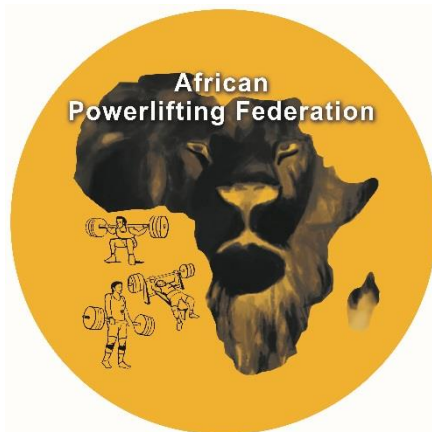


AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Craig Van Wyk

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 2nd Place in the Men's Master 1 120+kg category
with a Bench Press of 180.0kg**

Alan Ferguson

President APF

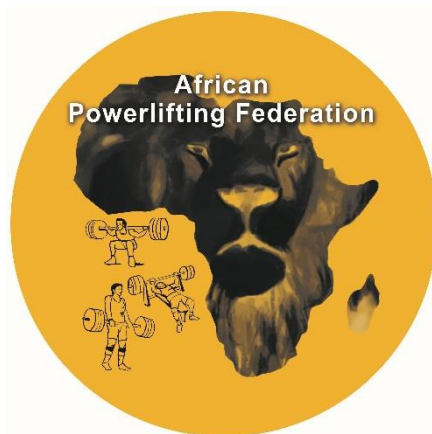
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Ian Furman

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Master 1 120+kg category
with a Bench Press of 190.0kg**

Alan Ferguson

President APF

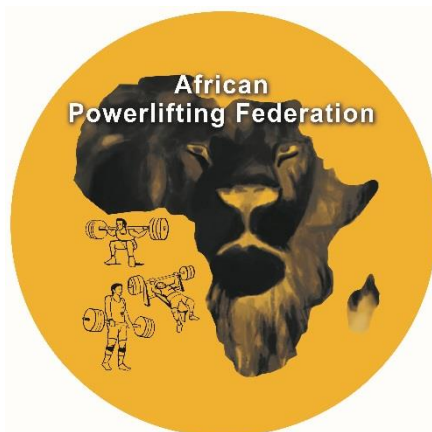
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

JC Bruce

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Master 2 66kg category
with a Bench Press of 82.5kg**

Alan Ferguson

President APF

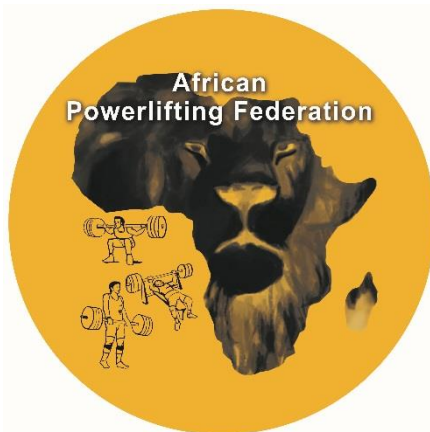
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Colin Young

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Master 2 105kg category
with a Bench Press of 150.0kg**

Alan Ferguson

President APF

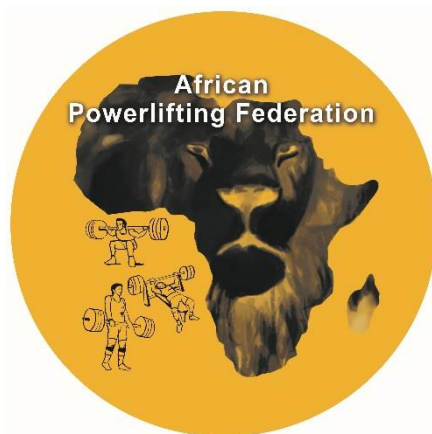
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Ricardo Fitzpatrick

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Open 83kg category
with a Bench Press of 175.0kg**

Alan Ferguson

President APF

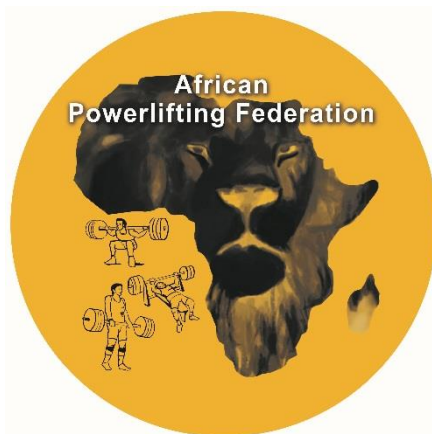
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Michael Botha

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Open 66kg category
with a Bench Press of 132.5kg**

Alan Ferguson

President APF

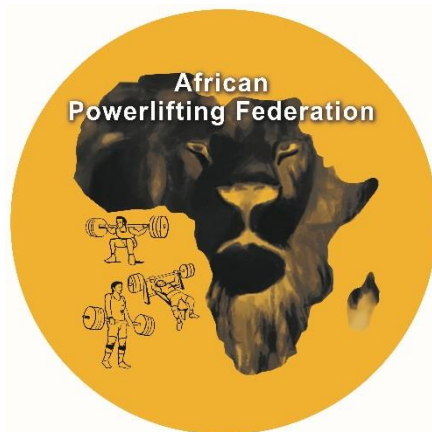
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Marlon Daniels

