

AFRICAN POWERLIFTING RECORDS - EQUIPPED WOMEN - OPEN						as at	2017.10.25		
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status	
SQUAT									
-47kg	African Standard				165.0	2017.10.17			
-52kg	African Standard				180.0	2017.10.17			
-57kg	African Standard				192.5	2017.10.17			
-63kg	African Standard				207.5	2017.10.17			
-72kg	African Standard				227.5	2017.10.17			
-84kg	African Standard				242.5	2017.10.17			
84+kg	African Standard				262.5	2017.10.17			
BENCH PRESS									
-47kg	African Standard				110.0	2017.10.17			
-52kg	African Standard				117.5	2017.10.17			
-57kg	African Standard				127.5	2017.10.17			
-63kg	African Standard				137.5	2017.10.17			
-72kg	African Standard				150.0	2017.10.17			
-84kg	African Standard				165.0	2017.10.17			
84+kg	African Standard				175.0	2017.10.17			
DEADLIFT									
-47kg	African Standard				165.0	2017.10.17			
-52kg	African Standard				180.0	2017.10.17			
-57kg	African Standard				192.5	2017.10.17			
-63kg	African Standard				212.5	2017.10.17			
-72kg	African Standard				222.5	2017.10.17			
-84kg	African Standard				232.5	2017.10.17			
84+kg	African Standard				237.5	2017.10.17			
TOTAL									
-47kg	African Standard				427.5	2017.10.17			
-52kg	African Standard				460.0	2017.10.17			
-57kg	African Standard				495.0	2017.10.17			
-63kg	African Standard				532.5	2017.10.17			
-72kg	African Standard				580.0	2017.10.17			
-84kg	African Standard				620.0	2017.10.17			
84+kg	African Standard				660.0	2017.10.17			
BENCH PRESS (SINGLE LIFT)									
-47kg	African Standard				110.0	2017.10.17			
-52kg	African Standard				117.5	2017.10.17			
-57kg	African Standard				127.5	2017.10.17			
-63kg	African Standard				137.5	2017.10.17			
-72kg	African Standard				150.0	2017.10.17			
-84kg	African Standard				165.0	2017.10.17			
84+kg	African Standard				175.0	2017.10.17			

AFRICAN POWERLIFTING RECORDS -EQUIPPED WOMEN - SUBJUNIOR						as at	2017.10.25		
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status	
SQUAT									
-43kg	African Standard				122.5	2017.10.17			
-47kg	African Standard				137.5	2017.10.17			
-52kg	African Standard				145.0	2017.10.17			
-57kg	African Standard				155.0	2017.10.17			
-63kg	African Standard				175.0	2017.10.17			
-72kg	African Standard				190.0	2017.10.17			
-84kg	African Standard				202.5	2017.10.17			
84+kg	African Standard				217.5	2017.10.17			
BENCH PRESS									
-43kg	African Standard				72.5	2017.10.17			
-47kg	African Standard				82.5	2017.10.17			
-52kg	African Standard				87.5	2017.10.17			
-57kg	African Standard				92.5	2017.10.17			
-63kg	African Standard				105.0	2017.10.17			
-72kg	African Standard				115.0	2017.10.17			
-84kg	African Standard				122.5	2017.10.17			
84+kg	African Standard				127.5	2017.10.17			
DEADLIFT									
-43kg	African Standard				122.5	2017.10.17			
-47kg	African Standard				137.5	2017.10.17			
-52kg	African Standard				145.0	2017.10.17			
-57kg	African Standard				155.0	2017.10.17			
-63kg	African Standard				170.0	2017.10.17			
-72kg	African Standard				190.0	2017.10.17			
-84kg	African Standard				202.5	2017.10.17			
84+kg	African Standard				212.5	2017.10.17			
TOTAL									
-43kg	African Standard				310.0	2017.10.17			
-47kg	African Standard				342.5	2017.10.17			
-52kg	African Standard				370.0	2017.10.17			
-57kg	African Standard				392.5	2017.10.17			
-63kg	African Standard				430.0	2017.10.17			
-72kg	African Standard				472.5	2017.10.17			
-84kg	African Standard				515.0	2017.10.17			
84+kg	African Standard				547.5	2017.10.17			
BENCH PRESS (SINGLE LIFT)									
-43kg	African Standard				72.5	2017.10.17			
-47kg	African Standard				82.5	2017.10.17			
-52kg	African Standard				87.5	2017.10.17			
-57kg	African Standard				92.5	2017.10.17			
-63kg	African Standard				105.0	2017.10.17			
-72kg	African Standard				115.0	2017.10.17			
-84kg	African Standard				122.5	2017.10.17			
84+kg	African Standard				127.5	2017.10.17			

