

## AFRICAN RECORDS

## WOMEN - CLASSIC BENCH PRESS (SINGLE LIFT)

Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
OPEN								
-47kg	<b>Khelifi Sarra</b>	<b>Tunisia</b>	<b>2004</b>	<b>46,26</b>	<b>55,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
-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	Sorah Garber	South Africa	1981	60,60	85,0	2023.05.27	Sun City, South Africa	
-69kg	Laura Brewer	South Africa	1988	64,80	80,5	2023.03.09	Potchefstroom, South Africa	
-76kg	Nicole Coopoosamy	South Africa	1993	75,60	92,5	2023.06.18	St Julians, Malta	
-84kg	Olivia Perotti	South Africa	1989	82,05	82,5	2023.06.18	St Julians, Malta	
84+kg	Lauren Norton	South Africa	1989	111,35	112,5	2023.05.27	Sun City, South Africa	
SUBJUNIOR								
-43kg	African Standard					2022.09.12		
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	Devorah Eilim	South Africa	2006	55,90	50,0	2023.03.09	Potchefstroom, South Africa	
-63kg	Catinka Fourie	South Africa	2005	62,70	52,5	2023.05.27	Sun City, 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	<b>Ilef Mansouri</b>	<b>Tunisia</b>	<b>2007</b>	<b>76,54</b>	<b>62,5</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
84+kg	African Standard					2022.09.12		
JUNIOR								
-43kg	African Standard					2022.09.12		
-47kg	<b>Khelifi Sarra</b>	<b>Tunisia</b>	<b>2004</b>	<b>46,26</b>	<b>55,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
-52kg	Ilham Yakoubi	Morocco	2001	50,95	55,0	2022.09.17	Meknes, Morocco	
-57kg	Nicole Hasell	South Africa	2001	56,16	67,5	2023.09.03	Cluj-Napoca, Romania	
-63kg	<b>Maha Sliiti</b>	<b>Tunisia</b>	<b>2002</b>	<b>60,27</b>	<b>70,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
-69kg	Charnleigh Kotze	South Africa	2004	63,35	80,0	2023.03.09	Potchefstroom, South Africa	
-76kg	Olivia White	South Africa	2001	73,00	90,0	2022.12.04	Auckland, New Zealand	
-84kg	<b>Ilef Mansouri</b>	<b>Tunisia</b>	<b>2007</b>	<b>76,54</b>	<b>62,5</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
84+kg	Sunelle Putter	South Africa	2004	105,20	92,5	2023.03.09	Potchefstroom, South Africa	
MASTER 1								
-47kg	African Standard					2022.09.12		
-52kg	<b>Tarryn Valle</b>	<b>South Africa</b>	<b>1978</b>	<b>51,21</b>	<b>47,5</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
-57kg	African Standard					2022.09.12		
-63kg	Sorah Garber	South Africa	1981	60,60	85,0	2023.05.27	Sun City, South Africa	
-69kg						2022.09.12		
-76kg	Jodi Poxon	South Africa	1978	75,60	67,5	2023.05.27	Sun City, South Africa	
-84kg	Malia Cheffai	Algeria	1974	83,37	70,0	2022.09.17	Meknes, Morocco	
84+kg	<b>Saida Gharbi Ep Fray</b>	<b>Tunisia</b>	<b>1972</b>	<b>86,92</b>	<b>71,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
MASTER 2								
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	Antoinette Kriel	South Africa	1971	56,60	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	Gail Mathewson	South Africa	1969	74,60	67,5	2023.05.27	Sun City, South Africa	
-84kg	African Standard					2022.09.12		
84+kg	<b>Saida Gharbi Ep Fray</b>	<b>Tunisia</b>	<b>1972</b>	<b>86,92</b>	<b>71,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
MASTER 3								
-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		
MASTER 4								
-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		