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Master 1 74kg category
with a Bench Press of 147.5kg**

Alan Ferguson

President APF

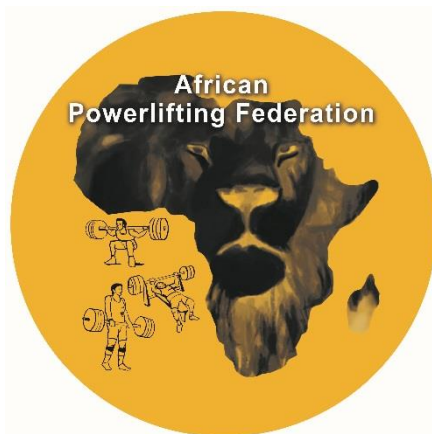
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Corien Potgieter

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Master 1 72kg category
with a Bench Press of 85.0kg**

Alan Ferguson

President APF

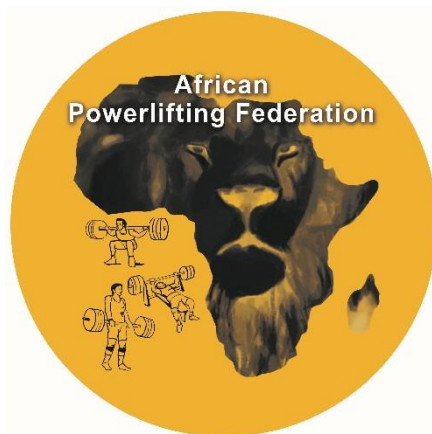
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Chantelle du Toit

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Open 72kg category
with a Bench Press of 82.5kg**

Alan Ferguson

President APF

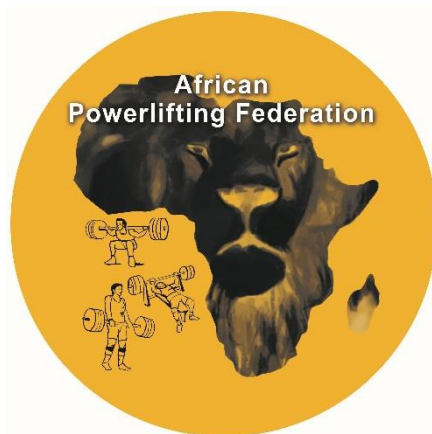
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Christi de Jager

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Open 84+kg category
with a Bench Press of 92.5kg**

Alan Ferguson

President APF

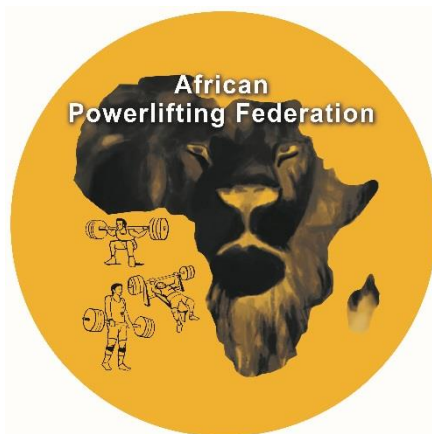
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Francois Maritz

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 2nd Place in the Men's Junior 105kg category
with a Total of 752.5kg**

Alan Ferguson

President APF

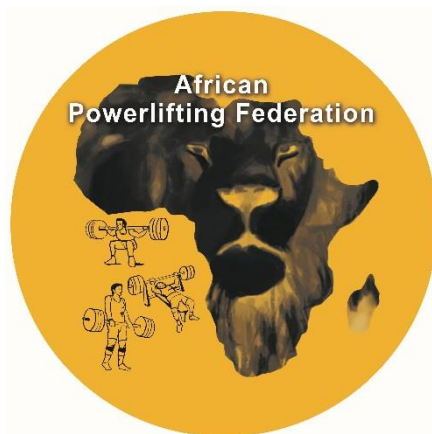
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Terence Bosman

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 3rd Place in the Men's Junior 105kg category
with a Total of 642.5kg**

Alan Ferguson

President APF

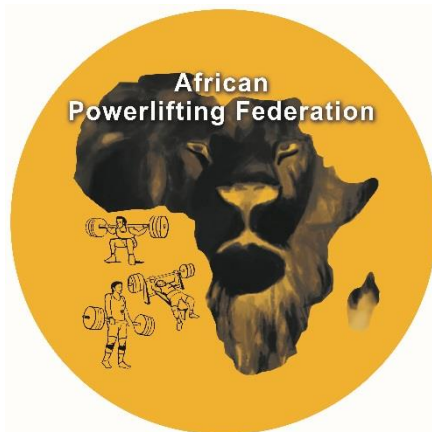
Mohamed Elmamoun

Secretary General APF



Affiliated to the

AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Rinus Bezuidenhout

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Junior 120kg category
with a Total of 702.5kg**

