

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - OPEN						as at	26/10/2017	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-59kg	African Standard				267.5	2017.10.17		
-66kg	African Standard				290.0	2017.10.17		
-74kg	African Standard				320.0	2017.10.17		
-83kg	African Standard				342.5	2017.10.17		
-93kg	African Standard				365.0	2017.10.17		
-105kg	African Standard				382.5	2017.10.17		
-120kg	African Standard				392.5	2017.10.17		
120+kg	African Standard				407.5	2017.10.17		
BENCH PRESS								
-59kg	African Standard				185.0	2017.10.17		
-66kg	African Standard				202.5	2017.10.17		
-74kg	African Standard				222.5	2017.10.17		
-83kg	African Standard				235.0	2017.10.17		
-93kg	African Standard				252.5	2017.10.17		
-105kg	African Standard				272.5	2017.10.17		
-120kg	African Standard				285.0	2017.10.17		
120+kg	African Standard				305.0	2017.10.17		
DEADLIFT								
-59kg	African Standard				252.5	2017.10.17		
-66kg	African Standard				277.5	2017.10.17		
-74kg	African Standard				295.0	2017.10.17		
-83kg	African Standard				320.0	2017.10.17		
-93kg	African Standard				332.5	2017.10.17		
-105kg	African Standard				347.5	2017.10.17		
-120kg	African Standard				360.0	2017.10.17		
120+kg	African Standard				365.0	2017.10.17		
TOTAL								
-59kg	African Standard				667.5	2017.10.17		
-66kg	African Standard				737.5	2017.10.17		
-74kg	African Standard				805.0	2017.10.17		
-83kg	African Standard				857.5	2017.10.17		
-93kg	African Standard				915.0	2017.10.17		
-105kg	African Standard				960.0	2017.10.17		
-120kg	African Standard				995.0	2017.10.17		
120+kg	African Standard				1022.5	2017.10.17		
BENCH PRESS (SINGLE LIFT)								
-59kg	African Standard				190.0	2017.10.17		
-66kg	African Standard				207.5	2017.10.17		
-74kg	African Standard				227.5	2017.10.17		
-83kg	African Standard				237.5	2017.10.17		
-93kg	African Standard				257.5	2017.10.17		
-105kg	African Standard				282.5	2017.10.17		
-120kg	African Standard				295.0	2017.10.17		
120+kg	African Standard				315.0	2017.10.17		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - SUBJUNIOR						as at	26/10/2017	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-53kg	African Standard				192.5	2017.10.17		
-59kg	African Standard				217.5	2017.10.17		
-66kg	African Standard				235.0	2017.10.17		
-74kg	African Standard				257.5	2017.10.17		
-83kg	African Standard				277.5	2017.10.17		
-93kg	African Standard				290.0	2017.10.17		
-105kg	African Standard				300.0	2017.10.17		
-120kg	African Standard				310.0	2017.10.17		
120+kg	African Standard				320.0	2017.10.17		
BENCH PRESS								
-53kg	African Standard				117.5	2017.10.17		
-59kg	African Standard				132.5	2017.10.17		
-66kg	African Standard				155.0	2017.10.17		
-74kg	African Standard				170.0	2017.10.17		
-83kg	African Standard				190.0	2017.10.17		
-93kg	African Standard				202.5	2017.10.17		
-105kg	African Standard				212.5	2017.10.17		
-120kg	African Standard				222.5	2017.10.17		
120+kg	African Standard				232.5	2017.10.17		
DEADLIFT								
-53kg	African Standard				197.5	2017.10.17		
-59kg	African Standard				217.5	2017.10.17		
-66kg	African Standard				235.0	2017.10.17		
-74kg	African Standard				252.5	2017.10.17		
-83kg	African Standard				272.5	2017.10.17		
-93kg	African Standard				285.0	2017.10.17		
-105kg	African Standard				295.0	2017.10.17		
-120kg	African Standard				305.0	2017.10.17		
120+kg	African Standard				315.0	2017.10.17		
TOTAL								
-53kg	African Standard				495.0	2017.10.17		
-59kg	African Standard				547.5	2017.10.17		
-66kg	African Standard				607.5	2017.10.17		
-74kg	African Standard				660.0	2017.10.17		
-83kg	African Standard				712.5	2017.10.17		
