

AFRICAN RECORDS

WOMEN - CLASSIC BENCH PRESS (SINGLE LIFT)

Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
OPEN								
-47kg	African Standard					2022.09.12		
-52kg	Farzana Botha	South Africa	1985	51,29	65,0	2022.09.17	Meknes, Morocco	
-57kg	Devorah Eilim	South Africa	2006	55,90	50,0	2023.03.09	Potchefstroom, South Africa	
-63kg	Safia Kouri	Algeria	1974	62,61	75,0	2022.09.17	Meknes, Morocco	
-69kg	Laura Brewer	South Africa	1988	64,80	80,5	2023.03.09	Potchefstroom, South Africa	
-76kg	Olivia White	South Africa	2001	73,00	90,0	2022.12.04	Auckland, New Zealand	
-84kg	Malia Cheffai	Algeria	1974	83,37	70,0	2022.09.17	Meknes, Morocco	
84+kg	Lauren Norton	South Africa	1989	109,55	105,0	2023.03.09	Potchefstroom, 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	62,45	50,0	2023.03.09	Potchefstroom, South Africa	
-69kg	Gila Smith	South Africa	2009	66,20	70,0	2023.03.09	Potchefstroom, South Africa	
-76kg	Rochelle van der Merwe	South Africa	2006	73,95	67,5	2023.03.09	Potchefstroom, South Africa	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
JUNIOR								
-43kg	African Standard					2022.09.12		
-47kg	African Standard					2022.09.12		
-52kg	Ilham Yakoubi	Morocco	2001	50,95	55,0	2022.09.17	Meknes, Morocco	
-57kg	Devorah Eilim	South Africa	2006	55,90	50,0	2023.03.09	Potchefstroom, South Africa	
-63kg	Marie Annabelle Diaha	Ivory Coast	2003	60,99	60,0	2022.09.17	Meknes, Morocco	
-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	African Standard					2022.09.12		
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	Tarryn Valle	South Africa	1978	50,23	42,5	2022.09.17	Meknes, Morocco	
-57kg	African Standard					2022.09.12		
-63kg	Safia Kouri	Algeria	1974	62,61	75,0	2022.09.17	Meknes, Morocco	
-69kg	African Standard					2022.09.12		
-76kg	Jodi Poxon	South Africa	1978	74,45	65,5	2023.03.09	Potchefstroom, South Africa	
-84kg	Malia Cheffai	Algeria	1974	83,37	70,0	2022.09.17	Meknes, Morocco	
84+kg	African Standard					2022.09.12		
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	African Standard					2022.09.12		
-69kg	African Standard					2022.09.12		
-76kg	Gail Mathewson	South Africa	1969	74,55	62,5	2023.03.09	Potchefstroom, South Africa	
-84kg	African Standard					2022.09.12		
84+kg	African Standard					2022.09.12		
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	Youssef Alj	Morocco	1996	58,20	90,0	2022.09.17	Meknes, Morocco	
-66kg	Steven Routledge	South Africa	1991	65,50	117,5	2023.03.09	Potchefstroom, South Africa	
-74kg	Abdennasser Belmokadem	Algeria	1990	73,66	155,0	2022.09.17	Meknes, Morocco	
-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	Yacine Benjeddou	Algeria	1989	105,00	180,0	2022.09.17	Meknes, Morocco	
-120kg	Mohamed Sahad	Algeria	1987	119,15	210,0	2022.09.17	Meknes, Morocco	
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	
-59kg	African Standard					2022.09.12		
-66kg	Faraz Hamayun	South Africa	2005	64,20	70,0	2023.03.09	Potchefstroom, South Africa	
-74kg	Azouaou Slila	Algeria	2005	72,35	110,0	2022.09.17	Meknes, Morocco	
-83kg	African Standard					2022.09.12		
-93kg	Izak Kriel	South Africa	2005	84,65	125,0	2022.12.04	Auckland, New Zealand	
-105kg	Richard Steenekamp	South Africa	2006	97,30	130,0	2023.03.10	Potchefstroom, South Africa	
-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	
-59kg	African Standard					2022.09.12		
-66kg	Ayman Atif	Morocco	2001	62,85	110,0	2022.09.17	Meknes, Morocco	
-74kg	Chemseddine Bentir	Algeria	1999	73,35	140,0	2022.09.17	Meknes, Morocco	
-83kg	Avishai Eilim	South Africa	2004	78,75	135,0	2023.03.10	Potchefstroom, South Africa	
-93kg	Soulaïmane Negra	Morocco	2000	90,75	140,0	2022.09.17	Meknes, Morocco	
-105kg	Fares Sboui	Tunisia	2000	101,62	185,0	2022.09.17	Meknes, Morocco	
-120kg	African Standard					2022.09.12		
120+kg	African Standard					2022.09.12		
MASTER 1								
-59kg	African Standard					2022.09.12		
-66kg	Steven Coleman	South Africa	1979	65,95	115,0	2023.03.09	Potchefstroom, South Africa	
-74kg	Tommie de Nysschen	South Africa	1963	73,95	132,5	2023.03.10	Potchefstroom, South Africa	
-83kg	Ricardo Fitzpatrick	South Africa	1980	82,7	145,0	2023.03.10	Potchefstroom, South Africa	
-93kg	David Jacobsz	South Africa	1981	91,7	170,5	2023.03.10	Potchefstroom, South Africa	
-105kg	Zoubir Erridir	Algeria	1967	103,15	170,0	2023.03.10	Potchefstroom, South Africa	
-120kg	Newton Mudau	South Africa	1981	119,3	172,5	2023.03.10	Potchefstroom, South Africa	
120+kg	Simon Breetzke	South Africa	1978	139	185,0	2022.12.04	Auckland, New Zealand	
MASTER 2								
-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	73,95	132,5	2023.03.10	Potchefstroom, South Africa	
-83kg	Abdelali Yacoubi Sahli	Morocco	1966	81,21	150,0	2018.06.17	Calgary, Canada	
-93kg	Hamid Jamal	Morocco	1971	91,88	132,5	2022.10.15	St Johns, Canada	
-105kg	Zoubir Erridir	Algeria	1967	103,15	170,0	2023.03.10	Potchefstroom, South Africa	
-120kg	Gerhardus Oosthuizen	South Africa	1964	117,1	180,0	2019.10.02	Potchefstroom, 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	73,95	132,5	2023.03.10	Potchefstroom, South Africa	
-83kg	African Standard					2022.09.12		
-93kg	African Standard					2022.09.12		
-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	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		

