

African Powerlifting Federation

Record Certificate

This is to certify that

Mijuane de Wet

Of the nation

South Africa

On the 4th day of September 2022
achieved a Squat of 177,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

This constitutes an African Record
in the -63kg weight division, Equipped Women's Subjunior class.
Dated this 4th day of September 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

Mijuane de Wet

Of the nation

South Africa

On the 4th day of September 2022
achieved a Deadlift of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

This constitutes an African Record
in the -63kg weight division, Equipped Women's Subjunior class.
Dated this 4th day of September 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

Mijuane de Wet

Of the nation

South Africa

On the 4th day of September 2022
achieved a Total of 435kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

This constitutes an African Record
in the -63kg weight division, Equipped Women's Subjunior class.
Dated this 4th day of September 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

Mijuane de Wet

Of the nation

South Africa

On the 4th day of September 2022
achieved a Deadlift of 152,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

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

Dated this 4th day of September 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

Mijuane de Wet

Of the nation

South Africa

On the 4th day of September 2022
achieved a Total of 347,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

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

Dated this 4th day of September 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

Sonu Singh

Of the nation

South Africa

On the 4th day of September 2022
achieved a Deadlift of 220kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

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

Dated this 4th day of September 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

Janko Kruger

Of the nation

South Africa

On the 4th day of September 2022
achieved a Deadlift of 252,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

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

Dated this 4th day of September 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

Janko Kruger

Of the nation

South Africa


On the 4th day of September 2022
achieved a Total of 610kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

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

Dated this 4th day of September 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

Wynand Kuhn

Of the nation

South Africa

On the 4th day of September 2022
achieved a Deadlift of 270kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

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

Dated this 4th day of September 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

Michael Barsoom

Of the nation

Egypt

On the 4th day of September 2022
achieved a Squat of 290kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

This constitutes an African Record
in the -105kg weight division, Classic Men's Junior class.

Dated this 4th day of September 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

Fares Sboui

Of the nation

Tunisia

On the 4th day of September 2022
achieved a Deadlift of 307,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

This constitutes an African Record
in the -105kg weight division, Classic Men's Junior class.

Dated this 4th day of September 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

Fares Sboui

Of the nation

Tunisia

On the 4th day of September 2022
achieved a Total of 787,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2022 IPF World Subjunior and Junior Powerlifting Championships
in Istanbul, Turkiye

This constitutes an African Record
in the -105kg weight division, Classic Men's Junior class.

Dated this 4th day of September 2022



APF President, Mohamed Elmamoun



APF Secretary General, Kamel Nedjah



APF Record Keeper, Heather Leighton

