

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - OPEN						as at	2023/11/07	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-47kg	Khelifi Sarra	Tunisia	2004	46,26	87,5	2023.10.29	Algiers, Algeria	
-52kg	Alexa Pentopoulos	South Africa	1994	50,95	127,5	2023.06.18	St Julians, Malta	
-57kg	Nicole Hasell	South Africa	2001	56,16	125,0	2023.09.03	Cluj-Napoca, Romania	
-63kg	Safia Kouri	Algeria	1974/05/12	62,72	163,0	2018.10.20	Meknes, Morocco	
-69kg	Chaimae Guerai	Morocco	1992	65,69	150,0	2022.09.17	Meknes, Morocco	
-76kg	Nicole Coopoosamy	South Africa	1993	75,6	157,5	2023.06.18	St Julians, Malta	
-84kg	Audrey Aboueme Ndeme	Cameroon	1991/06/20	81,22	200,0	2018.05.18	Sandton, South Africa	
84+kg	Nour Mohamed	Egypt	1989	86,85	190,0	2023.07.22	Beirut, Lebanon	
BENCH PRESS								
-47kg	Khelifi Sarra	Tunisia	2004	46,26	55,0	2023.10.29	Algiers, Algeria	
-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	Safia Kouri	Algeria	1974	62,38	77,5	2023.10.29	Algiers, Algeria	
-69kg	Haia Khaled	Egypt	2005	68,2	80,0	2023.09.03	Cluj-Napoca, Romania	
-76kg	Nicole Coopoosamy	South Africa	1993	75,6	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	Nour Mohamed	Egypt	1989	86,85	92,5	2023.07.22	Beirut, Lebanon	
DEADLIFT								
-47kg	Khelifi Sarra	Tunisia	2004	46,26	119,0	2023.10.29	Algiers, Algeria	
-52kg	Farzana Botha	South Africa	1985	51,29	155,0	2022.09.17	Meknes, Morocco	
-57kg	Nicole Hasell	South Africa	2001	56,16	140,0	2023.09.03	Cluj-Napoca, Romania	
-63kg	Safia Kouri	Algeria	1974	62,38	185,0	2023.10.29	Algiers, Algeria	
-69kg	Chaimae Guerai	Morocco	1992	65,69	197,5	2022.09.17	Meknes, Morocco	
-76kg	Zahra Tatar	Algeria	1992	75,64	210,0	2022.09.17	Meknes, Morocco	
-84kg	Malia Cheffai	Algeria	1974	83,37	175,0	2022.09.17	Meknes, Morocco	
84+kg	Nohoua Sekongo	Ivory Coast	1996	122,27	215,0	2022.09.17	Meknes, Morocco	
TOTAL								
-47kg	Khelifi Sarra	Tunisia	2004	46,26	261,5	2023.10.29	Algiers, Algeria	
-52kg	Alexa Pentopoulos	South Africa	1994	50,95	330,0	2023.06.18	St Julians, Malta	
-57kg	Nicole Hasell	South Africa	2001	56,16	332,5	2023.09.03	Cluj-Napoca, Romania	
-63kg	Safia Kouri	Algeria	1974	62,38	415,0	2023.10.29	Algiers, Algeria	
-69kg	Chaimae Guerai	Morocco	1992	65,69	415,0	2022.09.17	Meknes, Morocco	
-76kg	Nicole Coopoosamy	South Africa	1993	75,6	457,5	2023.06.18	St Julians, Malta	
-84kg	Olivia Perotti	South Africa	1989	82,05	432,5	2023.06.18	St Julians, Malta	
84+kg	Nohoua Sekongo	Ivory Coast	1996	122,27	472,5	2022.09.17	Meknes, Morocco	

