024/11/02 | 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 | 110,0     |               |            |          |  |  |  |
| Deadlift                                                              | 280,0      | Robert Kennedy       | 2013/12/08 | 312,5  | Daniel Cotton       | 2024/10/13 | 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 | 195,0     |               |            |          |  |  |  |
| Total                                                                 | 657,5      | Richard Steenekamp   | 2024/11/02 | 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 | 435,0     |               |            |          |  |  |  |
| 120 Div.                                                              |            |                      |            |        |                     |            |        |                       |            |          |                  |            |           |                      |            |            |                    |            |           |               |            |          |  |  |  |
| Squat                                                                 | 245,5      | Taariq Osman         | 2022/03/27 | 295,0  | Ricardo Baretto     | 2014/03/15 | 340,0  | Francois Maritz       | 2022/06/11 | 272,5    | Newton Mudau     | 2024/10/13 | 245,0     | Denis Bensch         | 2024/10/13 | 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 | 115,0     |               |            |          |  |  |  |
| 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 | 205,0     |               |            |          |  |  |  |
| 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 | 455,0     |               |            |          |  |  |  |
| 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      |                    |            | 180,0     |               |            |          |  |  |  |
| Bench Press                                                           | 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           | 2021/12/04 | 127,5      |                    |            | 120,0     |               |            |          |  |  |  |
| 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 | 260,0     | John Crain           | 2024/10/13 | 197,5      |                    |            | 215,0     |               |            |          |  |  |  |
| 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 | 645,0     | John Crain           | 2024/11/02 | 507,5      |                    |            | 475,0     |               |            |          |  |  |  |

SOUTH AFRICAN WOMENS POWERLIFTING RECORDS (UNEQUIPPED) AS AT 20225/03/08

| 2025/03/08  | Sub-Junior (14-18) |                         |            | Junior (19-23) |                      |            | Senior |                   |            | Master I 40-49 |                      |            | Master II 50-59 |                    |            | Master III 60-69 |                 |            | Master IV 70+ |               |            | Master V 80+ |  |  |
|-------------|--------------------|-------------------------|------------|----------------|----------------------|------------|--------|-------------------|------------|----------------|----------------------|------------|-----------------|--------------------|------------|------------------|-----------------|------------|---------------|---------------|------------|--------------|--|--|
| 43 Div.     |                    |                         |            |                |                      |            |        |                   |            |                |                      |            |                 |                    |            |                  |                 |            |               |               |            |              |  |  |
| 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          |                      |            |        |                   |            |                |                      |            |                 |                    |            |                  |                 |            |               |               |            |              |  |  |
| 47 Div.     |                    |                         |            |                |                      |            |        |                   |            |                |                      |            |                 |                    |            |                  |                 |            |               |               |            |              |  |  |
| 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 |                  |                 |            |               |               |            |              |  |  |
| 52 Div.     |                    |                         |            |                |                      |            |        |                   |            |                |                      |            |                 |                    |            |                  |                 |            |               |               |            |              |  |  |
| 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 |                  |                 |            |               |               |            |              |  |  |
| 57 Div.     |                    |                         |            |                |                      |            |        |                   |            |                |                      |            |                 |                    |            |                  |                 |            |               |               |            |              |  |  |
| Squat       | 115,0              | Megan Stringer          | 2023/04/02 | 125,0          | Nicole Hasell        | 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 | 260,0           | Miriam Sinclair    | 2021/12/04 | 197,5            | Dulcie Duguid   | 2022/03/27 |               |               |            |              |  |  |
| 63 Div.     |                    |                         |            |                |                      |            |        |                   |            |                |                      |            |                 |                    |            |                  |                 |            |               |               |            |              |  |  |
| 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 |              |  |  |
| 69 Div.     |                    |                         |            |                |                      |            |        |                   |            |                |                      |            |                 |                    |            |                  |                 |            |               |               |            |              |  |  |
| Squat       | 142,5              | Charnleigh Kotzé        | 2022/03/27 | 161,0          | Charnleigh Kotzé     | 2024/10/13 | 161,0  | Charnleigh 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           | Charnleigh 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              | Charnleigh Kotzé        | 2022/03/27 | 182,5          | Charnleigh 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              | Charnleigh Kotzé        | 2022/03/27 | 438,5          | Charnleigh 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 |                  |                 |            |               |               |            |              |  |  |
| 76 Div.     |                    |                         |            |                |                      |            |        |                   |            |                |                      |            |                 |                    |            |                  |                 |            |               |               |            |              |  |  |
