

African Powerlifting Federation

Record Certificate

This is to certify that

Michael van Beek

Of the nation

South Africa

On the 30th day of June 2023
achieved a Bench Press of 92,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 Asia Pacific Africa Powerlifting Championships
in Hong Kong, Hong Kong

This constitutes an African Record
in the -83kg weight division, Classic Men's Subjunior class.
Dated this 30th day of June 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



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