Alan Ferguson

President APF

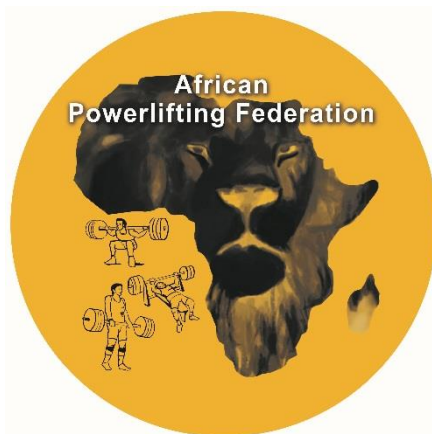
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Jason Stolzenberg

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 2nd Place in the Men's Junior 74kg category
with a Total of 555.0kg**

Alan Ferguson

President APF

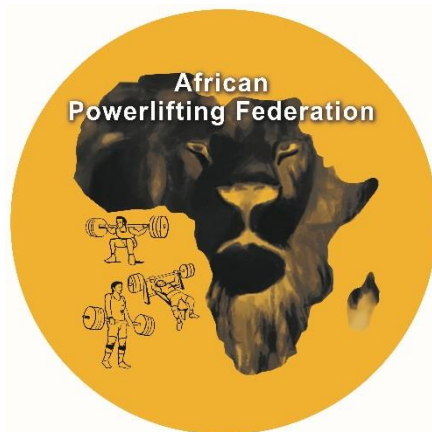
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Jade Blake

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved - Place in the Men's Junior 83kg category
with a Total of -kg**

Alan Ferguson

President APF

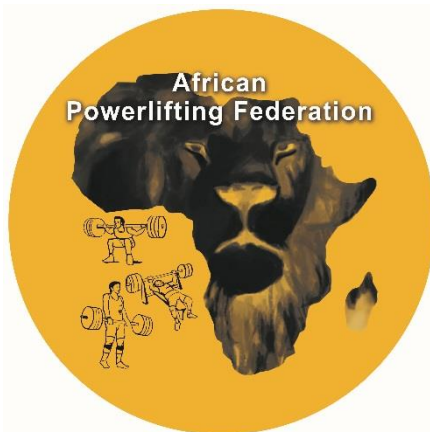
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Franco Holder

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 2nd Place in the Men's Junior 93kg category
with a Total of 651.0kg**

Alan Ferguson

President APF

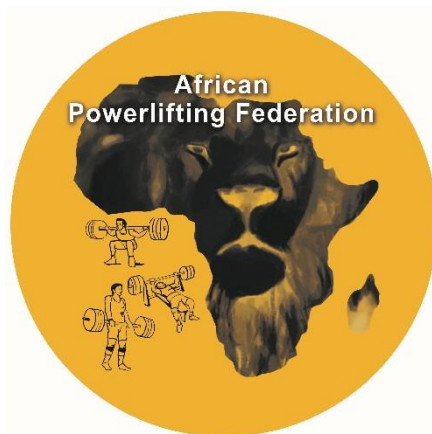
Mohamed Elmamoun

Secretary General APF



Affiliated to the

AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Madikane Faku

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 2nd Place in the Men's Master 1 120kg category
with a Total of 640.0kg**

Alan Ferguson

President APF

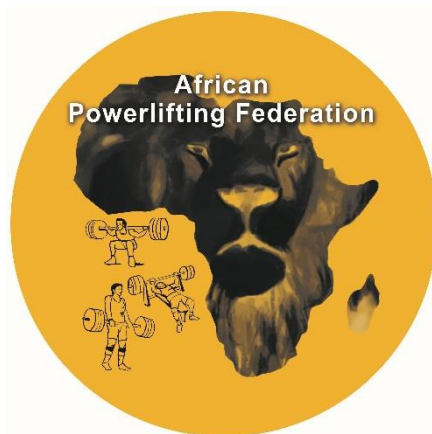
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Fanie du Preez

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Master 1 120+kg category
with a Total of 612.5kg**

Alan Ferguson

President APF

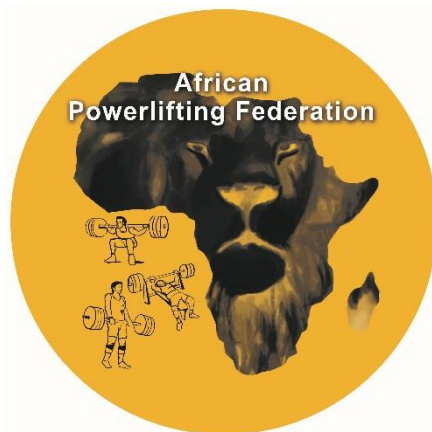
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Allistair Begg

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Master 1 83.00kg category
with a Total of 541.0kg**

