

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - OPEN						as at	2024/10/26	
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	Giulia Muto	South Africa	1987	50,75	130,0	2024.10.13	Sun City, South Africa	
-57kg	Chevonne Roos	South Africa	1994	56,75	142,5	2024.10.13	Sun City, South Africa	
-63kg	Safia Kouri	Algeria	1974/05/12	62,72	163,0	2018.10.20	Meknes,Morocco	
-69kg	Charnleigh Kotze	South Africa	2004	66,60	161,0	2024.10.13	Sun City, South Africa	
-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	Danielle Waldeck	South Africa	1985	89,05	212,5	2024.10.13	Sun City, South Africa	
BENCH PRESS								
-47kg	Khelifi 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	Safia Kouri	Algeria	1974	62,38	77,5	2023.10.29	Algiers, Algeria	
-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	83,60	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	Antoinette Kriel	South Africa	1971	55,75	181,0	2024.10.13	Sun City, 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	84,00	233,0	2024.10.13	Sun City, South Africa	
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	Giulia Muto	South Africa	1987	50,75	342,5	2024.10.13	Sun City, South Africa	
-57kg	Antoinette Kriel	South Africa	1971	55,75	388,5	2024.10.13	Sun City, South Africa	
-63kg	Safia Kouri	Algeria	1974	62,38	415,0	2023.10.29	Algiers, Algeria	
-69kg	Sasha Gadney	South Africa	1995	67,25	447,5	2024.10.13	Sun City, South Africa	
-76kg	Nicole Coopoosamy	South Africa	1993	75,60	457,5	2023.06.18	St Julians, Malta	
-84kg	Nicole Coopoosamy	South Africa	1993	84,00	538,0	2024.10.13	Sun City, South Africa	
84+kg	Olivia Perotti	South Africa	1989	91,85	505,0	2024.06.23	Druskininkai, Lithuania	

AFRICAN POWERLIFTING RECORDS -CLASSIC WOMEN - SUBJUNIOR						as at	2024/10/26	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-43kg	Azza Hedhili	Tunisia	2006	41,90	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	56,35	97,5	2024.10.13	Sun City, South Africa	
-63kg	Mijuane de Wet	South Africa	2006	62,75	145,0	2024.07.13	Potchefstroom, South Africa	
-69kg	Haia Khaled	Egypt	2005	68,20	142,5	2023.09.03	Cluj-Napoca, Romania	
-76kg	Roechelle van der Merwe	South Africa	2006	74,20	145,0	2024.10.13	Sun City, South Africa	
-84kg	Ava Bezuidenhout	South Africa	2009	83,85	125,0	2024.10.13	Sun City, South Africa	
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	41,90	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	2006	62,75	72,5	2024.07.13	Potchefstroom, South Africa	
-69kg	Haia Khaled	Egypt	2005	68,20	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	
DEADLIFT								
-43kg	Azza Hedhili	Tunisia	2006	41,90	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	56,35	125,0	2024.10.13	Sun City, South Africa	
-63kg	Mijuane de Wet	South Africa	2006	62,75	172,5	2024.07.13	Potchefstroom, South Africa	
-69kg	Haia Khaled	Egypt	2005	68,20	162,5	2023.09.03	Cluj-Napoca, Romania	
-76kg	Lisa Stander	South Africa	2007	74,15	190,0	2024.10.13	Sun City, South Africa	
-84kg	Ilef Mansouri	Tunisia	2007	76,54	157,5	2023.10.29	Algiers, Algeria	
84+kg	Simone van der Merwe	South Africa	2007	91,00	150,0	2024.10.13	Sun City, South Africa	
TOTAL								
-43kg	Azza Hedhili	Tunisia	2006	41,90	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	56,35	280,0	2024.10.13	Sun City, South Africa	
-63kg	Mijuane de Wet	South Africa	2006	62,75	390,0	2024.07.13	Potchefstroom, South Africa	
-69kg	Haia Khaled	Egypt	2005	68,20	385,0	2023.09.03	Cluj-Napoca, Romania	
-76kg	Lisa Stander	South Africa	2007	74,15	402,5	2024.10.13	Sun City, South Africa	
-84kg	Ilef Mansouri	Tunisia	2007	76,54	327,5	2023.10.29	Algiers, Algeria	
84+kg	Simone van der Merwe	South Africa	2007	91,00	340,0	2024.10.13	Sun City, South Africa	

