

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - OPEN						as at	2018/07/05	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-47kg	African Standard				130,0	2017.10.17		
-52kg	African Standard				140,0	2017.10.17		
-57kg	African Standard				155,0	2017.10.17		
<b>-63kg</b>	<b>Safia Kouri</b>	<b>Algeria</b>	<b>1974/05/12</b>	<b>62,72</b>	<b>163,0</b>	<b>2018.10.20</b>	<b>Meknes,Morocco</b>	<b>*</b>
-72kg	African Standard				177,5	2017.10.17		
-84kg	Audrey Aboueme Ndeme	Cameroon	1991/06/20	81,22	200,0	2018.05.18	Sandton, South Africa	
84+kg	African Standard				207,5	2017.10.17		
<b>BENCH PRESS</b>								
-47kg	African Standard				85,0	2017.10.17		
-52kg	African Standard				95,0	2017.10.17		
-57kg	African Standard				100,0	2017.10.17		
-63kg	African Standard				110,0	2017.10.17		
-72kg	African Standard				120,0	2017.10.17		
-84kg	African Standard				130,0	2017.10.17		
84+kg	African Standard				140,0	2017.10.17		
<b>DEADLIFT</b>								
-47kg	African Standard				155,0	2017.10.17		
-52kg	African Standard				167,5	2017.10.17		
-57kg	African Standard				182,5	2017.10.17		
-63kg	African Standard				197,5	2017.10.17		
-72kg	African Standard				207,5	2017.10.17		
-84kg	African Standard				217,5	2017.10.17		
84+kg	African Standard				227,5	2017.10.17		
<b>TOTAL</b>								
-47kg	African Standard				357,5	2017.10.17		
-52kg	African Standard				382,5	2017.10.17		
-57kg	African Standard				415,0	2017.10.17		
-63kg	African Standard				445,0	2017.10.17		
-72kg	African Standard				485,0	2017.10.17		
-84kg	African Standard				517,5	2017.10.17		
84+kg	African Standard				552,5	2017.10.17		
<b>BENCH PRESS (SINGLE LIFT)</b>								
-47kg	African Standard				87,5	2017.10.17		
-52kg	African Standard				97,5	2017.10.17		
-57kg	African Standard				102,5	2017.10.17		
-63kg	African Standard				115,0	2017.10.17		
-72kg	African Standard				125,0	2017.10.17		
-84kg	African Standard				135,0	2017.10.17		
84+kg	African Standard				145,0	2017.10.17		

AFRICAN POWERLIFTING RECORDS -CLASSIC WOMEN - SUBJUNIOR						as at	2018/07/05	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-43kg	African Standard				95,0	2017.10.17		
-47kg	African Standard				105,0	2017.10.17		
-52kg	African Standard				115,0	2017.10.17		
-57kg	African Standard				125,0	2017.10.17		
-63kg	Aya Swailam	Egypt	2001/10/15	62,55	135,0	2017.10.19	Bejaia, Algeria	
-72kg	African Standard				145,0	2017.10.17		
-84kg	African Standard				160,0	2017.10.17		
84+kg	African Standard				167,5	2017.10.17		
<b>BENCH PRESS</b>								
-43kg	African Standard				57,5	2017.10.17		
-47kg	African Standard				62,5	2017.10.17		
-52kg	African Standard				67,5	2017.10.17		
-57kg	African Standard				72,5	2017.10.17		
-63kg	African Standard				80,0	2017.10.17		
-72kg	African Standard				85,0	2017.10.17		
-84kg	African Standard				95,0	2017.10.17		
84+kg	African Standard				100,0	2017.10.17		
<b>DEADLIFT</b>								
-43kg	African Standard				105,0	2017.10.17		
-47kg	African Standard				115,0	2017.10.17		
-52kg	African Standard				125,0	2017.10.17		