AFRICAN POWERLIFTING RECORDS - EQUIPPED WOMEN - MASTER 1						as at	2017.10.25	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-47kg	African Standard				145.0	2017.10.17		
-52kg	African Standard				155.0	2017.10.17		
-57kg	African Standard				170.0	2017.10.17		
-63kg	African Standard				185.0	2017.10.17		
-72kg	African Standard				202.5	2017.10.17		
-84kg	African Standard				222.5	2017.10.17		
84+kg	African Standard				237.5	2017.10.17		
BENCH PRESS								
-47kg	African Standard				100.0	2017.10.17		
-52kg	African Standard				110.0	2017.10.17		
-57kg	African Standard				117.5	2017.10.17		
-63kg	African Standard				127.5	2017.10.17		
-72kg	African Standard				137.5	2017.10.17		
-84kg	African Standard				150.0	2017.10.17		
84+kg	African Standard				165.0	2017.10.17		
DEADLIFT								
-47kg	African Standard				150.0	2017.10.17		
-52kg	African Standard				160.0	2017.10.17		
-57kg	African Standard				170.0	2017.10.17		
-63kg	African Standard				180.0	2017.10.17		
-72kg	African Standard				192.5	2017.10.17		
-84kg	African Standard				207.5	2017.10.17		
84+kg	African Standard				217.5	2017.10.17		
TOTAL								
-47kg	African Standard				380.0	2017.10.17		
-52kg	African Standard				402.5	2017.10.17		
-57kg	African Standard				435.0	2017.10.17		
-63kg	African Standard				472.5	2017.10.17		
-72kg	African Standard				520.0	2017.10.17		
-84kg	African Standard				567.5	2017.10.17		
84+kg	African Standard				612.5	2017.10.17		
BENCH PRESS (SINGLE LIFT)								
-47kg	African Standard				100.0	2017.10.17		
-52kg	African Standard				110.0	2017.10.17		
-57kg	African Standard				117.5	2017.10.17		
-63kg	African Standard				127.5	2017.10.17		
-72kg	African Standard				137.5	2017.10.17		
-84kg	African Standard				150.0	2017.10.17		
84+kg	African Standard				165.0	2017.10.17		

AFRICAN POWERLIFTING RECORDS - EQUIPPED WOMEN - MASTER 2						as at	2017.10.25	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-47kg	African Standard				127.5	2017.10.17		
-52kg	African Standard				137.5	2017.10.17		
-57kg	African Standard				145.0	2017.10.17		
-63kg	African Standard				155.0	2017.10.17		
-72kg	African Standard				165.0	2017.10.17		
-84kg	African Standard				175.0	2017.10.17		
84+kg	African Standard				185.0	2017.10.17		
BENCH PRESS								
-47kg	African Standard				77.5	2017.10.17		
-52kg	African Standard				82.5	2017.10.17		
-57kg	African Standard				92.5	2017.10.17		
-63kg	African Standard				100.0	2017.10.17		
-72kg	African Standard				110.0	2017.10.17		
-84kg	African Standard				117.5	2017.10.17		
84+kg	African Standard				127.5	2017.10.17		
DEADLIFT								
-47kg	African Standard				127.5	2017.10.17		
-52kg	African Standard				137.5	2017.10.17		
-57kg	African Standard				145.0	2017.10.17		
-63kg	African Standard				160.0	2017.10.17		
-72kg	African Standard				170.0	2017.10.17		
-84kg	African Standard				180.0	2017.10.17		
84+kg	African Standard				192.5	2017.10.17		
TOTAL								
-47kg	African Standard				320.0	2017.10.17		
-52kg	African Standard				342.5	2017.10.17		
-57kg	African Standard				370.0	2017.10.17		
-63kg	African Standard				402.5	2017.10.17		
-72kg	African Standard				440.0	2017.10.17		
-84kg	African Standard				465.0	2017.10.17		
84+kg	African Standard				490.0	2017.10.17		
BENCH PRESS (SINGLE LIFT)								
-47kg	African Standard				77.5	2017.10.17		
-52kg	African Standard				82.5	2017.10.17		
-57kg	African Standard				92.5	2017.10.17		
-63kg	African Standard				100.0	2017.10.17		
-72kg	African Standard				110.0	2017.10.17		
-84kg	African Standard				117.5	2017.10.17		
84+kg	African Standard				127.5	2017.10.17		

