

AFRICAN POWERLIFTING RECORDS - CLASSIC MEN - OPEN						as at	2024/11/02	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-59kg	Mohammed Lakehal	Algeria	1982/09/28	59,00	228,0	2018.10.20	Meknes,Morocco	
-66kg	Abdusalam Altalb	Libya	2005	65,98	212,5	2023.09.03	Cluj-Napoca, Romania	
-74kg	Rabah El Fekair	Algeria	1987/03/28	73,27	260,0	2017.10.20	Bejaia, Algeria	
-83kg	Touhal Fateh	Algeria	1983	81,16	296,0	2023.10.29	Algiers, Algeria	
-93kg	Ilyes Bentalha	Algeria	1983	92,90	335,0	2024.11.02	Potchefstroom, South Africa	
-105kg	Mohamed Abdullah Mohame	Libya	1988	103,90	327,5	2024.06.23	Druskininkai, Lithuania	
-120kg	Mohamed Sahad	Algeria	1987	119,25	375,0	2023.06.18	St Julians, Malta	
120+kg	Abdulrahman Mousa	Libya	1996	166,65	380,0	2023.10.29	Algiers, Algeria	
BENCH PRESS								
-59kg	Mohamed Elhamali	Libya	1995	58,80	122,5	2023.06.18	St Julians, Malta	
-66kg	Naji Ali	Libya	1988	64,92	135,0	2023.10.29	Algiers, Algeria	
-74kg	Abdennasser Belmokadem	Algeria	1990	73,66	155,0	2022.09.17	Meknes, Morocco	
-83kg	Touhal Fateh	Algeria	1983/09/09	81,60	185,0	2019.06.15	Helsingborg,Sweden	
-93kg	Julien Balangwe Bakinien	Cameroon	1998	92,95	182,5	2024.06.23	Druskininkai, Lithuania	
-105kg	Fares Sboui	Tunisia	2000	102,95	218,0	2024.11.02	Potchefstroom, South Africa	
-120kg	Mohamed Sahad	Algeria	1987	119,25	220,0	2023.06.18	St Julians, Malta	
120+kg	Ilyas Boughalem	Algeria	1987/01/11	161,60	291,5	2022.06.11	Sun City, South Africa	
DEADLIFT								
-59kg	Mohamed Elhamali	Libya	1995	58,80	255,0	2023.06.18	St Julians, Malta	
-66kg	Mohamed Elnamawi	Libya	2006	64,65	270,0	2024.09.09	St Paul's Bay, Malta	
-74kg	Billal Aouimer	Algeria	1993/11/25	73,35	292,5	2018.06.17	Calgary, Canada	
-83kg	Touhal Fateh	Algeria	1983/09/09	81,60	317,5	2019.06.15	Helsingborg,Sweden	
-93kg	Amar Kanane	Algeria	1987/10/03	92,91	335,0	2022.09.17	Meknes, Morocco	
-105kg	Mohamed Abdullah Mohame	Libya	1988	103,55	365,0	2023.06.18	St Julians, Malta	
-120kg	Mohamed Sahad	Algeria	1987	119,15	340,0	2022.09.17	Meknes, Morocco	
120+kg	Abdulrahman Mousa	Libya	1996	166,65	330,0	2023.10.29	Algiers, Algeria	
TOTAL								
-59kg	Mohamed Elhamali	Libya	1995	58,80	557,5	2023.06.18	St Julians, Malta	
-66kg	Naji Ali	Libya	1988	64,92	567,5	2023.10.29	Algiers, Algeria	
-74kg	Rabah El Fekair	Algeria	1987/03/28	73,27	690,0	2017.10.20	Bejaia, Algeria	
-83kg	Touhal Fateh	Algeria	1983/09/09	81,60	797,5	2019.06.15	Helsingborg,Sweden	
-93kg	Amar Kanane	Algeria	1987/10/03	92,91	846,5	2022.09.17	Meknes, Morocco	
-105kg	Mohamed Abdullah Mohame	Libya	1988	103,55	902,5	2023.06.18	St Julians, Malta	
-120kg	Mohamed Sahad	Algeria	1987	119,25	925,0	2023.06.18	St Julians, Malta	
120+kg	Abdulrahman Mousa	Libya	1996	166,65	935,0	2023.10.29	Algiers, Algeria	

AFRICAN POWERLIFTING RECORDS - CLASSIC MEN - SUBJUNIOR						as at	2024/11/02	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-53kg	Ayoub Amrouch	Algeria	2008	52,05	125,0	2024.11.01	Potchefstroom, South Africa	