Alan Ferguson

President APF

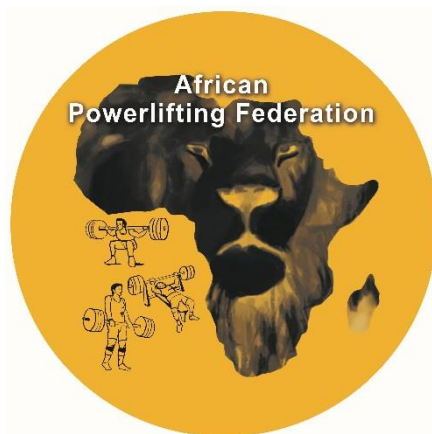
Mohamed Elmamoun

Secretary General APF



Affiliated to the

AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Victor Mapoo

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Master 1 93kg category
with a Total of 590.0kg**

Alan Ferguson

President APF

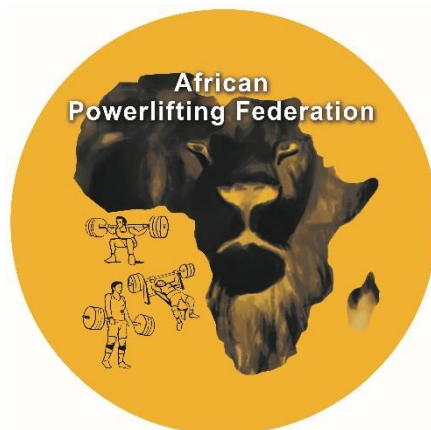
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that
Christo Schoonraad

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Master 2 105kg category
with a Total of 607.5kg**

Alan Ferguson

President APF

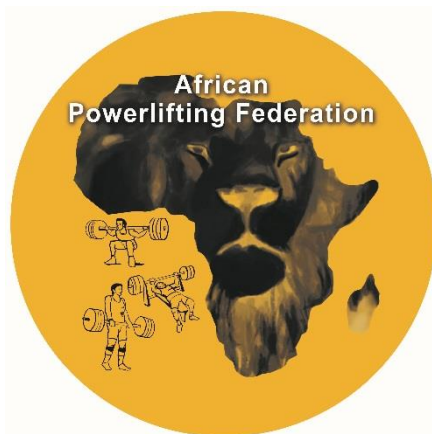
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Ebrahim Mobara

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Master 2 93kg category
with a Total of 508.0kg**

Alan Ferguson

President APF

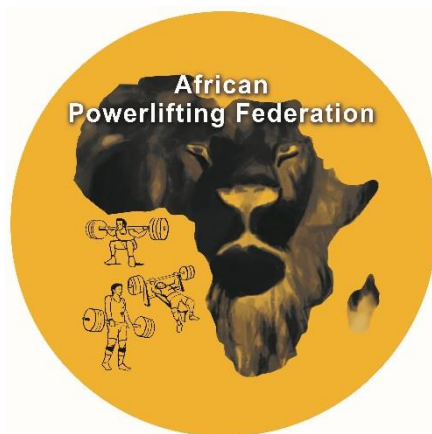
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Nicholas Deetlefs

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 2nd Place in the Men's Open 105kg category
with a Total of 757.5kg**

Alan Ferguson

President APF

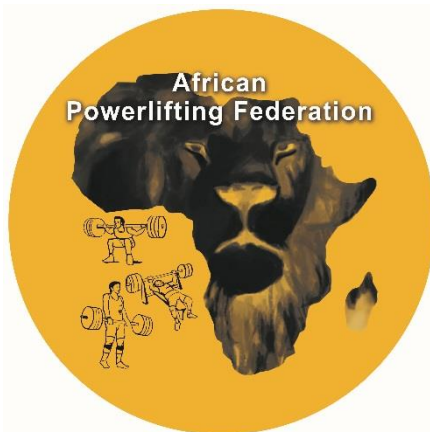
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Andrew Ramsay

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 2nd Place in the Men's Open 74kg category
with a Total of 610.0kg**

Alan Ferguson

President APF

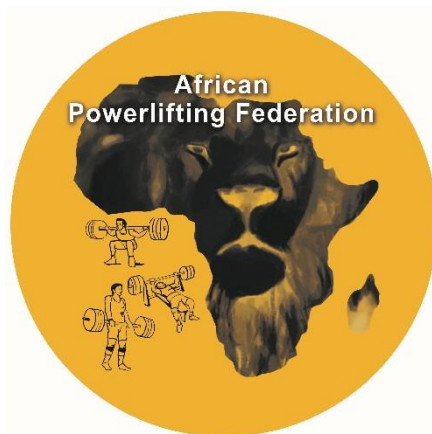
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Jonathan Kariv

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 3rd Place in the Men's Open 74kg category
with a Total of 547.5kg**

