



South Africa Bench Records

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Weight Class: 56 / 123 Female				
Division	Bench Press	Name	Resides	Date
Open	67.5 kgs / 148.8 lbs	Sandra Rensburg	South Africa	2013
20-24	42.5 kgs / 93.6 lbs	Zoe Cosmopoulos	South Africa	8/2014
35-39	67.5 kgs / 148.8 lbs	Sandra Rensburg	South Africa	2013

Weight Class: 60 / 132 Female				
Division	Bench Press	Name	Resides	Date
Open	37.5 kgs / 82.6 lbs	Nikki de Jager	South Africa	2013
20-24	37.5 kgs / 82.6 lbs	Nikki de Jager	South Africa	2013

Weight Class: 67.5 / 148 Female				
Division	Bench Press	Name	Resides	Date
Open	67.5 kgs / 148.8 lbs	Kelly Dessington	South Africa	4/2013
35-39	57.5 kgs / 126.7 lbs	Robin Kuipers	South Africa	2012

Weight Class: 75 / 165 Female				
Division	Bench Press	Name	Resides	Date
Open	67.5 kgs / 148.8 lbs	Bonita Hein	South Africa	2012
18-19	47.5 kgs / 104.7 lbs	Marsha Nezura	South Africa	2012
35-39	60.0 kgs / 132.2 lbs	Renate Van Dyk	South Africa	2011
40-44	67.5 kgs / 148.8 lbs	Bonita Hein	South Africa	2012
45-49	57.5 kgs / 126.7 lbs	Molly Gigaba	South Africa	8/2014

Weight Class: 82.5 / 181 Female				
Division	Bench Press	Name	Resides	Date
Open	75.0 kgs / 165.3 lbs	Patty Pretorius	South Africa	10/2016
20-24	67.5 kgs / 148.8 lbs	Natalie Mohr	South Africa	2011
35-39	75.0 kgs / 165.3 lbs	Patty Pretorius	South Africa	10/2016
45-49	35.0 kgs / 77.1 lbs	Nina Nezura	South Africa	8/2014
Police/Fire/Mil	75.0 kgs / 165.3 lbs	Patty Pretorius	South Africa	10/2016

Weight Class: 90 / 198 Female				
Division	Bench Press	Name	Resides	Date
Open	70.0 kgs / 154.3 lbs	Michelle Sleigh	South Africa	8/2014
40-44	70.0 kgs / 154.3 lbs	Michelle Sleigh	South Africa	8/2014

Weight Class: 48 / 105 Male				
Division	Bench Press	Name	Resides	Date
Open	65.0 kgs / 143.2 lbs	Andy Faviers	South Africa	2013
20-24	65.0 kgs / 143.2 lbs	Andy Faviers	South Africa	2013

Weight Class: 56 / 123 Male				
Division	Bench Press	Name	Resides	Date
Open	97.5 kgs / 214.9 lbs	Sean Brokenshire	South Africa	2012
20-24	97.5 kgs / 214.9 lbs	Sean Brokenshire	South Africa	2012

Weight Class: 60 / 132 Male				
Division	Bench Press	Name	Resides	Date
Open	85.0 kgs / 187.3 lbs	Jacques Meyer	South Africa	3/2011
14-15	77.5 kgs / 170.8 lbs	Marco Jacobs	South Africa	2013
18-19	75.0 kgs / 165.3 lbs	Enzo Mieremet	South Africa	2011

Weight Class: 67.5 / 148 Male				
Division	Bench Press	Name	Resides	Date
Open	117.5 kgs / 259.0 lbs	Kyle Wright	South Africa	2013
16-17	85.0 kgs / 187.3 lbs	Michael Denny	South Africa	2011
18-19	100.0 kgs / 220.4 lbs	Jethro Ernstzen	South Africa	2011

Weight Class: 75 / 165 Male				
Division	Bench Press	Name	Resides	Date
Open	125.0 kgs / 275.5 lbs	Remi Fredericks	South Africa	10/2018
16-17	92.5 kgs / 203.9 lbs	Paul Beresford	South Africa	2013
20-24	122.5 kgs / 270.0 lbs	Kyle Wright	South Africa	2012

Weight Class: 82.5 / 181 Male				
Division	Bench Press	Name	Resides	Date
Open	155.0 kgs / 341.7 lbs	Nathan Valentine	South Africa	2012
16-17	72.5 kgs / 159.8 lbs	Lehann Smith	South Africa	2013
18-19	120.0 kgs / 264.5 lbs	Anver Brown	South Africa	2012
20-24	155.0 kgs / 341.7 lbs	Nathan Valentine	South Africa	2012
35-39	127.5 kgs / 281.0 lbs	Jermain Collins	South Africa	10/2018
40-44	127.5 kgs / 281.0 lbs	Howard Cladingbowl	South Africa	2011
45-49	125.0 kgs / 275.5 lbs	Howard Cladingbowl	South Africa	2012

Weight Class: 90 / 198 Male				
Division	Bench Press	Name	Resides	Date
Open	155.0 kgs / 341.7 lbs	Alexander Azim	South Africa	2013
18-19	115.0 kgs / 253.5 lbs	Eugene Scheepers	South Africa	8/2014
20-24	147.5 kgs / 325.1 lbs	Conrad Dippenaar	South Africa	2012
40-44	122.5 kgs / 270.0 lbs	Howard Cladingbowl	South Africa	2011
45-49	130.0 kgs / 286.5 lbs	Howard Cladingbowl	South Africa	2012
50-54	122.5 kgs / 270.0 lbs	Howard Cladingbowl	South Africa	10/2017

Weight Class: 100 / 220 Male				
Division	Bench Press	Name	Resides	Date
Open	160.0 kgs / 352.7 lbs	Jarryd Roos	South Africa	2013
14-15	112.5 kgs / 248.0 lbs	Tristan Leitch	South Africa	2013

18-19	120.0 kgs / 264.5 lbs	Albert Korf	South Africa	2012
20-24	110.0 kgs / 242.5 lbs	Tim Nolte	South Africa	2011
40-44	125.0 kgs / 275.5 lbs	Mark Phillips	South Africa	2012

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Resides	Date
Open	152.5 kgs / 336.2 lbs	Colin Young	South Africa	2013
14-15	112.5 kgs / 248.0 lbs	Micael Fourie	South Africa	2013
20-24	125.0 kgs / 275.5 lbs	Albre Arendse	South Africa	2013
55-59	152.5 kgs / 336.2 lbs	Colin Young	South Africa	2013

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Resides	Date
Open	202.5 kgs / 446.4 lbs	Ian Furman	South Africa	7/2012
14-15	90.0 kgs / 198.4 lbs	Brandon Miller	South Africa	2012
16-17	145.0 kgs / 319.6 lbs	Jerome Korf	South Africa	2012
45-49	202.5 kgs / 446.4 lbs	Ian Furman	South Africa	7/2012

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Resides	Date
Open	130.0 kgs / 286.5 lbs	Warren Galley	South Africa	8/2014
20-24	130.0 kgs / 286.5 lbs	Warren Galley	South Africa	8/2014