## AFRICAN RECORDS

## MEN - CLASSIC BENCH PRESS (SINGLE LIFT)

Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
OPEN								
-59kg	Michael Elouafin	Ivory Coast	1989	58,50	137,5	2023.05.27	Sun City, South Africa	
<b>-66kg</b>	<b>Naji Ali</b>	<b>Libya</b>	<b>1988</b>	<b>64,92</b>	<b>135,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
-74kg	Chadwyn Govington	South Africa	1985	73,95	157,5	2023.05.27	Sun City, South Africa	
-83kg	Toubal Fateh	Algeria	1983	81,60	185,0	2019.06.15	Helsingborg, Sweden	
-93kg	Abderrahim Belkebir	Algeria	1995	91,90	190,0	2023.03.10	Potchefstroom, South Africa	
-105kg	Frank Patrick Niagne	Ivory Coast	1991	101,80	215,0	2023.05.27	Sun City, South Africa	
-120kg	Mohamed Sahad	Algeria	1987	119,25	220,0	2023.06.18	St Julians, Malta	
120+kg	Ilyas Boughalem	Algeria	1987	161,60	291,5	2022.06.11	Sun City, South Africa	
SUBJUNIOR								
-53kg	Samuel Meshilinie	South Africa	2006	51,65	80,0	2023.03.09	Potchefstroom, South Africa	
<b>-59kg</b>	<b>Ali Gheryani</b>	<b>Libya</b>	<b>2007</b>	<b>58,17</b>	<b>95,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
-66kg	Abdusalam Altalb	Libya	2005	65,98	115,0	2023.09.03	Cluj-Napoca, Romania	
<b>-74kg</b>	<b>Yassine Louizi</b>	<b>Tunisia</b>	<b>2006</b>	<b>73,50</b>	<b>121,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
<b>-83kg</b>	<b>Mahmoud Alkirrami</b>	<b>Libya</b>	<b>2006</b>	<b>82,30</b>	<b>145,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
<b>-93kg</b>	<b>Mohamed Amine Lazreg</b>	<b>Tunisia</b>	<b>2006</b>	<b>89,21</b>	<b>142,5</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
<b>-105kg</b>	<b>Anes Abdelmadjid Benyahia</b>	<b>Algeria</b>	<b>2005</b>	<b>104,99</b>	<b>150,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		
JUNIOR								
-53kg	Samuel Meshilinie	South Africa	2006	51,65	80,0	2023.03.09	Potchefstroom, South Africa	
<b>-59kg</b>	<b>Ali Gheryani</b>	<b>Libya</b>	<b>2007</b>	<b>58,17</b>	<b>95,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
<b>-66kg</b>	<b>Brahim Meziani</b>	<b>Algeria</b>	<b>2004</b>	<b>65,55</b>	<b>115,5</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
-74kg	Chemseddine Bentir	Algeria	1999	73,35	140,0	2022.09.17	Meknes, Morocco	
<b>-83kg</b>	<b>Mohamed Ferdjoukh</b>	<b>Algeria</b>	<b>2001</b>	<b>81,01</b>	<b>145,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
<b>-93kg</b>	<b>Abderahim Azouni</b>	<b>Algeria</b>	<b>2004</b>	<b>92,20</b>	<b>152,5</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
<b>-105kg</b>	<b>Fares Sboui</b>	<b>Tunisia</b>	<b>2000</b>	<b>104,68</b>	<b>208,0</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
-120kg	Michael Barsoom	Egypt	2000	118,44	205,0	2023.09.03	Cluj-Napoca, Romania	
120+kg	Mohamed Aousinan	Libya	2003	189,17	160,0	2023.10.29	Algiers, Algeria	
MASTER 1								
-59kg	Omar Shebek	Libya	1975	58,45	87,5	2023.10.15	Ulaanbaatar, Mongolia	
-66kg	Steven Coleman	South Africa	1979	65,65	120,0	2023.05.27	Sun City, South Africa	
-74kg	Jonathan Kariv	South Africa	1983	73,65	140,0	2023.05.27	Sun City, South Africa	
<b>-83kg</b>	<b>Toubal Fateh</b>	<b>Algeria</b>	<b>1983</b>	<b>81,16</b>	<b>172,5</b>	<b>2023.10.29</b>	<b>Algiers, Algeria</b>	
-93kg	Akram Elbuaishi	Libya	1980	87,9	172,5	2023.10.15	Ulaanbaatar, Mongolia	
-105kg	Nezar Ballil	Morocco	1978	101,4	190,0	2023.05.27	Sun City, South Africa	
-120kg	Mohammed Abdurabbah	Libya	1978	118,55	192,5	2023.10.15	Ulaanbaatar, Mongolia	
120+kg	Simon Breetzke	South Africa	1978	143,1	200,0	2023.05.27	Sun City, South Africa	
MASTER 2								
-59kg	African Standard					2022.09.12		
-66kg	Abdullah Aryn	Libya	1965	65,75	115,0	2023.10.15	Ulaanbaatar, Mongolia	
-74kg	Tommie de Nysschen	South Africa	1963	73,65	135,0	2023.05.27	Sun City, South Africa	
-83kg	Abdelali Yacoubi Sahli	Morocco	1966	81,21	150,0	2018.06.17	Calgary, Canada	
-93kg	Adel Busadirah	Libya	1972	91,85	152,5	2023.10.15	Ulaanbaatar, Mongolia	
-105kg	Charles Johnson	South Africa	1970	101,6	182,5	2023.05.27	Sun City, South Africa	
-120kg	Ian Furman	South Africa	1967	119,95	182,5	2023.05.27	Sun City, South Africa	
120+kg	Ian Furman	South Africa	1967	131,1	195,0	2018.05.20	Sandton, South Africa	
MASTER 3								
-59kg	African Standard					2022.09.12		
-66kg	JC Bruce	South Africa	1961	65,35	82,5	2023.03.09	Potchefstroom, South Africa	
-74kg	Tommie de Nysschen	South Africa	1963	73,65	135,0	2023.05.27	Sun City, South Africa	
-83kg	Dan Oppenheim	South Africa	1945	75,25	85,0	2023.05.27	Sun City, South Africa	
-93kg	Ibrahim Shushan	Libya	1962	91,3	125,0	2023.10.15	Ulaanbaatar, Mongolia	
-105kg	Colin Young	South Africa	1957	103,35	166,0	2018.10.20	Meknes, Morocco	
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		
MASTER 4								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-83kg	Dan Oppenheim	South Africa	1945	75,25	85,0	2023.05.27	Sun City, South Africa	
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		