-59kg	Ali Gheryani	Libya	2007	58,10	187,5	2024.09.09	St Paul's Bay, Malta	
-66kg	Abdusalam Altalb	Libya	2005	65,98	212,5	2023.09.03	Cluj-Napoca, Romania	
-74kg	Yassine Louizi	Tunisia	2006	71,45	227,5	2024.09.09	St Paul's Bay, Malta	
-83kg	Fodil Bouzidia	Algeria	2006	81,09	235,0	2023.10.29	Algiers, Algeria	
-93kg	Fodil Bouzidia	Algeria	2006	90,15	288,5	2024.11.01	Potchefstroom, South Africa	
-105kg	Anes Abdelmadjid Benyahia	Algeria	2005	104,99	240,0	2023.10.29	Algiers, Algeria	
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		
BENCH PRESS								
-53kg	Ayoub Amrouch	Algeria	2008	52,05	77,5	2024.11.01	Potchefstroom, South Africa	
-59kg	Ali Gheryani	Libya	2007	58,10	107,5	2024.09.09	St Paul's Bay, Malta	
-66kg	Abdusalam Altalb	Libya	2005	65,98	115,0	2023.09.03	Cluj-Napoca, Romania	
-74kg	Ahmed Sami Naamaoui	Algeria	2008	73,15	150,0	2024.11.01	Potchefstroom, South Africa	
-83kg	Mahmoud Alkirrami	Libya	2006	82,30	145,0	2023.10.29	Algiers, Algeria	
-93kg	Mahmoud Alkirrami	Libya	2006	91,10	160,0	2024.09.09	St Paul's Bay, Malta	
-105kg	Ayoub Sboui	Tunisia	2006	99,95	165,0	2024.09.09	St Paul's Bay, Malta	
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		
DEADLIFT								
-53kg	Ayoub Amrouch	Algeria	2008	52,05	165,0	2024.11.01	Potchefstroom, South Africa	
-59kg	Ali Gheryani	Libya	2007	58,10	210,0	2024.09.09	St Paul's Bay, Malta	
-66kg	Mohamed Elnamawi	Libya	2006	64,65	270,0	2024.09.09	St Paul's Bay, Malta	
-74kg	Yassine Louizi	Tunisia	2006	71,45	275,0	2024.09.09	St Paul's Bay, Malta	
-83kg	Mahmoud Alkirrami	Libya	2006	82,30	280,0	2023.10.29	Algiers, Algeria	
-93kg	Saeid M Al Hasi	Libya	2001/10/01	91,35	291,0	2019.10.05	Potchefstroom, South Africa	
-105kg	Ayoub Sboui	Tunisia	2006	99,95	307,5	2024.09.09	St Paul's Bay, Malta	
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		
TOTAL								
-53kg	Ayoub Amrouch	Algeria	2008	52,05	367,5	2024.11.01	Potchefstroom, South Africa	
-59kg	Ali Gheryani	Libya	2007	58,10	505,0	2024.09.09	St Paul's Bay, Malta	
-66kg	Mohamed Elnamawi	Libya	2006	64,65	567,5	2024.09.09	St Paul's Bay, Malta	
-74kg	Yassine Louizi	Tunisia	2006	71,45	630,0	2024.09.09	St Paul's Bay, Malta	
-83kg	Mahmoud Alkirrami	Libya	2006	82,30	647,5	2023.10.29	Algiers, Algeria	
-93kg	Mahmoud Alkirrami	Libya	2006	91,10	695,0	2024.09.09	St Paul's Bay, Malta	
-105kg	Ayoub Sboui	Tunisia	2006	99,95	707,5	2024.09.09	St Paul's Bay, Malta	
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		

AFRICAN POWERLIFTING RECORDS - CLASSIC MEN - JUNIOR						as at	2024/11/02	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-53kg	Ayoub Amrouch	Algeria	2008	52,05	125,0	2024.11.01	Potchefstroom, South Africa	
-59kg	Ali Gheryani	Libya	2007	58,10	187,5	2024.09.09	St Paul's Bay, Malta	
-66kg	Marnix Musendire	Zimbabwe	1999	64,80	215,0	2022.06.11	Sun City, South Africa	
-74kg	Slimane Benmeddah	Algeria	2005	73,70	240,0	2024.11.01	Potchefstroom, South Africa	
-83kg	Taha Essabri	Libya	2001	81,01	240,0	2023.10.29	Algiers, Algeria	
