

# African Powerlifting Federation Record Certificate

This is to certify that

**Toubal Fateh**

Of the nation

**Algeria**

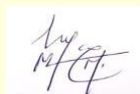
On the 15th day of June 2019,  
achieved a Squat of 295kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2019 IPF World Classic Powerlifting Championships  
in Helsingborg, Sweden

This constitutes an African Record  
in the -83kg weight division, Classic Men's Open class.

Dated this 30th day of June 2019



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton



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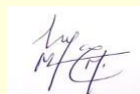
On the 15th day of June 2019,  
achieved a Bench Press of 185kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2019 IPF World Classic Powerlifting Championships  
in Helsingborg, Sweden

This constitutes an African Record  
in the -83kg weight division, Classic Men's Open class.

Dated this 30th day of June 2019



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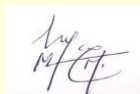
On the 15th day of June 2019,  
achieved a Deadlift of 317.5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2019 IPF World Classic Powerlifting Championships  
in Helsingborg, Sweden

This constitutes an African Record  
in the -83kg weight division, Classic Men's Open class.

Dated this 30th day of June 2019



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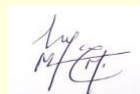
On the 15th day of June 2019,  
achieved a Total of 797.5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2019 IPF World Classic Powerlifting Championships  
in Helsingborg, Sweden

This constitutes an African Record  
in the -83kg weight division, Classic Men's Open class.

Dated this 30th day of June 2019



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Ilyes Boughalem**

Of the nation

**Algeria**

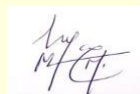
On the 15th day of June 2019,  
achieved a Bench Press of 290kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2019 IPF World Classic Powerlifting Championships  
in Helsingborg, Sweden

This constitutes an African Record  
in the 120+kg weight division, Classic Men's Open class.

Dated this 30th day of June 2019



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton



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Of the nation

**Algeria**

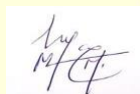
On the 15th day of June 2019,  
achieved a Total of 937.5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2019 IPF World Classic Powerlifting Championships  
in Helsingborg, Sweden

This constitutes an African Record  
in the 120+kg weight division, Classic Men's Open class.

Dated this 30th day of June 2019



APF President, Moussa Messaour



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APF Record Keeper, Heather Leighton



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**Ilyes Boughalem**

Of the nation

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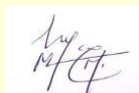
On the 15th day of June 2019,  
achieved a Bench Press of 290kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2019 IPF World Classic Powerlifting Championships  
in Helsingborg, Sweden

This constitutes an African Record  
in the 120+kg weight division, Classic Open Bench Press only class.

Dated this 30th day of June 2019



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton

# African Powerlifting Federation Record Certificate

This is to certify that

**Erin Collins**

Of the nation

**South Africa**

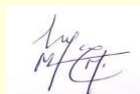
On the 15th day of June 2019,  
achieved a Deadlift of 165kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2019 IPF World Classic Powerlifting Championships  
in Helsingborg, Sweden

This constitutes an African Record  
in the 72kg weight division, Classic Women's Sub-Junior class.

Dated this 30th day of June 2019



APF President, Moussa Messaour



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APF Record Keeper, Heather Leighton





# African Powerlifting Federation Record Certificate

This is to certify that

**Susan Farrell**

Of the nation

**South Africa**

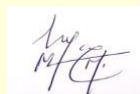
On the 15th day of June 2019,  
achieved a Squat of 100kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2019 IPF World Classic Powerlifting Championships  
in Helsingborg, Sweden

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

Dated this 30th day of June 2019



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Susan Farrell**

Of the nation

**South Africa**

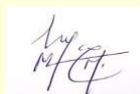
On the 15th day of June 2019,  
achieved a Total of 277.5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2019 IPF World Classic Powerlifting Championships  
in Helsingborg, Sweden

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

Dated this 30th day of June 2019



APF President, Moussa Messaour



APF Sec General, Mohamed Elmamoun



APF Record Keeper, Heather Leighton

