Police, Fire, Military Multi Ply Bench Press Men's Open Bench Press F

Class	Record	Name	DOB	NAT	Date of Record	Location
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						
140						
140+	Mostert Etienne		74	NAM	9/25/2026	Durban South

Women's Bench Press Records

Class	Record	Name	DOB	NAT	Date of Record	Location
44						
48						
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
110+						

Men's Junior 20-23 Bench Press Records

Class	Record	Name	DOB	NAT	Date of Record	Location
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						

140
140+

Women's Junior 20-23 Bench Press Records

Class	Record	Name	DOB	NAT	Date of Record	Location
44						
48						
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
110+						

Men's Submaster 33-39 Bench Press Records

Class	Record	Name	DOB	NAT	Date of Record	Location
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						
140						
140+						

Women's Submaster 33-39 Bench Press Records

Class	Record	Name	DOB	NAT	Date of Record	Location
44						
48						
52						
56						
60						
67.5						

75
82.5
90
100
110
110+

Men's Master Bench Press Records

40-44 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						
140						
140+						

45-49 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						
140						
140+						

50-54 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
52						
56						
60						

67.5						
75						
82.5						
90						
100						
110						
125						
140						
140+	187.5	Mostert Etienne	74	NAM	9/25/2026	Durban South

55-59 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						
140						
140+						

60-64 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
125						
140						
140+						

65-69 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
52						
56						

60
67.5
75
82.5
90
100
110
125
140
140+

Women's Master Bench Press Records

40-44 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
44						
48						
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
110+						

Women's Bench Press Records

45-49 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
44						
48						
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
110+						

Women's Bench Press Records

50-54 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
44						
48						
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
110+						

Women's Bench Press Records

55-59 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
44						
48						
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
110+						

Women's Bench Press Records

60-64 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
44						
48						
52						
56						
60						

67.5
75
82.5
90
100
110
110+

Women's Bench Press Records

65-69 Age Group

Class	Record	Name	DOB	NAT	Date of Record	Location
44						
48						
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110						
110+						