-93kg	Elyes Zerai	Tunisia	2000	92,91	255,0	2023.10.29	Algiers, Algeria	
-105kg	Fares Sboui	Tunisia	2000	104,68	311,0	2023.10.29	Algiers, Algeria	
-120kg	Michael Barsoom	Egypt	2000	118,44	300,0	2023.09.03	Cluj-Napoca, Romania	
120+kg	Mohamed Abousinan	Libya	2003	195,55	372,5	2024.09.09	St Paul's Bay, Malta	
BENCH PRESS								
-53kg	Ayoub Amrouch	Algeria	2008	52,05	77,5	2024.11.01	Potchefstroom, South Africa	
-59kg	Ali Gheryani	Libya	2007	58,10	107,5	2024.09.09	St Paul's Bay, Malta	
-66kg	Brahim Meziani	Algeria	2004	66,00	120,0	2024.11.01	Potchefstroom, South Africa	
-74kg	Scott Pornss	South Africa	2001	72,65	160,0	2024.07.13	Potchefstroom, South Africa	
-83kg	Avishai Eilim	South Africa	2004	82,60	160,0	2024.07.13	Potchefstroom, South Africa	
-93kg	Mahmoud Alkirrami	Libya	2006	91,10	160,0	2024.09.09	St Paul's Bay, Malta	
-105kg	Fares Sboui	Tunisia	2000	104,68	208,0	2023.10.29	Algiers, Algeria	
-120kg	Michael Barsoom	Egypt	2000	118,44	205,0	2023.09.03	Cluj-Napoca, Romania	
120+kg	Mohamed Abousinan	Libya	2003	195,55	170,0	2024.09.09	St Paul's Bay, Malta	
DEADLIFT								
-53kg	Ayoub Amrouch	Algeria	2008	52,05	165,0	2024.11.01	Potchefstroom, South Africa	
-59kg	Ali Gheryani	Libya	2007	58,10	210,0	2024.09.09	St Paul's Bay, Malta	
-66kg	Mohamed Elnamawi	Libya	2006	64,65	270,0	2024.09.09	St Paul's Bay, Malta	
-74kg	Scott Pornss	South Africa	2001	72,65	285,0	2024.07.13	Potchefstroom, South Africa	
-83kg	Mohamed Ferdjoukh	Algeria	2001	81,01	305,0	2023.10.29	Algiers, Algeria	
-93kg	Elyes Zerai	Tunisia	2000	92,91	292,0	2023.10.29	Algiers, Algeria	
-105kg	Fares Sboui	Tunisia	2000	104,68	340,0	2023.10.29	Algiers, Algeria	
-120kg	Eslam Salem Merwas	Libya	1997	117,65	325,0	2019.10.05	Potchefstroom, South Africa	
120+kg	Hussain M Hussain Fidan	Libya	1995/11/09	131,78	330,0	2018.10.20	Meknes, Morocco	
TOTAL								
-53kg	Ayoub Amrouch	Algeria	2008	52,05	367,5	2024.11.01	Potchefstroom, South Africa	
-59kg	Ali Gheryani	Libya	2007	58,10	505,0	2024.09.09	St Paul's Bay, Malta	
-66kg	Marnix Musendire	Zimbabwe	1999	64,80	575,0	2022.06.11	Sun City, South Africa	
-74kg	Scott Pornss	South Africa	2001	72,65	665,0	2024.07.13	Potchefstroom, South Africa	
-83kg	Taha Essabri	Libya	2001	81,01	682,5	2023.10.29	Algiers, Algeria	
-93kg	Mahmoud Alkirrami	Libya	2006	91,10	160,0	2024.09.09	St Paul's Bay, Malta	
-105kg	Fares Sboui	Tunisia	2000	104,68	859,0	2023.10.29	Algiers, Algeria	
-120kg	Michael Barsoom	Egypt	2000	118,44	805,0	2023.09.03	Cluj-Napoca, Romania	
120+kg	Mohamed Abousinan	Libya	2003	195,55	842,5	2024.09.09	St Paul's Bay, Malta	

AFRICAN POWERLIFTING RECORDS - CLASSIC MEN - MASTER 1							as at	2024/11/02	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status	
SQUAT									
-59kg	Mohamed Lakehal	Algeria	1982	59,00	215,0	2022.06.11	Sun City, South Africa		
-66kg	Enrico Johnson	South Africa	1980	64,35	185,0	2024.11.01	Potchefstroom, South Africa		
-74kg	Mohammed Aliksanderani	Libya	1972	73,60	230,0	2017.10.19	Bejaia, Algeria		
