

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - OPEN						as at	2024/10/26		
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		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>167,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>		
-93kg	African Standard					2022.09.12			
<b>-105kg</b>	<b>Haroun Pietersen</b>	<b>South Africa</b>	<b>1987</b>	<b>102,7</b>	<b>302,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>		
-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			
<b>-105kg</b>	<b>Haroun Pietersen</b>	<b>South Africa</b>	<b>1987</b>	<b>102,7</b>	<b>212,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>		
-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		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>172,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>		
-93kg	African Standard					2022.09.12			
<b>-105kg</b>	<b>Haroun Pietersen</b>	<b>South Africa</b>	<b>1987</b>	<b>102,7</b>	<b>285,0</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>		
-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		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>502,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>		
-93kg	African Standard					2022.09.12			
<b>-105kg</b>	<b>Haroun Pietersen</b>	<b>South Africa</b>	<b>1987</b>	<b>102,7</b>	<b>800,0</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>		
-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	2024/10/26	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-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		
<b>BENCH PRESS</b>								
-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		
<b>DEADLIFT</b>								
-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		
<b>TOTAL</b>								
-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	2024/10/26	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-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		
<b>-105kg</b>	<b>Sean Britz</b>	<b>South Africa</b>	<b>2003</b>	<b>104,35</b>	<b>270,0</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-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		
<b>BENCH PRESS</b>								
-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		
<b>-105kg</b>	<b>Sean Britz</b>	<b>South Africa</b>	<b>2003</b>	<b>104,35</b>	<b>162,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-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		
<b>DEADLIFT</b>								
-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		
<b>-105kg</b>	<b>Sean Britz</b>	<b>South Africa</b>	<b>2003</b>	<b>104,35</b>	<b>255,0</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-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		
<b>TOTAL</b>								
-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		
<b>-105kg</b>	<b>Sean Britz</b>	<b>South Africa</b>	<b>2003</b>	<b>104,35</b>	<b>687,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-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	2024/10/26	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>167,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-93kg	African Standard					2022.09.12		
-105kg								
<b>-120kg</b>	<b>Hermanus de Beer</b>	<b>South Africa</b>	<b>1970</b>	<b>114</b>	<b>215,0</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
120+kg	Mathys Herbst	South Africa	1975/10/04	166,45	400,0	2019.10.12	Potchefstroom, South Africa	
<b>BENCH PRESS</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,85</b>	<b>167,5</b>	<b>2024.07.13</b>	<b>Potchefstroom, South Africa</b>	
-93kg	African Standard					2022.09.12		
-105kg								
<b>-120kg</b>	<b>Hermanus de Beer</b>	<b>South Africa</b>	<b>1970</b>	<b>112,4</b>	<b>170,0</b>	<b>2024.07.13</b>	<b>Potchefstroom, South Africa</b>	
120+kg	Mathys Herbst	South Africa	1975/10/04	166,45	280,0	2019.10.12	Potchefstroom, South Africa	
<b>DEADLIFT</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>172,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-93kg	African Standard					2022.09.12		
-105kg								
<b>-120kg</b>	<b>Hermanus de Beer</b>	<b>South Africa</b>	<b>1970</b>	<b>112,4</b>	<b>270,0</b>	<b>2024.07.13</b>	<b>Potchefstroom, South Africa</b>	
120+kg	African Standard					2022.09.12		
<b>TOTAL</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>502,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-93kg	African Standard					2022.09.12		
-105kg								
<b>-120kg</b>	<b>Hermanus de Beer</b>	<b>South Africa</b>	<b>1970</b>	<b>114</b>	<b>650,0</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
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	2024/10/26	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>167,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-93kg	African Standard					2022.09.12		
-105kg								
<b>-120kg</b>	<b>Hermanus de Beer</b>	<b>South Africa</b>	<b>1970</b>	<b>114</b>	<b>215,0</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
120+kg	African Standard					2022.09.12		
<b>BENCH PRESS</b>								
-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		
<b>DEADLIFT</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>172,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-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		
<b>TOTAL</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>502,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-93kg	African Standard					2022.09.12		
-105kg								
<b>-120kg</b>	<b>Hermanus de Beer</b>	<b>South Africa</b>	<b>1970</b>	<b>114</b>	<b>650,0</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
120+kg	African Standard					2022.09.12		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - MASTER 3						as at	2024/10/26	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>167,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-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		
<b>BENCH PRESS</b>								
-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		
<b>DEADLIFT</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>172,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-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		
<b>TOTAL</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
<b>-83kg</b>	<b>Tommie de Nysschen</b>	<b>South Africa</b>	<b>1963</b>	<b>82,65</b>	<b>502,5</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>	
-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	2024/10/26		
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status	
<b>SQUAT</b>									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	African Standard					2022.09.12			
<b>-83kg</b>	<b>Dan Oppenheim</b>	<b>South Africa</b>	<b>1945</b>	<b>79,75</b>	<b>165,0</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>		
-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			
<b>BENCH PRESS</b>									
-59kg	African Standard					2022.09.12			
-66kg	African Standard					2022.09.12			
-74kg	African Standard					2022.09.12			
<b>-83kg</b>	<b>Dan Oppenheim</b>	<b>South Africa</b>	<b>1945</b>	<b>79,75</b>	<b>110,0</b>	<b>2024.10.13</b>	<b>Sun City, South Africa</b>		
-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			
<b>DEADLIFT</b>									
-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			
<b>TOTAL</b>									
-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			