| Squat       | 145,0              | Roeshelle 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               | Roeshelle 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 |                  |                 |            |               |               |            |              |  |  |
| 84 Div.     |                    |                         |            |                |                      |            |        |                   |            |                |                      |            |                 |                    |            |                  |                 |            |               |               |            |              |  |  |
| 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 | 120,5  | Megan Faul        | 2024/11/02 | 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 |                  |                 |            |               |               |            |              |  |  |
| 84+ Div.    |                    |                         |            |                |                      |            |        |                   |            |                |                      |            |                 |                    |            |                  |                 |            |               |               |            |              |  |  |
| Squat       | 135,0              | Jelhandri Rautenbach    | 2019/03/30 | 156,0          | Karin du Plessis     | 2023/04/02 | 218,0  | Olivia Perotti    | 2024/11/02 | 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 | 210,0  | Olivia Perotti    | 2024/11/02 | 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 | 533,0  | Olivia Perotti    | 2024/11/02 | 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 2025/03/08   |                    |                         |            |                |                     |            |        |                     |            |                |                      |            |                 |                      |            |                |                    |            |               |               |            |              |               |            |
|------------------------------------------------------------------------|--------------------|-------------------------|------------|----------------|---------------------|------------|--------|---------------------|------------|----------------|----------------------|------------|-----------------|----------------------|------------|----------------|--------------------|------------|---------------|---------------|------------|--------------|---------------|------------|
| 2025/03/08                                                             | Sub-Junior (14-18) |                         |            | Junior (19-23) |                     |            | Senior |                     |            | Master I 40-49 |                      |            | Master II 50-59 |                      |            | Master III 60+ |                    |            | Master IV 70+ |               |            | Master V 80+ |               |            |
| 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 | 125,0          | Steven Coleman       | 2024/07/13 | 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           | Tommie de Nysschen   | 2023/05/27 | 135,0          | Tommie 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 | 165,5          | Chad Govington       | 2025/03/08 | 151,5           | Tommie de Nysschen   | 2024/11/02 | 151,5          | Tommie de Nysschen | 2024/11/02 | 102,5         | Dan Oppenheim | 2015/03/27 | 85,0         | Dan Oppenheim | 2025/03/08 |
| 93                                                                     | 155,0              | Eduard Retief           | 2024/07/13 | 181,0          | Elfranco Holder     | 2016/10/22 | 190,0  | Maahir Martin       | 2024/10/13 | 175,0          | Pieter Erasmus       | 2013/02/23 | 157,5           | Johnny Dam           | 2025/03/08 | 148,0          | Tommie de Nysschen | 2024/10/13 | 120,0         |               |            |              |               |            |
| 105                                                                    | 160,0              | Richard Steenekamp      | 2024/11/02 | 205,0          | Johan Smith         | 2014/06/01 | 206,0  | Daniel Duke         | 2025/03/08 | 182,5          | Charles Johnson      | 2023/05/27 | 182,5           | Charles Johnson      | 2023/05/27 | 180,0          | Colin Young        | 2019/02/23 | 120,0         |               |            |              |               |            |
| 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 | 125,0         |               |            |              |               |            |
| 120+                                                                   | 170,0              | Martin van der Merwe    | 2019/03/30 | 190,0          | Stanford Thompson   | 2025/03/08 | 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 2025/03/08 |                    |                         |            |                |                     |            |        |                     |            |                |                      |            |                 |                      |            |                |                    |            |               |               |            |              |               |            |
| 2025/03/08                                                             | Sub-Junior (14-18) |                         |            | Junior (19-23) |                     |            | Senior |                     |            | Master I 40-49 |                      |            | Master II 50-59 |                      |            | Master III 60+ |                    |            | Master IV 70+ |               |            | Master V 80+ |               |            |
| 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            | Elisabeth Barry      | 2024/10/13 |                |                    |            |               |               |            |              |               |            |
| 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            | Liliana 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                                                                     | 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 |              |               |            |
| 69                                                                     | 75,0               | Gila Smith              | 2024/04/07 | 95,0           | Charnleigh Kotze    | 2024/09/09 | 102,5  | Sasha Gadney        | 2024/10/13 | 82,5           | Monica Longhurst     | 2021/12/03 | 75,0            | Lana Kleynhans       | 2021/04/25 |                |                    |            |               |               |            |              |               |            |
| 76                                                                     | 75,0               | Roechelle van der Merwe | 2024/10/13 | 92,5           | Olivia White        | 2023/04/02 | 92,5   | Nicole Coopooosamy  | 2023/06/17 | 85,0           | Monica Longhurst     | 2022/03/27 | 83,0            | Corien Potgieter     | 2021/04/25 | 42,5           | Linda Rubin        | 2025/03/08 |               |               |            |              |               |            |
| 84                                                                     | 75,0               | Jelhandri Rautenbach    | 2017/09/17 | 80,0           | Lezaan Jordaan      | 2017/07/15 | 120,5  | Megan Faul          | 2024/11/02 | 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 | 100,0          | Marina van der Linde | 2024/07/13 | 65,0            |                      |            | 52,5           | Samali Bosa        | 2022/03/27 |               |               |            |              |               |            |