AFRICAN RECORDS

WOMEN - EQUIPPED BENCH PRESS (SINGLE LIFT)

Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
OPEN								
-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	Megan Leighton	South Africa	1996	65,00	113,0	2022.12.04	Auckland, New Zealand	
-76kg	Chantelle du Toit	South Africa	1985	74,80	108,0	2022.12.04	Auckland, New Zealand	
-84kg	African Standard					2022.09.12		
84+kg	Christi Rees	South Africa	1986	107,80	180,0	2023.03.11	Potchefstroom, South Africa	
SUBJUNIOR								
-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	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		
JUNIOR								
-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	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 1								
-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	86,75	116,0	2023.03.11	Potchefstroom, South Africa	
MASTER 2								
-47kg	African Standard					2022.09.12		
-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		
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 - EQUIPPED BENCH PRESS (SINGLE LIFT)

Weight class	Name	Nation	Born	Body weight	Result	Date	Location	Status
OPEN								
-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	Archie Ayekpa	South Africa	1985	91,25	200,0	2023.03.11	Potchefstroom, South Africa	
-105kg	Craig Masson	South Africa	1981	104,70	217,5	2023.03.11	Potchefstroom, South Africa	
-120kg	Hermanus de Beer	South Africa	1970	116,70	165,0	2023.03.11	Potchefstroom, South Africa	
120+kg	Hassanin Ahmed	Egypt	1985	190,25	332,5	2022.07.10	Birmingham, USA	
SUBJUNIOR								
-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		
JUNIOR								
-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		
MASTER 1								
-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	Hermanus de Beer	South Africa	1970	116,70	165,0	2023.03.11	Potchefstroom, South Africa	
120+kg	Simon Breetkze	South Africa	1978	144,20	260,0	2023.03.11	Potchefstroom, South Africa	
MASTER 2								
-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	Christo Schoonraad	South Africa	1963	104,25	180,0	2023.03.11	Potchefstroom, South Africa	
-120kg	Hermanus de Beer	South Africa	1970	116,70	165,0	2023.03.11	Potchefstroom, South Africa	
120+kg	John Crain	South Africa	1969	123,25	170,0	2023.03.11	Potchefstroom, South Africa	
MASTER 3								
-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	Christo Schoonraad	South Africa	1963	104,25	180,0	2023.03.11	Potchefstroom, South Africa	
-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	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		