

AFRICAN POWERLIFTING RECORDS - EQUIPPED WOMEN - OPEN						as at	2024/11/02	
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	
-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	
<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	
-57kg	Nicole Hasell	South Africa	2001	56,35	90,0	2024.08.29	St Pauls, Malta	
<b>-63kg</b>	<b>Megan Leighton</b>	<b>South Africa</b>	<b>1996</b>	<b>60,45</b>	<b>110,5</b>	<b>2024.11.02</b>	<b>Potchefstroom, South Africa</b>	
-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	
<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	
-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	
<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	
-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	2024/11/02	
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	62,90	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		
<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	62,90	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		
<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	62,90	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		
<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	62,90	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	2024/11/02	
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	
<b>-57kg</b>	<b>Carol Anthony</b>	<b>South Africa</b>	<b>1966</b>	<b>54,9</b>	<b>118,0</b>	<b>2024.11.02</b>	<b>Potchefstroom, South Africa</b>	
-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		
<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	
<b>-57kg</b>	<b>Carol Anthony</b>	<b>South Africa</b>	<b>1966</b>	<b>54,9</b>	<b>55,5</b>	<b>2024.11.02</b>	<b>Potchefstroom, South Africa</b>	
-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		
<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	
<b>-57kg</b>	<b>Carol Anthony</b>	<b>South Africa</b>	<b>1966</b>	<b>54,9</b>	<b>125,5</b>	<b>2024.11.02</b>	<b>Potchefstroom, South Africa</b>	
-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		
<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	
<b>-57kg</b>	<b>Carol Anthony</b>	<b>South Africa</b>	<b>1966</b>	<b>54,9</b>	<b>299,0</b>	<b>2024.11.02</b>	<b>Potchefstroom, South Africa</b>	
-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		



