

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - OPEN						as at	2024/09/09	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-47kg	Khelifi Sarra	Tunisia	2004	46,26	87,5	2023.10.29	Algiers, Algeria	
-52kg	Alexa Pentopoulos	South Africa	1994	50,95	127,5	2023.06.18	St Julians, Malta	
-57kg	Nicole Hasell	South Africa	2001	56,16	125,0	2023.09.03	Cluj-Napoca, Romania	
-63kg	Safia Kouri	Algeria	1974/05/12	62,72	163,0	2018.10.20	Meknes, Morocco	
-69kg	Charnleigh Kotze	South Africa	2004	67,95	155,0	2024.09.09	St Paul's Bay, Malta	
-76kg	Farida Hindi	Egypt	2001	73,55	165,0	2024.09.09	St Paul's Bay, Malta	
-84kg	Audrey Aboueme Ndeme	Cameroon	1991/06/20	81,22	200,0	2018.05.18	Sandton, South Africa	
84+kg	Olivia Perotti	South Africa	1989	91,85	205,0	2024.06.23	Druskininkai, Lithuania	
BENCH PRESS								
-47kg	Khelifi Sarra	Tunisia	2004	46,26	55,0	2023.10.29	Algiers, Algeria	
-52kg	Farzana Botha	South Africa	1985	51,75	70,0	2023.06.18	St Julians, Malta	
-57kg	Nicole Hasell	South Africa	2001	56,16	67,5	2023.09.03	Cluj-Napoca, Romania	
-63kg	Safia Kouri	Algeria	1974	62,38	77,5	2023.10.29	Algiers, Algeria	
-69kg	Sasha Gadney	South Africa	1995	66,55	100,0	2024.07.13	Potchefstroom, South Africa	
-76kg	Nicole Coopoosamy	South Africa	1993	75,6	92,5	2023.06.18	St Julians, Malta	
-84kg	Megan Faul	South Africa	1991	83,6	112,5	2024.06.23	Druskininkai, Lithuania	
84+kg	Olivia Perotti	South Africa	1989	91,85	102,5	2024.06.23	Druskininkai, Lithuania	
DEADLIFT								
-47kg	Khelifi Sarra	Tunisia	2004	46,26	119,0	2023.10.29	Algiers, Algeria	
-52kg	Farzana Botha	South Africa	1985	51,29	155,0	2022.09.17	Meknes, Morocco	
-57kg	Rosan van Wyngaard	South Africa	1986	55,95	155,0	2024.07.13	Potchefstroom, South Africa	
-63kg	Safia Kouri	Algeria	1974	62,38	185,0	2023.10.29	Algiers, Algeria	
-69kg	Chaimae Guerai	Morocco	1992	65,69	197,5	2022.09.17	Meknes, Morocco	
-76kg	Zahra Tatar	Algeria	1992	75,64	210,0	2022.09.17	Meknes, Morocco	
-84kg	Nicole Coopoosamy	South Africa	1993	83,3	220,0	2024.06.23	Druskininkai, Lithuania	
84+kg	Nohoua Sekongo	Ivory Coast	1996	122,27	215,0	2022.09.17	Meknes, Morocco	
TOTAL								
-47kg	Khelifi Sarra	Tunisia	2004	46,26	261,5	2023.10.29	Algiers, Algeria	
-52kg	Alexa Pentopoulos	South Africa	1994	50,95	330,0	2023.06.18	St Julians, Malta	
-57kg	Nicole Hasell	South Africa	2001	56,16	332,5	2023.09.03	Cluj-Napoca, Romania	
-63kg	Safia Kouri	Algeria	1974	62,38	415,0	2023.10.29	Algiers, Algeria	
-69kg	Charnleigh Kotze	South Africa	2004	67,95	427,5	2024.09.09	St Paul's Bay, Malta	
-76kg	Nicole Coopoosamy	South Africa	1993	75,6	457,5	2023.06.18	St Julians, Malta	
-84kg	Nicole Coopoosamy	South Africa	1993	83,3	515,0	2024.06.23	Druskininkai, Lithuania	
84+kg	Olivia Perotti	South Africa	1989	91,85	505,0	2024.06.23	Druskininkai, Lithuania	