Alan Ferguson

President APF

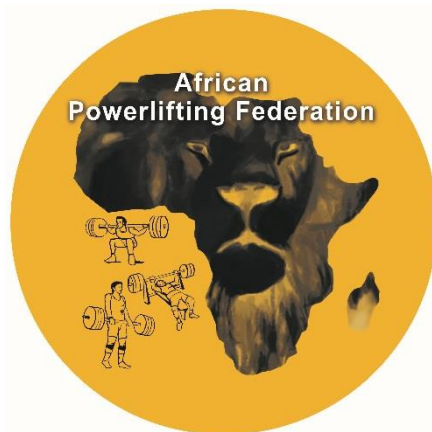
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Tumelo Ramaisa

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 4th Place in the Men's Open 74kg category
with a Total of 545.0kg**

Alan Ferguson

President APF

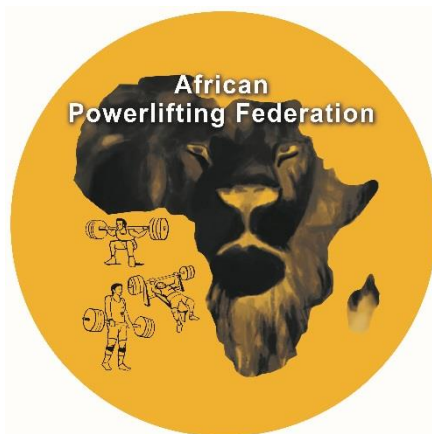
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Graham Green

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 3rd Place in the Men's Open 93kg category
with a Total of 600.0kg**

Alan Ferguson

President APF

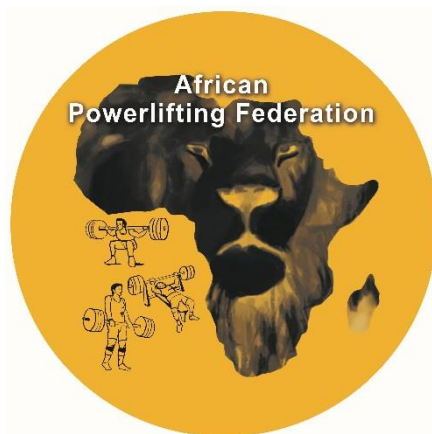
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Mijuane de Wet

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Junior 43kg category
with a Total of 182.5kg**

Alan Ferguson

President APF

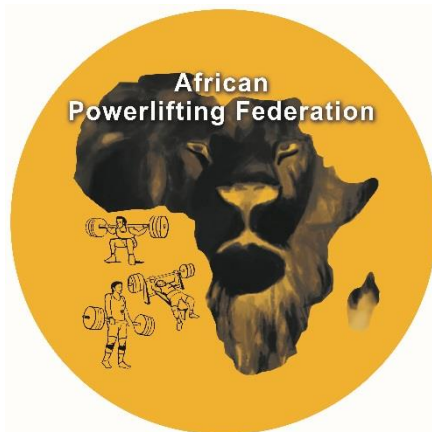
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Megan Leighton

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Junior 57kg category
with a Total of 340.0kg**

Alan Ferguson

President APF

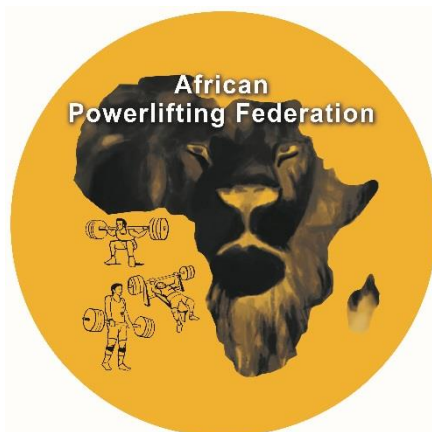
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Rouchelle Roux

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 2nd Place in the Women's Junior 57kg category
with a Total of 272.5kg**

Alan Ferguson

President APF

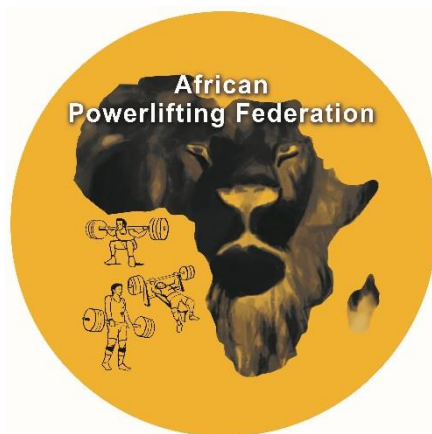
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Sasha Payne

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Junior 63kg category
with a Total of 295.0kg**

Alan Ferguson

President APF

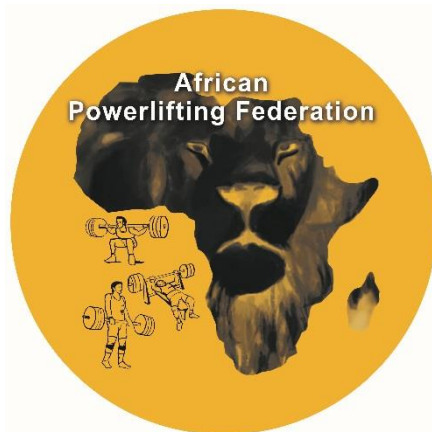
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Caitlin Poxon

