

African Powerlifting Federation

Record Certificate

This is to certify that

Steven Routledge

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 122,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

This constitutes an African Record
in the -66kg weight division, Classic Men's Open Bench Press Only class.
Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chadwyn Govington

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 157,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Open Bench Press Only class.
Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 137,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 120kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Jonathan Kariv

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 140kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Simon Breetzke

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 200kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Charles Johnson

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 182,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Ian Furman

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 182,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Ian Furman

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 182,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 135kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 135kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Dan Oppenheim

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 85kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 4 Bench Press Only
class.

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Dan Oppenheim

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 85kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 3 Bench Press Only
class.

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Sorah Garber

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 85kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 112,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 52,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 67,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 67,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Sorah Garber

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 85kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Master 1 Bench Press
Only class.

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Marcel Vorster

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 190kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 210kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 225kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 225kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 175kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 212,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Olivia Perotti

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 182,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Anika Maree

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 70kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Anika Maree

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 70kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 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 27th day of May 2023
achieved a Bench Press of 120kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

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

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Elisabeth Barry

Of the nation

South Africa

On the 27th day of May 2023
achieved a Bench Press of 47,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Classic and Equipped Bench Press Championships
in Sun City, South Africa

This constitutes an African Record
in the -47kg weight division, Equipped Women's Master 2 Bench Press
Only class.

Dated this 27th day of May 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

