

African Powerlifting Federation

Record Certificate

This is to certify that

Hamid Jamal

Of the nation

Morocco

On the 15th day of October 2022
achieved a Squat of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 1 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Squat of 230kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 1 class.
Dated this 15th day of October 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

Hamid Jamal

Of the nation

Morocco

On the 15th day of October 2022
achieved a Bench Press of 132,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 1 class.
Dated this 15th day of October 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

Quintin van der Merwe

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 1 class.
Dated this 15th day of October 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

Hamid Jamal

Of the nation

Morocco

On the 15th day of October 2022
achieved a Deadlift of 200kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 1 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Deadlift of 260kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 1 class.
Dated this 15th day of October 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

Hamid Jamal

Of the nation

Morocco

On the 15th day of October 2022
achieved a Total of 502,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 1 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Total of 605kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 1 class.
Dated this 15th day of October 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

Hamid Jamal

Of the nation

Morocco

On the 15th day of October 2022
achieved a Bench Press of 132,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 1 Bench Press Only
class.

Dated this 15th day of October 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

Quintin van der Merwe

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 1 Bench Press Only
class.

Dated this 15th day of October 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

Hamid Jamal

Of the nation

Morocco

On the 15th day of October 2022
achieved a Squat of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 2 class.
Dated this 15th day of October 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

Hamid Jamal

Of the nation

Morocco

On the 15th day of October 2022
achieved a Bench Press of 132,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 2 class.
Dated this 15th day of October 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

Hamid Jamal

Of the nation

Morocco

On the 15th day of October 2022
achieved a Deadlift of 200kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 2 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Deadlift of 260kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 2 class.
Dated this 15th day of October 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

Hamid Jamal

Of the nation

Morocco

On the 15th day of October 2022
achieved a Total of 502,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 2 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Total of 605kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 2 class.
Dated this 15th day of October 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

Hamid Jamal

Of the nation

Morocco

On the 15th day of October 2022
achieved a Bench Press of 132,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 2 Bench Press Only
class.

Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 115kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 2 Bench Press Only
class.

Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Squat of 265kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Open class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Open class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Deadlift of 270kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Open class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Total of 695kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Open class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Open class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Squat of 265kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Master 1 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Master 1 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Deadlift of 270kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Master 1 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Total of 695kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Master 1 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Master 1 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Squat of 265kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Master 2 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Master 2 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Deadlift of 270kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Master 2 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Total of 695kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Master 2 class.
Dated this 15th day of October 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

Christo Schoonraad

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -105kg weight division, Equipped Men's Master 2 class.
Dated this 15th day of October 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

Elisabeth Barry

Of the nation

South Africa

On the 15th day of October 2022
achieved a Squat of 100kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -47kg weight division, Equipped Women's Open class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Squat of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Open class.
Dated this 15th day of October 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

Elisabeth Barry

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 47,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -47kg weight division, Equipped Women's Open class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Bench Press of 55kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Open class.
Dated this 15th day of October 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

Elisabeth Barry

Of the nation

South Africa

On the 15th day of October 2022
achieved a Deadlift of 112,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -47kg weight division, Equipped Women's Open class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Deadlift of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Open class.
Dated this 15th day of October 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

Elisabeth Barry

Of the nation

South Africa

On the 15th day of October 2022
achieved a Total of 260kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -47kg weight division, Equipped Women's Open class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Total of 297,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Open class.
Dated this 15th day of October 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

Elisabeth Barry

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 47,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -47kg weight division, Equipped Women's Open Bench Press Only
class.

Dated this 15th day of October 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 15th day of October 2022
achieved a Bench Press of 55kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Open Bench Press Only
class.

Dated this 15th day of October 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

Elisabeth Barry

Of the nation

South Africa

On the 15th day of October 2022
achieved a Squat of 100kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -47kg weight division, Equipped Women's Master 1 class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Squat of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Master 1 class.
Dated this 15th day of October 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

Elisabeth Barry

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 47,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -47kg weight division, Equipped Women's Master 1 class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Bench Press of 55kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Master 1 class.
Dated this 15th day of October 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

Elisabeth Barry

Of the nation

South Africa

On the 15th day of October 2022
achieved a Deadlift of 112,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -47kg weight division, Equipped Women's Master 1 class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Deadlift of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Master 1 class.
Dated this 15th day of October 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

Elisabeth Barry

Of the nation

South Africa

On the 15th day of October 2022
achieved a Total of 260kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -47kg weight division, Equipped Women's Master 1 class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Total of 297,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Master 1 class.
Dated this 15th day of October 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

Elisabeth Barry

Of the nation

South Africa

On the 15th day of October 2022
achieved a Bench Press of 47,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -47kg weight division, Equipped Women's Master 1 Bench Press
Only class.

Dated this 15th day of October 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 15th day of October 2022
achieved a Bench Press of 55kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Master 1 Bench Press
Only class.

Dated this 15th day of October 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 15th day of October 2022
achieved a Squat of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Master 2 class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Bench Press of 55kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Master 2 class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Deadlift of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Master 2 class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Total of 297,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Master 2 class.
Dated this 15th day of October 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 15th day of October 2022
achieved a Bench Press of 55kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Masters Powerlifting Championships
in St Johns, Canada

This constitutes an African Record
in the -52kg weight division, Equipped Women's Master 2 Bench Press
Only class.

Dated this 15th day of October 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