-93kg	African Standard				757.5	2017.10.17		
-105kg	African Standard				785.0	2017.10.17		
-120kg	African Standard				812.5	2017.10.17		
120+kg	African Standard				825.0	2017.10.17		
BENCH PRESS (SINGLE LIFT)								
-53kg	African Standard				117.5	2017.10.17		
-59kg	African Standard				132.5	2017.10.17		
-66kg	African Standard				155.0	2017.10.17		
-74kg	African Standard				170.0	2017.10.17		
-83kg	African Standard				190.0	2017.10.17		
-93kg	African Standard				202.5	2017.10.17		
-105kg	African Standard				212.5	2017.10.17		
-120kg	African Standard				222.5	2017.10.17		
120+kg	African Standard				232.5	2017.10.17		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - JUNIOR						as at	26/10/2017	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-53kg	African Standard				232.5	2017.10.17		
-59kg	African Standard				252.5	2017.10.17		
-66kg	African Standard				282.5	2017.10.17		
-74kg	African Standard				305.0	2017.10.17		
-83kg	African Standard				330.0	2017.10.17		
-93kg	African Standard				347.5	2017.10.17		
-105kg	African Standard				360.0	2017.10.17		
-120kg	African Standard				382.5	2017.10.17		
120+kg	African Standard				397.5	2017.10.17		
BENCH PRESS								
-53kg	African Standard				160.0	2017.10.17		
-59kg	African Standard				175.0	2017.10.17		
-66kg	African Standard				192.5	2017.10.17		
-74kg	African Standard				212.5	2017.10.17		
-83kg	African Standard				235.0	2017.10.17		
-93kg	African Standard				252.5	2017.10.17		
-105kg	African Standard				272.5	2017.10.17		
-120kg	African Standard				285.0	2017.10.17		
120+kg	African Standard				300.0	2017.10.17		
DEADLIFT								
-53kg	African Standard				222.5	2017.10.17		
-59kg	African Standard				237.5	2017.10.17		
-66kg	African Standard				262.5	2017.10.17		
-74kg	African Standard				290.0	2017.10.17		
-83kg	African Standard				315.0	2017.10.17		
-93kg	African Standard				332.5	2017.10.17		
-105kg	African Standard				342.5	2017.10.17		
-120kg	African Standard				350.0	2017.10.17		
120+kg	African Standard				360.0	2017.10.17		
TOTAL								
-53kg	African Standard				575.0	2017.10.17		
-59kg	African Standard				640.0	2017.10.17		
-66kg	African Standard				705.0	2017.10.17		
-74kg	African Standard				770.0	2017.10.17		
-83kg	African Standard				830.0	2017.10.17		
-93kg	African Standard				887.5	2017.10.17		
-105kg	African Standard				930.0	2017.10.17		
-120kg	African Standard				965.0	2017.10.17		
120+kg	African Standard				995.0	2017.10.17		
BENCH PRESS (SINGLE LIFT)								
-53kg	African Standard				160.0	2017.10.17		
-59kg	African Standard				175.0	2017.10.17		
-66kg	African Standard				192.5	2017.10.17		
-74kg	African Standard				212.5	2017.10.17		
-83kg	African Standard				235.0	2017.10.17		
-93kg	African Standard				252.5	2017.10.17		
-105kg	African Standard				272.5	2017.10.17		
-120kg	African Standard				285.0	2017.10.17		
120+kg	African Standard				300.0	2017.10.17		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - MASTER 1						as at	26/10/2017	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-59kg	African Standard				217.5	2017.10.17		
-66kg	African Standard				242.5	2017.10.17		
-74kg	African Standard				272.5	2017.10.17		
-83kg	African Standard				310.0	2017.10.17		
-93kg	African Standard				332.5	2017.10.17		
-105kg	African Standard				355.0	2017.10.17		
-120kg	African Standard				380.0	2017.10.17		
120+kg	African Standard				392.5	2017.10.17		
BENCH PRESS								
-59kg	African Standard				175.0	2017.10.17		
-66kg	African Standard				190.0	2017.10.17		
-74kg	African Standard				207.5	2017.10.17		
-83kg	African Standard				227.5	2017.10.17		
-93kg	African Standard				242.5	2017.10.17		
-105kg	African Standard				252.5	2017.10.17		