-57kg	African Standard				135,0	2017.10.17		
-63kg	African Standard				145,0	2017.10.17		
-72kg	African Standard				160,0	2017.10.17		
-84kg	African Standard				172,5	2017.10.17		
84+kg	African Standard				182,5	2017.10.17		
<b>TOTAL</b>								
-43kg	African Standard				245,0	2017.10.17		
-47kg	African Standard				275,0	2017.10.17		
-52kg	African Standard				300,0	2017.10.17		
-57kg	African Standard				322,5	2017.10.17		
-63kg	African Standard				347,5	2017.10.17		
-72kg	African Standard				382,5	2017.10.17		
-84kg	African Standard				415,0	2017.10.17		
84+kg	African Standard				440,0	2017.10.17		
<b>BENCH PRESS (SINGLE LIFT)</b>								
-43kg	African Standard				62,7	2017.10.17		
-47kg	African Standard				67,5	2017.10.17		
-52kg	African Standard				75,0	2017.10.17		
-57kg	African Standard				82,5	2017.10.17		
-63kg	African Standard				90,0	2017.10.17		
-72kg	African Standard				97,5	2017.10.17		
-84kg	African Standard				107,5	2017.10.17		
84+kg	African Standard				115,0	2017.10.17		



AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - MASTER 1						as at	2018/07/05	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-47kg	African Standard				110,0	2017.10.17		
-52kg	African Standard				120,0	2017.10.17		
<b>-57kg</b>	<b>Vicki Botha</b>	<b>South Africa</b>	<b>1973/07/11</b>	<b>55,93</b>	<b>130,0</b>	<b>2018.10.20</b>	<b>Meknes,Morocco</b>	<b>*</b>
<b>-63kg</b>	<b>Safia Kouri</b>	<b>Algeria</b>	<b>1974/05/12</b>	<b>62,72</b>	<b>163,0</b>	<b>2018.10.20</b>	<b>Meknes,Morocco</b>	<b>*</b>
-72kg	African Standard				150,0	2017.10.17		
-84kg	African Standard				162,5	2017.10.17		
84+kg	African Standard				177,5	2017.10.17		
<b>BENCH PRESS</b>								
-47kg	African Standard				80,0	2017.10.17		
-52kg	African Standard				85,0	2017.10.17		
-57kg	African Standard				90,0	2017.10.17		
-63kg	African Standard				100,0	2017.10.17		
-72kg	African Standard				110,0	2017.10.17		
-84kg	African Standard				120,0	2017.10.17		
84+kg	African Standard				130,0	2017.10.17		
<b>DEADLIFT</b>								
-47kg	African Standard				145,0	2017.10.17		
-52kg	African Standard				150,0	2017.10.17		
<b>-57kg</b>	<b>Vicki Botha</b>	<b>South Africa</b>	<b>1973/07/11</b>	<b>55,93</b>	<b>160,0</b>	<b>2018.10.20</b>	<b>Meknes,Morocco</b>	<b>*</b>
<b>-63kg</b>	<b>Safia Kouri</b>	<b>Algeria</b>	<b>1974/05/12</b>	<b>62,72</b>	<b>180,0</b>	<b>2018.10.20</b>	<b>Meknes,Morocco</b>	<b>*</b>
-72kg	African Standard				182,5	2017.10.17		
-84kg	African Standard				192,5	2017.10.17		
84+kg	African Standard				202,5	2017.10.17		
<b>TOTAL</b>								
-47kg	Mariska Casey	South Africa	1978/06/05	46,8	305,0	2018.06.17	Calgary, Canada	
-52kg	African Standard				322,5	2017.10.17		
<b>-57kg</b>	<b>Vicki Botha</b>	<b>South Africa</b>	<b>1973/07/11</b>	<b>55,93</b>	<b>365,0</b>	<b>2018.10.20</b>	<b>Meknes,Morocco</b>	<b>*</b>
<b>-63kg</b>	<b>Safia Kouri</b>	<b>Algeria</b>	<b>1974/05/12</b>	<b>62,72</b>	<b>415,5</b>	<b>2018.10.20</b>	<b>Meknes,Morocco</b>	<b>*</b>
-72kg	African Standard				420,0	2017.10.17		
-84kg	African Standard				455,0	2017.10.17		
