

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - OPEN						as at	06/10/2019	
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		
-63kg	Safia Kouri	Algeria	12/05/1974	62.72	163.0	2018.10.20	Meknes, Morocco	
-72kg	African Standard				177.5	2017.10.17		
-84kg	Audrey Aboueme Ndeme	Cameroon	20/06/1991	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	06/10/2019	
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	15/10/2001	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	Erin Collins	South Africa	01/10/2001	69.75	165.0	2019.06.15	Helsingborg,Sweden	
-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	06/10/2019	
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		
-57kg	Vicki Botha	South Africa	11/07/1973	55.93	130.0	2018.10.20	Meknes,Morocco	
-63kg	Safia Kouri	Algeria	12/05/1974	62.72	163.0	2018.10.20	Meknes,Morocco	
-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		
-57kg	Vicki Botha	South Africa	11/07/1973	55.93	160.0	2018.10.20	Meknes,Morocco	
<b>-63kg</b>	<b>Safia Kouri</b>	<b>Algeria</b>	<b>12/05/1974</b>	<b>62.45</b>	<b>190.0</b>	<b>2019.10.05</b>	<b>Potchefstroom, South Africa</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	05/06/1978	46.8	305.0	2018.06.17	Calgary, Canada	
-52kg	African Standard				322.5	2017.10.17		
-57kg	Vicki Botha	South Africa	11/07/1973	55.93	365.0	2018.10.20	Meknes,Morocco	
<b>-63kg</b>	<b>Safia Kouri</b>	<b>Algeria</b>	<b>12/05/1974</b>	<b>62.45</b>	<b>420.0</b>	<b>2019.10.05</b>	<b>Potchefstroom, South Africa</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	06/10/2019	
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		
-52kg	Carol Anthony	South Africa	02/05/1966	51.64	127.5	2018.10.20	Meknes, Morocco	
-57kg	African Standard				135.0	2017.10.17		
-63kg	African Standard				145.0	2017.10.17		
<b>-72kg</b>	<b>Lana Kleynhans</b>	<b>South Africa</b>	<b>15/02/1967</b>	<b>69.5</b>	<b>156.0</b>	<b>2019.10.05</b>	<b>Potchefstroom, South Africa</b>	<b>*</b>
-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	06/10/2019	
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	06/01/1951	60.5	100.0	2019.06.15	Helsingborg,Sweden	
-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	06/01/1951	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	06/01/1951	60.5	277.5	2019.06.15	Helsingborg,Sweden	
-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	06/10/2019	
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		