-83kg	Toubal Fateh	Algeria	1983	81,16	296,0	2023.10.29	Algiers, Algeria		
-93kg	Akram Elbuaishi	Libya	1980	87,90	245,0	2023.10.15	Ulaanbaatar, Mongolia		
-105kg	Mohamed Dadou	Algeria	1977	104,70	265,0	2023.10.29	Algiers, Algeria		
-120kg	Newton Mudau	South Africa	1981	119,45	272,5	2024.10.13	Sun City, South Africa		
120+kg	Alauldin Alshaykhi	Libya	1978	133,40	290,0	2023.10.15	Ulaanbaatar, Mongolia		
BENCH PRESS									
-59kg	Omar Shebek	Libya	1975	58,45	87,5	2023.10.15	Ulaanbaatar, Mongolia		
-66kg	Steven Coleman	South Africa	1979	65,55	117,5	2024.10.13	Sun City, South Africa		
-74kg	Asharaf Alfalah	Libya	1973	73,85	135,0	2023.10.15	Ulaanbaatar, Mongolia		
-83kg	Toubal Fateh	Algeria	1983	81,16	172,5	2023.10.29	Algiers, Algeria		
-93kg	Akram Elbuaishi	Libya	1980	87,90	172,5	2023.10.15	Ulaanbaatar, Mongolia		
-105kg	Khalid Almaghribi	Libya	1980	104,32	190,0	2023.10.29	Algiers, Algeria		
-120kg	Mohammed Abdurabbah	Libya	1978	118,55	192,5	2023.10.15	Ulaanbaatar, Mongolia		
120+kg	Simon Breetzke	South Africa	1978	139,00	185,0	2022.12.04	Auckland, New Zealand		
DEADLIFT									
-59kg	Omar Shebek	Libya	1975	58,45	195,0	2023.10.15	Ulaanbaatar, Mongolia		
-66kg	Enrico Johnson	South Africa	1980	64,35	226,0	2024.11.01	Potchefstroom, South Africa		
-74kg	Mohammed Aliksanderani	Libya	1972	73,60	271,0	2017.10.19	Bejaia, Algeria		
-83kg	Toubal Fateh	Algeria	1983	81,16	310,0	2023.10.29	Algiers, Algeria		
-93kg	Akram Elbuaishi	Libya	1980	87,90	285,0	2023.10.15	Ulaanbaatar, Mongolia		
-105kg	Mohamed Dadou	Algeria	1977	104,70	280,0	2023.10.29	Algiers, Algeria		
-120kg	Bilal Hadj Youb	Algeria	1978	117,57	300,0	2023.10.29	Algiers, Algeria		
120+kg	Alauldin Al Shaykhi	Libya	1978/07/14	137,60	360,0	2019.10.05	Potchefstroom, South Africa		
TOTAL									
-59kg	Mohamed Lakehal	Algeria	1982	59,00	522,5	2022.06.11	Sun City, South Africa		
-66kg	Enrico Johnson	South Africa	1980	64,35	526,0	2024.11.01	Potchefstroom, South Africa		
-74kg	Mohammed Aliksanderani	Libya	1972	73,60	636,0	2017.10.19	Bejaia, Algeria		
-83kg	Toubal Fateh	Algeria	1983	81,16	778,5	2023.10.29	Algiers, Algeria		
-93kg	Akram Elbuaishi	Libya	1980	87,90	702,5	2023.10.15	Ulaanbaatar, Mongolia		
-105kg	Mohamed Dadou	Algeria	1977	104,70	705,0	2023.10.29	Algiers, Algeria		
-120kg	Bilal Hadj Youb	Algeria	1978	117,57	740,0	2023.10.29	Algiers, Algeria		
120+kg	Alauldin Al Shaykhi	Libya	1978/07/14	137,60	860,0	2019.10.05	Potchefstroom, South Africa		

AFRICAN POWERLIFTING RECORDS - CLASSIC MEN - MASTER 2							as at	2024/11/02	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status	
SQUAT									
-59kg	African Standard					2022.09.12			
-66kg	Abdullah Aryn	Libya	1965	65,75	192,5	2023.10.15	Ulaanbaatar, Mongolia		
-74kg	Asharaf Alfalah	Libya	1973	73,85	195,0	2023.10.15	Ulaanbaatar, Mongolia		
-83kg	Aissa Boutarfa	Algeria	1970	82,70	162,5	2024.07.13	Potchefstroom, South Africa		
-93kg	Adel Busadirah	Libya	1972	91,85	232,5	2023.10.15	Ulaanbaatar, Mongolia		
