



SOUTH AFRICAN DEADLIFT RECORDS

Updated by Ed Kutin 10/21/17

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Weight Class: 123 Female

| Division | Deadlift | Name | Resides | Date |
|----------|-----------------------|-----------------|--------------|--------|
| Open | 125.0 kgs / 275.5 lbs | Sandra Rensburg | South Africa | 2013 |
| 20-24 | 105.0 kgs / 231.4 lbs | Zoe Cosmopoulos | South Africa | 8/2014 |
| 35-39 | 125.0 kgs / 275.5 lbs | Sandra Rensburg | South Africa | 2013 |

Weight Class: 132 Female

| Division | Deadlift | Name | Resides | Date |
|----------|----------------------|----------------|--------------|------|
| Open | 95.0 kgs / 209.4 lbs | Nikki de Jager | South Africa | 2013 |
| 20-24 | 95.0 kgs / 209.4 lbs | Nikki de Jager | South Africa | 2013 |

Weight Class: 148 Female

| Division | Deadlift | Name | Resides | Date |
|----------|-----------------------|------------------|--------------|--------|
| Open | 145.0 kgs / 319.6 lbs | Kelly Dessington | South Africa | 4/2013 |
| 35-39 | 137.5 kgs / 303.1 lbs | Robin Kuipers | South Africa | 2012 |

Weight Class: 165 Female

| Division | Deadlift | Name | Resides | Date |
|----------|-----------------------|----------------|--------------|--------|
| Open | 150.0 kgs / 330.6 lbs | Bonita Hein | South Africa | 2012 |
| 18-19 | 90.0 kgs / 198.4 lbs | Marsha Nezura | South Africa | 2012 |
| 35-39 | 130.0 kgs / 286.5 lbs | Renate Van Dyk | South Africa | 2011 |
| 40-44 | 150.0 kgs / 330.6 lbs | Bonita Hein | South Africa | 2012 |
| 45-49 | 122.5 kgs / 270.0 lbs | Molly Gigaba | South Africa | 8/2014 |

Weight Class: 181 Female

| Division | Deadlift | Name | Resides | Date |
|-----------------|-----------------------|-----------------|--------------|---------|
| Open | 157.5 kgs / 347.2 lbs | Patty Pretorius | South Africa | 10/2016 |
| 20-24 | 150.0 kgs / 330.6 lbs | Natalie Mohr | South Africa | 2011 |
| 35-39 | 157.5 kgs / 347.2 lbs | Patty Pretorius | South Africa | 10/2016 |
| 45-49 | 65.0 kgs / 143.2 lbs | Nina Nezura | South Africa | 8/2014 |
| Police/Fire/Mil | 157.5 kgs / 347.2 lbs | Patty Pretorius | South Africa | 10/2016 |

Weight Class: 198 Female

| Division | Deadlift | Name | Resides | Date |
|----------|-----------------------|-----------------|--------------|--------|
| Open | 135.0 kgs / 297.6 lbs | Michelle Sleigh | South Africa | 8/2014 |
| 40-44 | 135.0 kgs / 297.6 lbs | Michelle Sleigh | South Africa | 8/2014 |

| Weight Class: 105 Male | | | | |
|-------------------------------|-----------------------|--------------|--------------|------|
| Division | Deadlift | Name | Resides | Date |
| Open | 120.0 kgs / 264.5 lbs | Andy Faviers | South Africa | 2013 |
| 20-24 | 120.0 kgs / 264.5 lbs | Andy Faviers | South Africa | 2013 |

| Weight Class: 114 Male | | | | |
|-------------------------------|-----------------------|--------------|--------------|--------|
| Division | Deadlift | Name | Resides | Date |
| Open | 145.0 kgs / 319.6 lbs | Andy Faivers | South Africa | 7/2013 |
| 20-24 | 145.0 kgs / 319.6 lbs | Andy Faivers | South Africa | 7/2013 |

| Weight Class: 123 Male | | | | |
|-------------------------------|-----------------------|------------------|--------------|------|
| Division | Deadlift | Name | Resides | Date |
| Open | 190.0 kgs / 418.8 lbs | Sean Brokenshire | South Africa | 2012 |
| 20-24 | 190.0 kgs / 418.8 lbs | Sean Brokenshire | South Africa | 2012 |

| Weight Class: 132 Male | | | | |
|-------------------------------|-----------------------|---------------|--------------|------|
| Division | Deadlift | Name | Resides | Date |
| Open | 160.0 kgs / 352.7 lbs | Enzo Mieremet | South Africa | 2011 |
| 14-15 | 140.0 kgs / 308.6 lbs | Marco Jacobs | South Africa | 2013 |
| 18-19 | 160.0 kgs / 352.7 lbs | Enzo Mieremet | South Africa | 2011 |