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 2nd Place in the Women's Junior 63kg category
with a Total of 265.0kg**

Alan Ferguson

President APF

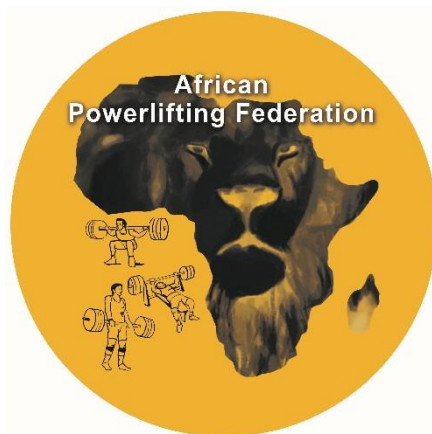
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Carm Ingel

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Master 1 57kg category
with a Total of 247.5kg**

Alan Ferguson

President APF

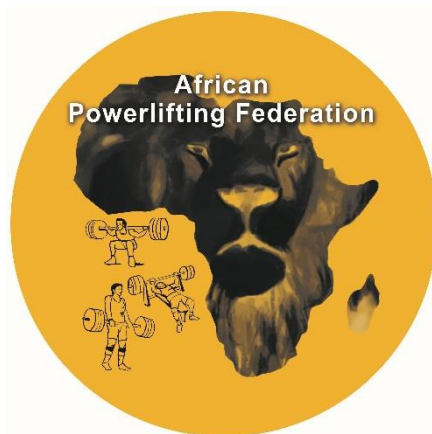
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Ronel Reyneke

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 2nd Place in the Women's Master 1 63kg
category**

with a Total of 310.0kg

Alan Ferguson

President APF

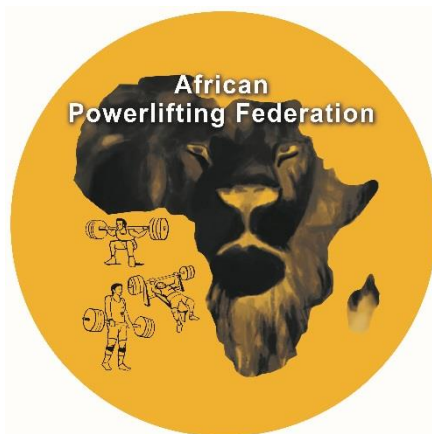
Mohamed Elmamoun

Secretary General APF



Affiliated to the

AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Maureen Ackerman

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Master 1 63kg category
with a Total of 320.0kg**

Alan Ferguson

President APF

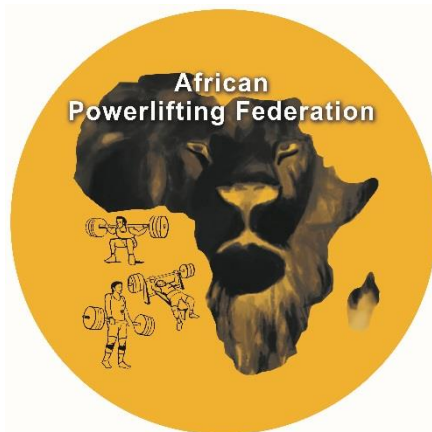
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Carol Anthony

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Master 2 57kg category
with a Total of 252.5kg**

Alan Ferguson

President APF

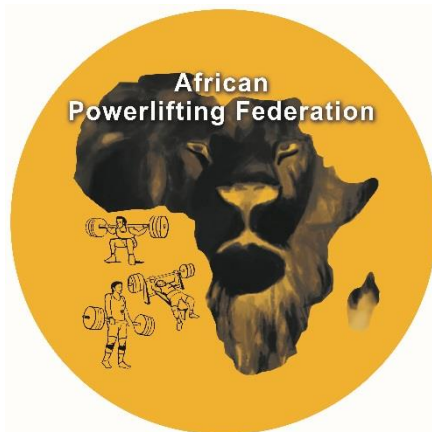
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Mariska Casey

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Open 47kg category
with a Total of 260.0kg**

Alan Ferguson

President APF

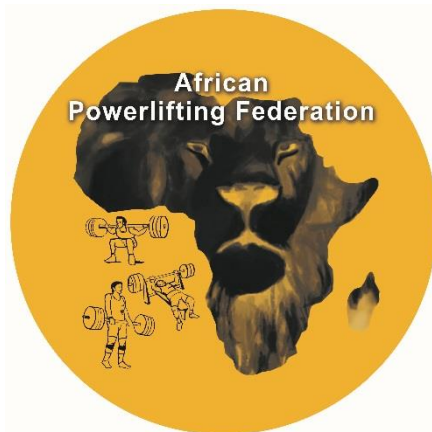
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Giulia Muto

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Open 52kg category
with a Total of 315.0kg**

