

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - OPEN						as at	2024/09/09		
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	Alex Collocott	South Africa	2008	69,65	170,0	2024.07.13	Potchefstroom, South Africa		
-83kg	Dan Oppenheim	South Africa	1945	81,55	155,0	2024.07.13	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg	Haroun Pietersen	South Africa	1987	102,7	297,5	2024.07.13	Potchefstroom, South Africa		
-120kg	Justin Furman	South Africa	2001	119,5	342,5	2024.09.09	St Paul's Bay, Malta		
120+kg	Hassanin Ahmed	Egypt	1985	190,25	482,5	2022.07.10	Birmingham, USA		
BENCH PRESS									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	Alex Collocott	South Africa	2008	69,65	127,5	2024.07.13	Potchefstroom, South Africa		
-83kg	Tommie de Nysschen	South Africa	1963	82,85	167,5	2024.07.13	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg	Haroun Pietersen	South Africa	1987	102,7	202,5	2024.07.13	Potchefstroom, South Africa		
-120kg	Justin Furman	South Africa	2001	119,5	175,0	2024.09.09	St Paul's Bay, Malta		
120+kg	Hassanin Ahmed	Egypt	1985	190,25	332,5	2022.07.10	Birmingham, USA		
DEADLIFT									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	Alex Collocott	South Africa	2008	69,65	180,0	2024.07.13	Potchefstroom, South Africa		
-83kg	Dan Oppenheim	South Africa	1945	81,55	170,0	2024.07.13	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg	Haroun Pietersen	South Africa	1987	102,7	275,0	2024.07.13	Potchefstroom, South Africa		
-120kg	Justin Furman	South Africa	2001	119,5	310,0	2024.09.09	St Paul's Bay, Malta		
120+kg	African Standard					2022.09.12			
TOTAL									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	Alex Collocott	South Africa	2008	69,65	477,5	2024.07.13	Potchefstroom, South Africa		
-83kg	Tommie de Nysschen	South Africa	1963	82,85	482,5	2024.07.13	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg	Haroun Pietersen	South Africa	1987	102,7	775,0	2024.07.13	Potchefstroom, South Africa		
-120kg	Justin Furman	South Africa	2001	119,5	827,5	2024.09.09	St Paul's Bay, Malta		
120+kg	Hassanin Ahmed	Egypt	1985	190,25	1115,0	2022.07.10	Birmingham, USA		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - SUBJUNIOR						as at	2024/09/09	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-53kg	African Standard					2022.09.12		
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Alex Collocott	South Africa	2008	69,65	170,0	2024.07.13	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-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								
-53kg	African Standard					2022.09.12		
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Alex Collocott	South Africa	2008	69,65	127,5	2024.07.13	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-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								
-53kg	African Standard					2022.09.12		
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Alex Collocott	South Africa	2008	69,65	180,0	2024.07.13	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-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								
-53kg	African Standard					2022.09.12		
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Alex Collocott	South Africa	2008	69,65	477,5	2024.07.13	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-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		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - JUNIOR						as at	2024/09/09	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-53kg	African Standard					2022.09.12		
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Alex Collocott	South Africa	2008	69,65	170,0	2024.07.13	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	Justin Furman	South Africa	2001	119,5	342,5	2024.09.09	St Paul's Bay, Malta	
120+kg	African Standard					2022.09.12		
BENCH PRESS								
-53kg	African Standard					2022.09.12		
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Alex Collocott	South Africa	2008	69,65	127,5	2024.07.13	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	Justin Furman	South Africa	2001	119,5	175,0	2024.09.09	St Paul's Bay, Malta	
120+kg	African Standard					2022.09.12		
DEADLIFT								
-53kg	African Standard					2022.09.12		
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Alex Collocott	South Africa	2008	69,65	180,0	2024.07.13	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	Justin Furman	South Africa	2001	119,5	310,0	2024.09.09	St Paul's Bay, Malta	
120+kg	African Standard					2022.09.12		
TOTAL								
-53kg	African Standard					2022.09.12		
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Alex Collocott	South Africa	2008	69,65	477,5	2024.07.13	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	Justin Furman	South Africa	2001	119,5	827,5	2024.09.09	St Paul's Bay, Malta	
120+kg	African Standard					2022.09.12		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - MASTER 1							as at	2024/09/09	
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	81,55	155,0	2024.07.13	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg									
-120kg	Hermanus de Beer	South Africa	1970	112,4	200,0	2024.07.13	Potchefstroom, South Africa		
120+kg	Mathys Herbst	South Africa	1975/10/04	166,45	400,0	2019.10.12	Potchefstroom, South Africa		
BENCH PRESS									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	African Standard					2022.09.12			
-83kg	Tommie de Nysschen	South Africa	1963	82,85	167,5	2024.07.13	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg									
-120kg	Hermanus de Beer	South Africa	1970	112,4	170,0	2024.07.13	Potchefstroom, South Africa		
120+kg	Mathys Herbst	South Africa	1975/10/04	166,45	280,0	2019.10.12	Potchefstroom, South Africa		
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	81,55	170,0	2024.07.13	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg									
-120kg	Hermanus de Beer	South Africa	1970	112,4	270,0	2024.07.13	Potchefstroom, South Africa		
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	Tommie de Nysschen	South Africa	1963	82,85	482,5	2024.07.13	Potchefstroom, South Africa		
-93kg	African Standard					2022.09.12			
-105kg									
-120kg	Hermanus de Beer	South Africa	1970	112,4	640,0	2024.07.13	Potchefstroom, South Africa		
120+kg	Mathys Herbst	South Africa	1975/10/04	166,45	1005,0	2019.10.12	Potchefstroom, South Africa		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - MASTER 2						as at	2024/09/09	
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	81,55	155,0	2024.07.13	Potchefstroom, South Africa	
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	Hermanus de Beer	South Africa	1970	112,4	200,0	2024.07.13	Potchefstroom, South Africa	
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	Tommie de Nysschen	South Africa	1963	82,85	167,5	2024.07.13	Potchefstroom, South Africa	
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	Hermanus de Beer	South Africa	1970	112,4	170,0	2024.07.13	Potchefstroom, South Africa	
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	81,55	170,0	2024.07.13	Potchefstroom, South Africa	
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	Hermanus de Beer	South Africa	1970	112,4	270,0	2024.07.13	Potchefstroom, South Africa	
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	Tommie de Nysschen	South Africa	1963	82,85	482,5	2024.07.13	Potchefstroom, South Africa	
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	Hermanus de Beer	South Africa	1970	112,4	640,0	2024.07.13	Potchefstroom, South Africa	
120+kg	African Standard					2022.09.12		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - MASTER 3						as at	2024/09/09	
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	81,55	155,0	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		
BENCH PRESS								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-83kg	Tommie de Nysschen	South Africa	1963	82,85	167,5	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		
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	81,55	170,0	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	Tommie de Nysschen	South Africa	1963	82,85	482,5	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		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - MASTER 4						as at	2024/09/09		
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	81,55	155,0	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			
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	81,55	100,0	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			
DEADLIFT									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	Dan Oppenheim	South Africa	1945/06/30	73,5	187,5	2019.10.07	Potchefstroom, South Africa		
-83kg	Dan Oppenheim	South Africa	1945	81,55	170,0	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	81,55	425,0	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			