

AFRICAN RECORDS

WOMEN - CLASSIC BENCH PRESS (SINGLE LIFT)

Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
OPEN								
-47kg	Khilifi Sarra	Tunisia	2004	46,26	55,0	2023.10.29	Algiers, Algeria	
-52kg	Giulia Muto	South Africa	1987	50,75	75,0	2024.10.13	Sun City, South Africa	
-57kg	Antoinette Kriel	South Africa	1971	55,75	82,5	2024.10.13	Sun City, South Africa	
-63kg	Sorah Garber	South Africa	1981	60,60	85,0	2023.05.27	Sun City, South Africa	
-69kg	Sasha Gadney	South Africa	1995	67,25	102,5	2024.10.13	Sun City, South Africa	
-76kg	Nicole Coopoosamy	South Africa	1993	75,60	92,5	2023.06.18	St Julians, Malta	
-84kg	Megan Faul	South Africa	1991	83,75	120,5	2024.11.01	Potchefstroom, South Africa	
84+kg	Christelle Fokem Fofe	Cameroon	1987	109,20	122,5	2024.11.01	Potchefstroom, South Africa	
SUBJUNIOR								
-43kg	Azza Hedhili	Tunisia	2006	41,9	47,5	2024.09.09	St Paul's Bay, Malta	
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	Grace Roberts	South Africa	2006	56,35	57,5	2024.10.13	Sun City, South Africa	
-63kg	Mijuane de Wet	South Africa	2005	62,75	72,5	2024.07.13	Potchefstroom, South Africa	
-69kg	Haia Khaled	Egypt	2005	68,2	80,0	2023.09.03	Cluj-Napoca, Romania	
-76kg	Roechelle van der Merwe	South Africa	2006	74,20	75,0	2024.10.13	Sun City, South Africa	
-84kg	Ilef Mansouri	Tunisia	2007	76,54	62,5	2023.10.29	Algiers, Algeria	
84+kg	Simone van der Merwe	South Africa	2007	89,35	60,0	2024.07.13	Potchefstroom, South Africa	
JUNIOR								
-43kg	Azza Hedhili	Tunisia	2006	41,9	47,5	2024.09.09	St Paul's Bay, Malta	
-47kg	Khilifi Sarra	Tunisia	2004	46,26	55,0	2023.10.29	Algiers, Algeria	
-52kg	Ilham Yakoubi	Morocco	2001	50,95	55,0	2022.09.17	Meknes, Morocco	
-57kg	Nicole Hasell	South Africa	2001	56,16	67,5	2023.09.03	Cluj-Napoca, Romania	
-63kg	Gaia Mottalini	South Africa	2004	62,8	75,0	2024.10.13	Sun City, South Africa	
-69kg	Charnleigh Kotze	South Africa	2004	67,95	95,0	2024.09.09	St Paul's Bay, Malta	
-76kg	Olivia White	South Africa	2001	73,00	90,0	2022.12.04	Auckland, New Zealand	
-84kg	Ilef Mansouri	Tunisia	2007	76,54	62,5	2023.10.29	Algiers, Algeria	
84+kg	Sunelle Putter	South Africa	2004	105,20	92,5	2023.03.09	Potchefstroom, South Africa	
MASTER 1								
-47kg	Elisabeth Barry	South Africa	1973	46,90	37,5	2024.10.13	Sun City, South Africa	
-52kg	Tarryn Valle	South Africa	1978	51,3	55,0	2024.10.13	Sun City, South Africa	
-57kg	Antoinette Kriel	South Africa	1971	55,75	82,5	2024.10.13	Sun City, South Africa	
-63kg	Sorah Garber	South Africa	1981	60,60	85,0	2023.05.27	Sun City, South Africa	
-69kg	Astrid Schwarz	South Africa	1984	67,3	82,5	2024.06.23	Druskininkai, Lithuania	
-76kg	Pia Marangoni	South Africa	1978	75,35	77,5	2024.10.13	Sun City, South Africa	
-84kg	Phokwane Moloole	South Africa	1977	81,55	77,5	2024.10.13	Sun City, South Africa	
84+kg	Marina van der Linde	South Africa	1983	105,8	102,5	2024.10.13	Sun City, South Africa	
MASTER 2								
-47kg	Elisabeth Barry	South Africa	1973	46,90	37,5	2024.10.13	Sun City, South Africa	
-52kg	Elisabeth Barry	South Africa	1973	51,85	37,5	2024.07.13	Potchefstroom, South Africa	
-57kg	Antoinette Kriel	South Africa	1971	55,75	82,5	2024.10.13	Sun City, South Africa	
-63kg	Safia Kouri	Algeria	1974	61,10	72,5	2024.11.01	Potchefstroom, South Africa	
-69kg	African Standard					2022.09.12		
-76kg	Gail Mathewson	South Africa	1969	74,60	67,5	2023.05.27	Sun City, South Africa	
-84kg	African Standard					2022.09.12		
84+kg	Saida Gharbi Ep Fray	Tunisia	1972	86,92	71,0	2023.10.29	Algiers, Algeria	
MASTER 3								
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	African Standard					2022.09.12		
-63kg	African Standard					2022.09.12		
-69kg	African Standard					2022.09.12		
-76kg	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
MASTER 4								
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	African Standard					2022.09.12		
-63kg	African Standard					2022.09.12		
-69kg	African Standard					2022.09.12		
-76kg	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		