AFRICAN POWERLIFTING RECORDS - EQUIPPED WOMEN - MASTER 3						as at	2017.10.25	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-47kg	African Standard				105.0	2017.10.17		
-52kg	African Standard				115.0	2017.10.17		
-57kg	African Standard				122.5	2017.10.17		
-63kg	African Standard				132.5	2017.10.17		
-72kg	African Standard				145.0	2017.10.17		
-84kg	African Standard				160.0	2017.10.17		
84+kg	African Standard				175.0	2017.10.17		
BENCH PRESS								
-47kg	African Standard				67.5	2017.10.17		
-52kg	African Standard				72.5	2017.10.17		
-57kg	African Standard				77.5	2017.10.17		
-63kg	African Standard				87.5	2017.10.17		
-72kg	African Standard				95.0	2017.10.17		
-84kg	African Standard				110.0	2017.10.17		
84+kg	African Standard				117.5	2017.10.17		
DEADLIFT								
-47kg	African Standard				105.0	2017.10.17		
-52kg	African Standard				115.0	2017.10.17		
-57kg	African Standard				122.5	2017.10.17		
-63kg	African Standard				132.5	2017.10.17		
-72kg	African Standard				145.0	2017.10.17		
-84kg	African Standard				160.0	2017.10.17		
84+kg	African Standard				175.0	2017.10.17		
TOTAL								
-47kg	African Standard				272.5	2017.10.17		
-52kg	African Standard				295.0	2017.10.17		
-57kg	African Standard				320.0	2017.10.17		
-63kg	African Standard				342.5	2017.10.17		
-72kg	African Standard				375.0	2017.10.17		
-84kg	African Standard				412.5	2017.10.17		
84+kg	African Standard				445.0	2017.10.17		
BENCH PRESS (SINGLE LIFT)								
-47kg	African Standard				67.5	2017.10.17		
-52kg	African Standard				72.5	2017.10.17		
-57kg	African Standard				77.5	2017.10.17		
-63kg	African Standard				87.5	2017.10.17		
-72kg	African Standard				95.0	2017.10.17		
-84kg	African Standard				110.0	2017.10.17		
84+kg	African Standard				117.5	2017.10.17		

AFRICAN POWERLIFTING RECORDS - EQUIPPED WOMEN - MASTER 4						as at	2017.10.25	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-47kg	African Standard				70.0	2017.10.17		
-52kg	African Standard				85.0	2017.10.17		
-57kg	African Standard				90.0	2017.10.17		
-63kg	African Standard				97.5	2017.10.17		
-72kg	African Standard				107.5	2017.10.17		
-84kg	African Standard				115.0	2017.10.17		
84+kg	African Standard				125.0	2017.10.17		
BENCH PRESS								
-47kg	African Standard				47.5	2017.10.17		
-52kg	African Standard				50.0	2017.10.17		
-57kg	African Standard				55.0	2017.10.17		
-63kg	African Standard				60.0	2017.10.17		
-72kg	African Standard				70.0	2017.10.17		
-84kg	African Standard				80.0	2017.10.17		
84+kg	African Standard				85.0	2017.10.17		
DEADLIFT								
-47kg	African Standard				70.0	2017.10.17		
-52kg	African Standard				85.0	2017.10.17		
-57kg	African Standard				90.0	2017.10.17		
-63kg	African Standard				97.5	2017.10.17		
-72kg	African Standard				107.5	2017.10.17		
-84kg	African Standard				115.0	2017.10.17		
84+kg	African Standard				125.0	2017.10.17		
TOTAL								
-47kg	African Standard				185.0	2017.10.17		
-52kg	African Standard				212.5	2017.10.17		
-57kg	African Standard				225.0	2017.10.17		
-63kg	African Standard				247.5	2017.10.17		
-72kg	African Standard				275.0	2017.10.17		
-84kg	African Standard				295.0	2017.10.17		
84+kg	African Standard				320.0	2017.10.17		
BENCH PRESS (SINGLE LIFT)								
-47kg	African Standard				47.5	2017.10.17		
-52kg	African Standard				50.0	2017.10.17		
-57kg	African Standard				55.0	2017.10.17		
-63kg	African Standard				60.0	2017.10.17		
-72kg	African Standard				70.0	2017.10.17		
-84kg	African Standard				80.0	2017.10.17		
84+kg	African Standard				85.0	2017.10.17		