

# African Powerlifting Federation

## Record Certificate

This is to certify that

**Tarryn Valle**

Of the nation

**South Africa**

On the 29th day of October 2023  
achieved a Bench Press of 47,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic Powerlifting Championships  
in Algiers, Algeria

This constitutes an African Record  
in the -52kg weight division, Classic Women's Master 1 class.  
Dated this 29th day of October 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



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