



SOUTH AFRICAN POWERLIFTING RECORDS

Updated by Ed Kutin 10/21/17

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Weight Class: 123 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	87.5 kgs / 192.9 lbs Sandra Rensburg (South Africa) 2013	67.5 kgs / 148.8 lbs Sandra Rensburg (South Africa) 2013	125.0 kgs / 275.5 lbs Sandra Rensburg (South Africa) 2013	280.0 kgs / 617.2 lbs Sandra Rensburg (South Africa) 2013
20-24	75.0 kgs / 165.3 lbs Zoe Cosmopoulos (South Africa) 8/2014	42.5 kgs / 93.6 lbs Zoe Cosmopoulos (South Africa) 8/2014	105.0 kgs / 231.4 lbs Zoe Cosmopoulos (South Africa) 8/2014	222.5 kgs / 490.5 lbs Zoe Cosmopoulos (South Africa) 8/2014
35-39	87.5 kgs / 192.9 lbs Sandra Rensburg (South Africa) 2013	67.5 kgs / 148.8 lbs Sandra Rensburg (South Africa) 2013	125.0 kgs / 275.5 lbs Sandra Rensburg (South Africa) 2013	280.0 kgs / 617.2 lbs Sandra Rensburg (South Africa) 2013

Weight Class: 132 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	55.0 kgs / 121.2 lbs Nikki de Jager (South Africa) 2012	37.5 kgs / 82.6 lbs Nikki de Jager (South Africa) 2013	95.0 kgs / 209.4 lbs Nikki de Jager (South Africa) 2013	187.5 kgs / 413.3 lbs Nikki de Jager (South Africa) 2013
20-24	55.0 kgs / 121.2 lbs Nikki de Jager (South Africa) 2012	37.5 kgs / 82.6 lbs Nikki de Jager (South Africa) 2013	95.0 kgs / 209.4 lbs Nikki de Jager (South Africa) 2013	187.5 kgs / 413.3 lbs Nikki de Jager (South Africa) 2013

Weight Class: 148 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	110.0 kgs / 242.5 lbs Robin Kuipers (South Africa) 2011	62.5 kgs / 137.7 lbs Zane Pelsler (South Africa) 8/2014	137.5 kgs / 303.1 lbs Robin Kuipers (South Africa) 2012	300.0 kgs / 661.3 lbs Robin Kuipers (South Africa) 2011
35-39	110.0 kgs / 242.5 lbs Robin Kuipers (South Africa) 2011	57.5 kgs / 126.7 lbs Robin Kuipers (South Africa) 2012	137.5 kgs / 303.1 lbs Robin Kuipers (South Africa) 2012	300.0 kgs / 661.3 lbs Robin Kuipers (South Africa) 2011

Weight Class: 165 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	110.0 kgs / 242.5 lbs Bonita Hein (South Africa) 2012	67.5 kgs / 148.8 lbs Bonita Hein (South Africa) 2012	150.0 kgs / 330.6 lbs Bonita Hein (South Africa) 2012	327.5 kgs / 722.0 lbs Bonita Hein (South Africa) 2012
18-19	60.0 kgs / 132.2 lbs Marsha Nezura (South Africa) 2012	47.5 kgs / 104.7 lbs Marsha Nezura (South Africa) 2012	90.0 kgs / 198.4 lbs Marsha Nezura (South Africa) 2012	197.5 kgs / 435.4 lbs Marsha Nezura (South Africa) 2012
35-39	100.0 kgs / 220.4 lbs Renate Van Dyk (South Africa) 2011	60.0 kgs / 132.2 lbs Renate Van Dyk (South Africa) 2011	130.0 kgs / 286.5 lbs Renate Van Dyk (South Africa) 2011	290.0 kgs / 639.3 lbs Renate Van Dyk (South Africa) 2011
40-44	110.0 kgs / 242.5 lbs Bonita Hein (South Africa) 2012	67.5 kgs / 148.8 lbs Bonita Hein (South Africa) 2012	150.0 kgs / 330.6 lbs Bonita Hein (South Africa) 2012	327.5 kgs / 722.0 lbs Bonita Hein (South Africa) 2012
45-49	85.0 kgs / 187.3 lbs Molly Gigaba (South Africa) 8/2014	57.5 kgs / 126.7 lbs Molly Gigaba (South Africa) 8/2014	122.5 kgs / 270.0 lbs Molly Gigaba (South Africa) 8/2014	265.0 kgs / 584.2 lbs Molly Gigaba (South Africa) 8/2014

