

African Powerlifting Federation

Record Certificate

This is to certify that

Grant O'Donoghue

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 212,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -83kg weight division, Classic Men's Junior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Simon Breetzke

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 287,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the 120+kg weight division, Classic Men's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Simon Breetzke

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 185kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the 120+kg weight division, Classic Men's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Simon Breetzke

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 185kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the 120+kg weight division, Classic Men's Master 1 Bench Press Only
class.

Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Alan Ridgard

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 187,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 2 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Alan Ridgard

Of the nation

South Africa

On the 4th day of December 2022
achieved a Deadlift of 215kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 2 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Alan Ridgard

Of the nation

South Africa

On the 4th day of December 2022
achieved a Total of 515kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 2 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Alan Ridgard

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 187,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Alan Ridgard

Of the nation

South Africa

On the 4th day of December 2022
achieved a Deadlift of 215kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Alan Ridgard

Of the nation

South Africa

On the 4th day of December 2022
achieved a Total of 515kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Denis Bensch

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 232,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -120kg weight division, Classic Men's Master 2 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Denis Bensch

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 232,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -120kg weight division, Classic Men's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Izak Kriel

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -93kg weight division, Classic Men's Sunjunior Bench Press Only
class.

Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Simon Breetzke

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 240kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the 120+kg weight division, Equipped Men's Master 1 Bench Press
Only class.

Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Roechelle van der Merwe

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 132,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Subjunior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Roechelle van der Merwe

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 65kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Subjunior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Roechelle van der Merwe

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 65kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Subjunior Bench Press
Only class.

Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Roechelle van der Merwe

Of the nation

South Africa

On the 4th day of December 2022
achieved a Total of 353kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Subjunior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Olivia White

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Junior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Olivia White

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 90kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Junior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Olivia White

Of the nation

South Africa

On the 4th day of December 2022
achieved a Total of 407,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Junior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Olivia White

Of the nation

South Africa

On the 4th day of December 2022
achieved a Total of 90kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Junior Bench Press Only
class.

Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Olivia White

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Open class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Olivia White

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 90kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Junior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Olivia White

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 90kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Open Bench Press Only
class.

Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Karin du Plessis

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 152,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the 84+kg weight division, Classic Women's Junior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Karin du Plessis

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the 84+kg weight division, Classic Women's Junior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Karin du Plessis

Of the nation

South Africa

On the 4th day of December 2022
achieved a Deadlift of 147,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the 84+kg weight division, Classic Women's Junior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Karin du Plessis

Of the nation

South Africa

On the 4th day of December 2022
achieved a Total of 382,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the 84+kg weight division, Classic Women's Junior class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Karin du Plessis

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the 84+kg weight division, Classic Women's Open Bench Press Only
class.

Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Karin du Plessis

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the 84+kg weight division, Classic Women's Open class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Karin du Plessis

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the 84+kg weight division, Classic Women's Open Bench Press Only
class.

Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Amelia Krishna

Of the nation

South Africa

On the 4th day of December 2022
achieved a Deadlift of 165kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -63kg weight division, Classic Women's Open class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Amelia Krishna

Of the nation

South Africa

On the 4th day of December 2022
achieved a Total of 347,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -63kg weight division, Classic Women's Open class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Pia Marangoni

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 132,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Pia Marangoni

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 65kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Pia Marangoni

Of the nation

South Africa

On the 4th day of December 2022
achieved a Deadlift of 161kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Pia Marangoni

Of the nation

South Africa

On the 4th day of December 2022
achieved a Total of 358,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Pia Marangoni

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 65kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 4th day of December 2022
achieved a Squat of 175,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Open class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 108kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Open class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 4th day of December 2022
achieved a Deadlift of 165kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Open class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 4th day of December 2022
achieved a Total of 448,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Open class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 108kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -76kg weight division, Classic Women's Open Bench Press Only
class.

Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 4th day of December 2022
achieved a Deadlift of 127,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -52kg weight division, Classic Women's Master 2 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 4th day of December 2022
achieved a Deadlift of 127,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -52kg weight division, Classic Women's Master 1 class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 4th day of December 2022
achieved a Deadlift of 127,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -52kg weight division, Classic Women's Open class.
Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Megan Leighton

Of the nation

South Africa

On the 4th day of December 2022
achieved a Bench Press of 113kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 Commonwealth Powerlifting and Bench Press
Championships
in Auckland, New Zealand

This constitutes an African Record
in the -69kg weight division, Classic Women's Open Bench Press Only
class.

Dated this 4th day of December 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton



