WPC Multi Ply Police, Fire, Military MEN'S OPEN RECORDS

Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
52 KG. CLASS						
S						
B						
D						
T						
56 KG. CLASS						
S						
B						
D						
T						
60 KG. CLASS						
S						
B						
D						
T						
67.5 KG. CLASS						
S						
B						
D						
T						
75 KG. CLASS						
S						
B						
D						
T						
82.5 KG. CLASS						
S						
B						
D						
T						
90 KG. CLASS						
S						
B						
D						
T						
100 KG. CLASS						
S						
B						
D						
T						
110 KG. CLASS						
S						
B						
D						
T						
125 KG. CLASS						
S						
B						
D						
T						
140 KG. CLASS						

S	350	Ison Zane	68	ZAF	6/19/2026	Durban South Africa	
B	160	Ison Zane	68	ZAF	6/19/2026	Durban South Africa	
D	300	Ison Zane	68	ZAF	6/19/2026	Durban South Africa	
T	810	Ison Zane	68	ZAF	6/19/2026	Durban South Africa	350-160-300

140+ KG. CLASS

S	222.5	Mostert Etienne	74	NAM	9/25/2026	Durban South Africa	
B	187.5	Mostert Etienne	74	NAM	9/25/2026	Durban South Africa	
D	220	Mostert Etienne	74	NAM	9/25/2026	Durban South Africa	
T	630	Mostert Etienne	74	NAM	9/25/2026	Durban South Africa	222.5-187.5-220

Women's Open Records

	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total

44 KG. CLASS
S
B
D
T

48 KG. CLASS
S
B
D
T

52 KG. CLASS
S
B
D
T

56 KG. CLASS
S
B
D
T

60 KG. CLASS
S
B
D
T

67.5 KG. CLASS
S
B
D
T

75 KG. CLASS
S
B
D
T

82.5 KG. CLASS
S
B
D
T

90 KG. CLASS

S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T

Men's Junior Records

Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
52 KG. CLASS						
S						
B						
D						
T						
56 KG. CLASS						
S						
B						
D						
T						
60 KG CLASS						
S						
B						
D						
T						
68						
S						
B						
D						
T						
75 KG CLASS						
S						
B						
D						
T						
82.5 KG CLASS						
S						
B						
D						
T						
90 KG CLASS						
S						

B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS
S
B
D
T

Women's Junior Records

Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
44 KG. CLASS						
S						
B						
D						
T						
48 KG. CLASS						
S						
B						
D						
T						
52 KG CLASS						
S						
B						
D						
T						
56						
S						
B						
D						
T						
60 KG CLASS						
S						
B						

D
T

67.5 KG CLASS
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T

Men's Teenage 13-15 Records

Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
52 KG. CLASS						
S						
B						
D						
T						
56 KG. CLASS						
S						
B						
D						
T						
60 KG CLASS						
S						
B						
D						

T

68
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS
S
B
D
T

Men's Teenage 16-17 Records

52 KG. CLASS
S
B
D
T

56 KG. CLASS
S
B
D
T

60 KG CLASS
S
B
D
T
68
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS
S
B
D

T

Men's Teenage 18-19 Records

52 KG. CLASS
S
B
D
T

56 KG. CLASS
S
B
D
T

60 KG CLASS
S
B
D
T
68
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS
S
B
D
T

Women's Teenage 13-15 Records

Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
44 KG. CLASS						
S						
B						
D						
T						
48 KG. CLASS						
S						
B						
D						
T						
52 KG CLASS						
S						
B						
D						
T						
56						
S						
B						
D						
T						
60 KG CLASS						
S						
B						
D						
T						
67.5 KG CLASS						
S						
B						
D						
T						
75 KG CLASS						
S						
B						
D						
T						
82.5 KG CLASS						
S						
B						
D						
T						
90 KG CLASS						

S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T

Women's Teenage 16-17 Records

Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
44 KG. CLASS						
S						
B						
D						
T						
48 KG. CLASS						
S						
B						
D						
T						
52 KG CLASS						
S						
B						
D						
T						
56						
S						
B						
D						
T						
60 KG CLASS						
S						
B						
D						
T						
67.5 KG CLASS						
S						
B						
D						
T						
75 KG CLASS						
S						

B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T

Women's Teenage 18-19 Records

Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
44 KG. CLASS						
S						
B						
D						
T						
48 KG. CLASS						
S						
B						
D						
T						
52 KG CLASS						
S						
B						
D						
T						
56						
S						
B						
D						
T						
60 KG CLASS						
S						
B						

D
T

67.5 KG CLASS
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T

Men's Submaster 33-39 Records

52 KG. CLASS
S
B
D
T

56 KG. CLASS
S
B
D
T

60 KG CLASS
S
B
D

T

68
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS
S
B
D
T

Women's Submaster 33-39 Records

44 KG. CLASS
S
B
D
T

48 KG. CLASS
S
B
D
T

52 KG CLASS
S
B
D
T

56
S
B
D
T

60 KG CLASS
S
B
D
T

67.5 KG CLASS
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B

D
T

Men's Master 40-44 Records

Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
52 KG. CLASS						
S						
B						
D						
T						
56 KG. CLASS						
S						
B						
D						
T						
60 KG CLASS						
S						
B						
D						
T						
68						
S						
B						
D						
T						
75 KG CLASS						
S						
B						
D						
T						
82.5 KG CLASS						
S						
B						
D						
T						
90 KG CLASS						
S						
B						
D						
T						
100 KG CLASS						
S						
B						
D						
T						
110 KG CLASS						
S						
B						
D						
T						
125 KG CLASS						
S						
B						
D						