Weight Class: 181 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	136.0 kgs / 299.8 lbs Patty Pretorius (South Africa) 10/2017	75.0 kgs / 165.3 lbs Patty Pretorius (South Africa) 10/2016	157.5 kgs / 347.2 lbs Patty Pretorius (South Africa) 10/2016	368.5 kgs / 812.3 lbs Patty Pretorius (South Africa) 10/2017
20-24	105.0 kgs / 231.4 lbs Natalie Mohr (South Africa) 2011	67.5 kgs / 148.8 lbs Natalie Mohr (South Africa) 2011	150.0 kgs / 330.6 lbs Natalie Mohr (South Africa) 2011	322.5 kgs / 710.9 lbs Natalie Mohr (South Africa) 2011
35-39	136.0 kgs / 299.8 lbs Patty Pretorius (South Africa) 10/2017	75.0 kgs / 165.3 lbs Patty Pretorius (South Africa) 10/2016	157.5 kgs / 347.2 lbs Patty Pretorius (South Africa) 10/2016	368.5 kgs / 812.3 lbs Patty Pretorius (South Africa) 10/2017
45-49	50.0 kgs / 110.2 lbs Nina Nezura (South Africa) 8/2014	35.0 kgs / 77.1 lbs Nina Nezura (South Africa) 8/2014	65.0 kgs / 143.2 lbs Nina Nezura (South Africa) 8/2014	150.0 kgs / 330.6 lbs Nina Nezura (South Africa) 8/2014
Police/Fire/Mil	136.0 kgs / 299.8 lbs Patty Pretorius (South Africa) 10/2017	75.0 kgs / 165.3 lbs Patty Pretorius (South Africa) 10/2016	157.5 kgs / 347.2 lbs Patty Pretorius (South Africa) 10/2016	368.5 kgs / 812.3 lbs Patty Pretorius (South Africa) 10/2017

Weight Class: 198 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	95.0 kgs / 209.4 lbs Michelle Sleigh (South Africa) 8/2014	70.0 kgs / 154.3 lbs Michelle Sleigh (South Africa) 8/2014	135.0 kgs / 297.6 lbs Michelle Sleigh (South Africa) 8/2014	300.0 kgs / 661.3 lbs Michelle Sleigh (South Africa) 8/2014
40-44	95.0 kgs / 209.4 lbs Michelle Sleigh (South Africa) 8/2014	70.0 kgs / 154.3 lbs Michelle Sleigh (South Africa) 8/2014	135.0 kgs / 297.6 lbs Michelle Sleigh (South Africa) 8/2014	300.0 kgs / 661.3 lbs Michelle Sleigh (South Africa) 8/2014

Weight Class: 105 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	65.0 kgs / 143.2 lbs Andy Faviers (South Africa) 2013	65.0 kgs / 143.2 lbs Andy Faviers (South Africa) 2013	120.0 kgs / 264.5 lbs Andy Faviers (South Africa) 2013	250.0 kgs / 551.1 lbs Andy Faviers (South Africa) 2013

20-24	65.0 kgs / 143.2 lbs Andy Favers (South Africa) 2013	65.0 kgs / 143.2 lbs Andy Favers (South Africa) 2013	120.0 kgs / 264.5 lbs Andy Favers (South Africa) 2013	250.0 kgs / 551.1 lbs Andy Favers (South Africa) 2013
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Weight Class: 123 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	132.5 kgs / 292.1 lbs Sean Brokenshire (South Africa) 2012	97.5 kgs / 214.9 lbs Sean Brokenshire (South Africa) 2012	190.0 kgs / 418.8 lbs Sean Brokenshire (South Africa) 2012	415.0 kgs / 914.9 lbs Sean Brokenshire (South Africa) 2012
20-24	132.5 kgs / 292.1 lbs Sean Brokenshire (South Africa) 2012	97.5 kgs / 214.9 lbs Sean Brokenshire (South Africa) 2012	190.0 kgs / 418.8 lbs Sean Brokenshire (South Africa) 2012	415.0 kgs / 914.9 lbs Sean Brokenshire (South Africa) 2012