-120kg	African Standard				267.5	2017.10.17		
120+kg	African Standard				277.5	2017.10.17		
DEADLIFT								
-59kg	African Standard				227.5	2017.10.17		
-66kg	African Standard				247.5	2017.10.17		
-74kg	African Standard				272.5	2017.10.17		
-83kg	African Standard				295.0	2017.10.17		
-93kg	African Standard				315.0	2017.10.17		
-105kg	African Standard				330.0	2017.10.17		
-120kg	African Standard				342.5	2017.10.17		
120+kg	African Standard				350.0	2017.10.17		
TOTAL								
-59kg	African Standard				597.5	2017.10.17		
-66kg	African Standard				667.5	2017.10.17		
-74kg	African Standard				727.5	2017.10.17		
-83kg	African Standard				785.0	2017.10.17		
-93kg	African Standard				835.0	2017.10.17		
-105kg	African Standard				877.5	2017.10.17		
-120kg	African Standard				910.0	2017.10.17		
120+kg	African Standard				937.5	2017.10.17		
BENCH PRESS (SINGLE LIFT)								
-59kg	African Standard				180.0	2017.10.17		
-66kg	African Standard				192.5	2017.10.17		
-74kg	African Standard				212.5	2017.10.17		
-83kg	African Standard				235.0	2017.10.17		
-93kg	African Standard				262.5	2017.10.17		
-105kg	African Standard				262.5	2017.10.17		
-120kg	African Standard				277.5	2017.10.17		
120+kg	African Standard				290.0	2017.10.17		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - MASTER 2						as at	26/10/2017	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-59kg	African Standard				212.5	2017.10.17		
-66kg	African Standard				232.5	2017.10.17		
-74kg	African Standard				252.5	2017.10.17		
-83kg	African Standard				277.5	2017.10.17		
-93kg	African Standard				300.0	2017.10.17		
-105kg	African Standard				315.0	2017.10.17		
-120kg	African Standard				330.0	2017.10.17		
120+kg	African Standard				337.5	2017.10.17		
BENCH PRESS								
-59kg	African Standard				150.0	2017.10.17		
-66kg	African Standard				165.0	2017.10.17		
-74kg	African Standard				180.0	2017.10.17		
-83kg	African Standard				192.5	2017.10.17		
-93kg	African Standard				207.5	2017.10.17		
-105kg	African Standard				222.5	2017.10.17		
-120kg	African Standard				235.0	2017.10.17		
120+kg	African Standard				247.5	2017.10.17		
DEADLIFT								
-59kg	African Standard				207.5	2017.10.17		
-66kg	African Standard				227.5	2017.10.17		
-74kg	African Standard				242.5	2017.10.17		
-83kg	African Standard				262.5	2017.10.17		
-93kg	African Standard				282.5	2017.10.17		
-105kg	African Standard				295.0	2017.10.17		
-120kg	African Standard				305.0	2017.10.17		
120+kg	African Standard				315.0	2017.10.17		
TOTAL								
-59kg	African Standard				547.5	2017.10.17		
-66kg	African Standard				597.5	2017.10.17		
-74kg	African Standard				655.0	2017.10.17		
-83kg	African Standard				705.0	2017.10.17		
-93kg	African Standard				752.5	2017.10.17		
-105kg	African Standard				790.0	2017.10.17		
-120kg	African Standard				820.0	2017.10.17		
120+kg	African Standard				845.0	2017.10.17		
BENCH PRESS (SINGLE LIFT)								
-59kg	African Standard				155.0	2017.10.17		
-66kg	African Standard				170.0	2017.10.17		
-74kg	African Standard				190.0	2017.10.17		
-83kg	African Standard				202.5	2017.10.17		
-93kg	African Standard				217.5	2017.10.17		
-105kg	African Standard				232.5	2017.10.17		
-120kg	African Standard				242.5	2017.10.17		
120+kg	African Standard				257.5	2017.10.17		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - MASTER 3						as at	26/10/2017	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-59kg	African Standard				170.0	2017.10.17		
-66kg	African Standard				190.0	2017.10.17		
-74kg	African Standard				207.5	2017.10.17		
-83kg	African Standard				222.5	2017.10.17		
-93kg	African Standard				235.0	2017.10.17		
-105kg	African Standard				247.5	2017.10.17		