84+kg	African Standard				487,5	2017.10.17		
<b>BENCH PRESS (SINGLE LIFT)</b>								
-47kg	African Standard				80,0	2017.10.17		
-52kg	African Standard				85,0	2017.10.17		
-57kg	African Standard				92,5	2017.10.17		
-63kg	African Standard				102,5	2017.10.17		
-72kg	African Standard				115,0	2017.10.17		
-84kg	African Standard				125,0	2017.10.17		
84+kg	African Standard				135,0	2017.10.17		

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - MASTER 2						as at	2018/07/05	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-47kg	African Standard				90,0	2017.10.17		
-52kg	African Standard				100,0	2017.10.17		
-57kg	African Standard				105,0	2017.10.17		
-63kg	African Standard				110,0	2017.10.17		
-72kg	African Standard				120,0	2017.10.17		
-84kg	African Standard				125,0	2017.10.17		
84+kg	African Standard				135,0	2017.10.17		
<b>BENCH PRESS</b>								
-47kg	African Standard				52,5	2017.10.17		
-52kg	African Standard				57,5	2017.10.17		
-57kg	African Standard				65,0	2017.10.17		
-63kg	African Standard				72,5	2017.10.17		
-72kg	African Standard				77,5	2017.10.17		
-84kg	African Standard				85,0	2017.10.17		
84+kg	African Standard				90,0	2017.10.17		
<b>DEADLIFT</b>								
-47kg	African Standard				115,0	2017.10.17		
<b>-52kg</b>	<b>Carol Anthony</b>	<b>South Africa</b>	<b>1966/05/02</b>	<b>51,64</b>	<b>127,5</b>	<b>2018.10.20</b>	<b>Meknes, Morocco</b>	<b>*</b>
-57kg	African Standard				135,0	2017.10.17		
-63kg	African Standard				145,0	2017.10.17		
-72kg	African Standard				155,0	2017.10.17		
-84kg	African Standard				162,5	2017.10.17		
84+kg	African Standard				172,5	2017.10.17		
<b>TOTAL</b>								
-47kg	African Standard				245,0	2017.10.17		
-52kg	African Standard				265,0	2017.10.17		
-57kg	African Standard				290,0	2017.10.17		
-63kg	African Standard				315,0	2017.10.17		
-72kg	African Standard				342,5	2017.10.17		
-84kg	African Standard				362,5	2017.10.17		
84+kg	African Standard				382,5	2017.10.17		
<b>BENCH PRESS (SINGLE LIFT)</b>								
-47kg	African Standard				55,0	2017.10.17		
-52kg	African Standard				60,0	2017.10.17		
-57kg	African Standard				65,0	2017.10.17		
-63kg	African Standard				70,0	2017.10.17		
-72kg	African Standard				80,0	2017.10.17		
-84kg	African Standard				87,5	2017.10.17		
84+kg	African Standard				92,5	2017.10.17		

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - MASTER 3						as at	2018/07/05	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-47kg	African Standard				77,5	2017.10.17		
-52kg	African Standard				80,0	2017.10.17		
-57kg	African Standard				85,0	2017.10.17		
-63kg	Susan Farrell	South Africa	1951/01/06	62,05	95,0	2018.05.18	Sandton, South Africa	*
-72kg	African Standard				105,0	2017.10.17		
-84kg	African Standard				115,0	2017.10.17		
84+kg	African Standard				125,0	2017.10.17		
<b>BENCH PRESS</b>								
-47kg	African Standard				50,0	2017.10.17		
-52kg	African Standard				55,0	2017.10.17		
-57kg	African Standard				60,0	2017.10.17		
-63kg	African Standard				65,0	2017.10.17		