Weight Class: 132 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	115.0 kgs / 253.5 lbs Marco Jacobs (South Africa) 2013	77.5 kgs / 170.8 lbs Marco Jacobs (South Africa) 2013	160.0 kgs / 352.7 lbs Enzo Mieremet (South Africa) 2011	335.0 kgs / 738.5 lbs Enzo Mieremet (South Africa) 2011
14-15	115.0 kgs / 253.5 lbs Marco Jacobs (South Africa) 2013	77.5 kgs / 170.8 lbs Marco Jacobs (South Africa) 2013	140.0 kgs / 308.6 lbs Marco Jacobs (South Africa) 2013	332.5 kgs / 733.0 lbs Marco Jacobs (South Africa) 2013
18-19	100.0 kgs / 220.4 lbs Enzo Mieremet (South Africa) 2011	75.0 kgs / 165.3 lbs Enzo Mieremet (South Africa) 2011	160.0 kgs / 352.7 lbs Enzo Mieremet (South Africa) 2011	335.0 kgs / 738.5 lbs Enzo Mieremet (South Africa) 2011

Weight Class: 148 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	162.5 kgs / 358.2 lbs Kyle Wright (South Africa) 2013	117.5 kgs / 259.0 lbs Kyle Wright (South Africa) 2013	240.0 kgs / 529.1 lbs Remi Fredericks (South Africa) 2013	495.0 kgs / 1091.2 lbs Remi Fredericks (South Africa) 2013
16-17	125.0 kgs / 275.5 lbs Michael Denny (South Africa) 2011	85.0 kgs / 187.3 lbs Michael Denny (South Africa) 2011	190.0 kgs / 418.8 lbs Michael Denny (South Africa) 2011	400.0 kgs / 881.8 lbs Michael Denny (South Africa) 2011
18-19	100.0 kgs / 220.4 lbs Jethro Ernstzen (South Africa) 2011	100.0 kgs / 220.4 lbs Jethro Ernstzen (South Africa) 2011	162.5 kgs / 358.2 lbs Jethro Ernstzen (South Africa) 2011	362.5 kgs / 799.1 lbs Jethro Ernstzen (South Africa) 2011

Weight Class: 165 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	165.0 kgs / 363.7 lbs Duane Sales (South Africa) 2013	122.5 kgs / 270.0 lbs Kyle Wright (South Africa) 2012	202.5 kgs / 446.4 lbs Paul Beresford (South Africa) 2013	462.5 kgs / 1019.6 lbs Kyle Wright (South Africa) 2012
16-17	140.0 kgs / 308.6 lbs Whanstacwin Booysen (South Africa) 2011	92.5 kgs / 203.9 lbs Paul Beresford (South Africa) 2013	202.5 kgs / 446.4 lbs Paul Beresford (South Africa) 2013	430.0 kgs / 947.9 lbs Paul Beresford (South Africa) 2013
20-24	165.0 kgs / 363.7 lbs Duane Sales (South Africa) 2013	122.5 kgs / 270.0 lbs Kyle Wright (South Africa) 2012	197.5 kgs / 435.4 lbs Duane Sales (South Africa) 2013	462.5 kgs / 1019.6 lbs Kyle Wright (South Africa) 2012