Alan Ferguson

President APF

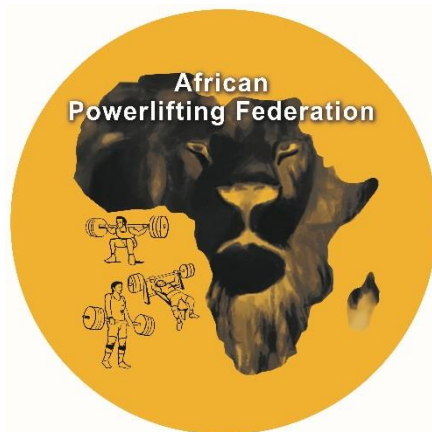
Mohamed Elmamoun

Secretary General APF



Affiliated to the

AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Ilona Wilson

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Open 57kg category
with a Total of 315.0kg**

Alan Ferguson

President APF

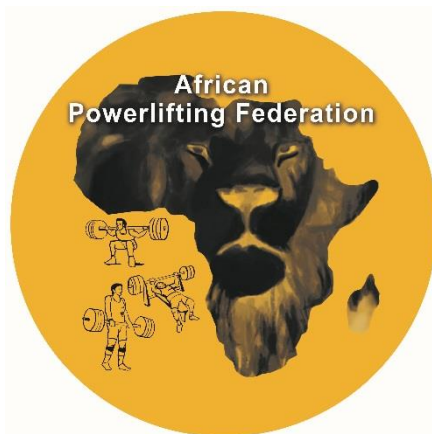
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Laura Newman

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Open 63kg category
with a Total of 360.0kg**

Alan Ferguson

President APF

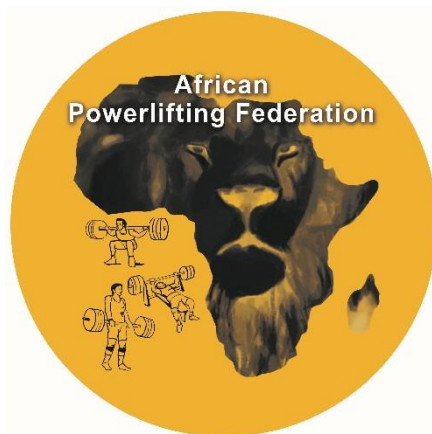
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Andrea Peak

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 3rd Place in the Women's Open 63kg category
with a Total of 300.0kg**

Alan Ferguson

President APF

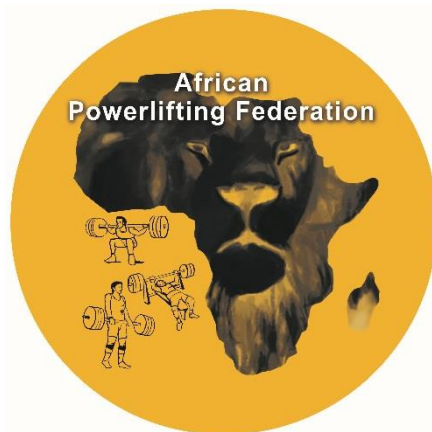
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Laura de Wet

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Open 72kg category
with a Total of 398.0kg**

Alan Ferguson

President APF

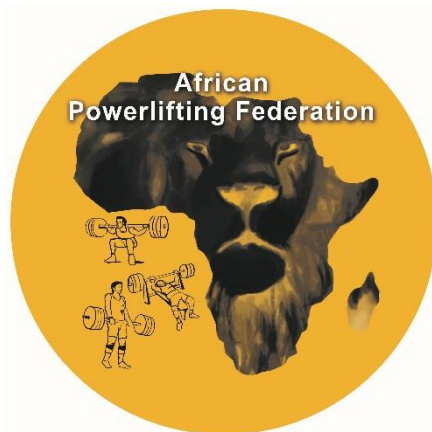
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Candice Coetzer

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved - Place in the Women's Open 72kg category
with a Total of -kg**

Alan Ferguson

President APF

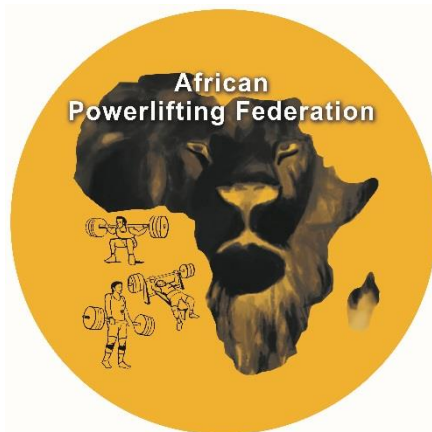
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Caileigh Dade

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN CLASSIC POWERLIFTING
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Open 84kg category
with a Total of 430.0kg**

Alan Ferguson

President APF

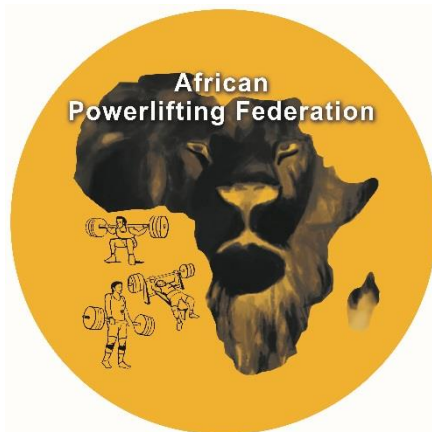
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Ivan Kotze