AFRICAN POWERLIFTING RECORDS -CLASSIC WOMEN - SUBJUNIOR						as at	2023/11/07	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-43kg	African Standard					2022.09.12		
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	Grace Roberts	South Africa	2006	56,1	90,0	2023.09.03	Cluj-Napoca, Romania	
-63kg	Aya Swailam	Egypt	2001/10/15	62,55	135,0	2017.10.19	Bejaia, Algeria	
-69kg	Haia Khaled	Egypt	2005	68,2	142,5	2023.09.03	Cluj-Napoca, Romania	
-76kg	Roechelle van der Merwe	South Africa	2006	74	135,0	2023.09.03	Cluj-Napoca, Romania	
-84kg	Ilef Mansouri	Tunisia	2007	76,54	107,5	2023.10.29	Algiers, Algeria	
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	Grace Roberts	South Africa	2006	56,1	50,0	2023.09.03	Cluj-Napoca, Romania	
-63kg	Catinka Fourie	South Africa	2005	62,68	50,0	2023.09.03	Cluj-Napoca, Romania	
-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	Ilef Mansouri	Tunisia	2007	76,54	62,5	2023.10.29	Algiers, Algeria	
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	Grace Roberts	South Africa	2006	56,1	112,5	2023.09.03	Cluj-Napoca, Romania	
-63kg	Mijuane de Wet	South Africa	2006	62	152,5	2022.09.04	Istanbul, Turkiye	
-69kg	Haia Khaled	Egypt	2005	68,2	162,5	2023.09.03	Cluj-Napoca, Romania	
-76kg	Roechelle van der Merwe	South Africa	2006	74	170,0	2023.09.03	Cluj-Napoca, Romania	
-84kg	Ilef Mansouri	Tunisia	2007	76,54	157,5	2023.10.29	Algiers, Algeria	
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	Grace Roberts	South Africa	2006	56,1	252,5	2023.09.03	Cluj-Napoca, Romania	
-63kg	Mijuane de Wet	South Africa	2006	62	347,5	2022.09.04	Istanbul, Turkiye	
-69kg	Haia Khaled	Egypt	2005	68,2	385,0	2023.09.03	Cluj-Napoca, Romania	
-76kg	Roechelle van der Merwe	South Africa	2006	74	377,5	2023.09.03	Cluj-Napoca, Romania	
-84kg	Ilef Mansouri	Tunisia	2007	76,54	327,5	2023.10.29	Algiers, Algeria	
84+kg	African Standard					2022.09.12		

AFRICAN POWERLIFTING RECORDS - CLASSIC WOMEN - MASTER 2						as at	2023/11/07	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	Antoinette Kriel	South Africa	1971	56,6	130,0	2022.06.11	Sun City, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,6	105,0	2023.10.15	Ulaanbaatar, Mongolia	
-69kg	African Standard					2022.09.12		
-76kg	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	Saida Gharbi Ep Fray	Tunisia	1972	86,92	128,0	2023.10.29	Algiers, Algeria	
BENCH PRESS								
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	Antoinette Kriel	South Africa	1971	56,6	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	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	Saida Gharbi Ep Fray	Tunisia	1972	86,92	71,0	2023.10.29	Algiers, Algeria	
DEADLIFT								
-47kg	African Standard					2022.09.12		
-52kg	Carol Anthony	South Africa	1966/05/02	51,64	127,5	2018.10.20	Meknes, Morocco	
-57kg	Antoinette Kriel	South Africa	1971	56,6	167,5	2022.06.11	Sun City, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,6	120,0	2023.10.15	Ulaanbaatar, Mongolia	
-69kg	African Standard					2022.09.12		
-76kg	Lana Kleynhans	South Africa	1967/02/15	69,5	156,0	2019.10.05	Potchefstroom, South Africa	
-84kg	African Standard					2022.09.12		
84+kg	Saida Gharbi Ep Fray	Tunisia	1972	86,92	170,0	2023.10.29	Algiers, Algeria	
TOTAL								
-47kg	African Standard					2022.09.12		
-52kg	African Standard					2022.09.12		
-57kg	Antoinette Kriel	South Africa	1971	56,6	375,0	2022.06.11	Sun City, South Africa	
-63kg	Marieke van Linge	South Africa	1972	61,6	277,5	2023.10.15	Ulaanbaatar, Mongolia	
-69kg	African Standard					2022.09.12		
-76kg	African Standard					2022.09.12		
-84kg	African Standard					2022.09.12		
84+kg	Saida Gharbi Ep Fray	Tunisia	1972	86,92	369,0	2023.10.29	Algiers, Algeria	

