

African Powerlifting Federation

Record Certificate

This is to certify that

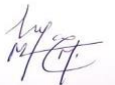
Dulcie Duguid

Of the nation

South Africa

On the 7th day of October 2019
achieved a Squat of 100kg in accordance
with the rules of the
International Powerlifting Federation
at the 2019 IPF World Master's Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 4 class.
Dated this 12th day of October 2019



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



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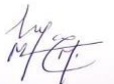
Dulcie Duguid

Of the nation

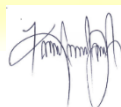
South Africa

On the 7th day of October 2019
achieved a Deadlift of 107.5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2019 IPF World Master's Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 4 class.
Dated this 12th day of October 2019



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APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

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Dulcie Duguid

Of the nation

South Africa

On the 7th day of October 2019
achieved a Total of 250kg in accordance
with the rules of the
International Powerlifting Federation
at the 2019 IPF World Master's Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 4 class.
Dated this 12th day of October 2019



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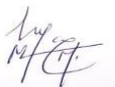
Laura de Wet

Of the nation

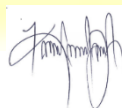
South Africa

On the 12th day of October 2019
achieved a Squat of 205kg in accordance
with the rules of the
International Powerlifting Federation
at the 2019 IPF World Master's Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -72kg weight division, Equipped Women's Master 1 class.
Dated this 12th day of October 2019



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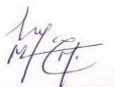
Laura de Wet

Of the nation

South Africa

On the 12th day of October 2019
achieved a Deadlift of 197.5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2019 IPF World Master's Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -72kg weight division, Equipped Women's Master 1 class.
Dated this 12th day of October 2019



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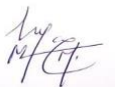
Dan Oppenheim

Of the nation

South Africa

On the 7th day of October 2019
achieved a Deadlift of 187.5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2019 IPF World Master's Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Equipped Men's Master 4 class.
Dated this 12th day of October 2019



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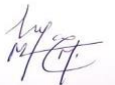
Mathys Herbst

Of the nation

South Africa

On the 12th day of October 2019
achieved a Squat of 400kg in accordance
with the rules of the
International Powerlifting Federation
at the 2019 IPF World Master's Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 120+kg weight division, Equipped Men's Master 1 class.
Dated this 12th day of October 2019



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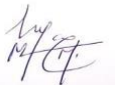
Mathys Herbst

Of the nation

South Africa

On the 12th day of October 2019
achieved a Bench Press of 280kg in accordance
with the rules of the
International Powerlifting Federation
at the 2019 IPF World Master's Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 120+kg weight division, Equipped Men's Master 1 class.
Dated this 12th day of October 2019



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mathys Herbst

Of the nation

South Africa

On the 12th day of October 2019
achieved a Total of 1005kg in accordance
with the rules of the
International Powerlifting Federation
at the 2019 IPF World Master's Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 120+kg weight division, Equipped Men's Master 1 class.
Dated this 12th day of October 2019



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