## AFRICAN RECORDS

## WOMEN - EQUIPPED BENCH PRESS (SINGLE LIFT)

Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>OPEN</b>								
-47kg	Elisabeth Barry	South Africa	1973	46,72	47,5	2022.10.14	St Johns, Canada	
-52kg	Carol Anthony	South Africa	1966	51,70	55,5	2023.03.11	Potchefstroom, South Africa	
-57kg	African Standard					2022.09.12		
-63kg	Mijuane de Wet	South Africa	2006	62,52	85,0	2023.09.03	Cluj-Napoca, Romania	
-69kg	Bouba Salamatou	Cameroon	1991	66,50	125,0	2023.05.27	Sun City, South Africa	
-76kg	Chantelle du Toit	South Africa	1985	74,80	108,0	2022.12.04	Auckland, New Zealand	
-84kg	Olivia Perotti	South Africa	1989	83,15	117,5	2023.05.27	Sun City, South Africa	
84+kg	Christi Rees	South Africa	1986	108,40	182,5	2023.05.27	Sun City, South Africa	
<b>SUBJUNIOR</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	67,32	85,0	2023.09.03	Cluj-Napoca, Romania	
-76kg	Anika Maree	South Africa	2006	74,28	72,5	2023.09.03	Cluj-Napoca, Romania	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
<b>JUNIOR</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	67,32	85,0	2023.09.03	Cluj-Napoca, Romania	
-76kg	Anika Maree	South Africa	2006	74,28	72,5	2023.09.03	Cluj-Napoca, Romania	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
<b>MASTER 1</b>								
-47kg	Elisabeth Barry	South Africa	1973	46,72	47,5	2022.10.14	St Johns, Canada	
-52kg	Carol Anthony	South Africa	1966	51,70	55,5	2023.03.11	Potchefstroom, South Africa	
-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	Jacqui Rees	South Africa	1980	88,65	120,0	2023.05.27	Sun City, South Africa	
<b>MASTER 2</b>								
-47kg	Elisabeth Barry	South Africa	1973	46,80	47,5	2023.05.27	Sun City, South Africa	
-52kg	Carol Anthony	South Africa	1966	51,70	55,5	2023.03.11	Potchefstroom, South Africa	
-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		
<b>MASTER 3</b>								
-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		
<b>MASTER 4</b>								
-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		

## AFRICAN RECORDS

## MEN - EQUIPPED BENCH PRESS (SINGLE LIFT)

Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>OPEN</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Marcel Vorster	South Africa	1994	70,45	190,0	2023.05.27	Sun City, South Africa	
-83kg	African Standard					2022.09.12		
-93kg	Archie Ayekpa	South Africa	1985	91,55	210,0	2023.05.27	Sun City, South Africa	
-105kg	Craig Masson	South Africa	1981	104,70	217,5	2023.03.11	Potchefstroom, South Africa	
-120kg	Craig Masson	South Africa	1981	109,30	225,0	2023.05.27	Sun City, South Africa	
120+kg	Hassanin Ahmed	Egypt	1985	190,25	332,5	2022.07.10	Birmingham, USA	
<b>SUBJUNIOR</b>								
-53kg	African Standard					2022.09.12		
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		
<b>JUNIOR</b>								
-53kg	African Standard					2022.09.12		
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	Justin Furman	South Africa	2001	119,2	167,5	2023.09.03	Cluj-Napoca, Romania	
120+kg	African Standard					2022.09.12		
<b>MASTER 1</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Tommie de Nysschen	South Africa	1963	73,90	147,5	2023.03.11	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	Craig Masson	South Africa	1981	104,70	217,5	2023.03.11	Potchefstroom, South Africa	
-120kg	Craig Masson	South Africa	1981	109,30	225,0	2023.05.27	Sun City, South Africa	
120+kg	Simon Breetzke	South Africa	1978	144,20	260,0	2023.03.11	Potchefstroom, South Africa	
<b>MASTER 2</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Tommie de Nysschen	South Africa	1963	73,90	147,5	2023.03.11	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	Hermanus de Beer	South Africa	1970	114,60	175,0	2023.05.27	Sun City, South Africa	
120+kg	John Crain	South Africa	1969	122,10	212,5	2023.05.27	Sun City, South Africa	
<b>MASTER 3</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	Tommie de Nysschen	South Africa	1963	73,90	147,5	2023.03.11	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg								
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		
<b>MASTER 4</b>								
-59kg	African Standard					2022.09.12		
-66kg	African Standard					2022.09.12		
-74kg	African Standard					2022.09.12		
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-105kg	African Standard					2022.09.12		
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		