-105kg	Zoubir Erridir	Algeria	1967	102,20	210,0	2023.07.22	Beirut, Lebanon		
-120kg	Denis Bensch	South Africa	1965	118,00	245,0	2024.10.13	Sun City, South Africa		
120+kg	Pieter Schoeman	South Africa	1969	132,25	225,0	2024.07.13	Potchefstroom, South Africa		
BENCH PRESS									
-59kg	African Standard					2022.09.12			
-66kg	Abdullah Aryn	Libya	1965	65,75	115,0	2023.10.15	Ulaanbaatar, Mongolia		
-74kg	Asharaf Alfalah	Libya	1973	73,85	135,0	2023.10.15	Ulaanbaatar, Mongolia		
-83kg	Tommie de Nysschen	South Africa	1963	82,15	151,5	2024.11.01	Potchefstroom, South Africa		
-93kg	Adel Busadirah	Libya	1972	91,85	152,5	2023.10.15	Ulaanbaatar, Mongolia		
-105kg	Colin Young	South Africa	1957/06/09	103,35	166,0	2018.10.20	Meknes, Morocco		
-120kg	Hermanus de Beer	South Africa	1970	113,10	152,5	2024.07.13	Potchefstroom, South Africa		
120+kg	John Crain	South Africa	1969	127,30	177,5	2024.10.13	Sun City, South Africa		
DEADLIFT									
-59kg	African Standard					2022.09.12			
-66kg	Abdullah Aryn	Libya	1965	65,75	237,5	2023.10.15	Ulaanbaatar, Mongolia		
-74kg	Asharaf Alfalah	Libya	1973	73,85	230,0	2023.10.15	Ulaanbaatar, Mongolia		
-83kg	Aissa Boutarfa	Algeria	1970	82,65	185,0	2024.11.01	Potchefstroom, South Africa		
-93kg	Adel Busadirah	Libya	1972	91,85	255,0	2023.10.15	Ulaanbaatar, Mongolia		
-105kg	Zoubir Erridir	Algeria	1967	102,20	220,0	2023.07.22	Beirut, Lebanon		
-120kg	Hermanus de Beer	South Africa	1970	112,97	270,0	2022.09.17	Meknes, Morocco		
120+kg	John Crain	South Africa	1969	127,30	260,0	2024.10.13	Sun City, South Africa		
TOTAL									
-59kg	African Standard					2022.09.12			
-66kg	Abdullah Aryn	Libya	1965	65,75	545,0	2023.10.15	Ulaanbaatar, Mongolia		
-74kg	Asharaf Alfalah	Libya	1973	73,85	560,0	2023.10.15	Ulaanbaatar, Mongolia		
-83kg	Aissa Boutarfa	Algeria	1970	82,65	430,0	2024.11.01	Potchefstroom, South Africa		
-93kg	Adel Busadirah	Libya	1972	91,85	640,0	2023.10.15	Ulaanbaatar, Mongolia		
-105kg	Zoubir Erridir	Algeria	1967	102,20	590,0	2023.07.22	Beirut, Lebanon		
-120kg	Hermanus de Beer	South Africa	1970	113,10	637,5	2024.07.13	Potchefstroom, South Africa		
120+kg	John Crain	South Africa	1969	127,90	645,0	2024.11.01	Potchefstroom, South Africa		

AFRICAN POWERLIFTING RECORDS - CLASSIC MEN - MASTER 3							as at	2024/11/02	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status	
SQUAT									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	Ian Hacker	South Africa	1964	73,05	205,0	2024.10.13	Sun City, South Africa		
-83kg	Dan Oppenheim	South Africa	1945	80,15	141,0	2024.11.01	Potchefstroom, South Africa		
-93kg	Ibrahim Shushan	Libya	1962	91,30	195,0	2023.10.15	Ulaanbaatar, Mongolia		
-105kg	Abdalla Elmaghrebi	Libya	1955	103,08	205,0	2023.10.29	Algiers, Algeria		
-120kg	Abdalla Elmaghrebi	Libya	1955	108,60	220,0	2017.10.20	Bejaia, Algeria		
120+kg	African Standard					2022.09.12			
BENCH PRESS									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	Ian Hacker	South Africa	1964	73,05	115,0	2024.10.13	Sun City, South Africa		