AFRICAN POWERLIFTING RECORDS -CLASSIC WOMEN - SUBJUNIOR						as at	2024/09/09	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-43kg	Azza Hedhili	Tunisia	2006	41,9	65,0	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	56,1	90,0	2023.09.03	Cluj-Napoca, Romania	
-63kg	Mijuane de Wet	South Africa	2006	62,75	145,0	2024.07.13	Potchefstroom, South Africa	
-69kg	Haia Khaled	Egypt	2005	68,2	142,5	2023.09.03	Cluj-Napoca, Romania	
-76kg	Roechelle van der Merwe	South Africa	2006	72,9	142,5	2024.07.13	Potchefstroom, South Africa	
-84kg	Ava Bezuidenhout	South Africa	2009	83	122,5	2024.09.09	St Paul's Bay, Malta	
84+kg	Simone van der Merwe	South Africa	2007	89,35	130,0	2024.07.13	Potchefstroom, South Africa	
BENCH PRESS								
-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	56,1	50,0	2023.09.03	Cluj-Napoca, Romania	
-63kg	Mijuane de Wet	South Africa	2006	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	72,5	2023.09.03	Cluj-Napoca, Romania	
-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	
DEADLIFT								
-43kg	Azza Hedhili	Tunisia	2006	41,9	100,0	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	56,1	112,5	2023.09.03	Cluj-Napoca, Romania	
-63kg	Mijuane de Wet	South Africa	2006	62,75	172,5	2024.07.13	Potchefstroom, South Africa	
-69kg	Haia Khaled	Egypt	2005	68,2	162,5	2023.09.03	Cluj-Napoca, Romania	
-76kg	Roechelle van der Merwe	South Africa	2006	74	170,0	2023.09.03	Cluj-Napoca, Romania	
-84kg	Ilef Mansouri	Tunisia	2007	76,54	157,5	2023.10.29	Algiers, Algeria	
84+kg	Simone van der Merwe	South Africa	2007	89,35	140,0	2024.07.13	Potchefstroom, South Africa	
TOTAL								
-43kg	Azza Hedhili	Tunisia	2006	41,9	212,5	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	56,1	252,5	2023.09.03	Cluj-Napoca, Romania	
-63kg	Mijuane de Wet	South Africa	2006	62,75	390,0	2024.07.13	Potchefstroom, South Africa	
-69kg	Haia Khaled	Egypt	2005	68,2	385,0	2023.09.03	Cluj-Napoca, Romania	
-76kg	Roechelle van der Merwe	South Africa	2006	74	377,5	2023.09.03	Cluj-Napoca, Romania	
-84kg	Ilef Mansouri	Tunisia	2007	76,54	327,5	2023.10.29	Algiers, Algeria	
84+kg	Simone van der Merwe	South Africa	2007	89,35	330,0	2024.07.13	Potchefstroom, South Africa	

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - MASTER 2						as at	2024/09/09	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-47kg	African Standard					2022.09.12		
-52kg	Elisabeth Barry	South Africa	1973	51,85	85,0	2024.07.13	Potchefstroom, South Africa	
-57kg	Antoinette Kriel	South Africa	1971	56,6	130,0	2022.06.11	Sun City, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,6	105,0	2023.10.15	Ulaanbaatar, Mongolia	
-69kg	African Standard					2022.09.12		
-76kg	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	Saida Gharbi Ep Fray	Tunisia	1972	86,92	128,0	2023.10.29	Algiers, Algeria	
BENCH PRESS								
-47kg	African Standard					2022.09.12		
-52kg	Elisabeth Barry	South Africa	1973	51,85	37,5	2024.07.13	Potchefstroom, South Africa	
-57kg	Antoinette Kriel	South Africa	1971	56,6	77,5	2022.06.11	Sun City, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,6	52,5	2023.10.15	Ulaanbaatar, Mongolia	
-69kg	African Standard					2022.09.12		
-76kg	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	Saida Gharbi Ep Fray	Tunisia	1972	86,92	71,0	2023.10.29	Algiers, Algeria	
DEADLIFT								
-47kg	African Standard					2022.09.12		
-52kg	Carol Anthony	South Africa	1966/05/02	51,64	127,5	2018.10.20	Meknes, Morocco	
-57kg	Antoinette Kriel	South Africa	1971	56,6	167,5	2022.06.11	Sun City, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,6	120,0	2023.10.15	Ulaanbaatar, Mongolia	
-69kg	African Standard					2022.09.12		
-76kg	Lana Kleynhans	South Africa	1967/02/15	69,5	156,0	2019.10.05	Potchefstroom, South Africa	
-84kg	African Standard					2022.09.12		
84+kg	Saida Gharbi Ep Fray	Tunisia	1972	86,92	170,0	2023.10.29	Algiers, Algeria	
TOTAL								
-47kg	African Standard					2022.09.12		
-52kg	Elisabeth Barry	South Africa	1973	51,85	237,5	2024.07.13	Potchefstroom, South Africa	
-57kg	Antoinette Kriel	South Africa	1971	56,6	375,0	2022.06.11	Sun City, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,6	277,5	2023.10.15	Ulaanbaatar, Mongolia	
-69kg	African Standard					2022.09.12		
-76kg	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	Saida Gharbi Ep Fray	Tunisia	1972	86,92	369,0	2023.10.29	Algiers, Algeria	

