

African Powerlifting Federation

Record Certificate

This is to certify that

Ilyas Boughalem

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Squat of 370kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

This constitutes an African Record
in the 120+kg weight division, Classic Men's Open class.

Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ilyas Boughalem

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Deadlift of 305kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

This constitutes an African Record
in the 120+kg weight division, Classic Men's Open class.

Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mohamed Dadou

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Squat of 255kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 1 class.
Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mohamed Dadou

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Bench Press of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 1 class.
Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Mohamed Dadou

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Deadlift of 270kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 1 class.
Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Mohamed Dadou

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Total of 680kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

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

Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Aissa Boutarfa

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Squat of 142,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 2 class.
Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Aissa Boutarfa

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Deadlift of 180kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 2 class.
Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Aissa Boutarfa

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Total of 415kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 2 class.
Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Zoubir Erridir

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Squat of 210kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

This constitutes an African Record
in the -105kg weight division, Classic Men's Master 2 class.
Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Zoubir Erridir

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Deadlift of 220kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

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

Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Zoubir Erridir

Of the nation

Algeria

On the 22nd day of July 2023
achieved a Total of 590kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 IPF Arab Cup
in Beirut, Lebanon

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

Dated this 22nd day of July 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