-72kg	African Standard				70,0	2017.10.17		
-84kg	African Standard				77,5	2017.10.17		
84+kg	African Standard				82,5	2017.10.17		
<b>DEADLIFT</b>								
-47kg	African Standard				95,0	2017.10.17		
-52kg	African Standard				105,0	2017.10.17		
-57kg	African Standard				115,0	2017.10.17		
-63kg	Susan Farrell	South Africa	1951/01/06	60,53	132,5	2018.06.17	Calgary, Canada	*
-72kg	African Standard				135,0	2017.10.17		
-84kg	African Standard				145,0	2017.10.17		
84+kg	African Standard				155,0	2017.10.17		
<b>TOTAL</b>								
-47kg	African Standard				212,5	2017.10.17		
-52kg	African Standard				232,5	2017.10.17		
-57kg	African Standard				245,0	2017.10.17		
-63kg	Susan Farrell	South Africa	1951/01/06	60,53	272,5	2018.06.17	Calgary, Canada	*
-72kg	African Standard				290,0	2017.10.17		
-84kg	African Standard				320,0	2017.10.17		
84+kg	African Standard				347,5	2017.10.17		
<b>BENCH PRESS (SINGLE LIFT)</b>								
-47kg	African Standard				50,0	2017.10.17		
-52kg	African Standard				55,0	2017.10.17		
-57kg	African Standard				60,0	2017.10.17		
-63kg	African Standard				65,0	2017.10.17		
-72kg	African Standard				70,0	2017.10.17		
-84kg	African Standard				80,0	2017.10.17		
84+kg	African Standard				87,5	2017.10.17		

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - MASTER 4						as at	2018/07/05	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
<b>SQUAT</b>								
-47kg	African Standard				52,5	2017.10.17		
-52kg	African Standard				57,5	2017.10.17		
-57kg	African Standard				67,5	2017.10.17		
-63kg	African Standard				72,5	2017.10.17		
-72kg	African Standard				77,5	2017.10.17		
-84kg	African Standard				85,0	2017.10.17		
84+kg	African Standard				90,0	2017.10.17		
<b>BENCH PRESS</b>								
-47kg	African Standard				40,0	2017.10.17		
-52kg	African Standard				42,5	2017.10.17		
-57kg	African Standard				45,0	2017.10.17		
-63kg	African Standard				47,5	2017.10.17		
-72kg	African Standard				52,5	2017.10.17		
-84kg	African Standard				57,5	2017.10.17		
84+kg	African Standard				62,5	2017.10.17		
<b>DEADLIFT</b>								
-47kg	African Standard				67,5	2017.10.17		
-52kg	African Standard				72,5	2017.10.17		
-57kg	African Standard				80,0	2017.10.17		
-63kg	African Standard				90,0	2017.10.17		
-72kg	African Standard				105,0	2017.10.17		
-84kg	African Standard				110,0	2017.10.17		
84+kg	African Standard				120,0	2017.10.17		
<b>TOTAL</b>								
-47kg	African Standard				145,0	2017.10.17		
-52kg	African Standard				160,0	2017.10.17		
-57kg	African Standard				177,5	2017.10.17		
-63kg	African Standard				197,5	2017.10.17		
-72kg	African Standard				217,5	2017.10.17		
-84kg	African Standard				237,5	2017.10.17		
84+kg	African Standard				255,0	2017.10.17		
<b>BENCH PRESS (SINGLE LIFT)</b>								
-47kg	African Standard				40,0	2017.10.17		
-52kg	African Standard				45,0	2017.10.17		
-57kg	African Standard				50,0	2017.10.17		
-63kg	African Standard				55,0	2017.10.17		
-72kg	African Standard				60,0	2017.10.17		
-84kg	African Standard				65,0	2017.10.17		
84+kg	African Standard				70,0	2017.10.17		