



South Africa Deadlift Records

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7/4/2023

Weight Class: 56 / 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: 60 / 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: 67.5 / 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: 75 / 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: 82.5 / 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: 90 / 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: 48 / 105 Male				
Division	Deadlift	Name	Resides	Date
Open	120.0 kgs / 264.5 lbs	Andy Favers	South Africa	2013
20-24	120.0 kgs / 264.5 lbs	Andy Favers	South Africa	2013

Weight Class: 52 / 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: 56 / 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: 60 / 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: 67.5 / 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: 75 / 165 Male				
Division	Deadlift	Name	Resides	Date
Open	280.5 kgs / 618.3 lbs	Remi Fredericks	South Africa	10/2018
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: 82.5 / 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	255.0 kgs / 562.1 lbs	Jermain Collins	South Africa	10/2018
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: 90 / 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 Cladingbowl	South Africa	10/2017
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Weight Class: 100 / 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: 110 / 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: 125 / 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: 140 / 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