

AFRICAN POWERLIFTING RECORDS - EQUIPPED WOMEN - OPEN						as at	2023/09/03	
Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
SQUAT								
-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	African Standard					2022.09.12		
-63kg	Mijuane de Wet	South Africa	2006	62,52	170,0	2023.09.03	Cluj-Napoca, Romania	
-69kg	Chante Mulder	South Africa	2006	67,32	130,0	2023.09.03	Cluj-Napoca, Romania	
-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	African Standard					2022.09.12		
BENCH PRESS								
-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	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	Chantelle du Toit	South Africa	1985	74,8	108,0	2022.12.04	Auckland, New Zealand	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
DEADLIFT								
-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	African Standard					2022.09.12		
-63kg	Mijuane de Wet	South Africa	2006	62,52	160,0	2023.09.03	Cluj-Napoca, Romania	
-69kg	Chante Mulder	South Africa	2006	67,32	135,0	2023.09.03	Cluj-Napoca, Romania	
-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	African Standard					2022.09.12		
TOTAL								
-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	African Standard					2022.09.12		
-63kg	Mijuane de Wet	South Africa	2006	62,52	415,0	2023.09.03	Cluj-Napoca, Romania	
-69kg	Chante Mulder	South Africa	2006	67,32	350,0	2023.09.03	Cluj-Napoca, Romania	
-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	African Standard					2022.09.12		

AFRICAN POWERLIFTING RECORDS -EQUIPPED WOMEN - SUBJUNIOR						as at	2022.10.09	
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	African Standard					2022.09.12		
-63kg	Mijuane de Wet	South Africa	2006	62,7	177,5	2022.09.04	Istanbul, Turkiye	
-69kg	Chante Mulder	South Africa	2006	67,32	130,0	2023.09.03	Cluj-Napoca, Romania	
-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		
BENCH PRESS								
-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		
DEADLIFT								
-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	62,7	170,0	2022.09.04	Istanbul, Turkiye	
-69kg	Chante Mulder	South Africa	2006	67,32	135,0	2023.09.03	Cluj-Napoca, Romania	
-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		
TOTAL								
-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	62,7	435,0	2022.09.04	Istanbul, Turkiye	
-69kg	Chante Mulder	South Africa	2006	67,32	350,0	2023.09.03	Cluj-Napoca, Romania	
-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		

