

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - OPEN						as at	2023/09/03	
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	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	Justin Furman	South Africa	2001	119,2	315,0	2023.09.03	Cluj-Napoca, Romania	
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	African Standard					2022.09.12		
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	Justin Furman	South Africa	2001	119,2	167,5	2023.09.03	Cluj-Napoca, Romania	
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	African Standard					2022.09.12		
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	Justin Furman	South Africa	2001	119,2	305,0	2023.09.03	Cluj-Napoca, Romania	
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	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	Justin Furman	South Africa	2001	119,2	787,5	2023.09.03	Cluj-Napoca, Romania	
120+kg	Hassanin Ahmed	Egypt	1985	190,25	1115,0	2022.07.10	Birmingham, USA	

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - SUBJUNIOR						as at	2023/09/03	
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	African Standard					2022.09.12		
-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	African Standard					2022.09.12		
-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	African Standard					2022.09.12		
-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	African Standard					2022.09.12		
-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	2023/09/03	
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	African Standard					2022.09.12		
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	Justin Furman	South Africa	2001	119,2	315,0	2023.09.03	Cluj-Napoca, Romania	
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	African Standard					2022.09.12		
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	Justin Furman	South Africa	2001	119,2	167,5	2023.09.03	Cluj-Napoca, Romania	
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	African Standard					2022.09.12		
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	Justin Furman	South Africa	2001	119,2	305,0	2023.09.03	Cluj-Napoca, Romania	
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	African Standard					2022.09.12		
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	Justin Furman	South Africa	2001	119,2	787,5	2023.09.03	Cluj-Napoca, Romania	
120+kg	African Standard					2022.09.12		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - MASTER 1						as at	2023/09/03	
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	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	African Standard					2022.09.12		
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	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	African Standard					2022.09.12		
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	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-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	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	African Standard					2022.09.12		
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	2023/09/03	
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	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-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	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-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	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-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	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		

AFRICAN POWERLIFTING RECORDS - EQUIPPED MEN - MASTER 3						as at	2023/09/03	
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	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								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-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								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-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								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-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 - MASTER 4						as at	2023/09/03	
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	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								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-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								
-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	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								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-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		