

# African Powerlifting Federation

## Record Certificate

This is to certify that

**Devorah Eilim**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 50kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Open Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Laura Brewer**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 80,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Lauren Norton**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 105kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Devorah Eilim**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 50kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Subjunior Bench Press  
Only class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Catinka Fourie**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 50kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton





# African Powerlifting Federation Record Certificate

This is to certify that

**Gila Smith**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 70kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, 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 9th day of March 2023  
achieved a Bench Press of 67,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Devorah Eilim**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 50kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Junior Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton





# African Powerlifting Federation Record Certificate

This is to certify that

**Charnleigh Kotze**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 80kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Sunelle Putter**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 92,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Jodi Poxon**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 65,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -76kg weight division, Classic Women's Master 1 Bench Press  
Only class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Gail Mathewson**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 62,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -76kg weight division, Classic Women's Master 2 Bench Press  
Only class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Steven Routledge**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 117,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -66kg weight division, Classic Men's Open Bench Press Only class.  
Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton





# African Powerlifting Federation Record Certificate

This is to certify that

**Samuel Meshilnie**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 80kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -53kg weight division, Classic Men's Subjunior Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Faraz Hamayun**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 70kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -66kg weight division, Classic Men's Subjunior Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Samuel Meshilnie**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 80kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -53kg weight division, Classic Men's Junior Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Steven Coleman**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 115kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -66kg weight division, Classic Men's Master 1 Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**JC Bruce**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 82,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -66kg weight division, Classic Men's Master 2 Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton





# African Powerlifting Federation Record Certificate

This is to certify that

**JC Bruce**

Of the nation

**South Africa**

On the 9th day of March 2023  
achieved a Bench Press of 82,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -66kg weight division, Classic Men's Master 3 Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Richard Steenekamp**

Of the nation

**South Africa**

On the 10th day of March 2023  
achieved a Bench Press of 130kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Avishai Eilim**

Of the nation

**South Africa**

On the 10th day of March 2023  
achieved a Bench Press of 135kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -83kg weight division, Classic Men's Junior Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Tommie de Nysschen**

Of the nation

**South Africa**

On the 10th day of March 2023  
achieved a Bench Press of 132,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -74kg weight division, Classic Men's Master 2 Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Tommie de Nysschen**

Of the nation

**South Africa**

On the 10th day of March 2023  
achieved a Bench Press of 132,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -74kg weight division, Classic Men's Master 3 Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton





# African Powerlifting Federation

## Record Certificate

This is to certify that

**Tommie de Nysschen**

Of the nation

**South Africa**

On the 10th day of March 2023  
achieved a Bench Press of 132,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -74kg weight division, Classic Men's Master 1 Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Ricardo Fitzpatrick**

Of the nation

**South Africa**

On the 10th day of March 2023  
achieved a Bench Press of 145kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -83kg weight division, Classic Men's Master 1 Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**David Jacobsz**

Of the nation

**South Africa**

On the 10th day of March 2023  
achieved a Bench Press of 170,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Newton Mudau**

Of the nation

**South Africa**

On the 10th day of March 2023  
achieved a Bench Press of 172,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, 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 11th day of March 2023  
achieved a Bench Press of 55,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, 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 11th day of March 2023  
achieved a Bench Press of 55,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, 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 11th day of March 2023  
achieved a Bench Press of 55,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Christi Rees**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 180kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Jacqui Rees**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 116kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the 84+kg weight division, Equipped Women's Master 1 Bench Press  
Only class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Tommie de Nysschen**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 147,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -74kg weight division, Equipped Men's Open Bench Press Only  
class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton





# African Powerlifting Federation Record Certificate

This is to certify that

**Archie Ayekpa**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 200kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Craig Masson**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 217,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Hermanus de Beer**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 165kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Tommie de Nysschen**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 147,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -74kg weight division, Equipped Men's Master 1 Bench Press  
Only class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Craig Masson**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 217,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton





# African Powerlifting Federation

## Record Certificate

This is to certify that

**Hermanus de Beer**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 165kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Simon Breetkze**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 260kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Tommie de Nysschen**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 147,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -74kg weight division, Equipped Men's Master 2 Bench Press  
Only class.

Dated this 11th day of March 2023



APF President, 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 11th day of March 2023  
achieved a Bench Press of 180kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

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

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Hermanus de Beer**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 165kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -120kg weight division, Equipped Men's Master 2 Bench Press  
Only class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton





# African Powerlifting Federation Record Certificate

This is to certify that

**John Crain**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 170kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the 120+kg weight division, Equipped Men's Master 2 Bench Press  
Only class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Tommie de Nysschen**

Of the nation

**South Africa**

On the 11th day of March 2023  
achieved a Bench Press of 147,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -74kg weight division, Equipped Men's Master 3 Bench Press  
Only class.

Dated this 11th day of March 2023



APF President, 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 11th day of March 2023  
achieved a Bench Press of 180kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 African Classic and Equipped Bench Press Championships  
in Potchefstroom, South Africa

This constitutes an African Record  
in the -105kg weight division, Equipped Men's Master 3 Bench Press  
Only class.

Dated this 11th day of March 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