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - MASTER 2						as at	2024/10/26	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-47kg	Elisabeth Barry	South Africa	1973	46,90	75,0	2024.10.13	Sun City, South Africa	
-52kg	Elisabeth Barry	South Africa	1973	51,85	85,0	2024.07.13	Potchefstroom, South Africa	
-57kg	Antoinette Kriel	South Africa	1971	56,60	130,0	2022.06.11	Sun City, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,60	105,0	2023.10.15	Ulaanbaatar, Mongolia	
-69kg	African Standard					2022.09.12		
-76kg	Bonita Bloem	South Africa	1969	73,85	125,0	2024.10.13	Sun City, South Africa	
-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	Elisabeth Barry	South Africa	1973	46,90	37,5	2024.10.13	Sun City, South Africa	
-52kg	Vanessa Schlebusch	South Africa	1970	50,00	45,0	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	Marieke van Linge	South Africa	1972	61,60	52,5	2023.10.15	Ulaanbaatar, Mongolia	
-69kg	African Standard					2022.09.12		
-76kg	Bonita Bloem	South Africa	1969	73,85	62,5	2024.10.13	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	
DEADLIFT								
-47kg	Elisabeth Barry	South Africa	1973	46,90	105,0	2024.10.13	Sun City, South Africa	
-52kg	Carol Anthony	South Africa	1966/05/02	51,64	127,5	2018.10.20	Meknes, Morocco	
-57kg	Antoinette Kriel	South Africa	1971	55,75	181,0	2024.10.13	Sun City, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,60	120,0	2023.10.15	Ulaanbaatar, Mongolia	
-69kg	African Standard					2022.09.12		
-76kg	Lana Kleynhans	South Africa	1967/02/15	69,50	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	Elisabeth Barry	South Africa	1973	46,90	217,5	2024.10.13	Sun City, South Africa	
-52kg	Elisabeth Barry	South Africa	1973	51,85	237,5	2024.07.13	Potchefstroom, South Africa	
-57kg	Antoinette Kriel	South Africa	1971	55,75	388,5	2024.10.13	Sun City, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,60	277,5	2023.10.15	Ulaanbaatar, Mongolia	
-69kg	African Standard					2022.09.12		
-76kg	Bonita Bloem	South Africa	1969	73,85	325,0	2024.10.13	Sun City, South Africa	
-84kg	African Standard					2022.09.12		
84+kg	Saida Gharbi Ep Fray	Tunisia	1972	86,92	369,0	2023.10.29	Algiers, Algeria	

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - MASTER 3						as at	2024/10/26		
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status	
SQUAT									
-47kg	African Standard					2022.09.12			
-52kg	African Standard					2022.09.12			
-57kg	African Standard					2022.09.12			
-63kg	Susan Farrell	South Africa	1951/01/06	60,5	100,0	2019.06.15	Helsingborg,Sweden		
-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			
BENCH PRESS									
-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			
DEADLIFT									
-47kg	African Standard					2022.09.12			
-52kg	African Standard					2022.09.12			
-57kg	African Standard					2022.09.12			
-63kg	Susan Farrell	South Africa	1951/01/06	60,53	132,5	2018.06.17	Calgary, Canada		
-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			
TOTAL									
-47kg	African Standard					2022.09.12			
-52kg	African Standard					2022.09.12			
-57kg	African Standard					2022.09.12			
-63kg	Susan Farrell	South Africa	1951/01/06	60,5	277,5	2019.06.15	Helsingborg,Sweden		
-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			