T

140 KG CLASS
S
B
D
T

140+ KG CLASS
S
B
D
T

Men's Master 45-49 Records

52 KG. CLASS
S
B
D
T

56 KG. CLASS
S
B
D
T

60 KG CLASS
S
B
D
T

68
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS
S
B
D
T

Men's Master 50-54 Records

Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
52 KG. CLASS						
S						
B						
D						
T						
56 KG. CLASS						
S						
B						
D						
T						
60 KG CLASS						
S						
B						
D						
T						
68 KG CLASS						
S						
B						
D						
T						
75 KG CLASS						
S						
B						
D						
T						
82.5 KG CLASS						
S						
B						
D						
T						

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS

S	222.5	Mostert Etienne	74	NAM	9/25/2026	Durban South Africa	
B	187.5	Mostert Etienne	74	NAM	9/25/2026	Durban South Africa	
D	220	Mostert Etienne	74	NAM	9/25/2026	Durban South Africa	
T	630	Mostert Etienne	74	NAM	9/25/2026	Durban South Africa	222.5-187.5-220

Men's Master 55-59 Records

52 KG. CLASS
S
B
D
T

56 KG. CLASS
S
B
D
T

60 KG CLASS
S
B
D
T

68
S
B
D
T

75 KG CLASS

S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS

S	350	Ison Zane	68	ZAF	6/19/2026	Durban South Africa	
B	160	Ison Zane	68	ZAF	6/19/2026	Durban South Africa	
D	300	Ison Zane	68	ZAF	6/19/2026	Durban South Africa	
T	810	Ison Zane	68	ZAF	6/19/2026	Durban South Africa	350-160-300

140+ KG CLASS
S
B
D
T

Men's Master 60-64 Records

52 KG. CLASS
S
B
D
T

56 KG. CLASS
S
B
D
T

60 KG CLASS
S

B
D
T

68
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS
S
B
D
T

Men's Master 65-69 Records

52 KG. CLASS
S
B

D
T

56 KG. CLASS
S
B
D
T

60 KG CLASS
S
B
D
T

68
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS

S
B
D
T

Men's Master 70-74 Records

52 KG. CLASS
S
B
D
T

56 KG. CLASS
S
B
D
T

60 KG CLASS
S
B
D
T

68
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S

B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS
S
B
D
T

Men's Master 75-79 Records

52 KG. CLASS
S
B
D
T

56 KG. CLASS
S
B
D
T

60 KG CLASS
S
B
D
T
68
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D

T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS
S
B
D
T

Men's Master 80+ Records

52 KG. CLASS
S
B
D
T

56 KG. CLASS
S
B
D
T

60 KG CLASS
S
B
D
T
68
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

125 KG CLASS
S
B
D
T

140 KG CLASS
S
B
D
T

140+ KG CLASS
S
B
D
T

Women's Master 40-44 Records

44 KG. CLASS
S
B
D
T

48 KG. CLASS
S
B
D
T

52 KG CLASS
S
B
D
T

56
S
B
D
T

60 KG CLASS
S
B
D
T

67.5 KG CLASS
S
B
D
T

75 KG CLASS
S
B

D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T

Women's Master 45-49 Records

44 KG. CLASS
S
B
D
T

48 KG. CLASS
S
B
D
T

52 KG CLASS
S
B
D
T

56
S
B
D
T

60 KG CLASS
S
B
D
T

67.5 KG CLASS
S
B
D
T

75 KG CLASS

S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T

Women's Master 50-54 Records

44 KG. CLASS
S
B
D
T

48 KG. CLASS
S
B
D
T

52 KG CLASS
S
B
D
T

56
S
B
D
T

60 KG CLASS
S
B
D
T

67.5 KG CLASS
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T

Women's Master 55-59 Records

44 KG. CLASS
S
B
D
T

48 KG. CLASS
S
B
D
T

52 KG CLASS
S
B
D
T

56
S
B
D
T

60 KG CLASS
S
B
D
T

67.5 KG CLASS
S
B

D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T

Women's Master 60-64 Records

44 KG. CLASS
S
B
D
T

48 KG. CLASS
S
B
D
T

52 KG CLASS
S
B
D
T

56
S
B
D
T

60 KG CLASS
S
B
D
T

67.5 KG CLASS

S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T

Women's Master 65-69 Records

44 KG. CLASS
S
B
D
T

48 KG. CLASS
S
B
D
T

52 KG CLASS
S
B
D
T

56
S
B
D
T

60 KG CLASS
S
B
D
T

67.5 KG CLASS
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T

Women's Master 70-74 Records

44 KG. CLASS
S
B
D
T

48 KG. CLASS
S
B
D
T

52 KG CLASS
S
B
D
T

56
S
B
D
T

60 KG CLASS
S
B

D
T

67.5 KG CLASS
S
B
D
T

75 KG CLASS
S
B
D
T

82.5 KG CLASS
S
B
D
T

90 KG CLASS
S
B
D
T

100 KG CLASS
S
B
D
T

110 KG CLASS
S
B
D
T

110+ KG CLASS
S
B
D
T