Weight Class: 181 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	210.0 kgs / 462.9 lbs Nathan Valentine (South Africa) 2012	155.0 kgs / 341.7 lbs Nathan Valentine (South Africa) 2012	270.0 kgs / 595.2 lbs Nathan Valentine (South Africa) 2012	640.0 kgs / 1410.9 lbs Nathan Valentine (South Africa) 2012
16-17	105.0 kgs / 231.4 lbs Lehann Smith (South Africa) 2013	72.5 kgs / 159.8 lbs Lehann Smith (South Africa) 2013	120.0 kgs / 264.5 lbs Lehann Smith (South Africa) 2013	297.5 kgs / 655.8 lbs Lehann Smith (South Africa) 2013
18-19	185.0 kgs / 407.8 lbs Anver Brown (South Africa) 2012	120.0 kgs / 264.5 lbs Anver Brown (South Africa) 2012	210.0 kgs / 462.9 lbs Anver Brown (South Africa) 2012	515.0 kgs / 1135.3 lbs Anver Brown (South Africa) 2012
20-24	210.0 kgs / 462.9 lbs Nathan Valentine (South Africa) 2012	155.0 kgs / 341.7 lbs Nathan Valentine (South Africa) 2012	270.0 kgs / 595.2 lbs Nathan Valentine (South Africa) 2012	640.0 kgs / 1410.9 lbs Nathan Valentine (South Africa) 2012
35-39	120.0 kgs / 264.5 lbs Omar Abrahams (South Africa) 2011	120.0 kgs / 264.5 lbs Omar Abrahams (South Africa) 2011	180.0 kgs / 396.8 lbs Omar Abrahams (South Africa) 2011	420.0 kgs / 925.9 lbs Omar Abrahams (South Africa) 2011
40-44	192.5 kgs / 424.3 lbs Howard Cladingbowl (South Africa) 2011	127.5 kgs / 281.0 lbs Howard Cladingbowl (South Africa) 2011	230.0 kgs / 507.0 lbs Howard Cladingbowl (South Africa) 2011	550.0 kgs / 1212.5 lbs Howard Cladingbowl (South Africa) 2011
45-49	203.5 kgs / 448.6 lbs Howard Cladingbowl (South Africa) 2012	125.0 kgs / 275.5 lbs Howard Cladingbowl (South Africa) 2012	248.5 kgs / 547.8 lbs Howard Cladingbowl (South Africa) 10/2016	579.5 kgs / 1277.5 lbs Howard Cladingbowl (South Africa) 2012

Weight Class: 198 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	205.0 kgs / 451.9 lbs Howard Cladingbowl (South Africa) 10/2017	155.0 kgs / 341.7 lbs Alexander Azim (South Africa) 2013	255.0 kgs / 562.1 lbs Alexander Azim (South Africa) 2013	600.0 kgs / 1322.7 lbs Alexander Azim (South Africa) 2013
18-19	160.0 kgs / 352.7 lbs Eugene Scheepers (South Africa) 8/2014	115.0 kgs / 253.5 lbs Eugene Scheepers (South Africa) 8/2014	205.0 kgs / 451.9 lbs James Du Toit (South Africa) 8/2014	480.0 kgs / 1058.2 lbs James Du Toit (South Africa) 8/2014
20-24	190.0 kgs / 418.8 lbs Jarrod Firmani (South Africa) 2013	147.5 kgs / 325.1 lbs Conrad Dippenaar (South Africa) 2012	245.0 kgs / 540.1 lbs Pardon Chizomba (South Africa) 2012	570.0 kgs / 1256.6 lbs Pardon Chizomba (South Africa) 2012
40-44	192.5 kgs / 424.3 lbs Howard Cladingbowl (South Africa) 2011	122.5 kgs / 270.0 lbs Howard Cladingbowl (South Africa) 2011	235.0 kgs / 518.0 lbs Howard Cladingbowl (South Africa) 2011	550.0 kgs / 1212.5 lbs Howard Cladingbowl (South Africa) 2011
45-49	198.5 kgs / 437.6 lbs Howard Cladingbowl (South Africa) 2013		246.0 kgs / 542.3 lbs Howard Cladingbowl (South Africa) 2013	572.0 kgs / 1261.0 lbs Howard Cladingbowl (South Africa) 2013
50-54	205.0 kgs / 451.9 lbs Howard Cladingbowl (South Africa) 10/2017	122.5 kgs / 270.0 lbs Howard Cladingbowl (South Africa) 10/2017	237.5 kgs / 523.5 lbs Howard Cladingbowl (South Africa) 10/2017	565.0 kgs / 1245.5 lbs Howard Cladingbowl (South Africa) 10/2017