AFRICAN RECORDS

MEN - CLASSIC BENCH PRESS (SINGLE LIFT)

Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
OPEN								
-59kg	Michael Elouafin	Ivory Coast	1989	58,50	137,5	2023.05.27	Sun City, South Africa	
-66kg	Naji Ali	Libya	1988	64,92	135,0	2023.10.29	Algiers, Algeria	
-74kg	Scott Pornss	South Africa	2001	72,65	160,0	2024.07.13	Potchefstroom, South Africa	
-83kg	Toubal Fateh	Algeria	1983	81,60	185,0	2019.06.15	Helsingborg, Sweden	
-93kg	Abderrahim Belkebir	Algeria	1995	91,90	190,0	2023.03.10	Potchefstroom, South Africa	
-105kg	Fares Sboui	Tunisia	2000	102,95	218,0	2024.11.02	Potchefstroom, South Africa	
-120kg	Mohamed Sahad	Algeria	1987	119,25	220,0	2023.06.18	St Julians, Malta	
120+kg	Ilyas Boughalem	Algeria	1987	161,60	291,5	2022.06.11	Sun City, South Africa	
SUBJUNIOR								
-53kg	Samuel Meshilinie	South Africa	2006	51,65	80,0	2023.03.09	Potchefstroom, South Africa	
-59kg	Ali Gheryani	Libya	2007	58,10	107,5	2024.09.09	St Paul's Bay, Malta	
-66kg	Abdusalam Altalib	Libya	2005	65,98	115,0	2023.09.03	Cluj-Napoca, Romania	
-74kg	Ahmed Sami Naamaoui	Algeria	2008	73,15	150,0	2024.11.01	Potchefstroom, South Africa	
-83kg	Mahmoud Alkirrami	Libya	2006	82,30	145,0	2023.10.29	Algiers, Algeria	
-93kg	Mahmoud Alkirrami	Libya	2006	91,10	160,0	2024.09.09	St Paul's Bay, Malta	
-105kg	Ayoub Sboui	Tunisia	2006	99,95	165,0	2024.09.09	St Paul's Bay, Malta	
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		
JUNIOR								
-53kg	Samuel Meshilinie	South Africa	2006	51,65	80,0	2023.03.09	Potchefstroom, South Africa	
-59kg	Ali Gheryani	Libya	2007	58,10	107,5	2024.09.09	St Paul's Bay, Malta	
-66kg	Brahim Meziani	Algeria	2004	66,00	120,0	2024.11.01	Potchefstroom, South Africa	
-74kg	Scott Pornss	South Africa	2001	72,65	160,0	2024.07.13	Potchefstroom, South Africa	
-83kg	Avishai Eilim	South Africa	2004	82,60	160,0	2024.07.13	Potchefstroom, South Africa	
-93kg	Mahmoud Alkirrami	Libya	2006	91,10	160,0	2024.09.09	St Paul's Bay, Malta	
-105kg	Fares Sboui	Tunisia	2000	104,68	208,0	2023.10.29	Algiers, Algeria	
-120kg	Michael Barsoom	Egypt	2000	118,44	205,0	2023.09.03	Cluj-Napoca, Romania	
120+kg	Mohamed Abousinan	Libya	2003	195,55	170,0	2024.09.09	St Paul's Bay, Malta	