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN EQUIPPED BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Junior 53kg category
with a Bench Press of 100.0kg**

Alan Ferguson

President APF

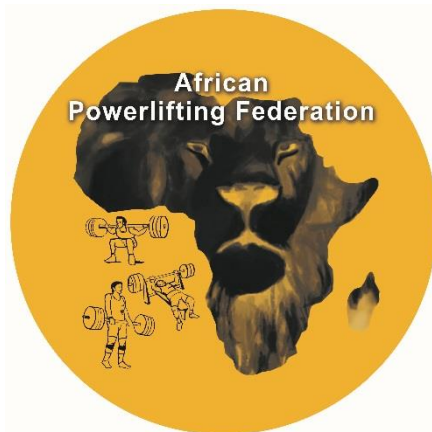
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Adrian Smith

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN EQUIPPED BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Junior 93kg category
with a Bench Press of 175.0kg**

Alan Ferguson

President APF

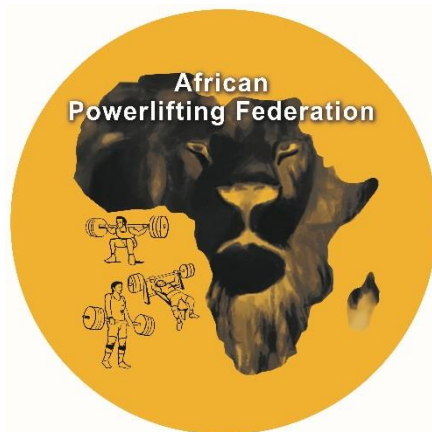
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Marlon Daniels

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN EQUIPPED BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Master 1 74kg category
with a Bench Press of 175.0kg**

Alan Ferguson

President APF

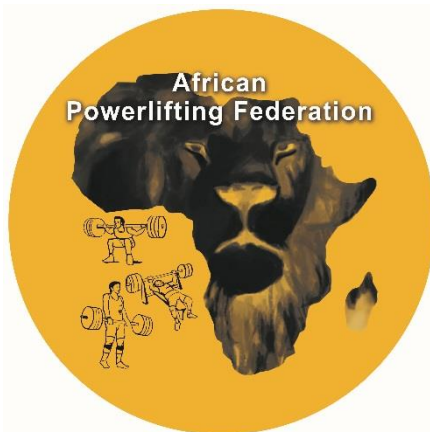
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

JC Bruce

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN EQUIPPED BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Men's Master 2 66kg category
with a Bench Press of 95.0kg**

Alan Ferguson

President APF

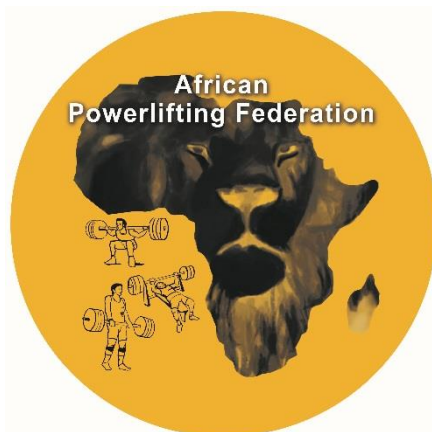
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that

Chantelle du Toit

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN EQUIPPED BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Open 72kg category
with a Bench Press of 105.0kg**

Alan Ferguson

President APF

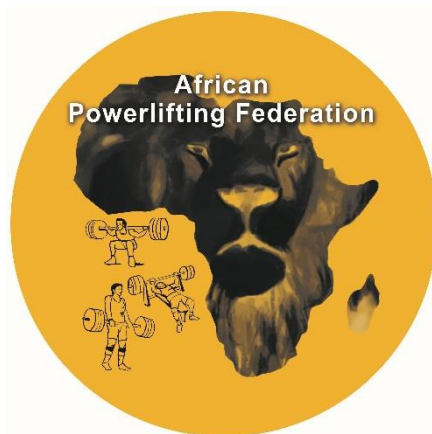
Mohamed Elmamoun

Secretary General APF

Affiliated to the



AFRICAN POWERLIFTING FEDERATION



CERTIFICATE

This is to certify that
Sandri van Staden

Of the Nation

SOUTH AFRICA

**Has participated in the Women's & Men's Open, Junior & Masters
AFRICAN EQUIPPED BENCH PRESS
CHAMPIONSHIPS 2016**

held in Potchefstroom, South Africa from 19th – 22nd October 2016

as Athlete

**and has achieved 1st Place in the Women's Open 84kg category
with a Bench Press of 97.5kg**

Alan Ferguson

President APF

Mohamed Elmamoun

Secretary General APF

Affiliated to the

