

AFRICAN POWERLIFTING RECORDS - EQUIPPED WOMEN - OPEN						as at	2024/09/09	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-47kg	Elisabeth Barry	South Africa	1973	46,72	100,0	2022.10.14	St Johns, Canada	
-52kg	Carol Anthony	South Africa	1966	51,5	117,5	2022.10.14	St Johns, Canada	
<b>-57kg</b>	<b>Nicole Hasell</b>	<b>South Africa</b>	<b>2001</b>	<b>56,35</b>	<b>150,0</b>	<b>2024.08.29</b>	<b>St Pauls, Malta</b>	
-63kg	Mijuane de Wet	South Africa	2006	62,52	170,0	2023.09.03	Cluj-Napoca, Romania	
-69kg	Chante Mulder	South Africa	2006	67,75	145,0	2024.07.13	Potchefstroom, South Africa	
-76kg	Chantelle du Toit	South Africa	1985	74,8	175,5	2022.12.04	Auckland, New Zealand	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
<b>BENCH PRESS</b>								
-47kg	Elisabeth Barry	South Africa	1973	46,72	47,5	2022.10.14	St Johns, Canada	
-52kg	Carol Anthony	South Africa	1966	51,5	55,0	2022.10.14	St Johns, Canada	
<b>-57kg</b>	<b>Nicole Hasell</b>	<b>South Africa</b>	<b>2001</b>	<b>56,35</b>	<b>90,0</b>	<b>2024.08.29</b>	<b>St Pauls, Malta</b>	
-63kg	Mijuane de Wet	South Africa	2006	62,52	85,0	2023.09.03	Cluj-Napoca, Romania	
-69kg	Chante Mulder	South Africa	2006	67,75	92,5	2024.07.13	Potchefstroom, South Africa	
-76kg	Chantelle du Toit	South Africa	1985	74,8	108,0	2022.12.04	Auckland, New Zealand	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
<b>DEADLIFT</b>								
-47kg	Elisabeth Barry	South Africa	1973	46,72	112,5	2022.10.14	St Johns, Canada	
-52kg	Carol Anthony	South Africa	1966	51,7	127,5	2022.12.04	Auckland, New Zealand	
<b>-57kg</b>	<b>Nicole Hasell</b>	<b>South Africa</b>	<b>2001</b>	<b>56,35</b>	<b>150,0</b>	<b>2024.08.29</b>	<b>St Pauls, Malta</b>	
-63kg	Mijuane de Wet	South Africa	2006	62,52	160,0	2023.09.03	Cluj-Napoca, Romania	
-69kg	Chante Mulder	South Africa	2006	67,75	142,5	2024.07.13	Potchefstroom, South Africa	
-76kg	Chantelle du Toit	South Africa	1985	74,8	165,0	2022.12.04	Auckland, New Zealand	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
<b>TOTAL</b>								
-47kg	Elisabeth Barry	South Africa	1973	46,72	260,0	2022.10.14	St Johns, Canada	
-52kg	Carol Anthony	South Africa	1966	51,5	297,5	2022.10.14	St Johns, Canada	
<b>-57kg</b>	<b>Nicole Hasell</b>	<b>South Africa</b>	<b>2001</b>	<b>56,35</b>	<b>400,0</b>	<b>2024.08.29</b>	<b>St Pauls, Malta</b>	
-63kg	Mijuane de Wet	South Africa	2006	62,52	415,0	2023.09.03	Cluj-Napoca, Romania	
-69kg	Chante Mulder	South Africa	2006	67,75	380,0	2024.07.13	Potchefstroom, South Africa	
-76kg	Chantelle du Toit	South Africa	1985	74,8	448,5	2022.12.04	Auckland, New Zealand	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		