MASTER 1								
-59kg	Omar Shebek	Libya	1975	58,45	87,5	2023.10.15	Ulaanbaatar, Mongolia	
-66kg	Steven Coleman	South Africa	1979	65,65	125,0	2024.10.04	Sun City, South Africa	
-74kg	Jonathan Kariv	South Africa	1983	73,65	140,0	2023.05.27	Sun City, South Africa	
-83kg	Toubal Fateh	Algeria	1983	81,16	172,5	2023.10.29	Algiers, Algeria	
-93kg	Akram Elbuaishi	Libya	1980	87,9	172,5	2023.10.15	Ulaanbaatar, Mongolia	
-105kg	Nezar Ballil	Morocco	1978	101,4	195,0	2022.09.17	Meknes, Morocco	
-120kg	Mohammed Abdurabbah	Libya	1978	118,55	192,5	2023.10.15	Ulaanbaatar, Mongolia	
120+kg	Simon Breetzke	South Africa	1978	143,1	200,0	2023.05.27	Sun City, South Africa	
MASTER 2								
-59kg	African Standard					2022.09.12		
-66kg	Abdullah Aryn	Libya	1965	65,75	115,0	2023.10.15	Ulaanbaatar, Mongolia	
-74kg	Tommie de Nysschen	South Africa	1963	73,65	135,0	2023.05.27	Sun City, South Africa	
-83kg	Tommie de Nysschen	South Africa	1963	82,15	151,5	2024.11.01	Potchefstroom, South Africa	
-93kg	Adel Busadirah	Libya	1972	91,85	152,5	2023.10.15	Ulaanbaatar, Mongolia	
-105kg	Charles Johnson	South Africa	1970	101,6	182,5	2023.05.27	Sun City, South Africa	
-120kg	Ian Furman	South Africa	1967	119,95	182,5	2023.05.27	Sun City, South Africa	
120+kg	Ian Furman	South Africa	1967	131,1	195,0	2018.05.20	Sandton, South Africa	
MASTER 3								
-59kg	African Standard					2022.09.12		
-66kg	JC Bruce	South Africa	1961	65,35	82,5	2023.03.09	Potchefstroom, South Africa	
-74kg	Tommie de Nysschen	South Africa	1963	73,65	135,0	2023.05.27	Sun City, South Africa	
-83kg	Tommie de Nysschen	South Africa	1963	82,15	151,5	2024.11.01	Potchefstroom, South Africa	
-83kg	Tommie de Nysschen	South Africa	1963	84,00	148,0	2024.10.13	Sun City, South Africa	
-105kg	Colin Young	South Africa	1957	103,35	166,0	2018.10.20	Meknes, Morocco	
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		
MASTER 4								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-83kg	Dan Oppenheim	South Africa	1945	80,15	96,5	2024.11.01	Potchefstroom, South Africa	
-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 RECORDS

WOMEN - EQUIPPED BENCH PRESS (SINGLE LIFT)

Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
OPEN								
-47kg	Elisabeth Barry	South Africa	1973	46,72	47,5	2022.10.14	St Johns, Canada	
-52kg	Carol Anthony	South Africa	1966	51,70	55,5	2023.03.11	Potchefstroom, South Africa	
-57kg	Nicole Hasell	South Africa	2001	56,35	90,0	2024.09.09	St Pauls, Malta	
-63kg	Megan Leighton	South Africa	1996	60,45	110,5	2024.11.02	Potchefstroom, South Africa	
-69kg	Bouba Salamatou	Cameroon	1991	66,50	125,0	2023.05.27	Sun City, South Africa	
-76kg	Chantelle du Toit	South Africa	1985	74,80	108,0	2022.12.04	Auckland, New Zealand	
-84kg	Olivia Perotti	South Africa	1989	83,15	117,5	2023.05.27	Sun City, South Africa	
84+kg	Christi Rees	South Africa	1986	108,40	182,5	2023.05.27	Sun City, South Africa	
SUBJUNIOR								
-43kg	African Standard					2022.09.12		
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	Erine Jennly Tingounzeu	Cameroon	2008	56,00	55,0	2024.11.02	Potchefstroom, South Africa	
-63kg	Mijuane de Wet	South Africa	2006	62,90	108,0	2024.10.13	Sun City, South Africa	
-69kg	Chante Mulder	South Africa	2006	68,50	95,0	2024.09.09	St Pauls, Malta	
-76kg	Anika Maree	South Africa	2006	74,85	80,0	2024.07.06	Potchefstroom, South Africa	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
JUNIOR								
-43kg	African Standard					2022.09.12		
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	Nicole Hasell	South Africa	2001	56,25	95,0	2024.10.13	Sun City, South Africa	
-63kg	Mijuane de Wet	South Africa	2006	62,90	108,0	2024.10.13	Sun City, South Africa	
-69kg	Chante Mulder	South Africa	2006	68,50	95,0	2024.09.09	St Pauls, Malta	
-76kg	Anika Maree	South Africa	2006	74,85	80,0	2024.07.06	Potchefstroom, South Africa	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
MASTER 1								
-47kg	Elisabeth Barry	South Africa	1973	46,72	47,5	2022.10.14	St Johns, Canada	
-52kg	Carol Anthony	South Africa	1966	51,70	55,5	2023.03.11	Potchefstroom, South Africa	
-57kg	Carol Anthony	South Africa	1966	54,90	55,5	2024.11.02	Potchefstroom, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,50	60,0	2024.10.13	Sun City, South Africa	
-69kg	Laura de Wet	South Africa	1974	67,50	90,0	2024.10.13	Sun City, South Africa	
-76kg	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	Jacqui Rees	South Africa	1980	90,85	125,0	2024.10.13	Sun City, South Africa	
MASTER 2								
-47kg	Elisabeth Barry	South Africa	1973	46,80	47,5	2023.05.27	Sun City, South Africa	
-52kg	Carol Anthony	South Africa	1966	51,70	55,5	2023.03.11	Potchefstroom, South Africa	
-57kg	Carol Anthony	South Africa	1966	54,90	55,5	2024.11.02	Potchefstroom, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,50	60,0	2024.10.13	Sun City, South Africa	
-69kg	Laura de Wet	South Africa	1974	67,50	90,0	2024.10.13	Sun City, South Africa	
-76kg	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
MASTER 3								
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	African Standard					2022.09.12		
-63kg	African Standard					2022.09.12		
-69kg	Heather Leighton	South Africa	1964	68,70	72,5	2024.10.04	Sun City, South Africa	
-76kg	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
MASTER 4								
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	African Standard					2022.09.12		
-63kg	African Standard					2022.09.12		
-69kg	African Standard					2022.09.12		
-76kg	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		

AFRICAN RECORDS

MEN - EQUIPPED BENCH PRESS (SINGLE LIFT)

Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
OPEN								
-59kg	Daren Aram Tingounzeu	Cameroon	2010	55,60	82,5	2024.11.02	Potchefstroom, South Africa	
-66kg	Ferde Botha	South Africa	2006	65,75	105,0	2024.07.06	Potchefstroom, South Africa	
-74kg	Marcel Vorster	South Africa	1994	70,45	190,0	2023.05.27	Sun City, South Africa	
-83kg	Tommie de Nysschen	South Africa	1963	82,85	167,5	2024.07.13	Potchefstroom, South Africa	
-93kg	Archie Ayekpa	South Africa	1985	91,55	210,0	2023.05.27	Sun City, South Africa	
-105kg	Craig Masson	South Africa	1981	104,70	217,5	2023.03.11	Potchefstroom, South Africa	
-120kg	Craig Masson	South Africa	1981	119,20	230,0	2024.10.04	Sun City, South Africa	
120+kg	Hassanin Ahmed	Egypt	1985	190,25	332,5	2022.07.10	Birmingham, USA	
SUBJUNIOR								
-53kg	African Standard					2022.09.12		
-59kg	Daren Aram Tingounzeu	Cameroon	2010	55,60	82,5	2024.11.02	Potchefstroom, South Africa	
-66kg	Ferde Botha	South Africa	2006	65,75	105,0	2024.07.06	Potchefstroom, South Africa	
-74kg	Alex Collocott	South Africa	2008	69,65	127,5	2024.07.13	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		
JUNIOR								
-53kg	African Standard					2022.09.12		
-59kg	Daren Aram Tingounzeu	Cameroon	2010	55,60	82,5	2024.11.02	Potchefstroom, South Africa	
-66kg	Ferde Botha	South Africa	2006	65,75	105,0	2024.07.06	Potchefstroom, South Africa	
-74kg	Alex Collocott	South Africa	2008	69,65	127,5	2024.07.13	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	Sean Britz	South Africa	2003	104,35	162,5	2024.10.04	Sun City, South Africa	
-120kg	Justin Furman	South Africa	2001	119,5	175,0	2024.09.09	St Paul's Bay, Malta	
120+kg	African Standard					2022.09.12		
MASTER 1								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Tommie de Nysschen	South Africa	1963	73,90	147,5	2023.03.11	Potchefstroom, South Africa	
-83kg	Tommie de Nysschen	South Africa	1963	82,85	167,5	2024.07.13	Potchefstroom, South Africa	
-93kg	African Standard					2022.09.12		
-105kg	Craig Masson	South Africa	1981	104,70	217,5	2023.03.11	Potchefstroom, South Africa	
-120kg	Craig Masson	South Africa	1981	119,20	230,0	2024.10.04	Sun City, South Africa	
120+kg	Simon Breetzke	South Africa	1978	155,30	285,0	2024.10.04	Sun City, South Africa	
MASTER 2								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Tommie de Nysschen	South Africa	1963	73,90	147,5	2023.03.11	Potchefstroom, South Africa	
-83kg	Tommie de Nysschen	South Africa	1963	82,85	167,5	2024.07.13	Potchefstroom, South Africa	
-93kg	African Standard					2022.09.12		
-105kg	Omer Gaston Tingounzeu	Cameroon	1974	102,45	90,0	2024.11.02	Potchefstroom, South Africa	
-120kg	Hermanus de Beer	South Africa	1970	114,60	175,0	2023.05.27	Sun City, South Africa	
120+kg	John Crain	South Africa	1969	126,90	235,0	2024.07.13	Potchefstroom, South Africa	
MASTER 3								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Tommie de Nysschen	South Africa	1963	73,90	147,5	2023.03.11	Potchefstroom, South Africa	
-83kg	Tommie de Nysschen	South Africa	1963	82,85	167,5	2024.07.13	Potchefstroom, South Africa	
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		
MASTER 4								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-83kg	Dan Oppenheim	South Africa	1945	79,75	110,0	2024.10.13	Sun City, South Africa	
-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		