

# African Powerlifting Federation Record Certificate

This is to certify that

**Nour Mohamed**

Of the nation

**Egypt**

On the 22nd day of July 2023  
achieved a Squat of 190kg 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 84+kg weight division, Classic Women'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

**Nour Mohamed**

Of the nation

**Egypt**

On the 22nd day of July 2023  
achieved a Bench Press of 92,5kg 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 84+kg weight division, Classic Women's Open class.  
Dated this 22nd day of July 2023



APF President, Kamel Nedjah



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