Weight Class: 220 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	187.5 kgs / 413.3 lbs Jarryd Roos (South Africa) 2013	160.0 kgs / 352.7 lbs Jarryd Roos (South Africa) 2013	270.0 kgs / 595.2 lbs Jarryd Roos (South Africa) 2013	617.5 kgs / 1361.3 lbs Jarryd Roos (South Africa) 2013
14-15	130.0 kgs / 286.5 lbs Tristan Leitch (South Africa) 2013	112.5 kgs / 248.0 lbs Tristan Leitch (South Africa) 2013	175.0 kgs / 385.8 lbs Tristan Leitch (South Africa) 2013	417.5 kgs / 920.4 lbs Tristan Leitch (South Africa) 2013
18-19	160.0 kgs / 352.7 lbs Albert Korf (South Africa) 2012	120.0 kgs / 264.5 lbs Albert Korf (South Africa) 2012	200.0 kgs / 440.9 lbs Albert Korf (South Africa) 2012	480.0 kgs / 1058.2 lbs Albert Korf (South Africa) 2012
20-24	160.0 kgs / 352.7 lbs Tim Nolte (South Africa) 2011	110.0 kgs / 242.5 lbs Tim Nolte (South Africa) 2011	220.0 kgs / 485.0 lbs Tim Nolte (South Africa) 2011	490.0 kgs / 1080.2 lbs Tim Nolte (South Africa) 2011
40-44	185.0 kgs / 407.8 lbs Mark Phillips (South Africa) 2012	125.0 kgs / 275.5 lbs Mark Phillips (South Africa) 2012	240.0 kgs / 529.1 lbs Mark Phillips (South Africa) 2012	550.0 kgs / 1212.5 lbs Mark Phillips (South Africa) 2012

Weight Class: 242 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	210.0 kgs / 462.9 lbs David Cross (South Africa) 2013	152.5 kgs / 336.2 lbs Colin Young (South Africa) 2013	250.0 kgs / 551.1 lbs David Cross (South Africa) 2013	590.0 kgs / 1300.7 lbs Tim Nolte (South Africa) 2013
14-15	155.0 kgs / 341.7 lbs Micael Fourie (South Africa) 2013	112.5 kgs / 248.0 lbs Micael Fourie (South Africa) 2013	210.0 kgs / 462.9 lbs Micael Fourie (South Africa) 2013	447.5 kgs / 986.5 lbs Micael Fourie (South Africa) 2013
20-24	180.0 kgs / 396.8 lbs Albre Arendse (South Africa) 2013	125.0 kgs / 275.5 lbs Albre Arendse (South Africa) 2013	237.5 kgs / 523.5 lbs Albre Arendse (South Africa) 2013	542.5 kgs / 1195.9 lbs Albre Arendse (South Africa) 2013
55-59	160.0 kgs / 352.7 lbs Colin Young (South Africa) 2013	152.5 kgs / 336.2 lbs Colin Young (South Africa) 2013	190.0 kgs / 418.8 lbs Colin Young (South Africa) 2013	502.5 kgs / 1107.8 lbs Colin Young (South Africa) 2013

Weight Class: 275 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	200.0 kgs / 440.9 lbs Jerome Korf (South Africa) 2012	145.0 kgs / 319.6 lbs Jerome Korf (South Africa) 2012	255.0 kgs / 562.1 lbs Pieter Kruger (South Africa) 2012	600.0 kgs / 1322.7 lbs Jerome Korf (South Africa) 2012
14-15	160.0 kgs / 352.7 lbs Brandon Miller (South Africa) 2012	90.0 kgs / 198.4 lbs Brandon Miller (South Africa) 2012	160.0 kgs / 352.7 lbs Brandon Miller (South Africa) 2012	410.0 kgs / 903.8 lbs Brandon Miller (South Africa) 2012
16-17	200.0 kgs / 440.9 lbs Jerome Korf (South Africa) 2012	145.0 kgs / 319.6 lbs Jerome Korf (South Africa) 2012	255.0 kgs / 562.1 lbs Jerome Korf (South Africa) 2012	600.0 kgs / 1322.7 lbs Jerome Korf (South Africa) 2012

Weight Class: 308 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	180.0 kgs / 396.8 lbs Warren Galley (South Africa) 8/2014	130.0 kgs / 286.5 lbs Warren Galley (South Africa) 8/2014	235.0 kgs / 518.0 lbs Warren Galley (South Africa) 8/2014	545.0 kgs / 1201.5 lbs Warren Galley (South Africa) 8/2014
20-24	180.0 kgs / 396.8 lbs Warren Galley (South Africa) 8/2014	130.0 kgs / 286.5 lbs Warren Galley (South Africa) 8/2014	235.0 kgs / 518.0 lbs Warren Galley (South Africa) 8/2014	545.0 kgs / 1201.5 lbs Warren Galley (South Africa) 8/2014