| Weight Class: 148 Male | | | | |
|-------------------------------|-----------------------|-----------------|--------------|--------|
| Division | Deadlift | Name | Resides | Date |
| Open | 240.0 kgs / 529.1 lbs | Remi Fredericks | South Africa | 2013 |
| 16-17 | 190.0 kgs / 418.8 lbs | Michael Denny | South Africa | 2011 |
| 18-19 | 162.5 kgs / 358.2 lbs | Jethro Ernstzen | South Africa | 2011 |
| 20-24 | 200.0 kgs / 440.9 lbs | Remi Fredericks | South Africa | 3/2011 |

| Weight Class: 165 Male | | | | |
|-------------------------------|-----------------------|---------------------|--------------|--------|
| Division | Deadlift | Name | Resides | Date |
| Open | 210.0 kgs / 462.9 lbs | Whanstacwin Booysen | South Africa | 7/2011 |
| 16-17 | 210.0 kgs / 462.9 lbs | Whanstacwin Booysen | South Africa | 7/2011 |
| 20-24 | 197.5 kgs / 435.4 lbs | Duane Sales | South Africa | 2013 |

| Weight Class: 181 Male | | | | |
|-------------------------------|-----------------------|--------------------|--------------|---------|
| Division | Deadlift | Name | Resides | Date |
| Open | 270.0 kgs / 595.2 lbs | Nathan Valentine | South Africa | 2012 |
| 16-17 | 120.0 kgs / 264.5 lbs | Lehann Smith | South Africa | 2013 |
| 18-19 | 210.0 kgs / 462.9 lbs | Anver Brown | South Africa | 2012 |
| 20-24 | 270.0 kgs / 595.2 lbs | Nathan Valentine | South Africa | 2012 |
| 35-39 | 180.0 kgs / 396.8 lbs | Omar Abrahams | South Africa | 2011 |
| 40-44 | 230.0 kgs / 507.0 lbs | Howard Cladingbowl | South Africa | 2011 |
| 45-49 | 248.5 kgs / 547.8 lbs | Howard Cladingbowl | South Africa | 10/2016 |

| Weight Class: 198 Male | | | | |
|-------------------------------|-----------------------|---------------------|--------------|---------|
| Division | Deadlift | Name | Resides | Date |
| Open | 255.0 kgs / 562.1 lbs | Alexander Azim | South Africa | 2013 |
| 18-19 | 205.0 kgs / 451.9 lbs | James Du Toit | South Africa | 8/2014 |
| 20-24 | 250.0 kgs / 551.1 lbs | Pardon Chizomba | South Africa | 7/2011 |
| 40-44 | 235.0 kgs / 518.0 lbs | Howard Cladingbowl | South Africa | 2011 |
| 45-49 | 246.0 kgs / 542.3 lbs | Howard Cladingbowl | South Africa | 2013 |
| 50-54 | 237.5 kgs / 523.5 lbs | Howard Claddingbowl | South Africa | 10/2017 |

| Weight Class: 220 Male | | | | |
|-------------------------------|------------------------------|--------------------|---------------------|-------------|
| Division | Deadlift | Name | Resides | Date |
| Open | 270.0 kgs / 595.2 lbs | Jarryd Roos | South Africa | 2013 |
| 14-15 | 175.0 kgs / 385.8 lbs | Tristan Leitch | South Africa | 2013 |
| 18-19 | 200.0 kgs / 440.9 lbs | Albert Korf | South Africa | 2012 |
| 20-24 | 220.0 kgs / 485.0 lbs | Tim Nolte | South Africa | 2011 |
| 40-44 | 240.0 kgs / 529.1 lbs | Mark Phillips | South Africa | 2012 |

| Weight Class: 242 Male | | | | |
|-------------------------------|------------------------------|--------------------|---------------------|-------------|
| Division | Deadlift | Name | Resides | Date |
| Open | 250.0 kgs / 551.1 lbs | David Cross | South Africa | 2013 |
| 14-15 | 210.0 kgs / 462.9 lbs | Micael Fourie | South Africa | 2013 |
| 20-24 | 237.5 kgs / 523.5 lbs | Albre Arendse | South Africa | 2013 |
| 55-59 | 190.0 kgs / 418.8 lbs | Colin Young | South Africa | 2013 |

| Weight Class: 275 Male | | | | |
|-------------------------------|------------------------------|---------------------|---------------------|---------------|
| Division | Deadlift | Name | Resides | Date |
| Open | 262.5 kgs / 578.7 lbs | Steven Blake | South Africa | 7/2011 |
| 14-15 | 160.0 kgs / 352.7 lbs | Brandon Miller | South Africa | 2012 |
| 16-17 | 255.0 kgs / 562.1 lbs | Jerome Korf | South Africa | 2012 |
| 35-39 | 262.5 kgs / 578.7 lbs | Steven Blake | South Africa | 7/2011 |

| Weight Class: 308 Male | | | | |
|-------------------------------|------------------------------|----------------------|---------------------|---------------|
| Division | Deadlift | Name | Resides | Date |
| Open | 235.0 kgs / 518.0 lbs | Warren Galley | South Africa | 8/2014 |
| 20-24 | 235.0 kgs / 518.0 lbs | Warren Galley | South Africa | 8/2014 |