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SOUTH AFRICAN WOMENS EQUIPPED POWERLIFTING RECORDS AS AT 2025/04/12																								
2025/04/12	Sub-Junior (14-18)			Junior (19-23)			Senior			Master I 40-49			Master II 50-59			Master III 60-69			Master IV 70-79			Master V 80+		
43 Div.																								
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																				
47 Div.																								
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									
52 Div.																								
Squat	92,5			150,0	Rouxchelle Roux	2018/06/30	160,0	Alexa Pentopolous	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 Pentopoulous	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 Pentopoulous	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 Pentopoulous	2024/04/27	342,5	Miriam Sinclair	2011/06/24	342,5	Miriam Sinclair	2011/06/24									
57 Div.																								
Squat	120	Rouxchelle Roux	2016/07/30	150	Nicole Hasell	2024/09/08	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	150	Nicole Hasell	2024/09/08	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	400	Nicole Hasell	2024/09/08	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			
63 Div.																								
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	108,0	Mijuane de Wet	2024/10/13	108,0	Mijuane de Wet	2024/10/13	112,5	Megan Leighton	2024/11/13	72,5	Michelle de Souza	2011/12/15	70,0	Joan Swart	2019/10/10									
Deadlift	190,0	Mijuane de Wet	2024/10/13	190,0	Mijuane de Wet	2024/10/13	190,0	Mijuane de Wet	2024/10/13	175,0	Michelle de Souza	2011/12/15	140,0	Marieke van Linge	2024/07/13									
Total	488,0	Mijuane de Wet	2024/10/13	488,0	Mijuane de Wet	2024/10/13	488,0	Mijuane de Wet	2024/10/13	392,5	Michelle de Souza	2012/06/22	320,0											
69 Div.																								
Squat	147,5	Chante Mulder	2024/10/13	147,5	Chante Mulder	2024/10/13	190,0	Laura de Wet	2024/04/27	190,0	Laura de Wet	2024/04/27	190,0	Laura de Wet	2024/04/27	95,5	Heather Leighton	2025/04/12						
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	69,5	Heather Leighton	2024/11/02						
Deadlift	142,5	Chante Mulder	2024/07/13	152,5			190,0	Laura de Wet	2024/10/13	190,0	Laura de Wet	2024/10/13	190,0	Laura de Wet	2024/10/13	110,5	Heather Leighton	2025/04/12						
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	271,0	Heather Leighton	2025/04/12						
76 Div.																								
Squat	145,0	Anika Maree	2023/09/03	150,0			176,0	Chantelle du Toit	2023/07/22	150,0	Chantelle du Toit	2025/04/12	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	100,0	Chantelle du Toit	2025/04/12	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											
84 Div.																								
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											
84+ Div.																								
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	125,0	Jacqui Rees	2024/10/13	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 2025/04/12

2025/04/12	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	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	168,5	Tommie de Nysschen	2025/04/12	168,5	Tommie de Nysschen	2025/04/12	132,5			100,0	Dan Oppenheim	
93	160,0	Sean Stander	2014/02/15	200,0	Adrian Smith	2016/11/27	225,0	Etienne Potgieter	2014/02/15	215,0	Pieter Erasmus	2018/04/28	192,0	Johnny Dam	2025/03/08	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 Booyse	2012/10/20	255,0	Andre Cloete	2012/10/20	230,0	Craig Masson	2024/10/13	200,0	Craig Van Wyk	2018/02/17	165,0			160,0					
120+	170,0			257,5	Juan Booyse	2013/06/22	285,0	Simon Breetzke	2024/10/13	285,0	Simon Breetzke	2024/10/13	255,0	Ian Furman	2021/03/27	170,0			165,0					

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2025/04/12	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	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	85,0	Alexa Pentopoulos	2024/04/27	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	108,0	Mijuane de Wet	2024/10/13	108,0	Mijuane de Wet	2024/10/13	115,5	Megan Leighton	2025/03/08	80,0	Vicky Botha	2014/02/15	72,5											
69	95,0	Chante Mulder	2024/09/08	95,0	Chante Mulder	2024/09/08	120,0	Megan Leighton	2023/05/27	90,5	Laura de Wet	2024/04/27	90,5	Laura de Wet	2024/04/27	72,5	Heather Leighton	2024/10/13						
76	82,5			97,5			111,5	Chantelle du Toit	2023/07/22	104,0	Chantelle du Toit	2025/03/08	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	125,0	Jacqui Rees	2024/10/13	95,0											