-83kg	Tommie de Nysschen	South Africa	1963	82,15	151,5	2024.11.01	Potchefstroom, South Africa		
-93kg	Tommie de Nysschen	South Africa	1963	84,00	148,0	2024.10.13	Sun City, South Africa		
-105kg	Colin Young	South Africa	1957/06/09	103,35	166,0	2018.10.20	Meknes, Morocco		
-120kg	African Standard					2022.09.12			
120+kg	African Standard					2022.09.12			
DEADLIFT									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	Yunus Hassen	South Africa	1954/05/01	71,30	206,0	2019.10.05	Potchefstroom, South Africa		
-83kg	Dan Oppenheim	South Africa	1945	80,60	180,0	2024.07.13	Potchefstroom, South Africa		
-93kg	Ibrahim Shushan	Libya	1962	91,30	232,5	2023.10.15	Ulaanbaatar, Mongolia		
-105kg	Abdalla Elmaghrebi	Libya	1955	103,08	225,0	2023.10.29	Algiers, Algeria		
-120kg	Abdalla Elmaghrebi	Libya	1955/12/25	108,60	250,0	2017.10.20	Bejaia, Algeria		
120+kg	African Standard					2022.09.12			
TOTAL									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	Ian Hacker	South Africa	1964	73,05	525,0	2024.10.13	Sun City, South Africa		
-83kg	Tommie de Nysschen	South Africa	1963	82,15	451,5	2024.11.01	Potchefstroom, South Africa		
-93kg	Ibrahim Shushan	Libya	1962	91,30	552,5	2023.10.15	Ulaanbaatar, Mongolia		
-105kg	Abdalla Elmaghrebi	Libya	1955	103,08	540,0	2023.10.29	Algiers, Algeria		
-120kg	Abdalla Elmaghrebi	Libya	1955/12/25	108,60	587,5	2017.10.20	Bejaia, Algeria		
120+kg	African Standard					2022.09.12			

AFRICAN POWERLIFTING RECORDS - CLASSIC MEN - MASTER 4						as at	2024/11/02		
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status	
SQUAT									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	African Standard					2022.09.12			
-83kg	Dan Oppenheim	South Africa	1945	80,15	141,0	2024.11.01	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg	African Standard					2022.09.12			
-120kg	African Standard					2022.09.12			
120+kg	African Standard					2022.09.12			
BENCH PRESS									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	African Standard					2022.09.12			
-83kg	Dan Oppenheim	South Africa	1945	80,15	96,5	2024.11.01	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg	African Standard					2022.09.12			
-120kg	African Standard					2022.09.12			
120+kg	African Standard					2022.09.12			
DEADLIFT									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	African Standard					2022.09.12			
-83kg	Dan Oppenheim	South Africa	1945	80,60	180,0	2024.07.13	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg	African Standard					2022.09.12			
-120kg	African Standard					2022.09.12			
120+kg	African Standard					2022.09.12			
TOTAL									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	African Standard					2022.09.12			
-83kg	Dan Oppenheim	South Africa	1945	80,60	410,0	2024.07.13	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg	African Standard					2022.09.12			
-120kg	African Standard					2022.09.12			
120+kg	African Standard					2022.09.12			