-120kg	African Standard				257.5	2017.10.17		
120+kg	African Standard				267.5	2017.10.17		
BENCH PRESS								
-59kg	African Standard				122.5	2017.10.17		
-66kg	African Standard				137.5	2017.10.17		
-74kg	African Standard				150.0	2017.10.17		
-83kg	African Standard				160.0	2017.10.17		
-93kg	African Standard				170.0	2017.10.17		
-105kg	African Standard				185.0	2017.10.17		
-120kg	African Standard				192.5	2017.10.17		
120+kg	African Standard				202.5	2017.10.17		
DEADLIFT								
-59kg	African Standard				175.0	2017.10.17		
-66kg	African Standard				192.5	2017.10.17		
-74kg	African Standard				212.5	2017.10.17		
-83kg	African Standard				227.5	2017.10.17		
-93kg	African Standard				237.5	2017.10.17		
-105kg	African Standard				252.5	2017.10.17		
-120kg	African Standard				262.5	2017.10.17		
120+kg	African Standard				272.5	2017.10.17		
TOTAL								
-59kg	African Standard				455.0	2017.10.17		
-66kg	African Standard				500.0	2017.10.17		
-74kg	African Standard				547.5	2017.10.17		
-83kg	African Standard				587.5	2017.10.17		
-93kg	African Standard				625.0	2017.10.17		
-105kg	African Standard				660.0	2017.10.17		
-120kg	African Standard				682.5	2017.10.17		
120+kg	African Standard				700.0	2017.10.17		
BENCH PRESS (SINGLE LIFT)								
-59kg	African Standard				127.5	2017.10.17		
-66kg	African Standard				142.5	2017.10.17		
-74kg	African Standard				155.0	2017.10.17		
-83kg	African Standard				170.0	2017.10.17		
-93kg	African Standard				180.0	2017.10.17		
-105kg	African Standard				192.5	2017.10.17		
-120kg	African Standard				202.5	2017.10.17		
120+kg	African Standard				217.5	2017.10.17		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - MASTER 4						as at	26/10/2017	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-59kg	African Standard				150.0	2017.10.17		
-66kg	African Standard				165.0	2017.10.17		
-74kg	African Standard				185.0	2017.10.17		
-83kg	African Standard				192.5	2017.10.17		
-93kg	African Standard				202.5	2017.10.17		
-105kg	African Standard				212.5	2017.10.17		
-120kg	African Standard				222.5	2017.10.17		
120+kg	African Standard				232.5	2017.10.17		
BENCH PRESS								
-59kg	African Standard				100.0	2017.10.17		
-66kg	African Standard				110.0	2017.10.17		
-74kg	African Standard				117.5	2017.10.17		
-83kg	African Standard				132.5	2017.10.17		
-93kg	African Standard				142.5	2017.10.17		
-105kg	African Standard				150.0	2017.10.17		
-120kg	African Standard				160.0	2017.10.17		
120+kg	African Standard				165.0	2017.10.17		
DEADLIFT								
-59kg	African Standard				142.5	2017.10.17		
-66kg	African Standard				155.0	2017.10.17		
-74kg	African Standard				175.0	2017.10.17		
-83kg	African Standard				190.0	2017.10.17		
-93kg	African Standard				197.5	2017.10.17		
-105kg	African Standard				207.5	2017.10.17		
-120kg	African Standard				217.5	2017.10.17		
120+kg	African Standard				222.5	2017.10.17		
TOTAL								
-59kg	African Standard				382.5	2017.10.17		
-66kg	African Standard				422.5	2017.10.17		
-74kg	African Standard				465.0	2017.10.17		
-83kg	African Standard				495.0	2017.10.17		
-93kg	African Standard				527.5	2017.10.17		
-105kg	African Standard				557.5	2017.10.17		
-120kg	African Standard				570.0	2017.10.17		
120+kg	African Standard				582.5	2017.10.17		
BENCH PRESS (SINGLE LIFT)								
-59kg	African Standard				105.0	2017.10.17		
-66kg	African Standard				115.0	2017.10.17		
-74kg	African Standard				122.5	2017.10.17		
-83kg	African Standard				137.5	2017.10.17		
-93kg	African Standard				145.0	2017.10.17		
-105kg	African Standard				155.0	2017.10.17		
-120kg	African Standard				165.0	2017.10.17		
120+kg	African Standard				170.0	2017.10.17		