

African Powerlifting Federation

Record Certificate

This is to certify that

Michael Barsoom

Of the nation

Egypt

On the 3rd day of September 2023
achieved a Squat of 300kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Michael Barsoom

Of the nation

Egypt

On the 3rd day of September 2023
achieved a Bench Press of 205kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Michael Barsoom

Of the nation

Egypt

On the 3rd day of September 2023
achieved a Bench Press of 205kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Michael Barsoom

Of the nation

Egypt

On the 3rd day of September 2023
achieved a Total of 805kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Haia Khaled

Of the nation

Egypt

On the 3rd day of September 2023
achieved a Squat of 142,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

This constitutes an African Record
in the -69kg weight division, Classic Women's Subjunior class.

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Haia Khaled

Of the nation

Egypt

On the 3rd day of September 2023
achieved a Bench Press of 80kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

This constitutes an African Record
in the -69kg weight division, Classic Women's Subjunior class.

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Haia Khaled

Of the nation

Egypt

On the 3rd day of September 2023
achieved a Deadlift of 162,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

This constitutes an African Record
in the -69kg weight division, Classic Women's Subjunior class.

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Haia Khaled

Of the nation

Egypt

On the 3rd day of September 2023
achieved a Total of 385kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

This constitutes an African Record
in the -69kg weight division, Classic Women's Subjunior class.

Dated this 3rd day of September 2023



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Haia Khaled

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Egypt

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achieved a Squat of 142,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

This constitutes an African Record
in the -69kg weight division, Classic Women's Junior class.

Dated this 3rd day of September 2023



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APF Record Keeper, Heather Leighton



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Haia Khaled

Of the nation

Egypt

On the 3rd day of September 2023
achieved a Bench Press of 80kg in accordance
with the rules of the
International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

This constitutes an African Record
in the -69kg weight division, Classic Women's Junior class.

Dated this 3rd day of September 2023



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This constitutes an African Record
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International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

This constitutes an African Record
in the -69kg weight division, Classic Women's Open class.
Dated this 3rd day of September 2023



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International Powerlifting Federation
at the 2023 World Subjunior and Junior Powerlifting Championships
in Cluj-Napoca, Romania

This constitutes an African Record
in the -69kg weight division, Classic Women's Subjunior Bench Press
Only class.

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

