

African Powerlifting Federation Record Certificate

This is to certify that

Yunus Hassen

Of the nation

South Africa

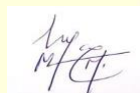
On the 18th day of May 2018,
achieved a Deadlift of 205kg in accordance
with the rules of the
International Powerlifting Federation
at the Arnold Classic Africa Powerlifting and Bench Press
in Sandton, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 3 class.

Dated this 25th day of May 2018



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton



African Powerlifting Federation



African Powerlifting Federation Record Certificate

This is to certify that

Ian Furman

Of the nation

South Africa

On the 20th day of May 2018,
achieved a Bench Press of 195kg in accordance
with the rules of the
International Powerlifting Federation
at the Arnold Classic Africa Powerlifting and Bench Press
in Sandton, South Africa

This constitutes an African Record
in the 120+kg weight division, Classic Master 2 Bench Press only class.
Dated this 25th day of May 2018



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton



African Powerlifting Federation



African Powerlifting Federation Record Certificate

This is to certify that

Audrey Aboueme Ndeme

Of the nation

Cameroon

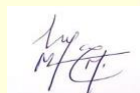
On the 18th day of May 2018,
achieved a Squat of 200kg in accordance
with the rules of the
International Powerlifting Federation
at the Arnold Classic Africa Powerlifting and Bench Press
in Sandton, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Open class.

Dated this 25th day of May 2018



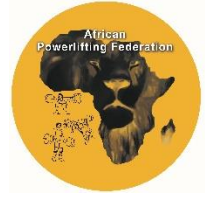
APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton



African Powerlifting Federation



African Powerlifting Federation Record Certificate

This is to certify that

Lezaan Jordaan

Of the nation

South Africa

On the 18th day of May 2018,
achieved a Deadlift of 202,5kg in accordance
with the rules of the
International Powerlifting Federation
at the Arnold Classic Africa Powerlifting and Bench Press
in Sandton, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Junior class.

Dated this 25th day of May 2018



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton



African Powerlifting Federation



African Powerlifting Federation Record Certificate

This is to certify that

Susan Farrell

Of the nation

South Africa

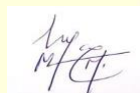
On the 18th day of May 2018,
achieved a Squat of 95kg in accordance
with the rules of the
International Powerlifting Federation
at the Arnold Classic Africa Powerlifting and Bench Press
in Sandton, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Master 3 class.

Dated this 25th day of May 2018



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton



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African Powerlifting Federation Record Certificate

This is to certify that

Susan Farrell

Of the nation

South Africa

On the 18th day of May 2018,
achieved a Deadlift of 128kg in accordance
with the rules of the
International Powerlifting Federation
at the Arnold Classic Africa Powerlifting and Bench Press
in Sandton, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Master 3 class.

Dated this 25th day of May 2018



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton



African Powerlifting Federation



African Powerlifting Federation Record Certificate

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Susan Farrell

Of the nation

South Africa

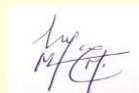
On the 18th day of May 2018,
achieved a Total of 270,5kg in accordance
with the rules of the
International Powerlifting Federation
at the Arnold Classic Africa Powerlifting and Bench Press
in Sandton, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Master 3 class.

Dated this 25th day of May 2018



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton



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