AFRICAN POWERLIFTING RECORDS -EQUIPPED WOMEN - SUBJUNIOR						as at	2024/09/09	
Weight class	Name	Nation	Born	Body weight	Result	Date		Status
<b>SQUAT</b>								
-43kg	African Standard					2022.09.12		
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	African Standard					2022.09.12		
-63kg	Mijuane de Wet	South Africa	2006	62,7	177,5	2022.09.04	Istanbul, Turkiye	
-69kg	Chante Mulder	South Africa	2006	67,75	145,0	2024.07.13	Potchefstroom, South Africa	
-76kg	Anika Maree	South Africa	2006	74,28	145,0	2023.09.03	Cluj-Napoca, Romania	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
<b>BENCH PRESS</b>								
-43kg	African Standard					2022.09.12		
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	African Standard					2022.09.12		
-63kg	Mijuane de Wet	South Africa	2006	62,52	85,0	2023.09.03	Cluj-Napoca, Romania	
-69kg	Chante Mulder	South Africa	2006	67,75	92,5	2024.07.13	Potchefstroom, South Africa	
-76kg	Anika Maree	South Africa	2006	74,75	77,5	2024.07.13	Potchefstroom, South Africa	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
<b>DEADLIFT</b>								
-43kg	African Standard					2022.09.12		
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	African Standard					2022.09.12		
-63kg	Mijuane de Wet	South Africa	2006	62,7	170,0	2022.09.04	Istanbul, Turkiye	
-69kg	Chante Mulder	South Africa	2006	67,75	142,5	2024.07.13	Potchefstroom, South Africa	
-76kg	Anika Maree	South Africa	2006	74,28	135,0	2023.09.03	Cluj-Napoca, Romania	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
<b>TOTAL</b>								
-43kg	African Standard					2022.09.12		
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	African Standard					2022.09.12		
-63kg	Mijuane de Wet	South Africa	2006	62,7	435,0	2022.09.04	Istanbul, Turkiye	
-69kg	Chante Mulder	South Africa	2006	67,75	380,0	2024.07.13	Potchefstroom, South Africa	
-76kg	Anika Maree	South Africa	2006	74,28	352,5	2023.09.03	Cluj-Napoca, Romania	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		





AFRICAN POWERLIFTING RECORDS - EQUIPPED WOMEN - MASTER 2						as at	2024/09/09	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-47kg	African Standard					2022.09.12		
-52kg	Carol Anthony	South Africa	1966	51,5	117,5	2022.10.14	St Johns, Canada	
-57kg	Carol Anthony	South Africa	1966	55,1	117,5	2024.07.13	Potchefstroom, South Africa	
-63kg	Marieke van Linge	South Africa	1972	62,70	125,0	2024.07.13	Potchefstroom, South Africa	
-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		
<b>BENCH PRESS</b>								
-47kg	African Standard					2022.09.12		
-52kg	Carol Anthony	South Africa	1966	51,5	55,0	2022.10.14	St Johns, Canada	
-57kg	Carol Anthony	South Africa	1966	55,1	55,0	2024.07.13	Potchefstroom, South Africa	
-63kg	Marieke van Linge	South Africa	1972	62,70	47,5	2024.07.13	Potchefstroom, South Africa	
-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		
<b>DEADLIFT</b>								
-47kg	African Standard					2022.09.12		
-52kg	Carol Anthony	South Africa	1966	51,7	127,5	2022.12.04	Auckland, New Zealand	
-57kg	Carol Anthony	South Africa	1966	55,1	125,0	2024.07.13	Potchefstroom, South Africa	
-63kg	Marieke van Linge	South Africa	1972	62,70	140,0	2024.07.13	Potchefstroom, South Africa	
-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		
<b>TOTAL</b>								
-47kg	African Standard					2022.09.12		
-52kg	Carol Anthony	South Africa	1966	51,5	297,5	2022.10.14	St Johns, Canada	
-57kg	Carol Anthony	South Africa	1966	55,1	297,5	2024.07.13	Potchefstroom, South Africa	
-63kg	Marieke van Linge	South Africa	1972	62,70	312,5	2024.07.13	Potchefstroom, South Africa	
-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		



