

AFRICAN POWERLIFTING RECORDS - EQUIPPED WOMEN - OPEN						as at	2024/10/26	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-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	
-57kg	Nicole Hasell	South Africa	2001	56,35	150,0	2024.08.29	St Pauls, Malta	
-63kg	Mijuane de Wet	South Africa	2006	62,9	190,0	2024.10.13	Sun City, South Africa	
-69kg	Laura de Wet	South Africa	1974	67,5	185,0	2024.10.13	Sun City, 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	Jacqui Rees	South Africa	1980	90,85	190,0	2024.10.13	Sun City, South Africa	
BENCH PRESS								
-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	
-57kg	Nicole Hasell	South Africa	2001	56,35	90,0	2024.08.29	St Pauls, Malta	
-63kg	Mijuane de Wet	South Africa	2006	62,9	108,0	2024.10.13	Sun City, South Africa	
-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	Jacqui Rees	South Africa	1980	90,85	125,0	2024.10.13	Sun City, South Africa	
DEADLIFT								
-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	
-57kg	Nicole Hasell	South Africa	2001	56,35	150,0	2024.08.29	St Pauls, Malta	
-63kg	Mijuane de Wet	South Africa	2006	62,9	190,0	2024.10.13	Sun City, South Africa	
-69kg	Laura de Wet	South Africa	1974	67,5	190,0	2024.10.13	Sun City, 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	Jacqui Rees	South Africa	1980	90,85	175,0	2024.10.13	Sun City, South Africa	
TOTAL								
-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	
-57kg	Nicole Hasell	South Africa	2001	56,35	400,0	2024.08.29	St Pauls, Malta	
-63kg	Mijuane de Wet	South Africa	2006	62,9	488,0	2024.10.13	Sun City, South Africa	
-69kg	Laura de Wet	South Africa	1974	67,5	465,0	2024.10.13	Sun City, 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	Jacqui Rees	South Africa	1980	90,85	490,0	2024.10.13	Sun City, South Africa	

AFRICAN POWERLIFTING RECORDS -EQUIPPED WOMEN - SUBJUNIOR						as at	2024/10/26	
Weight class	Name	Nation	Born	Body weight	Result	Date		Status
SQUAT								
-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	62,90	190,0	2024.10.13	Sun City, South Africa	
-69kg	Chante Mulder	South Africa	2006	68,10	147,5	2024.10.13	Sun City, 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		
BENCH PRESS								
-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	62,90	108,0	2024.10.13	Sun City, South Africa	
-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		
DEADLIFT								
-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	62,90	190,0	2024.10.13	Sun City, South Africa	
-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		
TOTAL								
-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	62,90	488,0	2024.10.13	Sun City, South Africa	
-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	2024/10/26	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-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	Laura de Wet	South Africa	1974	67,5	185,0	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		
BENCH PRESS								
-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	61,50	60,0	2024.10.13	Sun City, South Africa	
-69kg	Laura de Wet	South Africa	1974	67,5	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		
DEADLIFT								
-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	Laura de Wet	South Africa	1974	67,5	190,0	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		
TOTAL								
-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	Laura de Wet	South Africa	1974	67,5	465,0	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		

